

Haier

Microwave Oven

INSTRUCTION MANUAL

Model:HIL2501CBSH

Read these instructions carefully before using your microwave oven, and keep it carefully.

If you follow the instructions, your oven will provide you with many years of good service.

SAVE THESE INSTRUCTIONS CAREFULLY

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do not attempt to operate this oven with the door open since this can result in harmful exposure to microwave energy. It is important not to break or tamper with the safety interlocks.

(b) Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) **WARNING:** If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

ADDENDUM

If the apparatus is not maintained in a good state of cleanliness, its surface could be degraded and affect the lifespan of the apparatus and lead to a dangerous situation.

Specifications

Model:	HIL2501CBSH
Rated Voltage:	230V~50Hz
Rated Input Power(Microwave):	1450W
Rated Output Power(Microwave):	900W
Rated Input (Grill):	1100W
Rated Input (Convection):	2500W
Oven Capacity:	25L
Turntable Diameter:	Ø 315mm
External Dimensions(LxWxH):	512X500X305mm
Net Weight:	Approx. 18 kg

IMPORTANT SAFETY INSTRUCTIONS

WARNING

1. 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.
2. Warning: Liquids and other foods must not be heated in sealed containers since they are liable to explode.
3. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - by clients in hotels, motels and other residential type environments;
 - farm houses;
 - bed and breakfast type environments.
4. Only use utensils that are suitable for use in microwave ovens.
5. When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.
6. 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.
7. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
8. Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

9. 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.
10. 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.
11. The oven should be cleaned regularly and any food deposits removed.
12. 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.
13. The microwave oven must not be placed in a cabinet.
14. **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
15. Metallic containers for food and beverages are not allowed during microwave cooking.

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To Reduce the Risk of Injury to Persons Grounding Installation

DANGER

Electric Shock Hazard
Touching some of the internal components can cause serious personal injury or death. Do not disassemble this appliance.

WARNING

Electric Shock Hazard
Improper use of the grounding can result in electric shock. Do not plug into an outlet until appliance is properly installed and grounded.

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.

Consult a qualified electrician or serviceman if the grounding instructions are not completely understood or if doubt exists as to whether the appliance is properly grounded. If it is necessary to use an extension cord, use only a 3-wire extension cord.

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. If a long cord set or extension cord is used:
 - 1)The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
 - 2)The extension cord must be a grounding-type 3-wire cord.
 - 3)The long cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

CLEANING

Be sure to unplug the appliance from the power supply.

1. Clean the cavity of the oven after using with a slightly damp cloth.
2. Clean the accessories in the usual way in soapy water.
3. The door frame and seal and neighbouring parts must be cleaned carefully with a damp cloth when they are dirty.
4. 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.
5. **Cleaning Tip**---For easier cleaning of the cavity walls that the food cooked can touch: Place half a lemon in a bowl, add 300ml (1/2 pint) water and heat on 100% microwave power for 10 minutes. Wipe the oven clean using a soft, dry cloth.

UTENSILS CAUTION

Personal Injury Hazard

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.

See the instructions on "Materials you can use in microwave oven or to be avoided in microwave oven."

There may be certain non-metallic utensils that are not safe to use for microwaving. If in doubt, you can test the utensil in question following the procedure below.

Utensil Test:

1. Fill a microwave-safe container with 1 cup of cold water (250ml) along with the utensil in question.
2. Cook on maximum power for 1 minute.
3. Carefully feel the utensil. If the empty utensil is warm, do not use it for microwave cooking.
4. Do not exceed 1 minute cooking time.

Materials you can use in microwave oven

Utensils	Remarks
Browning dish	Follow manufacturer's instructions. The bottom of browning dish must be at least 3/16 inch (5mm) above the turntable. Incorrect usage may cause the turntable to break.
Dinnerware	Microwave-safe only. Follow manufacturer's instructions. Do not use cracked or chipped dishes.
Glass jars	Always remove lid. Use only to heat food until just warm. Most glass jars are not heat resistant and may break.
Glassware	Heat-resistant oven glassware only. Make sure there is no metallic trim. Do not use cracked or chipped dishes.
Oven cooking bags	Follow manufacturer's instructions. Do not close with metal tie. Make slits to allow steam to escape.
Paper plates and cups	Use for short-term cooking/warming only. Do not leave oven unattended while cooking.
Paper towels	Use to cover food for reheating and absorbing fat. Use with supervision for a short-term cooking only.
Parchment paper	Use as a cover to prevent splattering or a wrap for steaming.
Plastic	Microwave-safe only. Follow the manufacturer's instructions. Should be labeled "Microwave Safe". Some plastic containers soften, as the food inside gets hot. "Boiling bags" and tightly closed plastic bags should be slit, pierced or vented as directed by package.
Plastic wrap	Microwave-safe only. Use to cover food during cooking to retain moisture. Do not allow plastic wrap to touch food.
Thermometers	Microwave-safe only (meat and candy thermometers).
Wax paper	Use as a cover to prevent splattering and retain moisture.

Materials to be avoided in microwave oven

Utensils	Remarks
Aluminum tray	May cause arcing. Transfer food into microwave-safe dish.
Food carton with metal handle	May cause arcing. Transfer food into microwave-safe dish.
Metal or metal-trimmed utensils	Metal shields the food from microwave energy. Metal trim may cause arcing.
Metal twist ties	May cause arcing and could cause a fire in the oven.
Paper bags	May cause a fire in the oven.
Plastic foam	Plastic foam may melt or contaminate the liquid inside when exposed to high temperature.
Wood	Wood will dry out when used in the microwave oven and may split or crack.

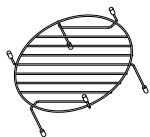
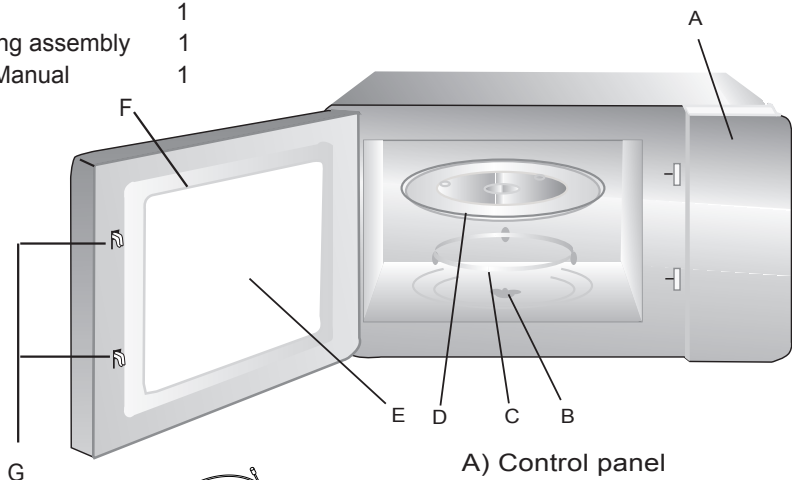
SETTING UP YOUR OVEN

Names of Oven Parts and Accessories

Remove the oven and all materials from the carton and oven cavity.

Your oven comes with the following accessories:

Glass tray	1
Turntable ring assembly	1
Instruction Manual	1

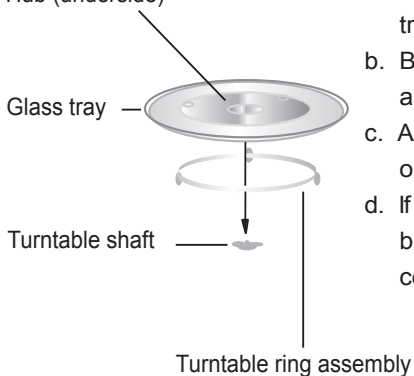


Grill Rack(Can not be used in microwave function and must be placed on the glass tray)

- A) Control panel
- B) Turntable shaft
- C) Turntable ring assembly
- D) Glass tray
- E) Observation window
- F) Door assembly
- G) Safety interlock system

Turntable Installation

Hub (underside)



- a. Never place the glass tray upside down. The glass tray should never be restricted.
- b. Both glass tray and turntable ring assembly must always be used during cooking.
- c. All food and containers of food are always placed on the glass tray for cooking.
- d. If glass tray or turntable ring assembly cracks or breaks, contact your nearest authorized service center.

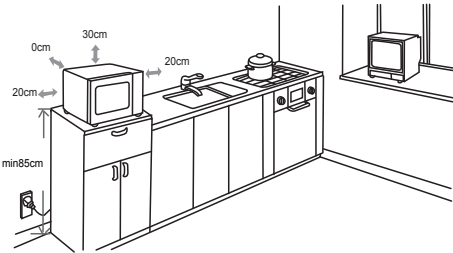
Countertop Installation

Remove all packing material and accessories. Examine the oven for any damage such as dents or broken door. Do not install if oven is damaged.

Cabinet: Remove any protective film found on the microwave oven cabinet surface. Do not remove the light brown Mica cover that is attached to the oven cavity to protect the magnetron.

Installation

1. Select a level surface that provide enough open space for the intake and/or outlet vents.



(1) The minimum installation height is 85cm.

(2) The rear surface of appliance shall be placed against a wall.

Leave a minimum clearance of 30cm above the oven, a minimum clearance of 20cm is required between the oven and any adjacent walls.

(3) Do not remove the legs from the bottom of the oven.

(4) Blocking the intake and/or outlet openings can damage the oven.

(5) Place the oven as far away from radios and TV as possible. Operation of microwave oven may cause interference to your radio or TV reception.

2. Plug your oven into a standard household outlet. Be sure the voltage and the frequency is the same as the voltage and the frequency on the rating label.

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

The accessible surface may be hot during operation.



CONTROL PANEL



1. DISPLAY SCREEN

- Cooking time, power, indicators and present time are displayed.

2. Oil Free Cooking, Bread Basket Zone, Tasty Curries, Intercontinental, India's Bite, Breakfast Saviours, Desserts/Soups, Paneer/Ghee/Curd, Fermentation/keep warm,

Deodoriser/Steam Clean

- Press to select dishes under the option.

3. Memory/Weight

- Used to set the memory function or weight.

4. Defrost

- Press to defrost.

5. Clock/Kitchen Timer

- To set clock/Kitchen timer.

6. Microwave

- Press to set microwave cooking program.

7. Grill

- Press to set Grill cooking program.

8. Convection

- Press to set convection cooking program.

9. Combination

- Press to set combination cooking program.

10. Stop/Clear

- Touch to stop cooking program or clear the same.

11. Start

- Press to start the microwave oven.

12. Reheat

- Press to reheat.

OPERATION INSTRUCTION

1. Clock Setting

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

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

Example: To set 12:12 .

(1) Press " CLOCK/KITCHEN TIMER " once, "00:00" displays.

(2) Press the number buttons of "1", "2", "1", "2" in order.

(3) Press " CLOCK/KITCHEN TIMER " to finish clock setting. ":" will flash, and the time will light.

Note: 1) If the clock is not set, it would not function when powered.

2) During the process of clock setting, if you press "STOP/CLEAR" or if no operation in 1 minute, the oven will go back to the previous status automatically.

2. Microwave Cooking

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

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

1) Press "MICROWAVE" once, the oven will display "P100".

2) Press "MICROWAVE" once again to choose 80% power, the oven will display "P80".

3) Press the number buttons of "1", "0", "0", "0" in order, the oven will display "10:00"

4) Press "START/+30SEC." to start cooking, ":" will light.

Note: "MICROWAVE" Pad presses instructions

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

3. Kitchen Timer

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

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

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

4. Grill Cooking

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

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

5. Convection Cooking(With preheating function)

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

- 1) Press the "CONVEC." key once, the oven will display "140". Press the "CONVEC." key several times to select the temperature from 140°C to 230°C.
- 2) Press the "START/+30SEC." key to start preheating. The temperature figure will flash when reach to the temperature in advance and buzzer will ring twice to remind you to put the food into the oven.
- 3) Press the number buttons to set the cooking time.
- 4) Press the "START/+30SEC." key to start cooking.

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

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

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

6. Convection Cooking(Without preheating function)

- 1) Press the "CONVEC." key once, the oven will display "140". Press the "CONVEC." key several times to select the temperature from 140°C to 230°C.
- 2) Press the number buttons to set the cooking time.
- 3) Press the "START/+30SEC." key to start cooking.

7. Combination Cooking

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

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

Note: " COMBI." Pad presses instructions

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

8. Reheat

- 1) Press "REHEAT" pad , the "h-1" will display in oven and flash.
(Press the "REHEAT" pad several times to select the the cooking program you wanted.)
- 2) Press ""START/+30SEC." key to confirm,the "h-1" will display.
- 3) Press "REHEAT" pad , the oven will display "150".
(Press the "REHEAT" pad several times to select the the weight of the cooking food.)
- 4) Press "START/+30SEC." key to start cooking.

Reheat Chart

Menu	Weight(g)	Display
h-1 (Auto Reheat)	150	150
	250	250
	350	350
	450	450
	600	600
h-2 (Dinner Plate)	250	250
	350	350
	450	450
h-3 (Coffee)	1 cup(approximately 240g)	1
	2 cups(approximately 480g)	2
	3 cups(approximately 720g)	3
h-4 (Roll)	1(approximately 70g)	1
	2(approximately 140g)	2
	3(approximately 210g)	3

9. Defrost By time

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

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

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

10. Defrost By weight

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

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

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

11. Defrost Groud meat

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

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

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

12. Defrost Sea food

- 1) Press " DEFROST " pad 4 times, the oven will display "d-4".
- 2) Input the figure of the weight of food.
(The input figure of the weight should be within 100-2000g)
- 3) Press " START/+30SEC. " key to start defrosting.

13. Auto Cook

There are 10 buttons available on the panel to select different types of recipes one wishes to cook.

Sr. No.	COOK	Sr. No.	COOK	Sr. No.	COOK	Sr. No.	COOK
1	Oil Free Cooking	4	Inter-Continental	7	Desserts	10	Deodorizer/Steam Clean
2	Bread Basket Zone	5	India's Bite	8	Paneer/Ghee/Curd		
3	Tasty Curries	6	Breakfast/Saviours	9	Fermentation		

Example: For Cooking RESHMI KABAB of 300g:

- (1) Long press "1/ OIL FREE COOKING" button, display will show "oF".
- (2) Press "09" on the number pad for selecting "RESHMI KABAB ". Display will show "oF – 09"
- (3) Now press: "memory/weight " button once for selecting "300 grams". Display will show "300".
- (4) Press " START/+30SEC. " to start cooking, Display will show the count down, with the mode of working "convection" being displayed on the bottom right.

14. Multi-Stage Cooking

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

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

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

Note: Auto menu and preheating cannot be set as one of the multi-stage.

15. MEMORY FUNCTION

- (1) Press "MEMORY/WEIGHT" to choose memory 1-3 procedure. The LED will display 1,2,3.
- (2) If the procedure has been set, press " START/ +30 SEC. " to use it. If not, continue to set the procedure. Only one or two stages can be set.
- (3) After finishing the setting, press " START/ +30 SEC. " once to save the procedure and turn back to the waiting states.If press " START/ +30 SEC. " again,it will start cooking.

Example: to set the following procedure as the second memory, that is memory 2.

to cook the food with 80% microwave power for 3minutes and 20 seconds.

The steps are as follow:

- a. In waiting states, press"MEMORY/WEIGHT" twice,stop pressing until the screen displays "2".
- b. Press "MICROWAVE" twice, the oven will display "P80".
- c. Press the number buttons of "3","3","0" in order, the oven will display "3:20"
- d. Press "START/ +30 SEC. " to save the setting. Buzzer sounds once then turn back to waiting states. If you press "START/+30SEC."twice after step c, the procedure will be saved as the memory 2 and operated.
- e. If the electricity is not cut off, the procedure will be saved all the time. If it is, the procedure need to reset.
- f. If you want to run the saved procedure, in waiting states, press " MEMORY/WEIGHT " twice, screen displays "2", then press " START/+30SEC. " to run.

Note: Auto cook program cannot be set to memory cooking.

16. Speedy Cooking

- 1) When the oven is in the waiting states, press "START/+30SEC." key to start cooking with full microwave power for 30 seconds.(the maximum setting is 99 minutes and 99 senonds)
- 2) When the oven is in the grill, convection and combination cooking states, press "START/+30SEC." key to add 30 seconds cooking time.(in the Weight Defrosting, Multi-stage cooking or Auto Menu state is invalidation)

17. Inquiring Function

- (1) In cooking state, press "COMBI.", "MICROWAVE", or "CONVEC.", and the current power will be displayed for 2~3 seconds.
- (2) In cooking state, press " CLOCK/KITCHEN TIMER " to inquire the time . The time will flash for 2~3 seconds.

18. Lock-out Function for Children

Lock: In waiting state, press "STOP/CLEAR" for 3 seconds, there will be a long "beep" denoting entering into the children-lock state and a key indicator will light. The oven will display "0:00" or current time.

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

19. Display Specification

- (1) In waiting state, the oven will display clock and " : " will flash.
- (2) In function setting state, the oven will display the related setting.
- (3) In the operation and suspending state, the oven will display the residual cooking time.

Trouble shooting

Normal	
Microwave oven interfering TV reception	Radio and TV reception may be interfered when microwave oven operating. It is similar to the interference of small electrical appliances, like mixer, vacuum cleaner, and electric fan. It is normal.
Dim oven light	In low power microwave cooking, oven light may become dim. It is normal.
Steam accumulating on door, hot air out of vents	In cooking, steam may come out of food. Most will get out from vents. But some may accumulate on cool place like oven door. It is normal.
Oven started accidentally with no food in.	It is forbidden to run the unit without any food inside. It is very dangerous.

Trouble	Possible Cause	Remedy
Oven can not be started.	(1) Power cord not plugged in tightly.	Unplug. Then plug again after 10 seconds.
	(2) Fuse blowing or circuit breaker works.	Replace fuse or reset circuit breaker (repaired by professional personnel of our company)
	(3) Trouble with outlet.	Test outlet with other electrical appliances.
Oven does not heat.	(4) Door not closed well.	Close door well.



According to Waste of Electrical and Electronic Equipment (WEEE) directive, WEEE should be separately collected and treated. If at any time in future you need to dispose of this product please do NOT dispose of this product with household waste. Please send this product to WEEE collecting points where available.

INSTACOOK MENU

OIL FREE COOKING

Category	Recipe-	Ingredients:	500 gr
OF1	CHICKEN LOLLY POPS	Chicken Wings	500 gms
		Maida	3 tbsp
		Eggs	3
		Soya Sauce	1½ tbsp
		Green Chilli Paste	2½ tsp
		Ginger, Garlic Paste	2 tsp
		Garam Masala	2 tsp
		Pepper Powder	½ tsp
		Chilli Sauce	1½ tbsp
		Red Color (Optional)	
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Marinate the chicken with the all ingredients for 1 hour . Arrange the marinate chicken in a lightly greased crusty plate and then place the crusty plate on the mesh rack in the microwave oven.

Select category, enter weight and press start. Turn once in-between."

Category	Recipe-	Ingredients:	500 gr
OF2	MUTTON KABAB	Boneless Mutton, Minced	500 gr
		Coriander Powder	2 tsp
		Khus Khus Grinded	¾ cup
		Cumin Powder	2 tsp
		Curd	¾ cup
		Garlic Paste	2 tsp
		Ginger Paste	2 tsp
		Onion Paste	¾ cup
		Salt To Taste	

Method of Preparation:

"Apply ginger-garlic paste, coriander- cumins powder, khus khus, beaten curds, salt, to the minced mutton and allow the mutton to marinate for about 2 hours.

Make the meat into shape of kebab and arrange the mutton kababs in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven.

Select category, enter weight and press start."

OIL FREE COOKING

Category	Recipe-	Ingredients:	500 gr
OF3	CHICKEN TANDOORI	Chicken Breast Or Legs	500 gr
		Red Chilli Powder	1½ tsp
		Lemon Juice	1½ tsp
		Yogurt	1 cup
		Ginger Paste	1½ tsp
		Garlic Paste	1½ tsp
		Garam Masala Powder	1½ tsp
		Oil 2 Tablespoons	1½ tsp
		Chaat Masala	1½ tsp
		Salt To Taste	
<p>Method of Preparation: "Marinate the chicken with the all ingredients for 3 hours. Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p>			

Category	Recipe-	Ingredients:	500 gr
OF4	LITTI	Wheat Flour	2½ cup
		Yogurt	1½ cup
		Salt To Taste	
		Filling	
		Sattu	2 cup
		Ginger, Garlic Paste	1¾ tsp
		Cloves	6
		Green Chillies Chopped	1 tsp
		Coriander Leaves Chopped	¾ cup
		Ajwain	1¾ tsp
		Onion Seeds	1¾ tsp
		Salt To Taste	
		Lemon Juice	1¾ tsp
<p>Method of Preparation: "Add salt and yogurt to the wheat flour and knead into a soft dough. Rest the dough for some time. For the filling mix sattu with all filling ingredients. Now, Divide the dough into lemon sized balls and spread them into small puris with your fingers. Place a portion of the filling mixture and once again roll them into balls. Arrange them on a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p>			

OIL FREE COOKING

Category	Recipe-	Ingredients:	500 gr
OF5	BATI	Whole Wheat Flour (Gehun Ka Atta)	2 cup
		Semolina (Rava)	1 cup
		Besan (Bengal Gram Flour)	3 tbsp
		Milk	1½ cup
		Melted Ghee	1 cup
		Salt To Taste	

Method of Preparation:

"Mix all the ingredients and knead into a firm dough and make round flatten shape batis . Arrange batis in a lightly greased crusty plate and place the crusty plate on the mesh rack in he microwave oven. Select category, enter weight and press start. Turn once in-between."

Category	Recipe-	Ingredients:	500 gr
OF6	CHICKEN ROAST	Chicken	500 gms
		Ground Black Pepper	2 tsp
		Lemon Juice	2 tsp
		Garlic	2 tsp
		Thyme	2 tsp
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Take a mixing bowl. Add oil, chicken, salt, pepper, garlic, lemon, thyme and mix well. Now, set it aside for 30 minutes to marinate. Arrange marinated chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack and in the microwave oven. Select category, enter weight and press start. Turn once in-between."

OIL FREE COOKING

Category	Recipe-	Ingredients:	500 gms
OF7	LEMON CHICKEN	Boneless Chicken Breast	500 g
		Garlic Paste	2 tsp
		Grated Lemon Zest	1¼ tsp
		Lemon Juice	2 tbsp
		Dried Oregano	1¼ tsp
		Thyme Leaves	few
		Salt And Pepper To Taste	
		Oil As Required	

Method of Preparation:

First, marinate the chicken with the all ingredients for 1 hour. Arrange the marinated chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	500 gr
OF8	CHICKEN KABABS	Boneless Chicken (Cut Into 1½" Pieces)	500 gr
		For Marinade	
		Onion Paste	1 cup
		Garlic, Ginger Paste	2 tsp
		Cumin Powder	1 tsp
		Red Chilli Flakes	1 tsp
		Black Pepper (Freshly Crushed)	1 tsp
		Barbeque Sauce	2 tsp
		Oregano	2 tsp
		Thyme	2 tsp
		Oil	3 tbsp
		Salt To Taste	

Method of Preparation:

"Take a mixing bowl. Mix all the ingredients and then add the chicken. Mix well & set it aside for 1 hour. Keep the marinated chicken on lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gms
OF9	RESHMI KABAB	Boneless Chicken	500 gms
		Garlic Paste	2 tsp
		Ginger Paste	2 tsp
		Coriander Leaves Paste	2 tbsp
		Onions Paste	2 tbsp
		Yoghurt	2 cup
		Almonds Grated	2 tbsp
		Juice Of Lemon	1
		Salt To Taste	
		Oil As Required	

Method of Preparation:

"Marinate the chicken with the all ingredients for 2 hour. Arrange the marinate chicken in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."

Category	Recipe-	Ingredients:	500 gr
OF10	KASTOORI KABAB	Boneless Chicken Mince (Keema)	500 gr
		For Marinade	
		Bread Crumbs	1½ cup
		Roasted Besan	3 tbsp
		Chopped Coriander Leaves	4 tbsp
		Red Chilli Powder	2 tsp
		Jeera Powder	1 tsp
		Pepper Powder	1 tsp
		Ginger Garlic Paste	2 tsp
		Elaichi Powder	1 tsp
		Kesar (Soaked In ½ Cup In Milk)	1 tsp
		Lemon Juice	2 tsp
		Oil	4 tbsp
		Chaat Masala For Garnish	1 tsp
		Salt To Taste	

Method of Preparation:

"Marinate the mince with all the ingredients mentioned under marinade. Make flat kababs of the mixture. Keep the kababs on lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven. Select category & weight & press start. Turn once in between. Sprinkle chaat masala & serve."

OIL FREE COOKING

Category	Recipe-	Ingredients:	500 gr
OF11	BAKED CHICKEN	Chicken	500 gr
		Tomato Sauce	1 cup
		Butter	3 tbsp
		Bread-Crumbs	1½ cup
		Salt To Taste	

Method of Preparation:

In a mixing bowl add butter, chicken, tomato sauce, salt, mix well and toss the chicken in the bread crumbs and arrange chicken pieces in a lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start.

Category	Recipe-	Ingredients:	
OF12	CHICKEN 65	Chicken Breast - Boneless	500 gms
		Red Chilli Powder	1½ tsp
		Pepper Powder	1½ tsp
		Egg Whites	3
		Corn Flour	1 tbsp
		Wheat Flour	1 tbsp
		Butter Milk	1 cup
		Ginger Paste	1½ tsp
		Garlic Paste	1 tsp
		Orange Food Color	1 tsp
		Oil	1 tbsp
		Lemon Juice	1½ tsp
		Salt To Taste	

Method of Preparation:

Marinate the chicken with the all ingredients for 2 hours. Arrange the marinate chicken in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gms
OF13	BAKED FISH	Fish	300 gms
		Butter	2 tbsp
		Sour Cream	2 tbsp
		Bread Crumbs	1½ cup
		Grated Cheese	1 tbsp
		Parsley (For Garnish)	
		Salt To Taste	
<p>Method of Preparation: Marinade fish with butter and sour cream for 30 minutes. Toss the marinated fish in bread crumbs and arrange it in a lightly greased baking dish, sprinkle the grated cheese over it and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Garnish with parsley.</p>			

Category	Recipe-	Ingredients:	300 gr
OF14	CHICKEN NUGGETS	All-Purpose Flour	¾ cup
		Garlic Paste	1½ tsp
		Ground Black Pepper	¾ tsp
		Chicken Breasts, Cut Into 1½-Inch Pieces	300 gr
		Breadcrumbs	1½ cup
		Egg	2
		Salt To Taste	
<p>Method of Preparation: "Take flour, garlic, pepper, salt and chicken. Mix them well. Dip the chicken in the beaten egg , then in the breadcrumbs. Arrange them on a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between."</p>			

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF15	FISH AMRITSARI	Boneless Fish (Cut Into 2" Pieces)	300 gr
		Lemon Juice	1½ tsp
		Salt	½ tsp
		For Batter	
		Egg (Beaten)	2
		Besan	2½ tbsp
		Curd	2½ tbsp
		Ajwain	1½ tsp
		Ginger-Garlic Paste	1 tbsp
		Lemon Juice	1½ no
		Salt, Red Chilli Powder, Garam Masala,	As per taste
		Chaat Masala, Turmeric Powder	As per taste
		Bread Crumbs (For Coating)	1½ cup
		Oil (for basting)	2 tbsp

Method of Preparation:

Apply lemon juice, salt to fish pieces and set aside for 10 minutes. Apply oil to the fish pieces. Make batter with all ingredients other than bread crumbs. Rub the batter on the fish pieces and toss it in bread crumbs. Set it aside for 1 hour for marinate. Arrange the fish in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot.

Category	Recipe-	Ingredients:	300 gr
OF16	MATAR KABAB	Boiled Peas	300 gr
		Roasted Makhanas	1½ cup
		Chopped Green Chillies	1½ tsp
		Garam Masala	1½ tsp
		Seeds Of Elaichi	few
		Cashewnuts	3 tbsp
		Pepper Powder	¾ tsp
		Chaat Masala For Garnish	¾ tsp
		Salt To Taste	

Method of Preparation:

Grind the boiled peas, green chillies & elaichi seeds together to form a fine paste. Grind the makhanas & cashewnuts together into a rough powder. Mix peas & makhanas paste. Add salt, pepper and garam masala. Make small balls & flatten them to get small round kababs. Keep the kababs on lightly greased crusty plate, place the crusty plate, on the mesh rack in the microwave oven. Select category & weight & press start. Sprinkle chaat masala & serve.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF17	CORN KABAB	Boiled Potatoes	300 gr
		Boiled Sweet Corns	¾ cup
		Onions (Chopped)	¾ cup
		Green Chillies (Chopped)	1½ tsp
		Coriander (Chopped)	3 tbsp
		Pudina (Chopped)	3 tbsp
		Melted Butter	3 tbsp
		Garam Masala	1½ tsp
		Lemon Juice	1½ tsp
		Bread Crumbs	1 cup
		Pepper Powder	¾ tsp
		Salt To Taste	

Method of Preparation:

Mash the boiled potatoes & corns. Mix them well. Now add onions, green chillies, coriander pudina, garam masala, melted butter, salt & pepper. Add bread crumbs & lemon juice. Make long kababs out of this mixture. Keep the kababs on lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Serve with chutney or sauce.

Category	Recipe-	Ingredients:	300 gr
OF18	CHEESE CORN BALLS	Boiled Sweet Corn Kernels,	2 cup
		Cheese Grated	½ cup
		Potatoes, Boiled And Mashed	½ cup
		Capsicum,	½ cup
		Breadcrumbs	1½ cup
		Maida	1 tbsp
		Corn Flour,	1 tbsp
		Oregano,	few
		Oil As Required	
		Salt To Taste,	

Method of Preparation:

Blend all ingredients together. Roll them to make corn balls. Arrange corn balls in a crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF19	PANEER PAKORA	Paneer (Cut Into 1.5" Cubes)	300 gr
		For Batter	
		Besan	1½ cup
		Turmeric Powder	¼ tsp
		Red Chilli Powder	1½ tsp
		Garam Masala	1½ tsp
		Oil	2½ tsp
		Salt To Taste,	
		Water As Required	

Method of Preparation:

In a bowl take all the batter ingredients, mix well and make a smooth paste of it. Place all the paneer pieces evenly coated with the batter, on the tawa. Keep the tawa on the high rack & pour oil on all pakoras. Select category, enter weight, press start. Turn the pakoras once in between. Serve hot with Chutney or Sauce.

Category	Recipe-	Ingredients:	300 gr
OF20	HARA BARA KABAB	Spinach, Finely Chopped	¾ cup
		Green Peas Boiled And Mashed	¾ cup
		Potatoes Boiled, Peeled And Grated	1 cup
		Green Chillies Chopped	1½ tsp
		Ginger Chopped	1½ tsp
		Coriander Leaves Chopped	2½ tbsp
		Chaat Masala	1½ tsp
		Cornflour	2½ tbsp
		Oil	2 tsp
		Salt To Taste	

Method of Preparation:

In a bowl take all the ingredients other than oil. Mix well and make flat tikkies of it. Arrange all the tikkies in a lightly greased crusty plate. Apply oil and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot with Sauce.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF21	SABUDANA VADA	Boiled Potato	2 nos.
		Sabudana (Soaked)	¼ cup
		Roasted & Crushed Peanuts	2 tbsp
		Chopped Green Chilli	2 nos.
		Finely Chopped Ginger	½ tsp
		Fresh Curry Leaves	few
		Foriander Leaves (Chopped)	1 tbsp
		Salt	

Method of Preparation:

In a bowl take all ingredients other than oil. Mix well and make flat tikkies of it. Arrange all the tikkies in a lightly greased crusty plate, apply oil and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight, press start. Serve hot with Sauce.

Category	Recipe-	Ingredients:	300 gr
OF22	CHANA KABABS	Kabuli Chana (Chole), Boiled	300 gr
		Soaked Bread Pieces	2
		Bread Crumbs (For Coating)	1 cup
		Red Chilly	1½ tsp
		Garlic ,Ginger Paste	1½ tsp
		Cloves	¼ tsp
		Pepper Powder	¾ tsp
		Cinnamon Powder	¾ tsp
		Salt To Taste	

Method of Preparation:

Grind boiled kabuli chana, cloves, pepper powder, cinnamon powders, garlic cloves, salt, ginger, soaked bread pieces and whole red chilli to form a paste. Now shape the paste in the form of kababs & roll out each kababs in bread crumbs for complete coating. Keep the kababs on tawa & keep the tawa on high rack. Select category & weight & press start. Turn once in between. Serve hot.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF23	FISH TANDOORI	Pomfret	300 gr
		For Marinade	
		Red Chili Powder	1½ tsp
		Garlic ,Ginger Paste	1½ tsp
		Jeera	¾ tsp
		Garam Masala	1½ tsp
		Tandoori Masala	1½ tsp
		Dhania Powder	¾ tsp
		Amchoor Powder	¾ tsp
		Chaat Masala	¾ tsp
		Lemon Juice	1½ tsp
		Salt To Taste	

Method of Preparation:

Marinate fish with all marinate ingredients for 2 hours. Arrange the marinated fish in a lightly greased baking dish. Place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Serve hot.

Category	Recipe-	Ingredients:	300 gr
OF24	BHARWAN TAMATAR	Tomato (Hollowed)	300 gr
		For Stuffing	
		Onion Chopped	1 cup
		Paneer (Mashed)	1 cup
		Garam Masala,	1½ tsp
		Red Chilli Powder,	1½ tsp
		Cumin Powder	¾ tsp
		Coriander Leaves Chopped	2½ tbsps
		Oil As Required	

Method of Preparation:

Take microwave oven safe bowl, add all ingredients hollowed tomatoes with all stuffing ingredients. Grease the tomatoes with few drops of oil. Arrange the stuffed tomatoes in a lightly greased baking dish, place the baking dish on the mesh rack in the microwave oven. Select category, enter weight, press start.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF25	GRILLED PRAWNS	Prawns	300 gr
		Onion Paste	1½ cup
		Ginger, Garlic Paste	2 tsp
		Red Chilli Powder	1½ tsp
		Pepper Powder	½ tsp
		Salt To Taste	
		Oil As Required	

Method of Preparation:

Marinate the prawns with the all ingredients for 30 minutes. Arrange the marinate prawns in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	300 gr
OF26	FISH ROAST	Pomfret - Washed And Cleaned	300 gr
		Garlic Paste	1½ tsp
		Lemon Juice	1 tsp
		Chilli Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Pepper Powder	¼ tsp
		Garam Masala	1½ tsp
		Rice Flour	2 tbsps
		Oil	3 tbsps
		Salt To Taste	

Method of Preparation:

Mix all the ingredients to make a paste. Toss the fish into it and apply evenly on all sides. Set aside for 1 hr. Arrange the marinated fish in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Remove and serve.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF27	VEGETABLE CUTLETS	Potatoes boiled	1½ cup
		Green Peas boiled	½ cup
		Beans boiled	½ cup
		Beetroot boiled	½ cup
		Corn flour	½ cup
		Dry Mango Powder	1½ tsp
		Red chilli powder	1½ tsp
		Oil as required	
		Salt to taste	
		Coriander leaves for garnish	

Method of Preparation:

Blend all boiled ingredients together. Mash them lightly. Add all remaining ingredients, mix well in the shape of medium sized cutlets. Arrange cutlets in a lightly greased crusty plate. Place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	300 gr
OF28	CHICKEN SAUSAGES	Ready To Cook Chicken Sausages	300 gr

Method of Preparation:

Arrange chicken sausages in a lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between.

Category	Recipe-	Ingredients:	300 gr
OF29	FRENCH FRIES	Slice Potatoes In To French Fries	300 gr
		Sea Salt As Required	
		Cold Water As Needed	

Method of Preparation:

Take water in a mixing bowl, add potatoes into it and set it aside for 1 hr. Drain off the water and dry them with paper towel. Arrange the french fries in a lightly greased crusty plate and place the crusty plate on the mesh rack in the microwave oven. Select category, enter weight and press start. Turn once in-between. Remove and mix with salt. Serve hot.

OIL FREE COOKING

Category	Recipe-	Ingredients:	300 gr
OF30	MIX VEG PLATTER	Paneer (Cut 1½" Cubes)	¾ cup
		Mushroom Buttons (Trim The Stalk)	¾ cup
		Baby Corn (Blanched)	¾ cup
		Capsicum (Cut Into Large Cubes)	¾ cup
		Tomatoes (Cut Into Quarters)	¾ cup
		Onion (Cut Into Quarters & Separated)	¾ cup
		For Marinade	
		Curd	2½ tbsp
		Thick Cream	2½ tbsp
		Cornflour	2½ tbsp
		Red Chilli Powder	1½ tsp
		Ginger Garlic Paste	1½ tsp
		Tandoori Masala	1½ tsp
		Tandoori Color	a pinch
		Salt To Taste	
<p>Method of Preparation: "Take a mixing bowl, add all the ingredients of marinade and add the panner, mushroom buttons, baby corn, capsicum, tomatoes, onion. Mix them well & set aside for ½ hour for marinate. Keep the marinated vegetables on lightly greased baking dish, place the baking dish on the mesh rack in the microwave oven. Select category, enter weight and press start. Serve hot."</p>			

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB1	MILK BREAD	All Purpose Flour (Maida)	2 cups
		Dry Yeast	2 tsp
		Sugar	1 tbsp
		Oil	1 tbsp
		Salt	1 tsp
		Milk Powder	3 tbsp
		Water	¾ cup

Method of Preparation:

"Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid, set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder and dry yeast water, mix well to make a smooth, soft dough. Punch the dough for 10 minutes. Set it aside for 15 minutes. Punch the dough again for 7 minutes. Set the dough batter in a bread tin and cover with lid, set it aside again for 20 minutes.

Step 1: To preheat the oven, select category, enter weight & press start.

Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB2	GARLIC BREAD	Warm Milk	¼ cup
		Dry Yeast	1 tsp
		Sugar	1 tsp
		Salt	pinch of
		Garlic, Finely Chopped	3 cloves
		Oregano	¾ tsp
		Unsalted Butter, Melted	1 tbsp
		Maida	1 cup
		Oil	2 tsp
		For Garlic Butter:	
		Butter, Melted	¾ cup
		Garlic, Finely Chopped	3 cloves
		Coriander Leaves, Finely Chopped	2 tbsp
		Other Ingredients:	
		Maida To Dust	3 tbsp
		Grated Cheese	¼ cup
		Chili Flakes	2 tsp
		Oregano	1 tsp
		Mixed Herbs	1 tsp

Method of Preparation:

"Take warm milk in a bowl. Add dry yeast, sugar, mix well and cover with a lid. Set it aside for 5 minutes. Add salt, butter, garlic, oregano and maida. Mix well to make a smooth and soft dough. Add oil and punch the dough for 5 minutes. set it aside for 15 minutes. Punch again the dough for 5 minutes. Set the dough batter in a bowl and cover with lid. Set it aside again for 1 hour. Mix batter, garlic, coriander leaves in a bowl and spread it over the dough. Further top it with cheese on half of the dough. Season with chili flakes and oregano and fold the dough. Seal the edges. Brush and top with the prepared garlic butter, chili flakes and mixed herbs. Make marks over bread without cutting them fully and place it on lightly greased baking dish.

Step 1: For preheat the oven select category & enter weight & press start.

Step 2: When you hear a beep, arrange baking dish in on the turn table and press start. Cut and serve."

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB3	WHEAT BREAD	Warm Water	1¼ cups
		Active Dry Yeast	½ tbsp
		Salt	1 tsp
		Sugar	1 tbsp
		Butter, Melted	2 tbsp
		Curd	2 tbsp
		Whole Wheat Flour	3 cups
		Milk For Brushing	2 tbsp
<p>Method of Preparation: "Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid. Set it aside for 5 minutes. Take another mixing bowl. Add wheat flour, salt, butter, dry yeast and curd. Mix well to make a smooth and soft dough. Punch the dough for 10 minutes. set it aside for 15 minutes. Punch again the dough for 5 minutes. Set the dough batter in a bread tin and cover with lid, set it aside again for 20 minutes.</p> <p>Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "</p>			

Category	Recipe-	Ingredients:	1 (230 gms)
BB4	TOOTY FROOTY BREAD	All-Purpose Flour	2 cups
		Custard Powder	2 tbsp
		Sugar	2 tsp
		Milk Powder	2 tbsp
		Dry Yeast	1½ tsp
		Tutti Frutti	½ cup
		Oil	2 tbsp
		Butter	2 tbsp
		Water As Required	
		Salt As Required	
<p>Method of Preparation: "Take warm water in a bowl. Add dry yeast, sugar, mix well and cover with a lid. Set it aside for 5 minutes. Take another mixing bowl. Add maida, oil, salt, milk powder, custard powder, butter, dry yeast and water. Mix well to make a smooth and soft dough. Punch the dough for 10 minutes. Set it aside for 15 minutes. Punch the dough again for 7 minutes. Set the dough batter in a bread tin and cover with al lid. Set it aside again for 20 minutes.</p> <p>Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange bread tin in on the turn table and press start. "</p>			

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB5	BURGER /PAV	All Purpose Flour (Maida)	3 cups
		Salt	1 tsp
		Bread Improver	1 tsp
		Butter	3 tbsp
		Dry Yeast	1 tbsp
		Sugar	2 tsp
		Vanilla Powder	1 tsp
		Water As Required	

Method of Preparation:

"Take half a cup of warm water, add sugar, yeast and a pinch of flour, stir and cover. Keep aside for 5 minutes. Sieve the flour, add salt and mix, add the yeast water. Make soft dough using water as required. Add butter and knead the dough for 10 minutes. Cover the dough and leave in a warm place for 30 minutes, till the dough is almost double in size. Knead the dough and make medium smooth roundels from it. Place them on a lightly greased baking tray. Keep distance in between to let them rise and leave it for 20 minutes.

Step 1: To preheat the oven, select category, enter weight & press start.

Step 2: When your oven beeps, arrange baking tray on the turn table and press start. "

Category	Recipe-	Ingredients:	1 (230 gms)
BB6	DABELI KA PAV	All Purpose Flour	3 cup
		Butter	2½ tbsp
		Baking Powder	1 tsp
		Oil	2 tbsp
		Salt	1 tsp
		Butter For Basting (Optional)	
		Sesame Seeds (Optional)	
		Water Or Milk As Required	
		Yeast Preparation	
		Dry Yeast	2 tsp
		Water	1/2 cup
		Milk	3 tsp
		Sugar	2 tsp

Method of Preparation:

"Take half a cup of warm water. Add sugar, yeast and milk. Stir and cover. Keep aside for 5 minutes. Sieve the flour. Add all other ingredients, mix well, add the yeast water. Make soft dough using water or milk as required. Set it aside for 15 minutes. Knead the dough and make medium smooth roundels from it. Place them on a lightly greased baking tray. Keep distance between them to rise and leave it for 20 minutes.

Step 1: For preheat the oven select category, enter weight & press start.

Step 2: When you hear a beep, arrange the baking tray on the low grill mesh rack and press start. "

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB7	FOCACCIA BREAD	All-Purpose Flour	2½ cups
		Salt	1 tsp
		Sugar	1 tsp
		Active Dry Yeast	1 tbsp
		Garlic Powder	1 tsp
		Dried Oregano	1 tsp
		Dried Thyme	1 tsp
		Dried Basil	½ tsp
		Ground Black Pepper	a pinch
		Oil	2 tbsp
		Mozzarella Cheese	1 cup
		Olive Oil	2 tbsp
		Water As Required	
Method of Preparation:			
"In a large bowl, mix all ingredients other than cheese and olive oil to make a smooth, soft dough. Place the dough in the bowl, cover with a damp cloth and let it rise in a warm place for 30 minutes. Punch dough down and place it on greased baking tray. Pat into a 1/2 inch thick rectangle. Brush the top with olive oil. Sprinkle mozzarella cheese. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange baking tray on low grill mesh rack and press start. Serve warm."			

Category	Recipe-	Ingredients:	1 (230 gms)
BB8	SANDWICH BREAD	All-Purpose Flour	2 cups
		Warm Water	½ cup
		Active-Dry Yeast	2 tsp
		Unsalted Butter	1 tbsp
		Milk Powder	3 tbsp
		Sugar	1 tsp
		Oil	2 tbsp
		Salt To Taste	
		Water As Required	
Method of Preparation:			
"Take warm water in a bowl, add dry yeast, sugar and 2 tsp flour. Mix well and set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder, butter, dry yeast and water. Mix well to make a smooth, soft dough. Punch the dough for 10 minutes. set it aside for 15 minutes. Punch the dough again for 5 minutes. Set the dough batter in a bread tin and cover it with a lid. Set it aside again for 20 minutes. Step 1: To preheat the oven, select category, enter weight & press start. Step 2: When your oven beeps, arrange the bread tin on the turn table and press start. "			

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB9	PIZZA DOUGH	All Purpose Flour (Maida)	2 cups
		Salt	1 tsp
		Dry Yeast	2 tsp
		Sugar	1 tsp
		Oil	3 tsp
		Oregano	1 tsp
		Chili Flakes	1 tsp
		Water As Required	

Method of Preparation:

"Take half a cup of warm water. Add sugar, yeast and a pinch of flour. Stir and cover it. Keep it aside for 5 minutes. Sieve the flour, add salt, chili flakes, oregano, oil and mix well. Add the yeast water and make smooth and soft dough using water as required. Set it aside for 15 minutes. Roll out the dough. Place it on baking tray and prick with a fork. Cover and leave it for 20 minutes to double its size.

Step 1: To preheat the oven select category, enter weight & press start.

Step 2: When your oven beeps, arrange the baking tray on the low grill mesh rack and press start. "

Category	Recipe-	Ingredients:	1 (230 gms)
BB10	BREAD TOAST	Bread Slices	4 peices

Method of Preparation:

"Arrange bread slices on the high grill mesh rack. Place the grill mesh rack in the oven.

Step 1: Select category, enter weight & press start.

Step 2: When the oven beeps, turn the slices upside down and press start. "

Category	Recipe-	Ingredients:	1 (230 gms)
BB11	ROASTED SANDWICH	Bread Slices	8
		Onion Cut Into Round Slices	1 medium
		Cucumber Cut Into Round Slices	1 medium
		Tomatoes Cut Into Round Slices	2 medium
		Green Capsicum Cut Into Thin Strips	1 medium
		Green Mint And Coriander Chutney	4 tbsp
		Cheese	
		Tomato Ketchup	4 tbsp
		Chaat Masala	1 tsp
		Salt To Taste	

Method of Preparation:

"Arrange paneer, onion, cucumber, tomato, capsicum slices on four bread slices. Sprinkle salt and chaat masala over them. Top it with a cheese slice. Apply one tablespoon green chutney on each of the remaining four slices. Top it with one tablespoon of tomato ketchup. Keep them on lightly greased crusty plate, place the crusty plate on the mesh rack in the microwave oven.

Step 1: Select category, choose weight & press start.

Step 2: When the oven beeps, turn over & press start. Serve hot."

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1 (230 gms)
BB12	TANDOORI ROTI	Wheat Flour	1 cup
		Dry Yeast	1 tsp
		Sugar	1 tsp
		Curd	½ cup
		Oil To Finish Up The Dough	1 tbsp
		Ghee To Brush All The Rotis	4 tbsp
		Water As Required	
		Salt To Taste	
		Wheat Flour For Rolling	
<p>Method of Preparation: "Take warm water in a bowl. Add dry yeast, sugar. Mix well and cover it with a lid. Set it aside for 10 minutes. Take another mixing bowl, combine all the ingredients other than ghee, including the yeast mixture and knead it into a smooth, soft dough using enough water. Cover it with a damp cloth and keep it aside for 30 minutes. Divide the dough into 6 equal portions . Roll out each portion into a diameter of 5 inches. Use little dry flour for rolling the roti. Step 1: Keep the tawa on the low rack. Keep it inside the microwave. Select category, enter weight & press start. Step 2: When the oven beeps, keep 2 rolled out roties on tawa & press start. Step 3: When the oven beeps again, turn & again press start. Make all the roties following the same procedure. Brush the ghee to the rotis and Serve hot."</p>			

Category	Recipe-	Ingredients:	1 (230 gms)
BB13	BUTTER NAAN	All Purpose Flour	1 cup
		Wheat Flour	¼ cup
		Sugar	1 tsp
		Instant Yeast	½ tsp
		Water As Required	
		Curd	2 tbsp
		Butter, Melted	1 tbsp
		Salt As Required	
		Butter For Spreading On The Naan	3 tbsp
<p>Method of Preparation: "Take warm water in a bowl. Add dry yeast, sugar, mix well and cover with lid. Set it aside for 5 minutes. Take another mixing bowl. Combine all the ingredients, including the yeast mixture and knead into a smooth, soft dough using enough water. Cover it with a damp cloth and keep it aside for 2 hours. Divide the dough into 6 equal portions . Roll out each portion into a diameter of 5 inches. Use little dry flour while rolling the roti. Step 1: Keep the tawa on the low rack. Keep it inside the microwave oven. Select the category, enter weight & press start. Step 2: When the oven beeps, keep 2 rolled out naan roti on tawa & press start. Step 3: When the oven beeps, turn & again press start. Make all the naan roties following the same procedure. Brush the butter to the naan rotis and Serve hot."</p>			

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1(230 gms)
BB14	PLAIN PARATHA	Wheat Flour	1 cup
		Melted Butter	2 tbsp
		Butter Milk	¼ cup
		Ghee As Needed	
		Salt To Taste	
		Water As Required	

Method of Preparation:

"In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & butter then water & knead a soft dough. Step 1: Keep tawa on the rack, keep inside the microwave to preheat the tawa. Select category, enter weight & press start. Divide the dough into 5 equal portion (approx of 45-46 gms). Roll out each portion to a diameter of 6" spread ½ tsp ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip. Apply few drops of ghee on the strip. Again roll the strip to form a ball. Roll out the ball to 5" diameter for parantha. When the oven beeps, remove the tawa keep 2 rolled out parantha on tawa & press start. Step 2: When the oven beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure. Apply some ghee on top (optional) & crush the parantha slightly to open up the layers. Serve hot with gravy/curry of your choice. Wrap in foil & store. "

Category	Recipe-	Ingredients:	1(230 gms)
BB15	ALOO PARATHA	For The Potato Stuffing:	
		Boiled & Mashed Potato	1 cup
		Green Chili, Chopped	2
		Coriander Leaves	2 tsp
		Ajwain	½ tsp
		Garam Masala	¼ tsp
		Chili Powder	¼ tsp
		Salt As Required	
		For The Dough:	
		Wheat Flour	2 cup
		Salt To Taste	
		Oil (Optional)	½ tsp
		Water As Required	
		For Frying The Parathas	
		Oil Or Ghee As Required	

Method of Preparation:

"Mix the flour with salt and oil. Add water and knead a smooth and soft dough. Cover and let the dough rest for 15-20 minutes. Mix all stuffing ingredients uniformly. Take two medium balls from the dough and roll the balls into small circles. Place a few tbsps of the filling on one of the dough circle. Lightly sprinkle some wheat flour and roll the aloo paratha gently into a diameter of 6-8 inches. Step 1: Keep the tawa on low rack. Keep inside the microwave Select category, enter weight & press start. Step 2: When the oven beeps, keep 2 rolled out paratha on tawa & press start. Step 3: When the oven beeps, turn & again press start. Make all the paratha following the same procedure. Brush the oil or ghee to the paratha and Serve hot."

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1(230 gms)
BB16	KULCHA	Maida	1 cup
		Dry Yeast	1 tsp
		Sugar	1 tbsp
		Warm Water	50 ml
		Fresh Cream	2 tbsp
		Coriander Leaves	as required
		Kalonji	as required
		Oil	½ tsp
		Salt	a pinch
<p>Method of Preparation: "In a cup take warm water add dry yeast & add sugar. Stir well to dissolve. Keep aside for at least 5 minutes. In a mixing bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water & knead a firm dough. Pour ½ tsp oil & cover the dough and keep a side for 2 hours. Divide the dough into 4 equal portions (approx. 60 gm each). Make balls & apply butter on top & sprinkle kalonji & coriander leaves on top. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes. Step 1: Select category, enter weight & press start. Step 2: When the oven beeps, keep tawa with rolled doughs & press start. Step 3: Apply butter on top of kulchas or roast them a little & serve hot with chhole."</p>			

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1(230 gms)
BB17	ALOO KULCHA	For The Potato Stuffing:	
		Boiled & Mashed Potato	1 cup
		Green Chili, Chopped	2
		Coriander Leaves	2 tsp
		Ajwain	½ tsp
		Garam Masala	¼ tsp
		Chili Powder	¼ tsp
		Salt As Required	
		For Kulcha:	
		Maida	1 cup
		Dry Yeast	1 tsp
		Sugar	1 tbsps
		Warm Water	50 ml
		Fresh Cream	2 tbsps
		Coriander Leaves	as required
		Kalonji	as required
		Oil	½ tsp
		Salt	a pinch

Method of Preparation:

"In a cup take warm water add dry yeast & add sugar. Stir well to dissolve. Keep aside for at least 5 minutes. In a mixing bowl take maida, salt & fresh cream. Mix well with hands. Add the yeast water,oil & knead a firm dough. Cover the dough and keep a side for 2 hours. Mix all stuffing ingredients, mix uniformly. Take two medium balls from the dough and roll the balls into small circles, apply butter on top & sprinkle kalonji & coriander leaves on top. Place a few tbsps of the filling on one of the dough circle. Press with fingers & dust with maida & roll out each ball into a diameter of 5". Keep the rolled dough on dusted multi cook tawa. Keep them covered in dark & warm place for at least 30 minutes.

Step1: Select category, enter weight & press start.

Step 2: When the oven beeps, keep tawa with rolled doughs & press start.

Step 3: Apply butter on top of kulchas or roast them a little & serve hot."

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1(230 gms)
BB18	GARLIC NAAN	Maida	230 gms
		Curd	4 tbsp
		Milk	100 ml
		Butter	1 tbsp
		Salt	1/8 tsp
		Castor Sugar	1 tsp
		Baking Powder	½ tsp
		Butter (Melted)	1 tsp
		Soda	¼ tsp
		Onion Seeds	1 tsp
		Garlic Paste	1 tsp

Method of Preparation:

"In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter, garlic, curd & soda, add to the dough. Mix it well & knead a soft dough, add the milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 2 hours to ferment properly.

Step 1: Keep the tawa on low rack & keep inside the microwave. Select category, enter weight & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top.

Step 2: When the oven beeps, keep 2 rolled out naan on the tawa & press start.

Step 3: When the oven beeps, turn and press start. Serve hot with gravy curry for your choice. "

Category	Recipe-	Ingredients:	1(230 gms)
BB19	LACHHA PARATHA	Whole Wheat Flour	2 cups
		Ghee	2 Tbsp
		Milk	½ cup
		Water	½ cup
		Salt	½ tsp

Method of Preparation:

"In a bowl combine wheat flour, salt, ghee. Rub them well. Gradually add milk & then water & knead a soft dough. Set aside for 20 minutes.

Step 1: Keep tawa on low rack. Keep it inside the microwave. Select category, enter weight & press start. Divide the dough into equal portion. Roll out each portion to a diameter of 6". Spread ghee/oil all over & dust some dry flour. Fold to half & again repeat the same procedure. So that you get a long strip. Apply few drops of ghee on the strip. Again roll the strip to form a ball. Roll out the ball to 5" diameter for laccha parantha.

Step 2: When the oven beeps, keep 2 rolled out laccha parantha on tawa & press start.

Step 3: When the oven beeps, turn the paranthas & again press start. Make all laccha paranthas following the same procedure. Apply some ghee on top. Serve hot with gravy/curry of your choice. "

BREAD BASKET ZONE

Category	Recipe-	Ingredients:	1(230 gms)
BB20	TANDOORI NAAN	Maida	230 gr
		Curd	4 tbsps
		Milk For Brushing	100 ml
		Butter	1 tbsps
		Salt	1/8 tsp
		Sugar	1 tsp
		Baking Powder	½ tsp
		Butter (Melted)	1 tsp
		Soda	¼ tsp
		Onion Seeds	1 tsp
		Kalonji Seeds	1 tsp
		Aniseeds	1 tsp
<p>Method of Preparation: "In a bowl sieve the flour, salt, sugar & baking powder. Rub in butter, curd & soda, add to the dough. Mix it well & knead a soft dough adding all the seeds, milk & water (if required). After making the dough add melted butter & knead the dough again. Keep the dough covered in a warm place for about 2 hours to ferment properly. Step 1: Keep the tawa on the low rack & keep inside the microwave. Select category, enter weight & press start. Divide the dough into 10 equal portions/balls. (approx. of 40 gm each). Roll out each portion in an oblong shape. Brush with melted butter & sprinkle onion seeds on the top. Step 2: When the oven beeps, keep 2 rolled out naan on the tawa & press start. Step 3: When the oven beeps, turn and press start. Serve hot with gravy curry for your choice. "</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	200 gr
TC1	TADKA / CHOWK/ VAGHAR	Oil / Ghee	3 tbsp
		Green Chillies	3
		Chopped Onions	2
		Jeera	1 tsp
		Garlic	½ tsp
		Ginger	½ tsp
		Hing	½ tsp
		Mustard Seeds	½ tsp
		Turmeric Powder	½ tsp
		Red Chili Powder	1½ tsp
		Curry Leaves	few
		Cinnamon	3
		Cardamom	4
		Bay Leaves	3
		Coriander	few
		Cloves	3
		Pepper Corns	6

Method of Preparation:

Take a microwave oven safe bowl, add the ingredients according to the recipe, mix well. Select Category, enter weight and press start. When the oven beeps, remove and use it for seasoning your dish.

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC2	COCONUT PRAWNS	To Marinate	
		Prawns	250gr
		Ginger, Garlic Paste	1 tsp
		Red Chili Powder	1 tsp
		Lemon Juice	1 tsp
		Salt To Taste	
		For Curry	
		Granted Coconut	1 cup
		Onion Paste	1 cup
		Tomatoes Paste	½ cup
		Curry Leaves	6
		Green Chilies Chopped	2
		Ginger, Garlic Paste	1 tsp
		Red Chili Powder	½ tsp
		Coriander Powder	½ tsp
		Turmeric Powder	¼ tsp
		Cumin Powder	½ tsp
		Garam Masala	½ tsp
		Chopped Coriander Leaves	2 tbsp
		Oil As Required	
<p>Method of Preparation: "In a mixing bowl, add all marinate ingredients, mix well and set aside 20 minutes for marination. Take another microwave oven safe bowl, combine all the curry ingredients, mix well, keep bowl on the turn table. Step 1: Select category, enter weight, press start. Step 2: When the oven beeps, remove and add marinated prawns, mix smoothly and press start. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC3	SCHEZWAN CHICKEN	Boneless Chicken	250 gr
		Spring Onions	¾ cup
		Tomato Ketchup	2 tbsp
		Dry Red Chillies	2 nos.
		Garlic Paste	1 tsp
		Red Chilli Sauce	1 tsp
		Ajinomoto	1 tbsp
		Vinegar	¼ tsp
		Sugar	1 tsp
		Cornflour (Mixed With ¼ Cup Water)	2 tsp
		Oil	2 tbsp
		Salt To Taste	
Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than chicken, ketchup, vinegar, cornflour and mix well. Select category & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and & press start. Serve hot. "			

Category	Recipe-	Ingredients:	250 g
TC4	KASHMIRI KAJU PANEER	Paneer Pieces	250 g
		Kaju Paste	4 tsp
		Onions Chopped	¾ cup
		Chopped Ginger	1 tsp
		Chopped Garlic	1 tsp
		Chilli Powder	1 tsp
		Khus Khus Paste	3 tbsp
		Tomato Puree	1 cup
		Milk	1 cup
		Garam Masala	1 tsp
		Salt To Taste	
Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, kaju paste, khus khus paste, tomato puree and mix well. Select category & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and & press start. Serve hot. "			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 g
TC5	KADHI	Yogurt	2 cup
		Besan	4 tsp
		Grated Ginger	½ tsp
		Turmeric Powder	¼ tsp
		Ghee	½ tbsp
		Dry Red Chillies	2
		Curry Leaves	few
		Chopped Green Chillies	1
		Hing	a pinch
		Sugar	1 tsp
		Cumin Seeds	½ tsp
		Mustard Seeds	½ tsp
		Salt To Taste	
		Chopped Coriander Leaves For Garnish	
		Water As Required	
<p>Method of Preparation: "Step 1: Beat the yogurt, water & besan in a vessel so that no lumps are formed. Take a microwave oven safe bowl, add all the ingredients other than yogurt, besan, water mixture and mix well. Select category, enter weight, press start. Step 2: After the beep, Remove and add the remaining ingredients and mix well and press start. Remove and garnish with coriander leaves and serve."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gms
TC6	MUSHROOM MASALA	Mushrooms (Sliced)	250 gms
		Bread Crumbs	1 tbsp
		Sour Cream	1 cup
		Flour	1 tbsp
		Red Chili Powder	1 tsp
		Lemon Juice	½ tsp
		Butter	1½ tsp
		Salt To Taste	
		Cheese (Grated) For Garnish	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than bread crumbs, sour cream, flour and cheese and mix them well and select Category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than the cheese, mix well and press start. Remove, garnish with grated cheese and serve."</p>			

Category	Recipe-	Ingredients:	250 gms
TC7	DRUMSTICK LEAVES CURRY	Drum Stick Leaves	3 cup
		Coconut Grated	1 tbsp
		Masoor Dal	1 tsp
		Cumins Seeds	½ tsp
		Mustard Seeds	½ tsp
		Red Chilli Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Oil As Required	
		Salt To Taste,	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than drum stick leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add remaining ingredients , mix well and press start. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC8	HONEY CHILLI POTATO	Potatoes, Sliced	2 cup
		Onion, Finely Chopped	1 cup
		Spring Onions, Chopped Round	¼ cup
		Tomatoes, Chopped	½ cup
		Garlic & Ginger Paste	1 tsp
		Soya Sauce	1 tsp
		Tomato Ketchup	1 tbsp
		Chili Sauce	1 tsp
		Honey	1 tbsp
		Maida	1 tbsp
		Corn Flour	1 tbsp
		Parsley	1 tbsp
		Oregano	¼ tsp
		Red Chilli Powder	1 tsp
		Salt To Taste	
		Oil As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add oil, sliced potatoes, maida, corn flour and mix well. Select category, enter weight and press start.

Step 2: After the beep, remove and add some more oil and all remaining ingredients, mix well and press start. Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC9	PANEER PEAS CURRY	Paneer Cubed	250 gms
		Green Peas	½ cup
		Onions	2
		Tomato Puree	1½ cup
		Ginger, Garlic Paste	1½ tsp
		Coriander Powder	½ tsp
		Cumin Powder	½ tsp
		Garam Masala	½ tsp
		Turmeric Powder	¼ tsp
		Green Chillies Chopped	3
		Heavy Cream	¼ cup
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than paneer, tomato puree, heavy cream, coriander leaves and salt and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than the coriander leaf and mix well and press start. Remove, garnish with coriander leaves and serve.

Category	Recipe-	Ingredients:	
TC10	GRATED RADISH CURRY	Radish (Grated)	250 gms
		Coconut (Grated)	1 cup
		Onion Chopped	1 cup
		Chilli Powder	1½ tsp
		Chopped Green Chillies	3
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Curry Leaves	few
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than grated radish, grated coconut and coriander leaves, mix well. Select Category, enter weight, press start.

Step 2: When the oven beeps, remove; add all remaining ingredients other than coriander leaves and mix well, Cover the bowl with lid and press start. Remove, garnish with coriander leaves and serve."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC11	MUSHROOM CHILLI FRY	Mushrooms Cut Into Halves	250 gms
		Mustard Seeds	½ tsp
		Red Chillies	2
		Butter To Taste	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than salt and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start."</p>			

Category	Recipe-	Ingredients:	
TC12	PALAK MAKAI SHORBA	Spinach	2 cup
		Vegetable Stock Cube	1½
		Corn Kernels	¾ cup
		Onion Chopped Finely	¾ cup
		Cumin Seeds	¾ tsp
		Butter	2½ tbsp
		Milk	¾ cup
		Salt To Taste	
		Water If Reuired	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, Add butter, cumins, spinach, corn kennels, onions and mix well. Select category, eneter weight, press start. After the beep, remove and grind to a fine paste. Step 2: Take another MWO safe bowl, add all other ingredients to grinded paste, mix well and press start. Serve hot.</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC13	CARROT CURRY	Carrots Chopped	250 gms
		Roasted Sesame Seeds Paste	¾ cup
		Dried Red Chillies	2
		Red Chilli Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Cumin Seeds	½ tsp
		Urad Dal	1½ tsp
		Curry Leaves	few
		Oil As Required	
		Salt To Taste	
		Coriander For Garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than carrots and salt. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove, garnish with coriander and serve."

Category	Recipe-	Ingredients:	
TC14	SEV BHAJI	Sev	2 cup
		Tomato Puree	¾ cup
		Chopped Tomato	1
		Chopped Onions	1
		Mustard Seeds	¼ tsp
		Cumin Seeds	¼ tsp
		Green Chilli	1
		Hing	a pinch
		Curry Leaves	few
		Turmeric Powder	¼ tsp
		Red Chilli Powder	1tsp
		Ground Coriander	½ tsp
		Ground Cumin	½ tsp
		Oil	1 tbsps
		Salt To Taste	
		Water As Required	
		Coriander Leaves For Garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than tomato puree, sev, water. mix well, select category, enter weight, press start. Step 2: When it beeps, remove and add the remaining ingredients, mix well and press start. Remove and garnish with coriander leaves and serve."

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gr
TC15	CRISPY DRUMSTICKS	Scraped Rumstick (Chopped Lenth-wise)	250 gr
		Mustard Seeds	½ tsp
		Asafoetida	a pinch of
		Chopped Green Chilli	½ tsp
		Chopped Tomato	½ cup
		Powdered Turmeric	¼ tsp
		Cumin Powder	1 tsp
		Curry Leaves	few
		Chopped Garlic	½ tsp
		Chopped Onion	1 cup
		Red Chilli Powder	1 tsp
		Coriander Powder	1½ tsp
		Garam Masala Powder	1 tsp
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than tomato, drumsticks, mix well, select category, enter weight, press start. Step 2: When you hear a beep, remove and add the remaining ingredients, mix well and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	250 gr
TC16	PRAWNS MATAR CURRY	Prawns	2 cup
		Green Peas	¾ cup
		Onion	1 cup
		Tomato	¾ cup
		Ginger Garlic Paste	1 tsp
		Green Chilli	¾ tsp
		Chilli Powder	1 tsp
		Turmeric Powder	¼ tsp
		Garam Masala Powder	1 tsp
		Coriander Leaves	2 tbsp
		Salt To Taste	
		Oil As Required	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than prawns, tomato, mix well, select category, enter weight, press start. Step 2: When beep, Remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gr
TC17	KASHMIRI KAJU PANEER	Paneer Pieces	250 gr
		Sliced Onions	1 cup
		Tomato Puree	1 cup
		Kaju Paste	4 tsp
		Khus Khus Paste	3 tbsp
		Milk	1 cup
		Chopped Ginger	3 tsp
		Chopped Garlic	2 tsp
		Chilli Powder	1 tsp
		Garam Masala	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than paneer, tomato puree, milk and mix well. Select category, enter weight and press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p>			

Category	Recipe-	Ingredients:	250 gr
TC18	CHILI SOYA NUGGETS	Soya Nuggets, Soaked	250 gr
		Spring Onions, Chopped	1 cup
		Garlic Paste	1 tsp
		Green Chillies, Sliced	1 tsp
		Soya Sauce	3 tsp
		Vinegar	1 tsp
		Coriander Leaves For Garnish	3 tbsp
		Salt To Taste	
		Oil As Required	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than soya nuggets, soya sauce, coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC19	MIRCHI KA SALAN	Deep fried Green chilies	250 gms
		Onion paste	1 cup
		Ginger garlic paste	½ tsp
		Mustard seeds	½ tsp
		Cloves	few
		Curry leaves	few
		Tamarind pulp	1 cup
		Oil as required	
		Coriander leaves for garnish	
		Salt to taste	
		Salan Paste	
		Grated Coconut	1 cup
		Roasted Peanuts	¾ cup
		Coriander seeds	½ cup
		Sesame seeds	½ cup
		Cumin seeds	1½ tsp
		Peppercorns	1½ tsp
		Red Chili	4
<p>Method of Preparation: "Grind all salan paste ingredients to make fine paste. Step 1: Take a microwave oven safe bowl, add all the ingredients other than green chilies, tamarind pulp and coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients other than the coriander leaves and mix smoothly and press start. Finally, remove, garnish with grated coriander and serve."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC20	PRAWNS VINDALOO	Shelled Prawns	250 gms
		Tomatoes, Chopped	1½ cup
		Cumin Seeds	1 tsp
		Ginger, Garlic Paste	1½ tsp
		Curry Leaves	few
		Chili Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Vinegar	1 tbsp
		Corn Flour	1 tbsp
		Sugar	1½ tsp
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than prawns and vinegar and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients and mix well and press start. Remove and serve hot."</p>			

Category	Recipe-	Ingredients:	
TC21	CRAB CURRY	Big Size Crabs	5
		Big Size Onion Sliced	2
		Red Chillies Whole	2
		Tamarind Pulp	1½ tbsp
		Cumin Seeds	1 tsp
		Coconut Scraped	1½ tbsp
		Garam Masala Powder	1½ tsp
		Garlic & Ginger Paste	1 tsp
		Turmeric Powder	¼ tsp
		Oil As Required	
		Water As Required	
		Salt To Taste	
<p>Method of Preparation: "Clean the crabs, only the body and claws are used (the crab claws can be lightly cracked and the body cut into half, to facilitate eating). Grind the scraped coconut with red chillies, cumin seeds, turmeric powder and garlic to a fine paste. Step 1: Take a microwave oven safe bowl, add all ingredients other than tamarind pulp and water. mix well and select category, enter weight, press start. Step 2: After the beep, remove and add tamarind pulp, water, mix well and press start. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC22	PAKODA CURRY	Pakodas	250 gms
		Tomato Puree	1½ cup
		Green Chili	2
		Ginger Paste	½ tsp
		Curry Leaves	few
		Mustard Seeds	½ tsp
		Cumin Seeds	½ tsp
		Hing	a pinch
		Coriander Powder	½ tsp
		Red Chili Powder	½ tsp
		Sugar	1½ tsp
		Turmeric	a pinch
		Salt To Taste	
		Coriander Leaves For Garnish	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than pakodas, tomato puree and coriander leaves and mix well. Select category, enter weight, press start. Step 2: After the beep, remove, add the remaining ingredients other than the coriander leaf and mix well and press start. Remove, garnish with grated coriander and serve."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gms
TC23	DUM ALOO	Aloo (Potatoes)	250 gms
		Ghee	1½ tbsp
		Tomato Puree	1½ cup
		Curd	½ cup
		Spices	
		Cloves	3
		Bay Leaves	2
		Black Peppercorns	5
		Green Cardamoms	3
		Brown Cardamom	3
		Cinnamon Stick	2
		Paste	
		Onion (Chopped)	2
		Flakes Garlic	4
		Ginger	½" inch
		Black Peppercorns	5
		Poppy Seeds	½ tsp
		Coriander Seeds	½ tsp
		Cumin Seeds	½ tsp
		Dry Red Chillies	3
		Turmeric Powder	¼ tsp
		Ground Mace	a pinch
		Ground Nutmeg	a pinch
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than potato, tomato puree, curd and all the paste items. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC24	CAPSICUM CURRY	Capsicum, Chopped	250 gms
		Onion, Chopped	1½ cup
		Green Chillies, Slit Lengthwise	4
		Ginger Paste	1 tsp
		Garlic Paste	1 tsp
		Turmeric Powder	½ tsp
		Chole Masala	1 tbsp
		Cumins Seeds	1 tsp
		Mustard Seeds	1 tsp
		Oil As Required	
		Salt To Taste	
		Water As Required	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than capsicum, chole masala and water. Mix well and select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gms
TC25	METHI MALAI MATAR	Green Peas	1½ cup
		Methi Leaves	1½ cup
		Malai / Cream	100 gms
		Onion Paste	1½ cup
		Green Chili Paste	1½ tsp
		Garlic, Ginger Paste	1 tsp
		Khus Khus Paste	2 tbsp
		Cumins	1 tsp
		Cashew Nuts	5
		Milk	1½ cup
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than baby corn, tomatoes and coriander leaves. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients other than coriander leaf and mix well and press start. Remove and garnish with coriander leaves. Serve hot. "

Category	Recipe-	Ingredients:	
TC26	BABY CORN MASALA	Baby Corn	250 gms
		Tomatoes Chopped	1½ cup
		Onion Chopped	1½ cup
		Roasted Groundnut Powder	½ cup
		Chilli Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	¾ tsp
		Cumin Seeds	1½ tsp
		Fenugreek Seeds	1½ tsp
		Saunf	1½ tsp
		Salt To Taste	
		Oil As Required	
		Coriander Leaves For Garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than baby corn, tomatoes and coriander leaves. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients other than coriander leaf and mix well and press start. Remove and garnish with coriander leaves. Serve hot. "

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC27	KARELA FRY	Karela (Cut Into Thin Round)	250 gms
		Lemon Juice	2 tsp
		Turmeric Powder	¾ tsp
		Red Chilli Powder	1½ tsp
		Jeera Powder	1½ tsp
		Garam Masala	1½ tsp
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Marinate karela with the lemon juice, turmeric, salt for 20 minutes and wash it well.

Step 1: Take a microwave oven safe bowl, add all the ingredients other than garam masala and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot."

Category	Recipe-	Ingredients:	
TC28	CAULIFLOWER ONION FRY	Cauliflower Florets	250 gms
		Onion Chopped	2
		Green Chillies	3
		Coriander Powder	3 tsp
		Lemon Juice	2 tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Cumin Seeds	1 tsp
		Curry Leaves	few
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than cauliflower florets and salt. Mix well and select category, enter weight, press start.

Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Remove and Serve hot. "

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC29	ARBI / TARO ROOT FRY	Taro Root (Boiled & Peeled)	250 gms
		Roasted Dalia Powder	1½ cup
		Red Chilli Powder	1 tsp
		Turmeric Powder	a pinch
		Mustard Seeds	½ tsp
		Cumin Seeds	1 tsp
		Urad Dal	4 tsp
		Curry Leaves	few
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: " Step 1: Take a microwave oven safe bowl, add all the ingredients other than taro root, salt and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Serve hot. "</p>			

Category	Recipe-	Ingredients:	250 gms
TC30	GREEN CHANA CURRY	Green Chana	1½ cup
		Tomato Chopped	1½ cup
		Onion Chopped	1½ cup
		Green Chilli Chopped	3
		Ginger, Garlic Paste	2 tsp
		Cumins Powder	1½ tsp
		Hing	a pinch
		Turmeric Powder	a pinch
		Coriander Powder	1½ tsp
		Garam Masala	2 tsp
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than green chana and tomato. Mix well and select category, enter weight, press start. Step 2: After the beep, remove and add the remaining ingredients, mix well and press start. Serve hot. "</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC31	DOI MACHCH	Fish (Rohu)-sliced & rubbed with turmeric & salt	250 gms
		Curd	1½ cup
		Onion paste	1½ cup
		Garlic paste	¾ tsp
		Ginger paste	¾ tsp
		Turmeric powder	¼ tsp
		Chilli powder	1½ tsp
		Bay leaves	2
		Cumin seeds	¾ tsp
		Cardamoms	4
		Cloves	3
		Cinnamon-broken	2
		Sugar	1½ tsp
		Oil as required	
		Salt to taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than fish, curd, and sugar. Mix well and select category, enter weight, press start. Step 2: After the beep, remove and add all the remaining ingredients, mix well and press start. Serve hot. "</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gms
TC32	TAMATAR KA SHORBA	Tomatoes, Chopped	1½ cup
		Chopped Ginger	¾ tsp
		Chopped Garlic	¾ tsp
		Green Chili	¾ tsp
		Garam Masala	¾ tsp
		Bay Leaf	3
		Chopped Green Coriander	2½ tbsp
		Cumin Seeds	¾ tsp
		Sugar	¾ tsp
		Salt To Taste	
		Oil As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than tomatoes, sugar and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add all the remaining ingredients, mix well and press start. Serve hot. "

Category	Recipe-	Ingredients:	250 gms
TC33	MATAR MUSHROOM	Mushrooms, cut in to halves	1½ cup
		Green peas	¾ cup
		Tomato puree	¾ cup
		cardamoms	4
		cinnamon	3
		Chopped onion	¾ cup
		Ginger garlic paste	¾ tsp
		Chilli powder	¾ tsp
		Coriander powder	¾ tsp
		Turmeric powder	¼ tsp
		Garam masala	¾ tsp
		Cashew nuts paste	1½ tbsp
		Salt to taste	
		Oil as required	
		Chopped coriander for garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than mushrooms, green peas, tomato puree and garnish ingredient, mix well and category, enter weight, press start.

Step 2: After the beep, remove and add all remaining ingredients other than coriander, mix well and press start. Garnish with coriander. Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	250 gms
TC34	GOBI SUBZI	Cauliflower Florets	¾ cup
		Green Peas	¾ cup
		Chopped Cabbage	¾ cup
		Green Chillies	3
		Cashew Nut Paste	¾ cup
		Garam Masala	2 tsp
		Curd	1½ cup
		Oil As Required	

Method of Preparation:

" Step1: Take a microwave oven safe bowl, add all ingredients other than cabbage, green peas and curd and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
TC35	METHI ALOO	Methi leaves (chopped)	3 cups
		Big size potato (cut in pieces)	2 nos.
		Tomato (chopped)	2 nos.
		Oil	1½ tbsps
		Green chilli (chopped)	2 nos.
		Red chilli powder, haldi,	1½ tsp
		Turmeric powder	¼ tsp
		Garam masala	1½ tsp
		Salt to taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than methi leaves, tomato, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add all other remaining ingredients, mix well and cover the bowl with lid. Press start. Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC36	CURD BRINJAL	Brinjal (cut into pieces)	250 g
		Curd	200 g
		Chopped ginger	1 tsp
		Curry leaves	3 tsp
		Mustard seeds	1 tsp
		Cumins seeds	1 tsp
		Oil as required	
		Salt to taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than curd, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
TC37	BROCCOLI CURRY	Broccoli, Chopped	250 g
		Onions, Chopped	1 cup
		Chili Powder	1 tsp
		Black Pepper	few
		Cumin	1 tsp
		Coriander Powder	1 tsp
		Turmeric	¼ tsp
		Dried Coconut	½ cup
		Lemon Juice	1 tsp
		Butter	3 tbsps
		Salt To Taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than braccoli, lime juice, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC38	KEEMA PALAK	chicken mince	250 g
		spinach, chopped	1 cup
		onion, finely chopped	1 cup
		tomato puree	½ cup
		green chilli, finally chopped	3
		ginger garlic paste	1 tsp
		cumins	1 tsp
		bay leaf	few
		garammasala	1 tsp
		oil as required	
		salt to taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than chicken, tomato puree, mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
TC39	ALOO GOBI	Cauliflower Florets	1 cup
		Potatoes Sliced	1 cup
		Ginger Chopped	1 tsp
		Turmeric Powder	¼ tsp
		Red Chili Powder	1 tsp
		Garam Masala	1 tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than cauliflower, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Garnish with coriander leaves. Serve hot.

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC40	BEANS PORIAL	French beans chopped	250 gr
		Urad dhal	3 tsp
		Grated coconut	1 cup
		Mustard seeds	1 tsp
		Green chillies	1 tsp
		Salt to taste	
		Oil as required	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than french beans, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
TC41	BABY CORN CURRY	Baby corn	250 gr
		Tomatoe puree	1 cup
		Onion paste	1 cup
		Ginger,Garlic paste	1 tsp
		Cumin seeds	1 tsp
		Green chilli	1 tsp
		Turmeric powder	¼ tsp
		Coriander powder	1 tsp
		Chilli powder	1 tsp
		Garam masala	1 tsp
		Cashew nuts	few
		Oil as required	
		Salt to taste	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than baby corn, tomato puree, cashew nuts, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC42	KADDU KI SUBZI	Kaddu (cut into pieces)	250 gr
		Chopped tomato	1 cup
		Chopped green chilli	1 tsp
		Finely chopped ginger	1 tsp
		Garam masala	1 tsp
		Red chilli power	1 tbsp
		Turmeric powder	¼ tsp
		Amchoor powder	1 tsp
		Oil as required	
		Salt to taste	
		Coriander leaves for garnish	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than kaddu, tomato, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
TC43	JEERA ALOO	Potatoes, Chopped	250 gr
		Cumin Seeds	2 tsp
		Green Chilies, Chopped	1 tsp
		Turmeric Powder	¼ tsp
		Red Chili Powder	1 tsp
		Lemon Juice	1 tsp
		Oil As Required	
		Salt As Per Taste	
		Coriander Leaves For Garnish	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than potatoes, lemon juice, coriander leaves, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot."</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC44	MACHI KALI MIRCH	Pomfret	250 gr
		Chopped Onion	1 cup
		Tomatoes, Chopped	1 cup
		Garlic Paste	2 tsp
		Kali Mirch powder	1 tsp
		Lemon Juice	3 tsp
		Salt to taste	
		Oilas required	
<p>Method of Preparation: "Take Pomfret slices and marinate with salt, lemon juice, kali mirch powder and set aside for one hour. Step 1: In Microwave Safe bowl put oil, chopped onion, chopped tomatoes, chopped garlic. Select category & weight and press start. Step 2: When the oven beeps, open door and add marinated fish, salt to taste and some water. Cover & press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
TC45	TANDOORI SUBZI	Paneer cubes	¾ cup
		Capsicum Cut into fine rings	¾ cup
		Onion Cut into fine rings	¾ cup
		Tandoori Color	pinch of
		Tandoori Masala	2 tsp
		Ginger,Garlic paste	2 tsp
		Red chilli powder	1 tsp
		Green Chillies	1 tsp
		Jeera	1 tsp
		Lemon juice	1 tsp
		Oil as required	
		Salt to taste	
<p>Method of Preparation: Step 1: In a mixing bowl, add all ingredients, mix well and set it aside for 20 minutes to marinate. Place all marinated ingredients in the crispy plate, on the grill mesh rack. Select category & weight and press start. Step 2: When the oven beeps, remove and turn smoothly and press start. Serve hot.</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC46	MALAI KHUMB	Sweet Corn Kernels	¾ cup
		Mushrooms	¾ cup
		Cupcapsicum Cubes	¾ cup
		Cumin Seeds	1 tsp
		Onions Chopped	¾ cup
		Green Chillies	2
		Ginger, Garlic	1 tsp
		Cumin Seeds Powder	1 tsp
		Chilli Powder	1 tsp
		Tomatoes	¾ cup
		Tomato Ketchup	2 tbsp
		Cornflour	2 tbsp
		Sugar	1 tsp
		Salt To Taste	
		Oil	
		Coriander For Garnish	

Method of Preparation:

Step 1: In a mixing bowl, add all ingredients, mix well and set it aside for 20 minutes for marinate. Place all marinated ingredients in the crispy plate on the grill mesh rack. Select category & weight and press start. Garnishh with coriander leaves. Serve hot.

Category	Recipe-	Ingredients:	
TC47	MOONG DAL	Yellow Lentils (Moong Dal)	1½ cup
		Tomato Chopped	3
		Onion Chopped	1½
		Red Chilli Powder	1½ tsp
		Turmeric Powder	¼ tsp
		Ginger Paste	¾ tsp
		Garlic Paste	¾ tsp
		Green Chillies Chopped	3
		Mustard Seeds	¼ tsp
		Dried Red Chillies	3
		Salt To Taste	
		Water As Required	
		Oil As Required	
		Coriander Leaves For Garnish	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than lentils, tomatoes, water, coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients other than coriander leaves, mix well and press start. Serve hot.

TASTY CURRIES

Category	Recipe-	Ingredients:	200 gr
TC48	SPINACH DAL	Chana Dal	¾ cup
		Toor Dal	¾ cup
		Moong Dal	¾ cup
		Chopped Palak	2 cup
		Cumin Seeds	1 tsp
		Hing	a pinch of
		Onion, Finely Chopped	1 cup
		Ginger-Garlic Paste	1 tsp
		Green Chillies, Finely Chopped	1 tsp
		Coriander Powder	1 tsp
		Lemon Juice	1 tsp
		Oil As Required	
		Ghee As Required	
		Salt To Taste	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than palak, lemon juice and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients. Mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	
TC49	GUJARATI TUVAR DAL	Tuvar dal soaked	200 gr
		Chopped tomato	¾ cup
		Chopped onion	1 cup
		Red chilli powder	1 tsp
		Mustard seeds	½ tsp
		Jeera	½ tsp
		Finely chopped ginger	1 tbsp
		Slit green chillies	3 nos.
		Curry leaves	A few
		Hing	A pinch
		Turmeric powder,	As per taste
		Jaggery (Gud)	As per taste
		Water as required	
		Oil as required	
		Salt to taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than dal, tomato, water and mix well. Select category & enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC50	AMRITSARI DAL	Urad Dal	1 cup
		Channa Dal	1 cup
		Tomatoes	1 cup
		Onion Chopped	1 cup
		Mint Leaves	few
		Ginger, Garlic Paste	1 tsp
		Green Chillies Chopped	2
		Butter As Required	
		Salt To Taste	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than urad dal, tomato, channa dal and mix well. Select category & enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	200 gr
TC51	TADKA DAL	Red Lentils (Masoor Dal)	1 cup
		Yellow Lentils (Moong Dal)	1 cup
		Tomato Chopped	2
		Onion Chopped	1
		Oil	1 tbsp
		Red Chilli Powder	1 tsp
		Turmeric Powder	¼ tsp
		Ginger Paste	½ tsp
		Garlic Paste	½ tsp
		Green Chillies Chopped	2
		Mustard Seeds	¼ tsp
		Dried Red Chillies	2
		Coriander Leaves For Garnish	
		Salt To Taste	
		Water As Required	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than red lentils, yellow lentils, tomato, water, coriander leaves and salt and mix well. Place the bowl in the microwave oven, select category, enter weight and press start.

Step 2: After the oven beeps, Remove, add the remaining ingredients other than coriander leaves and mix well and press start. Remove, garnish with coriander leaves and serve hot."

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC52	DALMA	Moong dal, soaked	200 gr
		Raw banana	¼ cup
		Drumsticks	¼ cup
		Potato	¼ cup
		Tomato	¼ cup
		Pumpkin	¼ cup
		Brinjal	¼ cup
		For tadka	
		Oil	2 tbsp
		Dry chillies	3
		Grated coconut	4 tbsp
		Chopped onion	1 cup
		Turmeric powder	¼ tsp
		Bay leaves	few
		Jeera	1 tsp
		Water as required	
		Salt to taste	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than all vegetables and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	
TC53	MUTTON MINCE	Mutton mince (kheema)	200 gr
		Green peas	1 cup
		Onion	1 cup
		Tomato puree	1 cup
		Ginger-Garlic paste	1 tsp
		Red chilli powder	1 tsp
		Garam masala	1 tsp
		Turmeric powder	¼ tsp
		Oil	2 tbsp
		Salt to taste	
		Coriander for garnishing	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than mince, tomato puree, coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients than coriander leaves, mix well and press start. Serve hot.

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC 54	EGGPLANT DAL	Toovar Dal	1½ cup
		Eggplants Chopped	2 cup
		Dried Coconut	3 tbsp
		Turmeric Powder	¼ tsp
		Green Chillies	3
		Cumins Seeds	½ tsp
		Garlic, Ginger Paste	1 tsp
		Mustard Seeds	½ tsp
		Oil As Required	
		Salt To Taste	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than eggplants and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	
TC55	SINDHI CURRY	Chopped Carrots	¾ cup
		Chopped Potatoes	¾ cup
		Chopped Cauliflower	¾ cup
		Chopped Eggplant	¾ cup
		Chopped Okra	¾ cup
		Besan	1½ tbsp
		Cumin Seeds Roasted	1 tsp
		Methi Seeds Roasted	1 tsp
		Hing	a pinch
		Turmeric Powder	½ tsp
		Red Chilli Powder	2 tsp
		Tamarind Paste Juice	1 cup
		Curry Leaves	few
		Green Chilli	4
		Chopped Ginger	¾ tsp
		Oil As Required	
		Salt To Taste	
		Warm Water	
		Chopped Coriander For Garnish	
		Chopped Mint For Garnish	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than hing, tamarind juice, water and coriander, mint leaves. mix well and Select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coriander, mint leaves and mix well and press start. Remove, garnish with coriander, mint leaves. Serve hot.

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC56	KOOTTU CURRY	Bengal Gram Dal (Channa Dal)	1 cup
		White Gram Dal (Urad Dal)	1½ tbsp
		Pumpkin (Cut Into Small Pieces)	1 cup
		Snake Gourd (Cut Into Small Pieces)	1 cup
		French Beans (Cut Into Small Pieces)	1 cup
		Yam (Cut Into Small Pieces)	1 cup
		Cucumber (Cut Into Small Pieces)	1 cup
		Inner Flesh Of Drum Stick Pieces	1 cup
		Grated Coconut Paste	1 cup
		Turmeric Powder	¾ tsp
		Green Chillies Paste	1 tsp
		Mustard Seeds	¾ tsp
		Dried Red Chillies	5
		Curry Leaves	few
		Ghee Or Coconut Oil	2 tbsp
		Salt To Taste	
		Water As Required	
<p>Method of Preparation: Step 1: In a microwave oven safe bowl add all ingredients other than channa dal, urad dal, pumpkin, snake gourd, french beans, yam, cucumber, drumsticks and water. mix well and Select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients except coriander leave, mix well and press start. Serve hot.</p>			

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC57	ACHARI MUTTON	Mutton	3 cup
		Tomatoes	2
		Onions	2
		Fenugreek Seeds	1 tsp
		Fennel Seeds	1 tsp
		Cumin Seeds	1 tsp
		Turmeric Powder	½ tsp
		Dried Red Chilli	3
		Red Chilli Powder	2 tsp
		Cloves	4
		Ginger, Garlic Paste	2 tsp
		Mustard Seeds	1 tsp
		Coriander Leaves For Garnish	
		Oil As Required	
		Salt To Taste	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than mutton, tomato and coriander leaves. mix well and Select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves and mix well and press start. Remove, and garnish with coriander leaves. Serve hot.

Category	Recipe-	Ingredients:	
TC58	PULISSERI	Grated Coconut	2 cup
		Onion, Finely Chopped	1
		Curds	3 cup
		Cumin Seeds (Jeera)	½ tsp
		Coriander Powder	½ tsp
		Fenugreek Seeds (Methi)	½ tsp
		Garlic Paste	½ tsp
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Curry Leaves	few
		Green Chili, Broken	1

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than curd and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot.

TASTY CURRIES

Category	Recipe-	Ingredients:	
TC59	SHAHI SHORBA	Onions, Chopped	1½ cup
		Butter Melted	3 tbsp
		Whole Wheat Flour	3 tbsp
		Mint Leaves Paste	3 tbsp
		Coarsely Chopped Walnuts	1½ tsp
		Sugar	2 tsp
		Black Pepper Powder	½ tsp
		Salt To Taste	
		Water As Required	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, Add butter, wheat flour, onions and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, and add all remaining ingredients, mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	
TC60	MIX VEGETABLE CURRY	Carrots (Cut Into Pieces)	¼ cup
		Potatoes (Cut Into Pieces)	¼ cup
		French Beans (Chopped)	¼ cup
		Green Peas (Chopped)	¼ cup
		Tomato (Chopped)	¼ cup
		Onion (Chopped)	2
		Mustard	¼ tsp
		Garlic Ginger Paste	½ tsp
		Red Chili Powder	1 tsp
		Turmeric Powder	¼ tsp
		Bay Leaves	2
		Cinnamon	2" stick
		Cloves	few
		Cumins	1 tsp
		Garam Masala	1 tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:

Step 1: In a microwave oven safe bowl add all ingredients other than carrots, potato, beans, green peas, tomato and coriander leaves and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove, Remove, add the remaining ingredients other than the coriander and mix well and press start. Remove, garnish with coriander leaves and serve.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB1	KASHMIRI PULLAO	Basmati Rice Soaked	1½ cup
		Cinnamon Stick	3
		Shahjeera	1 tsp
		Tej Patta	3
		Cloves	few
		Cardamoms	4
		Dry Ginger Powder	½ tsp
		Fennel Powder	1 tsp
		Ghee	2 tbsp
		Water As Required	
		Salt As Required	
		For Garnishing Pulao:	
		Onion, Sliced Thinly	1
		Cashews	6
		Almonds	5
		Walnuts	5
		Saffron	pinch of
Method of Preparation:			
Step 1: In a microwave oven safe bowl add all ingredients other than water, garnish ingredients, mix well. Select category & weight and press start. Step 2: When the oven beeps, remove and add water, mix well and press start. Remove and garnish with onions, cashew, almonds, saffron and Serve hot.			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB2	BISI BELE BATH	Red gram dal	½ cup
		Rice	1 cup
		Brinjal chopped	2
		Tamarind juice	½ cup
		Hing	a pinch
		Oil as required	
		Salt to taste	
		Water as required	
		Paste ingredients	
		Onion	1
		Green chillies	1 tsp
		Cashew nuts	½ cup
		Grated coconut	½ cup
		Khus khus	½ cup
		Curry leaves	few
		Coriander leaves	½ cup
		Powdered ingredients	
		Dry red chillies	3
		Fenugreek seeds	1 tsp
		Coriander seeds	½ tsp
		Mustard	½ tsp
		Cardamoms	3
		Cinnamon	1
		Cloves	3
		Saunf	1 tsp
Method of Preparation:			
"Step 1: In a microwave oven safe bowl add oil, add all paste and powder ingredients other than rice, dal, brinjal, water, mix well. Select category & weight and press start.			
Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB3	VEGETABLE BIRYANI	Rice	1½ cup
		Ghee	1 tbsp
		Carrot Chopped	¼ cup
		French Beans Chopped	¼ cup
		Green Peas	¼ cup
		Red Chilli Powder	½ tsp
		Garam Masala	¾ tsp
		Garlic Paste	¼ tsp
		Ginger Paste	¼ tsp
		Green Chillies Chopped	¼ tbsp
		Onion Chopped	1
		Tomato Chopped	1
		Cinnamon	½ inch
		Cloves	4
		Cardamom	4
		Coconut Milk	1cup
		Cashew Nuts	few
		Mint Leaves	few
		Coriander Leaves	few
		Lemon Juice	½ tsp
		Salt To Taste	
		Water As Required	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than rice, tomato, coconut milk, water, cashew nuts, mint leaves, coriander leaves, lemon juice and salt. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB4	VEG- PULLAO	Rice (Soaked)	1 cup
		Potato Cut Into Cubes	½ cup
		Carrot Cut Into Cubes	½ cup
		Cauliflower Cut Into Florets	½ cup
		Peas	½ cup
		Cashew Nuts	½ tbsp
		Raisins	1 tsp
		Onions	1
		Ghee	2 tbsp
		Oil	1 tsp
		Turmeric Powder	¼ tsp
		Ginger Paste	½ tsp
		Garlic Paste	½ tsp
		Green Chilli Paste	½ tsp
		Cinnamon Stick	2
		Cloves	3
		Mint Leaves	¼ tbsp
		Cardamom	3
		Water As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than rice, water and salt. mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB5	JEERA RICE	Rice	1½ cup
		Jeera (Cumin Seeds)	2 tsp
		Cashew Nuts	2 tbsps
		Peppercorns	4
		Bay Leafs	2
		Cloves	3
		Cinnamon Sticks	2
		Onions, Sliced	1
		Ghee As Required	
		Salt To Taste	
		Water As Required	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than rice and water. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
IB6	MUTTON CURRY	Mutton	2 cup
		Tomato (Chopped)	1 cup
		Red chili powder	1½ tsp
		Onions (Chopped)	1 cup
		Black Pepper Powder	¾ tsp
		Turmeric Powder	
		Cinnamon	1½ tsp
		Coriander seeds	1½ tsp
		Cumin seeds	¾ tsp
		Cloves	3
		Green Cardamoms	4
		Ginger and Garlic Paste.	1½ tsp
		Curry Leafs	few
		Poppy Seeds	few
		Fennel Seeds	¾ tsp
		Black Peppercorns	¾ tsp
		Oil as required	
		Salt to taste	
		Coriander Leafs for garnish	

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than mutton, tomato and coriander leaves. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB7	GOSHT DUM BIRYANI	Basmati Rice (Soaked For 1 Hour)	1 cup
		Boneless Mutton	2 cup
		Chopped Onion	1 cup
		Ginger Garlic Paste	1 tsp
		Cumins	1 tsp
		Red Chilli Powder	1 tsp
		Garam Masala	1 tsp
		Turmeric Powder	¼ tsp
		Cloves	few
		Bay Leaves	few
		Salt To Taste	
		Water As Required	
		Oil As Required	

Method of Preparation: "Step 1: In a microwave oven safe bowl add oil, jeera, laung, tej patta onion, ginger garlic paste, mutton & cover. Select category & weight and press start. Step 2: When the oven beeps, mix well. Add rice, water, salt, red chilli powder, garam masala & cover. Press start. Serve hot."

Category	Recipe-	Ingredients:	
IB8	RASAM	Red Gram Dal	1½ cup
		Tomatoes	2
		Garlic Paste	½ tsp
		Garlic Grated	½ tsp
		Ginger Chopped	½ inch
		Green Chillies Chopped	1
		Turmeric Powder	¼ tsp
		Mustard Seeds	½ tsp
		Cumin Seeds	½ tsp
		Dried Red Chillies	2
		Hing	a pinch
		Curry Leaves	few
		Pepper Powder	½ tsp
		Oil	2 tbsps
		Salt To Taste	
		Water As Required	
		Coriander Leaves For Garnish	

Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than red gram dal, tomato, water and coriander leaves. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leave and mix well and press start. Remove, garnish with coriander leaves and serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB9	SAMBHAR	Red Gram Dal	1½ cup
		Turmeric Powder	¼ tsp
		Bitter Gourd (Sliced Into Long Pieces)	¾ cup
		Brinjal (Sliced Into Long Pieces)	¾ cup
		Drum Stick (Sliced Into Long Pieces)	½ stick
		Ladies Finger (Sliced Into Long Pieces)	3
		Dried Red Chillies	4
		Curry Leaves	few
		Tamarind	¾ cup
		Hing	¼ tsp
		Red Chilli Powder	1 tsp
		Oil	2 tbsp
		White Gram Dal (Fried)	1 tsp
		Coriander Seeds (Fried)	½ tsp
		Mustard Seeds (Fried)	½ tsp
		Coriander Leaves For Garnish	
		Mustard Seeds For Tadka	
		Water	
		Salt To Taste	

Method of Preparation:

"Make a paste of fried white gram dal, coriander seeds, mustard seeds. Keep it aside. Mash the tamarind in a cup of water and strain. Keep it aside.

Step 1: Take a microwave oven safe bowl add all the ingredients other than red gram dal and water. Mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB10	ZAFRANI PULAO	Basmati Rice	1½ cup
		Water	2 cup
		Sugar	3 tbsp
		Milk	1½ cup
		Cashews	¾ cup
		Cardomoms	5
		Cloves	few
		Cinnamon, Broken	few
		Almonds, Blanched And Cut	¾ cup
		Saffron Strands, Soaked In Hot Milk	1½ tsp
		Ghee As Required	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than water and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add water, mix well and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
IB11	DAL TADKA	Red Lentils (Masoor Dal)	1 cup
		Yellow Lentils (Moong Dal)	1 cup
		Tomato Chopped	2
		Onion Chopped	1
		Oil	1 tbsp
		Red Chilli Powder	1 tsp
		Turmeric Powder	¼ tsp
		Ginger Paste	½ tsp
		Garlic Paste	½ tsp
		Green Chillies Chopped	2
		Mustard Seeds	¼ tsp
		Dried Red Chillies	2
		Coriander Leaves For Garnish	
		Salt To Taste	
		Water As Required	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add all ingredients other than red lentils, yellow lentils, tomato, water and salt. Mix well. Select category & weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients, mix well and press start. Serve hot."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB12	CHICKEN CHETTINAD	Chicken	200 gms
		Khus Khus Roasted	1 tbsp
		Dry Red Chillies Roasted	3
		Coriander Roasted	½ tsp
		Mustard Roasted	½ tbsp
		Cinnamon Roasted	½ inch
		Cardamom Roasted	2
		Cloves Roasted	2
		Chilli Powder	1 tsp
		Turmeric Powder	½ tsp
		Chopped Ginger	1 tsp
		Chopped Garlic	1 tsp
		Chopped Tomato	1
		Chopped Onions	1
		Oil	1 tbsp
		Curry Leaves	few
		Lemon Juice	½ tsp
		Sugar	½ tsp
		Grated Coconut for Garnish	
		Coriander Leaves for Garnish	
		Salt To Taste	

Method of Preparation:

"In a mixer, grind all the roasted ingredients with garlic and ginger to make a uniform paste.

Step 1: Take a microwave oven safe bowl add all the ingredients other than chicken, tomato, coconut and coriander leaves. Mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove, add the remaining ingredients except coconut and coriander leaves, mix well and press start. Remove, garnish with coconut and coriander. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB13	RIDGE GUARD CURRY	Ridge Gourd (Peeled & Chopped)	2 cup
		Moong Dal	½ cup
		Urad Dal	½ cup
		Jeera	¾ tsp
		Mustard Seeds	½ tsp
		Red Chilli Powder	1½ tsp
		Onion (Chopped)	1½ cup
		Curry Leaves	few
		Whole Red Chillies	3
		Turmeric Powder	¼ tsp
		Fresh Coconut	½ cup
		Hing	a pinch
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than ridge gourd, salt. Mix well. Select category & weight and press start.

Step 2: When the oven beeps, remove the bowl, add the remaining ingredients mix well and press start. Remove and serve."

Category	Recipe-	Ingredients:	
IB14	FISH MASALA	Fish	250 g
		Onion Chopped	1 cup
		Tomato Chopped	½ cup
		Green Chillies, Chopped	½ tsp
		Coriander Leaves	2 tbsp
		Garam Masala	1 tsp
		Turmeric Powder	⅓ tsp
		Coriander Powder	½ tsp
		Chili Powder	1 tsp
		Lemon Juice	½ tsp
		Ginger-Garlic Paste	½ tsp
		Water As Required	
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than fish, tomato, coriander leaves, water and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB15	BUTTER CHICKEN	Boneless Chicken	250gms
		Yogurt	1 tbsp
		Lime Juice	1 tsp
		Red Chilli Powder	1 tsp
		Roasted Cloves	2
		Roasted Pepper Corns	2
		Roasted Cinnamon	½ inch
		Cardamom	2
		Roasted Almonds	3
		Bay Leaves	1
		Oil	½ tbsp
		Chopped Onions	1
		Garlic Paste	½ tsp
		Ginger Paste	½ tsp
		Coriander Powder	½ tsp
		Cumin Powder	½ tsp
		Turmeric Powder	¼ tsp
		Tomato Puree	1 tbsp
		Chicken Stock	1 cup
		Kasuri Methi	1 tsp
		Butter	½ tbsp
		Salt To Taste	
		Coriander Leaves For Garnish	

Method of Preparation:

"Grind & make a paste of cloves, pepper corns, cinnamon, almonds & cardamom. Marinate the chicken with the above paste and butter, yogurt, salt, lime juice, red chilli powder, bay leaves, coriander, cumin, turmeric powder & set aside for 1 hour.

Step 1: Take a microwave oven safe bowl, Add oil, onion, garlic, ginger paste, mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove and garnish with coriander leaves and serve."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB16	SHAHI PANEER	Paneer (Cut In Thin Slices)	2 cups
		Milk	1 tsp,
		Turmeric Powder	1 tbsp,
		Fennel (Saunf) Grinded	2
		Bay Leaves	4
		Cardamoms	2
		Sticks Cinnamon	1tsp
		Cumin Seeds	4
		Fresh Seedless Green Chillies	
		Salt To Taste	

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than paneer slices, fennel (Saunf powder), milk and mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add all remaining ingredients and mix well smoothly and press start. Remove and serve.

Category	Recipe-	Ingredients:	
IB17	KARELA KA SUBJI	Karela, Chopped	250 gms
		Onion, Finely Chopped	2
		Besan	½ tbsp
		Green Chilli, Finely Chopped	3
		Ginger, Garlic Paste	½ tsp
		Fresh Coriander, Chopped	few
		Oil As Required	½ tbsp
		Red Chilli Powder	1½ tsp
		Coriander Powder	1 tsp
		Turmeric Powder	¼ tsp
		Amchoor Powder	½ tsp
		Cumin Seeds	½ tsp
		Hing	a pinch
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than karela and besan and mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove and serve."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB18	POTATO CURRY	Potatoes, Peeled And Cubed	2 cup
		Tomatoes, Chopped	1½ cup
		Onion, Chopped	1½ cup
		Garlic, Ginger Paste	¾ tsp
		Chili Powder	1½ tsp
		Coriander Powder	1½ tsp
		Cumin Seeds	1½ tsp
		Turmeric Powder	¼ tsp
		Ghee	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than potato and tomatoes. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove, add the all remaining ingredients, mix well and press start. Remove and serve hot."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB19	GOAN FISH CURRY	Fish	250 gms
		Fried onion, paste	1½ cup
		Tomato puree	1 cup
		Ginger-Garlic paste	1½ tsp
		Goan fish masala	1½ tsp
		Tamarind paste	½ cup
		Cumin	1 tsp
		Peppercorns	few
		Cloves	few
		Red chillies whole	3
		Red chili powder	1 tsp
		Turmeric powder	¼ tsp
		Lemon juice	1 tsp
		Sugar	½ tsp
		Oil as required	
		Salt to taste	
		Chopped coriander for garnishing	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than fish, tomato puree, tamarind paste, lemon juice, coriander leaves, mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the all remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."

Category	Recipe-	Ingredients:	
IB20	ACHARI CHICKEN	Boneless chicken	250 g
		Fennel seeds	1 tsp
		Chili powder	1 tsp
		Kalonji	1 tsp
		Mustard seeds	½ tsp
		Cumin	1 tsp
		Fenugreek seeds	½ tsp
		Ginger, Garlic paste	1½ tsp
		Turmeric powder	¼ tsp
		Dry red chillies	3
		Vinegar	2 tbsp
		Salt to taste	

Method of Preparation: Step 1: Take a microwave oven safe bowl, add all the ingredients other than vanigar and salt. Mix well, select category, enter weight, press start, Step 2: When the oven beeps, remove and add the all remaining ingredients, mix well and press start. Remove and serve hot.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB21	CHICKEN STEW	Chicken (Cut In To Pieces)	2 cups
		Potatoes (Cut In To Pieces)	½ cup
		Carrot Medium (Cut In To Pieces)	½ cup
		Onion (Cut In To Pieces)	½ cup
		Tiny Pearl Onions (Peeled)	½ cup
		French Beans (Cut In To Pieces)	½ cup
		Cauliflower Florets	½ cup
		Garlic (Crushed)	few
		Corn Flour	¾ cup
		Bay Leaves	few
		Parsley	1½ tbsp
		Celery Stalk (Lightly Crushed)	1½ tbsp
		Dried Thyme	few
		Block Pepper Corns (Crushed)	few
		Salt To Taste	
		Oil As Required	
		Water As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than chicken. Mix well and select category, enter weight, press start.

Step 2: When the oven beeps, Remove and add remaining ingredients, mix well and Press start. Serve hot. "

Category	Recipe-	Ingredients:	
IB22	AVIAL	Carrot	½ cup
		Potato	½ cup
		Drumstick	½ cup
		French beans	½ cup
		Bottlegourd	½ cup
		Coconut milk	½ cup
		Curd (beaten)	½ cup
		Curry leaves	few
		Mustard seeds	1 tsp
		Turmeric powder	¼ tsp
		Salt to taste	
		Oil as required	

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than coconut milk, curd and mix well and select category, enter weight, press start.

Step 2: When the oven beeps, Remove and add remaining ingredients, mix well and Press start. Serve hot. "

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB23	BEAN SPROUTS	Mixed Bean Sprouts	250 gms
		Onion Chopped	1½ cup
		Tomato Chopped	1 cup
		Cumin Seeds	1 tsp
		Ginger, Garlic Paste	1½ tsp
		Green Chilies - Chopped	2
		Cumin Powder	1 tsp
		Coriander Powder	1 tsp
		Garam Masala	1 tsp
		Turmeric Powder	¼ tsp
		Asafoetida	¼ tsp
		Water As Required	
		Oil As Required	
		Coriander Leaves For Garnish	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl, add all the ingredients other than bean sprouts, tomato, water, coriander leaves. Mix well and select category, enter weight, press start.
Step 2: When the oven beeps, remove and add remaining ingredients other than coriander leaves, mix well and Press start. Remove and garnish with coriander leaves, Serve hot. "

Category	Recipe-	Ingredients:	
IB24	USAL	Soaked pea	1½ cup
		Garam masala	2 tbsp
		Roasted jeera	2 tsp
		Turmeric powder	¼ tsp
		Oil	2 tbsp
		Salt to taste	
		Water as required	
		For Paste	
		Coriander leaves	1½ cup
		Grated coconut	¾ cup
		Green chilli	4 nos.
		Water (to make the paste)	

Method of Preparation: "Make a paste of coriander leaves, grated coconut, green chilli, adding required amount of water in a mixer. Step 1: Take a microwave oven safe bowl take oil, roasted jeera & coriander paste. Mix well. Select category & weight and press start. Step 2: When the oven beeps, add boiled peas, all the spices & water. Mix well and press start. Serve usal garnished with grated coconut & serve with pav. "

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB25	MISAL PAV	Mixed Sprouts	250 gms
		Tomato Puree	1½ cup
		Chilli Powder	1 tsp
		Jeera	1 tsp
		Ginger Garlic Paste	1½ tsp
		Cumin Powder	½ tsp
		Misal Masala	1 tsp
		Turmeric Powder	¼ tsp
		Sugar	½ tsp
		Cloves	few
		Cinnamon Powder	¼ tsp
		Oil As Required	
		Coriander For Garnishing	
		Salt To Taste	
		Water As Required	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree, coriander leaves, mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well & press start. Garnish with coriander leaves.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB26	KADAI CHICKEN	To marinate:	
		Chicken	250 gms
		Red chilly pwd	1 tsp
		Turmeric pwd	½ tsp
		Ginger garlic paste	1 tsp
		Lemon juice	1 tbsp
		Salt to taste	
		To prepare Gravy:	
		Onion	1½ cup
		Tomato	1 cup
		Chopped capsicum	½ cup
		Cardamom	2
		Cloves	3
		Cinnamon	1
		Star anise	1
		Ginger garlic paste	1 tsp
		Coriander powder	½ tsp
		Cumin powder	½ tsp
		Bay leaf	3
		Red chilly powder	½ tsp
		Oil	2 tbsp
		Coriander leaves for garnish	
		Salt to taste	

Method of Preparation:

"Marinate the chicken with all marinate ingredients for 20 minutes.

Step 1: Take a microwave oven safe bowl, add all ingredients other than marinated chicken, tomato, coriander leaves and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well & press start. Garnish with coriander leaves. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB27	SARSON KA SAG	Sarson (Green Mustard) Chopped	2 cup
		Palak Chopped	2 cup
		Onion Chopped	4
		Garlic, Ginger Paste	2 tsp
		Green Chillies (Finely Chopped)	2 tsp
		Makkai Ka Atta (Corn Flour)	2 tbsp
		Powdered Gul (Jaggery)	2 tbsp
		Red Chilli Powder	2 tsp
		Ghee As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than sarson, spinach, corn flour and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove, add the remaining ingredients and mix well and press start. Remove, set to cool and grind the mixture to a rough paste and serve hot."

Category	Recipe-	Ingredients:	
IB28	MUTTON LEVER CURRY	Mutton lever	2½ cup
		Tomato (Chopped)	1 cup
		Red chilli powder	2 tsp
		Onions (Chopped)	1 cup
		Black Pepper Powder	½ tsp
		Turmeric Powder	¼ tsp
		Cinnamon	2
		Coriander seeds	2 tsp
		Cumin seeds	1 tsp
		Cloves	4
		Green Cardamoms	5
		Ginger and Garlic Paste.	2 tsp
		Curry Leaves	few
		Oil as required	
		Salt to taste	
		Coriander Leaves for garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than mutton, tomato, coriander leaves and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB29	CHANA MASALA	Chickpeas, Soaked	250 gms
		Chopped Onion	1 cup
		Chopped Tomato	¾ cup
		Mustard Seeds	½ tsp
		Curry Leaves	few
		Green Chili	1 tsp
		Bay Leafs	3
		Turmeric Powder	¼ tsp
		Asafoetida	¼ tsp
		Ginger-Garlic Paste	1 tsp
		Coriander Leaves For Garnishing	
		Salt As Required	
		Oil As Required	
		Water As Required	
		Oil As Required	
		For Roasting Masala:	
		Grated Coconut	¾ cup
		Cinnamon	3
		Fennel	1 tsp
		Cumin Seeds	1 tsp
		Coriander Seeds	1 tsp
		Red Chillies	2
		Cloves	few
		Cardamom	1
		Black Pepper	few
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than chickpeas, tomato, coriander leaves, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than coriander leaves, mix well and press start. Remove and garnish with coriander leaves. Serve hot."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB30	FISH CURRY	Fish - Washed & Sliced	250 gms
		Coriander Leaves - Chopped	1½ tbsp
		Tomatoes - Finely Chopped	2
		Garlic Cloves	6
		Green Chillies - Chopped	3
		Methi Seeds	1½ tsp
		Coriander Powder	1½ tsp
		Turmeric Powder	½ tsp
		Salt To Taste	
		oil as required	

Method of Preparation:

"Marinate the fish in salt and turmeric powder for 15 minutes. Grind the coriander leaves, methi seeds, garlic and green chillies into a paste.

Step 1: Take a microwave oven safe bowl, add all the ingredients other than the fish and above paste. Mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add fish & coriander, methi seeds, green chili, garlic paste to the tadka and mix smoothly and press start. Remove and serve hot."

Category	Recipe-	Ingredients:	
IB31	TOMATO RASAM	Red Gram Dal	3 tbsp
		Tomatoes	5
		Garlic Paste	2 tsp
		Garlic Grated	2 tsp
		Ginger Chopped	1 inch
		Green Chillies Chopped	3
		Turmeric Powder	¾ tsp
		Mustard Seeds	1½ tsp
		Cumin Seeds	1½ tsp
		Dried Red Chillies	4
		Hing	a pinch
		Curry Leaves	few
		Pepper Powder	2 tsp
		Oil	2 tbsp
		Salt To Taste	
		Water	
		Coriander Leaves For Garnish	

Method of Preparation:

"Step 1: In a microwave oven safe bowl, add all ingredients other than tomatoes, water, coriander, mix well. Place in the microwave, select category, enter weight, press start.

Step 2: After the beep, remove & add remaining ingredients other than coriander leaves, mix well and press start. Remove and garnished with coriander leaves. Serve hot"

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB32	PANEER MASALA	Paneer (Cut Into Cubes)	250 gms
		Tomatoes (Chopped)	1 cup
		Oil	1½ tbsp
		Green Chilli	4
		Cumin Seeds	1 tsp
		Garlic Ginger Paste	1 tsp
		Cloves	4
		Turmeric Powder	¾ tsp
		Red Chilli Powder	2 tsp
		Pepper Powder	1 tsp
		Cardamom Powder	1 tsp
		Salt To Taste	
		Water As Required	
		Coriander Leaves For Garnish	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, water and coriander leaves. Mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add paneer and water and mix well and press start. Remove, garnish with coriander and serve."

Category	Recipe-	Ingredients:	
IB33	LEAFY VEGETABLE	Spinach Leaves, Washed & Chopped	2 cup
		Mustard Greens, Washed & Chopped	2 cup
		Cumin Seeds	1 tsp
		Green Chilli (Minced)	1 tsp
		Ginger Paste	1 tsp
		Garlic Paste	1 tsp
		Turmeric Powder	½ tsp
		Red Chilli Powder	1½ tsp
		Hing A Pinch	
		Oil As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach leaves and mustard greens. Mix well, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the remaining ingredients, mix well. Cover the bowl with lid and place it in the microwave oven and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB34	TOMATO CURRY	tomatoes (chopped)	250 gms
		finely chopped onion	3
		red chilly powder	1½ tsp
		cumins	1 tsp
		turmeric powder	½ tsp
		garam masala	1½ tsp
		garlic crushed	4
		curry leaves	few
		oil as required	
		salt to taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato and garam masala. Mix well. select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven and press start. Remove and serve hot."</p>			

Category	Recipe-	Ingredients:	
IB35	PRAWNS CURRY	Prawn - Shelled	250 gms
		Onions Cut Into Small Pieces	3
		Garlic Paste	½ tsp
		Ginger Paste	½ tsp
		Chilli Powder	1 tsp
		Turmeric Powder	½ tsp
		Mustard Seeds	½ tsp
		Oil	1 tbsp
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than the prawns. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the prawns and mix well. Place the bowl in the microwave oven and press start. Remove, and serve."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB36	PALAK PANEER	Paneer	250 gms
		Palak Paste	3 cup
		Onion Paste	2 cup
		Black Pepper Powder	½ tsp
		Ginger-Garlic Paste	1 tsp
		Green Chilli Paste	1 tsp
		Bay Leaves	3
		Cumin Seeds	1 tsp
		Garam Masala Powder	1 tsp
		Butter As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, spinach paste, and salt. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
IB37	BHENDI FRY	Lady Finger (Okra / Bhendi)	250 gms
		Gram Flour	1 cup
		Sliced Onion	1 cup
		Sliced Green Chilli	3
		Coriander Powder	1 tsp
		Red Chilli Powder	1½ tsp
		Garam Masala Powder	1½ tsp
		Cumin Seeds	1 tsp
		Turmeric Powder	¼ tsp
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than lady finger. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add lady fingers, mix well and press start. Remove and serve hot.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB38	ALOO MATAR	Potatoes	2 cup
		Green Peas	1½ cup
		Curd	1½ cup
		Green Chillies	2
		Turmeric Powder	¼ tsp
		Onion	2
		Tomatoes Puree	1½ cup
		Ginger	½ tsp
		Coriander Powder	½ tsp
		Red Chilli Powder	1 tsp
		Garam Masala	1 tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree, salt, green peas, coriander leaves and curd. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix well and press start. Remove, garnish with coriander leaves and serve."</p>			

Category	Recipe-	Ingredients:	
IB39	PLAIN PALAK CURRY	Palak (Spinach) Finely Chopped	2½ cup
		Red Chilly Powder	1 tsp
		Moong Dal	½ cup
		Garam Masala	1 tsp
		Turmeric Powder	¼ tsp
		Garlic Paste	¼ tsp
		Ginger Paste	¼ tsp
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than palak and salt. Mix well, select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Remove and serve hot."</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB40	KADAI PANEER	Paneer	2 cup
		Tomatoes Chopped	1 cup
		Capsicums	1 cup
		Onions Cubed	2 cup
		Ginger Garlic Paste	2 tsp
		Turmeric Powder	½ tsp
		Coriander Seeds	1 tsp
		Red Chillies	few
		Garam Masala	2 tsp
		Kasoori Methi	1 tsp
		Coriander Leaves Chopped	3 tbsp
		Cream	3 tbsp
		Salt To Taste	
		Oil As Needed	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, capsicum, tomato, coriander leaves, cream and mix well and select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
IB41	SOYABEAN MASALA	Soya beans	1 cup
		Onions (chopped)	1 cup
		Tomato (chopped)	¾ cup
		Ginger paste	½ tsp
		Garlic paste	½ tsp
		Chillipowder	1 tsp
		Corianderpowder	1 tsp
		Turmericpowder	¼ tsp
		Curryleaves	few
		Cloves	few
		Cinnamon	2
		Thick coconut milk	½ cup
		Salt - As reqd	
		Oil as required	
		Water as required	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than soya beans, tomato, milk, water and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot."

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB42	PANEER MATAR	Paneer	2 cup
		Matar	1 cup
		Chopped Tomatoes	¾ cup
		Chopped Onions	1 cup
		Cumin Seeds	1 tsp
		Turmeric Powder	¼ tsp
		Red Chili Powder	1 tsp
		Garam Masala	1 tsp
		Ginger Paste	½ tsp
		Garlic Paste	½ tsp
		Oil Or Ghee	
		Coriander Leaves For Garnishing	
		Salt As Required	
		Water As Required	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than paneer, tomato, coriander, water and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add all the remaining ingredients other than coriander leaves, mix well and press start. Remove garnish with coriander leaves, Serve hot.</p>			

Category	Recipe-	Ingredients:	
IB43	GARLIC GINGER PRAWNS	Prawns, Peeled	300 gr
		Onion Chopped	1 cup
		Tomato Chopped	¾ cup
		Garlic	2 tsp
		Ginger, Grated Finely	3 tsp
		Soy Sauce	2 tsp
		Corn Flour	½ cup
		Chicken Stock	1 cup
		Rice To Serve	
		Oil As Required	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl. Add all ingredients other than prawns, tomato, soya sauce, chicken stock, rice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than rice, mix well and press start. Remove and serve with rice.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB44	DALIYA KICHDI	Dalia (Broken Wheat)	1½ cup
		Mix Vegetable Chopped	1½ cup
		Onion Chopped	1½ cup
		Green Chilies	3
		Garlic, Ginger Paste	1½ tsp
		Turmeric Powder	a pinch
		Cumins Seeds	1½ tsp
		Coriander Powder	1½ tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than dalia and coriander leaves. Mix well, select category, enter weight and press start. Step 2: When the oven beeps, remove, add the remaining ingredients other than the coriander leave, mix well and press start. Remove, garnish with grated coriander and serve.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB45	FISH PULUSU	Fish	300 g
		Chopped Onions	¾ cup
		Green Chilies Slit	3
		Ginger Garlic Paste	1½ tsp
		Slightly Roasted Poppy Seeds	¾ tsp
		Grated Coconut	¾ cup
		Garam Masala	1½ tsp
		Red Chili Powder	1½ tsp
		Lemon Juice	1½ tsp
		Turmeric Powder	¼ tsp
		Red Chili Powder	1½ tsp
		Fresh Coriander Leaves	2½ tbsp
		Bay Leaf	few
		Cloves	4
		Cinnamon Stick	3
		Cumin	¾ tsp
		Green Cardamom	3
		Tamarind Juice	¾ cup
		Curry Leaves	few
		Oil As Required	
		Salt As Needed	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than fish, lemon juice, tamarind juice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB46	CHILLI CHICKEN	Boneless Chicken	300 g
		Chilli Sauce	1½ tsp
		Soya Sauce	1½ tsp
		Pepper Powder	1½ tsp
		Vinegar	1½ tsp
		Corn Flour	1½ tbsp
		Red Chili Powder	1½ tsp
		Eggs	3
		Salt To Taste	
		Seasoning :-	
		Soya Sauce	¾ tsp
		Chilli Sauce	¾ tsp
		Red Chilli Powder	¾ tsp
		Sugar	¾ tsp
		Veggies :-	
		Onion Thinly Sliced	¾ cup
		Garlic Chopped	¾ tsp
		Capsicum	¾ cup
		Green Chillies Slit And Deseeded	¾ tsp
		Celery Chopped Finely (Optional)	½ cup
		Spring Onions For Garnish	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, Add chicken and mix well. Select category, enter weight and press start to cook. After the oven beeps, remove and add all ingredients other than seasoning and veggies. mix well and set it aside for 20 minutes for marination. Step 2: When the oven beeps, remove and add seasonings, veggies, mix well and press start to cook. Garnish with spring onions, Serve hot.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB47	METHI CURRY	Methi , finely chopped	300 gr
		Gram flour	3 tbsp
		Onion chopped	1 cup
		Tomato chopped	1 cup
		Garlic, minced	few
		Cumin seeds	1 tsp
		Turmeric powder	¼ tsp
		Red chilli powder	1 tsp
		Salt to taste	
		Lemon juice	1 tsp
		Oil as required	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than methi, tomato, lemon juice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Serve hot.</p>			

Category	Recipe-	Ingredients:	
IB48	EGG CURRY	Boiled Eggs	4
		Chopped Onions	1½ cup
		Tomato Puree	1 cup
		Ginger Garlic Paste	1 tsp
		Cumin	1 tsp
		Chili Powder	1 tsp
		Curry Leaves	few
		Mint Leaves	few
		Garam Masala	1 tsp
		Oil As Required	
		Salt To Taste	
		Coriander Leaves For Garnish	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than eggs, tomato puree, coriander leaves and mix well. Select category, enter weight and press start. Step 2: After the oven beeps, remove and add all remaining ingredients other than coriander leaves, mix smoothly and press start. garnish with coriander leaves. Serve hot.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB49	PANEER MAKHANI	Paneer	300 gms
		Tomato Puree	1½ cup
		Fresh Cream	1½ cup
		Green Chillies	2
		Red Chilli Powder	1 tsp
		Garam Masala Powder	1 tsp
		Dried Kasuri Methi	few
		Butter As Required	
		Salt To Taste	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than tomato puree and fresh cream. Mix well, select category, enter weight, press start. Step 2: After the oven beeps, remove, add the remaining ingredients, mix well and press start. Remove, and serve hot.</p>			

Category	Recipe-	Ingredients:	
IB50	VEGETABLE PULAO	Basmati rice	1½ cup
		Gobhi	½ cup
		Matar	½ cup
		Fench beans	½ cup
		Red chilli powder	1 tsp
		Gajar	½ cup
		Jeera	1 tsp
		laung	few
		tej patta	3
		garam masala	1 tsp
		Water as required	
		Oil as required	
		Salt to taste	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add oil, jeera, laung, tej patta & all vegetables and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add rice, water, salt, garam masala, red chilli powder, mix well and press start. Step 3: After the oven beeps, mix well and press start. Serve hot.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB51	VEG BIRYANI	Rice	1½ cup
		Ghee	2 tbsp
		Carrot Chopped	¼ cup
		French Beans Chopped	¼ cup
		Green Peas	¼ cup
		Red Chilli Powder	½ tsp
		Garam Masala	¾ tsp
		Garlic Paste	¼ tsp
		Ginger Paste	¼ tsp
		Green Chillies Chopped	¼ tbsp
		Onion Chopped	1
		Tomato Chopped	1
		Cinnamon	½ inch
		Cloves	4
		Cardamom	4
		Coconut Milk	1cup
		Cashew Nuts	few
		Mint Leaves	few
		Coriander Leaves	few
		Lemon Juice	½ tsp
		Salt To Taste	
		Water As Required	

Method of Preparation:

Step 1: Take a microwave oven safe bowl; add all the ingredients other than rice, tomato, coconut milk, water, cashew nuts, mint leaves, coriander leaves, lemon juice and salt and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients other than coconut milk, cashew nuts, lemon juice, mix well and press start. Step 3: After the oven beeps. Remove, and all remaining ingredients, mix well and press start. Serve hot.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB52	KHUMB PULAO	Basmati Rice (Soaked)	2 cup
		Sliced mushrooms	1½ cup
		Chopped spring onions	1 cup
		Milk	1 cup
		Chopped garlic	1½ tbsp
		Pepper to taste	
		Salt to taste	
		Oil as required	
		Water as required	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add oil, chopped garlic & spring onions. Select category & weight and press start. Step 2: When the oven beeps, remove and add rice, milk, water, mix well & press start. Step 3: When the oven beeps, remove and add mushrooms, salt & pepper, mix well and press start. Serve hot.</p>			

Category	Recipe-	Ingredients:	
IB53	CHICKEN BIRYANI	Basmati rice (half cooked)	1½ cup
		Boneless chicken	3 cup
		Curd	1½ cup
		Tomato puree	3 tbsp
		Ginger garlic paste	1 tsp
		Garam masala	1 tsp
		Red chilli powder	1 tsp
		Onion paste	1½ cup
		Coriander leaves	few
		Coriander powder	1 tsp
		Turmeric powder	¼ tsp
		Water as required	
		Salt to taste	
		Oil as required	
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, chicken, curd, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, tomato, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Serve hot.</p>			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB54	MALABAR BIRYANI	Basmati rice (half cooked)	1½ cup
		Boneless chicken	3 cup
		Sliced onion	1 cup
		Red chilli powder	1 tsp
		Turmeric powder	¼ tsp
		Biryani masala	2 tsp
		Curd	1 cup
		Sliced tomato	1 cup
		Water as required	
		Oil as required	
		Salt to taste	
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, chicken, curd, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, tomato, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Wait for 3 minutes. Serve hot.			

Category	Recipe-	Ingredients:	
IB55	VEN PONGAL	Rice (soaked)	1 cup
		Moong dal (soaked)	1 cup
		Cumin seeds	1 tsp
		Pepper powder	1 tsp
		Cashewnuts	few
		Ghee	3 tbsps
		Water as required	
		Salt to taste	
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add rice, water, mix well & press start. Step 3: When the oven beeps, remove, mix well and press start. Serve hot.			

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB56	BENGALI BIRYANI	Basmati rice (half cooked)	1½ cup
		Fish (Hilsa)	250 g
		Ghee	2 tbsp
		Onion (sliced)	2 nos.
		Ginger-garlic paste	2 tsp
		Red chilli powder	1 tsp
		Cumin powder	1 tsp
		Black pepper	few
		Bayleaf	3
		Cloves	few
		Turmeric powder	¼ tsp
		Garam masala	1 tsp
		Cardamom	3
		Cinnamon	2
		Curd	1 cup
		Oil as required	
		Water as required	
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, fish, curd, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken, curd, mix well & press start. Step 3: When the oven beeps, remove and add half cooked rice, water, mix well and press start. Wait for 3 minutes. Serve hot.

INDIA'S BITE

Category	Recipe-	Ingredients:	
IB57	VEG TAHIRI	Basmati rice (soaked)	1 cup
		Gobhi	½ cup
		Matar	½ cup
		Gajar	½ cup
		Tomato	½ cup
		Potato	½ cup
		Jeera	1 tsp
		Garam masala	1 tsp
		Laung	3
		Tej patta	3
		Haldi	¼ tsp
		Red chilli powder	1 tsp
		Salt to taste	
		Water as required	
		Oil as required	
<p>Method of Preparation:</p> <p>Step 1: Take a microwave oven safe bowl, add all ingredients other than rice, tomato, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well & press start. Step 3: When the oven beeps, remove, mix well and press start. Serve hot.</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN1	SPANISH RICE	Rice (Boiled)	2 cup
		Tomato (Chopped)	2 cup
		Tomato Puree	1 cup
		Onion (Chopped)	½ cup
		Butter	2 tbsps
		Pepper	½ tsp
		Salt To Taste	
Method of Preparation: "Step 1: Take a microwave oven safe bowl; add butter, onion, tomato, tomato puree, salt and pepper stir and seelect category, enter weight, press start. Step 2: When the oven beeps, remove and add boiled rice, mix well and presss start. Serve hot. "			

Category	Recipe-	Ingredients:	
IN2	TOFU (THAI)	Tofu (Cut In To Cubes)	200 gr
		Chopped Onion	½ cup
		Sesame Oil	1½ tsp
		Olive Oil	1½ tsp
		Soya Sauce	2 tsp
		Grated Ginger	1 tsp
		Chunky Peanut Butter	¼ cup
		Flaked Coconut	
		Sesame Seeds	1½ tbsps
Method of Preparation: "Step 1: In a MWO safe bowl add olive oil, sesame oil, onion, tofu, Soya sauce, peanuts butter, ginger, stir carefully without breaking the tofu, until well incorporated, and select category, enter weight, press start. Step 2: When the oven beeps, remove the bowl from microwave oven and add flaked coconut and sprinkle sesame seeds. Cover the bowl with lid and press start. Serve hot. "			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN3	ITALIAN VEGGIE PIZZA	Pizza Base	1
		Butter	1 tbsp
		Chopped Cabbage	¼ cup
		Chopped Green Pepper	¼ cup
		Chopped Mushrooms	¼ cup
		Sweat Peas	¼ cup
		Chopped Carrot	¼ cup
		Tomato Ketch Up	2 tbsp,
		Red Chili Powder	1 tsp
		Grated Cheese	½ cup
		Salt To Taste	

Method of Preparation:

Step 1: Take a pizza base, apply butter, ketchup, some grated cheese on the pizza base and arrange all vegetables on it, pour the remaining grated cheese on the top of vegetables. Put pizza base on the grill mesh rack, place it in the oven and select category, enter weight, press start. Cut in to pieces and Serve hot.

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN4	MOYETTES (MEXICAN)	Mushrooms (Quartered)	1 cup
		Tomatoes (Chopped)	1 cup
		Crushed Garlic	1 clove
		Chopped Green Chilies	1 tsp
		Onions Chopped	1 cup
		Red Chilly Powder	½ tsp
		Roasted Cumin Seeds Powder	1 tsp
		Sugar	2 tsp
		Butter	3 tbsp
		Salt To Taste	
		Bread Buns	4
		Grated Cheese	½ cup
		(Option For The Topping)	
		Shredded Cabbage	
		Grated Carrot	
		Chopped Spring Onions	

Method of Preparation:

"Take a mixing bowl, add 2 tbsp butter, onion, mushrooms, tomato, garlic, green chilly, chilly powder. Cumin's seed powder, sugar, salt, mix all ingredients.

Step 1: Cut off the tops from the buns, scoop out the centers, and fill the centers with some mixed vegetable and top with some grated cheese; apply 1 table spoon butter lightly on to all buns. Arrange all buns in on a crusty plate and put it on grill rack and sselect category, enter weight, press start. Take out moyettes from oven and top with cabbage, carrot, spring onions and serve."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN5	JAMAICAN JERK PIZZA	Pizza base	1
		Chicken chopped	½ cup
		Bell pepper	½ cup
		Chopped onion	½ cup
		Pineapple chunks drained	few
		Jamaican jerk sauce (Tomato sauce)	¼ cup
		Cheddar cheese, grated	½ cup
		Salt & Pepper to taste	
<p>Method of Preparation: "Take a mixing bowl, add all ingredients other than pizza base and cheese and mix well. Step 1: Place the pizza base in on the crusty plate and top with all mixed ingredients, sprinkle the grated cheese over it and place the crusty plate in on grill rack. Select category, enter weight and press start. Remove and Serve."</p>			

Category	Recipe-	Ingredients:	
IN6	MEXICAN CHICKEN PIZZA	Pizza base	1
		Cooked Chicken, shredded	¼ cup
		Yellow Bell Pepper, chopped	¼ cup
		Roasted Diced Tomatoes	¼ cup
		Plain Diced Tomatoes, drained	¼ cup
		Sweet Corn Kernels	¼ cup
		Spring onion, chopped	¼ cup
		Grated Cheese	½ cup
		Chopped Coriander leaves	few
<p>Method of Preparation: Take a mixing bowl, add all ingredients other than pizza base, roasted diced tomatoes, chicken, cheese and coriander leaves, mix well. Spread cooked chicken and vegetables over pizza base. Sprinkle the grated cheese over it. Place the pizza base on the crusty plate and place it on the grill rack. Select category, enter weight and press start. Remove and serve.</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN7	MEXICAN GREEN WAVE PIZZA	Pizza base	1
		Crunchy Onions	½ cup
		Crispy Capsicum	¼ cup
		Braccoli Florets	¼ cup
		Tomato Ketchup	2 tbsp
		Basil	few
		Mozzarella Cheese, grated	½ cup
		Red chilli popwder	½ tsp
		Salt & Pepper to taste	
<p>Method of Preparation: Take a microwave oven safe bowl; add all ingredients other than pizza base and cheese and mix them well. Spread cooked vegetables over pizza base. Sprinkle the grated mozzarella cheese over it. Place the pizza base on the baking dish. Select category, enter weight and press start. Remove and serve.</p>			

Category	Recipe-	Ingredients:	
IN8	SPANISH FLAN	White Sugar	2 cup
		Eggs	6
		Sweetened Condensed Milk	1 cup
		Evaporated Milk (Thick)	1 cup
		Vanilla Extract	¼ tsp
<p>Method of Preparation: "Step 1: Take sugar in a microwave oven safe bowl, add little water and select category, enter weight, press start to melt the sugar. Step 2: When you hear a beep, remove and press start to preheat the oven. Step 3: After the beep, add beaten eggs, condensed milk, evaporated milk and vanilla extract, in to melted sugar and blend all ingredients until smooth. Pour the egg mixture in a Baking dish. Set the baking dish in a pre heated oven and press start. Let cool completely to serve."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN9	SPANISH BAKED FISH	Fish	300 g
		Butter	2 tbsp
		Sour cream	½ cup
		Bread crumbs	1 cup
		Grated cheese	¼ cup
		Parsley (for garnish)	

Method of Preparation:

"Marinate fish with butter and sour cream for 15 minutes.

Step 1: Put the marinade fish in a microwave oven safe bowl and cover with lid then select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat the oven.

Step 3: Sprinkle with bread-crumbs and grated cheese over fish and put in on high rack and press start. Garnish with parsley. Serve hot."

Category	Recipe-	Ingredients:	
IN10	SPANISH BAKED CHICKEN	Chicken	300 g
		Tomato Sauce	2 tbsp
		Butter	1 tbsp
		Bread-Crumbs	2 tbsp
		Boiled Rice For Serve	2 cup

Method of Preparation:

"Step1: Take a microwave oven safe bowl, add chicken with butter, salt & pepper and select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat the oven.

Step 3: Put the chicken in a baking dish (top rack) pour over tomato sauce highly seasoned, sprinkle with bread-crumbs and press start."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN11	LASAGNA (ITALIAN)	Butter (Melted)	2 tbsp
		Flour	2 tbsp
		Milk	1 cup
		Garlic	½ tsp
		Chicken Broth	½ cup
		Cheese	1 cup
		Onions Chopped	2
		Salt To Taste	
		Basil (Dried)	½ tsp
		½ Tsp Oregano Leaves (Dried)	½ tsp
		½ Tsp Pepper	½ tsp
		Lasagna Layers (Cooked)	4
		Chicken Chunks	1 cup
		Spinach	50 gms
		*Béchéamel Sauce; *	1½ Cup
		*Béchéamel Sauce; * 1½ Cup	
		Flour	10 gram
		Butter	10 gram
		Milk	100 gram
		Bay Leave	3
		Nutmeg	pinch of
		Salt	pinch of
		A Pinch Of Block Pepper	few
Method of Preparation:			
<p>"Step 1: Take a microwave oven safe bowl, add butter, onions, spinach, flour, salt, milk, broth, cheese, basil, oregano, pepper, chicken chunks and stir. Select category, enter weight, press start. When the oven beeps, remove and keep it aside to cool. Spread the béchéamel sauce mixture in the bottom of the baking dish and spread the cheese. Arrange Lasagna layer over the sauce. Pour some chicken, spinach mixture, cheese, over the lasagna layer and spread remaining sauce evenly over lasagna layers and sprinkle with cheese.</p> <p>Step 2: Press start to preheat oven.</p> <p>Step 3: When the oven beeps, insert baking dish in preheated oven and press start to bake."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN12	CRUSTLESS MICROWAVE QUICHE (FRENCH)	Eggs	2
		Light Cream	½ cup
		Nut Mug	Pinch of
		Pepper	½ tsp
		Spinach (Broccoli, Optional)	300 gr
		Bacon (Cooked & Crumbled)	2 slices
		Cheese	½ cup
		Chopped Onions	¼ cup
		Salt To Taste	

Method of Preparation:

"Step 1: Mix all ingredients together and pour it into lightly greased oven safe bowl, select category, enter weight, press start.

Step 2: When the oven beeps, press start to preheat oven.

Step 3: After the beep, remove and put quiche on the grill rack and press start to bake."

Category	Recipe-	Ingredients:	
IN13	SPANISH ALMOND BISCIUTS	All Purpose Flour	2 cups
		Baking Powder	1 tsp
		Butter	½ cup
		Granulated Sugar	¾ cup
		Egg (¾ Egg For Flour Mix, ¼ Egg For Glazing)	1
		Almond Essence	¼ tsp
		Blanched Almonds For Decoration	
		Water As Required	

Method of Preparation:

"Take a mixing bowl; add butter, sugar, ¾ parts of egg, flour, essence, and baking powder and stir all the ingredients to make stiff dough. Form the mixture into balls of about 1 to 1.5 inch diameter and place these on a greased baking tray. Place half an almond (split lengthways) on each ball and press to flatten. Slightly brush with ¼ part of the remaining egg. Step 1: Select category, enter weight, press start to preheat the oven.

Step 2: Arrange the baking tray in preheated oven and press start to bake. Set it aside to cool and serve."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN14	SPANISH COOKIES	All- Purpose Flour	2 cups
		Melted Butter	1 cup
		White Sugar	¾ cup
		Anise Extract	¼ tsp
		Ground Cinnamon	1/8 tsp
		Blanched Almonds	24

Method of Preparation:

"Combine flour, sugar, and cinnamon together, and add melted butter until all is mixed well. Stir in the anise extract and knead for 15 minutes. Roll it into 1 inch balls and place it on the ungreased baking dish. Place blanched almonds on the top of each cookie and push it down slightly.

Step 1: Selcvt category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, Put the baking dish in preheated oven and press start to bake. Let cookies cool on baking dish for 10 minutes."

Category	Recipe-	Ingredients:	
IN15	BUTTER COOKIES (FRENCH)	All-Purpose Flour	2 cup
		Baking Powder	1 tsp
		Salt	¼ tsp
		Butter	¾ cup
		Sugar	¾ cup
		Egg	1
		Vanilla Extract	¼ tsp
		Almond Extract	¼ tsp
		Powdered Sugar For Sprinkling	

Method of Preparation:

"Take a mixing bowl, combine flour, baking power, and salt and set it aside. Take another bowl; beat together butter, sugar, and egg until light fluffy. Add vanilla and almond extracts and mix well. Add flour mixture to butter mixture and mix until it blended properly, with your hands to form a ball shaped dough or any other shape. Place cookies on an un greased cookie sheet or baking dish.

Step 1: Select category, enter weight, press start to preheat the oven.

Step 2: Put the baking dish in preheated oven and press start to bake. Sprinkle powdered sugar over the cookies and serve. "

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN16	THAI CHIKEN BALLS	Ground Chicken	300 g
		Bread Crumbs	1 cup
		Green Onions (Sliced)	½ cup
		Ground Coriander Seeds	few
		Chopped Fresh Cilantro	2 tbsp
		Sweat Chili Sauce	2 tbsp
		Fresh Lemon Juice	1 tsp
		Oil	2 tbsp
<p>Method of Preparation: "In a MWO safe bowl mix together the chicken and bread crumbs, onion, coriander, Cilantros, chili sauce, lemon juice. Mix well. Using damp hands, form the mixture into evenly shaped balls that are either small enough to eat as mini balls or large enough to use it as a filling for burgers. Apply oil lightly to all the balls from outside . Arrange the balls on the crusty plate. Step 1: Select category, enter weight, press start to pre-heat the oven. Step 2: When the oven beeps, place the crusty plate in on grill rack and press start to bake the balls. Serve hot."</p>			

Category	Recipe-	Ingredients:	
IN17	THAI SPICED SHRIMP (PRAWNS)	Medium Shrimp (Peeled & Deveined)	300 g
		Fresh Lemon Juice	3 tbsp
		Soy Sauce	1 tbsp
		Mustard	1 tbsp
		Garlic, Minced	2 cloves
		Brown Sugar	1 tbsp
		Curry Paste	2 tsp
<p>Method of Preparation: "Take a microwave oven safe bowl, add and mix together the lemon juice, soy sauce, mustard, garlic, brown sugar, curry paste, shrimp and marinate it in the refrigerator for 1 hour. Transfer the marinate to a baking tray. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: When the oven beeps, place the baking try in on the grill rack and press start. Serve hot."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN18	ENGLISH MUFFINS. (ENGLAND)	Warm Milk	¾ liter
		Desolved Yeast	½ cup
		Grounded Sugar	1 tsp
		Flour (Enough To Make Stiff Batter)	
		Butter	½ cup
		Soda (Dissolved In A Little Water)	1 tsp
<p>Method of Preparation: "Take a mixing bowl, add warm milk, yeast, sugar and enough flour to make a stiff batter. Let it stand for 1 hour to rise. Add melted butter and soda. Take enough flour to make a very stiff batter and let it rise for one hour. Fill the batter into well greased muffin rings or plate. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: Put the muffin rings in pre-heated oven and press start to bake."</p>			

Category	Recipe-	Ingredients:	
IN19	CHOCOLATE-BREAD PUDDING (ENGLAND)	Bread Crumbs	300 gr
		Milk	½ liter
		Butter	50 gram
		Sugar	100 gram
		Chocolate	70 gram
		Eggs (Yolks& White Suppurate)	4
		Vanilla Essence	¼ tsp
<p>Method of Preparation: "Soak the bread crumbs in milk and dry them, add butter mixed sugar, chocolate, and egg yolks, vanilla essence and egg white. Mixes all the ingredients well and set it aside. Step 1: Select category, enter weight, press start to preheat the oven. Pour the pudding in lightly greased baking dish. Step 2: place the baking dish on the grill rack and press start."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN20	BAKED POTATOES (ENGLAND)	Potato, Boiled	300 gr
		Bread Crumbs	2 cup
		Butter	50 gr
		Eggs	2
		Milk	3 tbsp
		Pepper To Taste	
		Salt To Taste	
<p>Method of Preparation: " Take potato in a bowl dish and mash with butter. Now add salt & pepper. Put it in well buttered glass baking dish. A layer of the potatoes followed by a layer of bread crumbs until dish is full. Add the beaten eggs on the top of bread crumbs. Step 1: Select category, enter weight, press start to preheat the oven. Step 2 : When the oven beeps, put the baking dish on the high Rock and press start to bake. Serve with boiled fish. "</p>			

Category	Recipe-	Ingredients:	
IN21	APPLE SOUFFLE (FRENCH)	Apples, Peeled & Chopped	2 big size
		Eggs (Divide In To Yolks& White)	2
		Butter	2 tbsp
		Sugar	2 tbsp
		Lime Juice	1 tsp
		Lemon Rind	¼ tsp
<p>Method of Preparation: "In a bowl, add apples and butter. Mash well. Take another mixing bowl, beat the yolk of eggs with sugar, apple mash, lime juice, rind of lemon, mix well and add the egg white to it. Mix properly. Step 1: Select category enter weight, press start to preheat the oven. Step 2: Pour the apple mixture in a buttered pudding dish and press start to bake."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN22	MEXICAN VEG - KEBABS	Green Peppers (Cut In To Large Slices)	
		Yellow Peppers (Cut In To Large Slices)	
		Baby Corns (Cut In To Two)	
		Cottage Cheese (Paneer) Large Slices	
		Mushrooms	
		White Onions (Cut In To Large Slices)	
		Chilly Powder	2 tsp
		Cocoa Powder	2 tsp
		Crushed Garlic	4 cloves
		Oregano	½ tsp
		Fresh Curd	1 tbsp
		Sour Cream For Serve	1 cup
		Spring Onions (Chopped) For Garnish	½ cup
		Salt To Taste	
		Sepper To Taste	

Method of Preparation:

"Take a mixing bowl; add green and yellow peppers, baby corns, cottage cheese, mushrooms, white onions, chilly powder, cocoa powder, garlic, oregano, curds, salt and pepper. Stir all ingredients and allow to marinade for 4 hours. Arrange one piece each of all vegetables on the skewer.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, insert skewer properly in oven and press start. Serve hot with sour cream and spring onions."

Category	Recipe-	Ingredients:	
IN23	CARROT CAKE (FRENCH)	Grated Carrots	1½ cup
		Flour	1 cup
		Sugar	1 cup
		Cinnamon	½ tsp
		Nut Meg	½ tsp
		Baking Powder	1 tsp
		Baking Soda	½ tsp
		Egg	1
		Oil	½ cup
		Vanilla Extract	¼ tsp
		Chopped Walnuts	¼ cup

Method of Preparation:

"Take a mixing bowl, add flour sugar, cinnamon, nutmeg, baking soda, baking powder. Mix well. Now add oil, egg, carrots, vanilla and walnuts and stir.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, pour the mixture in to Lightly greased baking dish put in preheated oven and press start to bake."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN24	APPLE CAKE (FRENCH)	Finely Chopped Apples	2 cups
		Sugar	1½ cup
		Egg (Beaten)	1
		Flour	1 cup
		Cinnamon	½ tsp
		Baking Powder	½ tsp
		Vanilla Extract	¼ tsp
		Raisins (Kismis)	2 tbsp
		Nuts (Chopped)	2 tbsp
<p>Method of Preparation: "Place apples in large mixing bowl, add sugar, stir and let stand for ½ hour. Add egg, flour, cinnamon, baking powder, nuts, and raisins and blend well. Step 1: Select category, enter weight, press start to preheat the oven. Step 2: When the oven beeps, pour the mixture in to lightly greased baking dish and press start to bake. Serve with powdered sugar sprinkled over cake."</p>			

Category	Recipe-	Ingredients:	
IN25	GRILLED KEY LIME CHICKEN (THAI)	Chicken Breast (Boneless, Skinless)	300 gr
		Lime Juice	2½ tbsp
		Honey	3 tbsp
		Water	½ cup
		Black Pepper (Ground)	¼ tsp
		Oil	2 tbsp
		Ginger (Grated)	½ tbsp
<p>Method of Preparation: "Combine all ingredients except the chicken, in a blender or food processor. Process until combined well. Pour it over the chicken, cover and let it marinate in the refrigerator over night. Step 1: Select category, enter weight, press start to Preheat the oven. When the oven beeps, remove and arrange the marinade chicken on to lightly greased baking dish and place the dish on the grill rack and press start. Garnish with cilantro and lime slices."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN26	CINNAMON HONEY WINGS (ITALIAN)	Chicken Wings	300 gr
		Garlic (Chopped)	4 cloves
		Olive Oil	2 tbsp
		Soy Sauce	2 tbsp
		Rice Vinegar	¼ cup
		Honey	¼ cup
		Cinnamon (Ground)	¼ tsp
		Thyme	1 tsp
		Ginger (Ground)	½ tsp
		Mustard (Dry)	½ tsp

Method of Preparation:

"Take a mixing bowl; add oil, garlic, ginger, mustard, thyme, cinnamon, honey, vinegar, soy sauce, chicken wings. Mix well and set it aside for 2 hours to marinade.

Step 1: Select category, enter weight, press start to pre heat the oven.

Step 2: When the oven beeps, Arrange the chicken wings on lightly greased baking dish and press start. Serve hot. "

Category	Recipe-	Ingredients:	
IN27	BARBECUED ORANGE CHICK- EN (ENGLAND)	Chicken	300 gr
		onions (chopped)	2
		tomato (cut in to wedges)	1 cup
		vinegar	1 tbsp
		pepper	1/8 tsp
		salt to taste	
		oil to taste	
		orange slices (with out rind) for garnish	
		BBQ Sauce:	
		oil	1 tbsp
		orange juice	2 tbsp
		vinegar	1 tbsp
		tomato paste	2 tbsp
		orange zest (removed with grater)	1 tbsp

Method of Preparation:

"Marianate the chicken with all BBQ ingredients for 30 minutes.

Step 1: Take a microwave oven safe bowl, add all ingredients other than marinated chicken, orange slices and mix well. Select category , enter weight, press start. Step 2: When the oven beeps, remove and add all remaining ingredients other than orange slices, mix well and arrange into a lightly greased baking dish and press start. Serve chicken with orange slices on the side."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN28	CHICKEN ALFREDO (MEXICAN)	Chicken Breasts (Skinless, Boneless)	300 gr
		Eggs	2
		Milk	1 cup
		Grated Cheese	1 cup
		Heavy Cream	½ cup
		Parsley (For Garnish)	
		Butter As Required	
<p>Method of Preparation: "Take the chicken in a mixing bowl and add beaten eggs, milk, butter, mix well and set it aside for 3 hours for marinade. Step 1: Take a microwave oven safe bowl, add marinated chicken, select category, enter weight and press start. When the oven beeps, take out the Chicken pieces from the mixture and roll in bread crumbs and set all the pieces in a baking dish and top it with grated cheese. Step 2: Place the baking dish on the grill rack and press start. Serve hot."</p>			

Category	Recipe-	Ingredients:	
IN29	MACARONI AND CHEESE (FRENCH)	Butter	½ cup
		Onion, Finely Chopped	1 cup
		Flour	3 tbsp
		Milk	1½ cup
		Grated Tasty Cheese	½ cup
		Cooked Macaroni (Drained Well)	2½ cup
		Paprika	1 tsp
<p>Method of Preparation: "Step 1: Take onion, flour, milk, mix well and blend all smoothly. Pour the mixture into a microwave oven safe bowl and select category, enter weight, press start. Step 2: When the oven beeps, add butter, macaroni, cheese and sprinkle with paprika, stir and press start. Step 3: After the beep, remove and collect the mixture into another Grill safe utensil and top it with extra grated cheese. Put it on grill rack and Press start."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN30	SPANISH FRICASEED SHRIMPS	Shrimps	400 gm
		Onion (Chopped)	1½ cup
		Tomatoes (Chopped)	1½ cup
		Flour	1 tbsp
		Butter	1 tbsp
		Parsley	1 tbsp
		Pepper	½ tsp
		Egg Yolk	1
		Boiled Rice	2 cup
		Water As Required	
		Salt To Taste	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add butter, onion, tomatoes, flour, and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add water, shrimps, salt & pepper, parsley, and stir it and then press start.

Step 3: After the beep, add the egg yolk, stir and press start. Put some boiled rice on a plate, add Shrimps and pour over the sauce. Serve very hot."

Category	Recipe-	Ingredients:	
IN31	SEA FOOD PAELLA (SPANISH)	Rice (Cooked)	2 cup
		Tomato Puree	1 cup
		Chicken Broth (For Veg : Coconut Milk)	1 cup
		Onions (Grounded)	2
		Thyme	1 tsp
		Black Pepper	½ tsp
		Green Peas	½ cup
		Mussels (Optional)	200 gm
		Shrimps (For Veg : Mushrooms)	200 gm
		Fish (Roughy, Pomfret Or Surmai) (For Veg : Paneer)	200 gm
		Oil	2 tsp
		Chilly Powder	1 tsp
		Salt	1 tsp
		Spring Or Green Onions For Garnish	

Method of Preparation:

"Step 1: In a deep microwave able casserole bowl, combine grounded onion, tomato puree, broth thyme, ½ tsp salt and pepper. Cover the bowl with lid and select category, enter weight, press start. When the oven beeps, remove and add rice and peas. Mix well and set it aside. Step 2: Take mussels, shrimp and fish in an another oven safe bowl, add oil, chilly powder, ½ tsp salt. Stir and press start. Step 3: Arrange fish, shrimps, mussels on the top of the rice mixture and cover with lid and press start. Let it Wait for 3 minutes. Sprinkle with green or spring onions and Serve. "

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN32	CHINISE LO MEIN	Cooked Chinese Noodles (Spaghetti)	2 cups
		Diced Cooked Chicken	200gm
		French Beans (Thawed)	100gm
		Bean Sprout	1 cup
		Scallions (Chopped)	2
		Gingers (Shredded)	½ slice
		Garlic (Minced)	1 clove
		Lime Juice	1 tsp
		Sugar	1 tsp
		Soya Sauce	1 tbsp
		Oil	1½ tbsp
		Sesame Oil	½ tsp
		Sherry	1 tbsp
<p>Method of Preparation: "Step 1: Mix together soya sauce, lime juice, sugar and set it aside . Take a MWO safe bowl, add vegetable oil, garlic, ginger, scallions, bean sprouts, french beans, sherry, and mix well and select category, enter weight, press start. Set it aside. Step 2: Take another MWO safe bowl, add sesame oil, cooked noodles and cooked chicken, soya sauce mixture, stir and Press start. Step 3: After the beep, now add the vegetables, mix thoroughly and press start. Serve hot."</p>			

INTERCONTINENTAL RECIPES

IN33	CHINISE GARLIC CHICKEN	Boneless, Skinless, Chicken Breasts (Cut In To Thin Shreds)	400 gm
		Egg White	2
		Corn Starch	3 tbsp
		Sherry	1 tbsp
		Green Onion (Cut In To Thin Slices)	½ cup
		Ginger (Minced)	1 tsp
		Garlic (Minced)	3 tsp
		Oil As Required	
		Sauce:	
		Crushed Chilly Paste	1 tsp
		Corn Starch	1 tsp
		Sugar	1 tsp
		Rice Vinegar	2 tsp
		Sherry	2 tbsp
		Soya Sauce	2 tbsp
		Sesame Oil	1 tsp
		Water As Required	
<p>Method of Preparation: "Marinate chicken with egg white, sherry, and starch, mix well, and set it aside for 30 minutes. Step 1: Take a MWO safe bowl, add oil, onions, ginger, garlic, chilly paste, sugar, corn starch, rice vinegar, combine all ingredients mix well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add marinade chicken stir and press start. Step 3: After the beep, remove and add water, sherry, soya sauce in to chicken mixture stir and press start. Splash with 1 tsp of dark sesame oil. Serve over rice."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN34	PIQUANT CHICKEN WINGS (CHINESE)	Chicken Lollipops	300 gms
		Orange Juice	1 cup
		Corn Flour	2 tbsp
		Crushed Black Pepper Corns	1 tsp
		Crushed Red Chillies	2 tsp
		Honey	3 tbsp
		Lemon Juice	2 tbsp
		Salt To Taste	

Method of Preparation:

"Place the chicken lollipops in a bowl and add orange juice and salt. Marinate the chicken for 30 minutes.

Step 1: Select category, enter weight, press start to cook the marinade chicken.

Step 2: When the oven beeps, remove and add crushed peppercorns, crushed red chillies, honey and press start.

Step 3: After the beep, remove and mix corn flour in a half cup of water. Add the flour mix and lemon juice onto chicken lollipops. Stir and press start. Serve hot."

Category	Recipe-	Ingredients:	
IN35	NEW YEAR'S NOODLES (CHINA)	Noodles	3 cups
		Mushrooms (Chopped)	1 cup
		Vegetable Broth	1 cup
		Soy Sauce	2 tbsp
		Corn Starch	3 tbsp
		Sugar	1 tsp
		Peanut Oil	2 tbsp
		Minced Garlic	1 tsp
		Minced Ginger	1 tsp
		Chopped Cabbage	1 cup
		Bean Sprouts	1 cup
		Chopped Spring Onion	½ cup
		Chopped Scallions (For Garnish)	2

Method of Preparation:

"Soak mushrooms in warm water for 15 minutes and cut it into bite sized pieces. While the mushrooms are soaking, make the sauce by mixing vegetable broth, soy sauce, corn starch and sugar in a small bowl and set it aside.

Step 1: Take the noodles and water into a microwave oven safe bowl and select category, enter weight and press start. Allow it to cool.

Step 2: When the oven beeps, take another bowl; add oil, garlic, ginger, mushrooms, cabbage, bean sprouts, and spring onion, stir and press start.

Step 3: After the beep, remove and add sauce, noodles and press start Garnish with scallions and serve."

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN36	CHICKEN NOODLES SOUP (THAI)	Skinless, Boneless, Chicken Breast (Cut Into Small Pieces)	400 gm
		Soaked Egg Noodles (Brake In To Small Pieces)	1 cup
		Chopped Spring Onion	1 cup
		Garlic	3 cloves
		Chicken Stock	2 cups
		Crunchy Peanut Butter	1 tsp
		Ginger (Sliced)	½ inch
		Black Pepper Corn (Crushed)	¼ tsp
		Coriander Leaves (Chopped)	½ cup
		Red Chillies (Slit)	3
		Lemon Juice	1 tsp
		Thick Coconut Milk	¼ cup
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: In a MWO safe bowl add oil, garlic, spring onion, peanut butter, ginger, chicken, salt, crushed pepper corns, red chillies, mix all the ingredients well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add chicken stock, lemon juice, stir and press start. Step 3: After the beep, remove and now add soaked egg Noodles and coconut milk cover the bowl with lid and press start."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN37	PRAWN CURRY (THAI)	French Beans	1 cup
		Prawns	2 cup
		Mushrooms (Sliced)	1 cup
		Red Pepper (Cut In To Slices)	1 cup
		Thai Red Curry Paste	2 tbsp
		Chicken Stock	
		Thai Fish Sauce	2 tbsp
		Coconut Milk	1 cup
		Basil	1 tsp
		Coriander	2 tbsp
		Lime Juice	1 tsp
		Olive Oil	2 tbsp
		Basmati Rice (Cooked)	2 cup
		Thai Red Curry Paste	
		5 Red Chillies (Soaked In Warm Water/ Drained)	
		¼ Cup Chopped Onions	
		2 Peeled Garlic Cloves	
		½ Tbsp Grated Ginger	
		1 Stalk Lemon Grass	
		1 Stalk Coriander	
		1 Tbsp Coriander Seeds (Dania)	
		½ Tbsp White Pepper	
		½ Tsp Salt	
<p>Method of Preparation: "Step 1: Take a MWO safe bowl, add oil, beans, red peppers, mushrooms and thai red curry paste. Mix well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add prawn, chicken stock, fish sauces, basil, coriander, coconut milk, lime juice, stir and press start. Serve over basmati rice."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN38	FRITTATA (ITALIAN)	Eggs	4
		Red Capsicums	½ cup
		Yellow Capsicum	½ cup
		Zucchini	½ cup
		Fresh Basil Leaves	few
		Crushed Black Pepper	½ tsp
		Oil As Required	
		Salt To Taste	
<p>Method of Preparation: "Beat the eggs in a bowl with salt & pepper. Set it aside. Step 1: Take a MWO safe bowl add oil, red capsicum, yellow capsicum, zucchini, basil, crushed black pepper, stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and pour the egg mixture in it, cover the bowl with lid, mix well and press start. Step 3: When the oven beeps, remove and turn over and press start. Serve hot. "</p>			

Category	Recipe-	Ingredients:	
IN39	SPANISH OMELETTE	Olive Oil	3 tbsp
		Onion (Minced)	2 cup
		Boiled Potato (Minced)	2 cup
		Salt	¼ tsp
		Eggs, Beaten	5
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add oil, onion, potato, salt, stir and select category, enter weight, press start. Step 2: When the oven beeps, remove and add beaten eggs on the top of potato mix and press start. Step 3: When the oven beeps, remove and turn potato and eggs mixture and press start. Serve hot."</p>			

INTERCONTINENTAL RECIPES

Category	Recipe-	Ingredients:	
IN40	MEXICAN RICE	Oil	2 tbsp
		Rice	1½ cup
		Salt	1 tsp
		Cumin	½ tsp
		Chopped Tomato	1 cup
		Tomato Puree	½ cup
		Chicken Broth	3 cup
		Onion (Chopped)	1 cup
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl add oil, cumin's, onions, salt, rice and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, now add chicken broth and tomato sauce stir, and press start. Step 3: After the beep, remove, mix well and cover the bowl with lid and press start. Let it stand for 5 minutes & serve."</p>			

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS1	STIR FRIED OATS	Oats	2 cup	2½ cup
		Raisins	few	few
		Flour	1 tbsp	1½ tbsp
		Cinnamon	2 stick	3 stick
		Sugar	1 tsp	2 tsp
		Butter As Required		
		Salt To Taste		
		Water As Required		

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than raisins, water and flour and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients and mix well and press start. Serve hot.

Category	Recipe-	Ingredients:		
BS2	HAKKA NOODLES	Boiled Noodles	1 cup	1½ cup
		Spring Onions	1 tbsp	1½ tbsp
		Carrot Chopped	¼ cup	¼ cup
		Garlic Chopped	½ tsp	½ tsp
		Capsicum Chopped	1 tbsp	1½ tbsp
		Pepper Powder	½ tsp	½ tsp
		Chili Sauce	1 tsp	1½ tsp
		Soya Sauce	1 tsp	1½ tsp
		White Vinegar	1 tsp	1½ tsp
		Beans Chopped (Optional)	¼ cup	¼ cup
		Finely Shredded Cabbage (Optional)	¼ cup	¼ cup
		Mushrooms Chopped (Optional)	¼ cup	¼ cup
		Salt To Taste		
		Oil As Required		

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than noodles. mix well and select category, enter weight, press start. Step 2: When the oven beeps, remove and add noodles. Mix well and press start. Serve hot.

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS3	RAVA UPMA	Roasted Rava (Suji)	1½ cup	2 cup
		Potato Finely Chopped	¼ cup	½ cup
		Chopped Tomato	¼ cup	½ cup
		Carrot Grated	¼ cup	½ cup
		Onion, Chopped	1 cup	1 cup
		Green Chillies Finely Chopped	2	2
		Channa Dal	½ tbsp	½ tbsp
		Urad Dal	½ tbsp	½ tbsp
		Mustard Seeds	¼ tsp	¼ tsp
		Jeera	½ tsp	½ tsp
		Green Peas	¼ cup	¼ cup
		Cashew	½ tbsp	½ tbsp
		Ghee	½ tbsp	½ tbsp
		Turmeric	a pinch	a pinch
		Green Coriander For Garnish		
		Coconut Grated For Garnish		
		Water		
<p>Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than rava,tomato, cashew, coconut, coriander, water and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add all the remaining ingredients other than coconut, coriander and mix well. Cover the bowl with a lid and place it in the microwave oven and press start. Remove, garnish with coconut and coriander. Serve hot.</p>				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS4	SEMIYA PULIHORA	Roasted Vermicelli / Semya	1½ cup	2 cup
		Urad Dal	1 tsp	1½ tsp
		Chana Dal	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Green Chillies	3	3
		Oil	1 tbsp	2 tbsp
		Lemon	¾ tsp	¾ tsp
		Mustard Seeds	¾ tsp	¾ tsp
		Cumin Seeds	¾ tsp	¾ tsp
		Fenugreek Seeds	¾ tsp	¾ tsp
		Broken Dry Chillies	2	3
		Hing	a pinch	a pinch
		Curry Leaves	few	few
		Salt To Taste		
Method of Preparation:				
"Step 1: Take a microwave oven safe bowl, add all ingredients other than roasted semya, lemon, hing and mix well. Select category, enter weight, press start.				
Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot."				

Category	Recipe-	Ingredients:		
BS5	VERMICELLI UPMA	Vermicelli, Roasted	1½ cup	2 cup
		Onion, Chopped	1 cup	1½ cup
		Curry Leaves	few	few
		Mustard Seeds	½ tsp	½ tsp
		Cumin	½ tsp	1 tsp
		Urad Dal	1 tbsp	2 tbsp
		Green Chili, Chopped	1 tsp	1 tsp
		Red Chili	2	2
		Ginger	½ tsp	½ tsp
		Salt As Required		
		Oil As Required		
		Water As Required		
Method of Preparation:				
"Step 1: Take a microwave oven safe bowl, add all ingredients other than roasted vermicelli, water and mix well. Select category, enter weight, press start.				
Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot."				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS6	BREAD UPMA	Bread slices (cut into small pieces)	2 cup	2½ cup
		Oil	1½ tbsp	2½ tbsp
		Mustard seeds	½ tsp	1 tsp
		Jeera	½ tsp	1 tsp
		Curry leaves	few	few
		Onion (chopped)	1 cup	1 cup
		Chopped green chillies	3 nos.	4 nos.
		Chopped tomatoes	1 nos.	2 nos.
		Red chilli powder	½ tsp	1 tsp
		Lemon juice	½ tsp	1 tsp
		Turmeric powder	¼ tsp	¼ tsp
		Salt to taste		

Method of Preparation:

"Step 1: In a microwave oven safe bowl add all ingredients other than bread slices, tomatoes, lemon juice, mix well, Select category & weight and press start.

Step 2: When the oven beeps, remove and add other remaining ingredients, mix well and press start. "

Category	Recipe-	Ingredients:		
BS7	CHIVDA	Thin White Poha	1½ cup	2 cup
		Raw Peanuts	½ cup	¾ cup
		Chana Dal	1 tbsp	2 tbsp
		Cashew Nuts	¼ cup	½ cup
		Coconut Slices	¼ cup	½ cup
		Raisins	few	1 tbsp
		Curry Leaves	few	few
		Green Chili	1 tsp	2 tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Hing	a pinch	a pinch
		Sugar	½ tsp	1 tsp
		Oil As Required		
		Salt To Taste		

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all ingredients other than poha, cashew nuts, raisins and mix well. Select category, enter weight, press start.

Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot. "

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS8	UGGANI	Puffed rice (murmura)	2 cup	3 cup
		Besan (roasted)	1 tbsp	2 tbsp
		Oil	1 tbsp	1½ tbsp
		Mustard seeds (spluttered)	½ tsp	1 tsp
		Green chilli (chopped)	1 nos.	2 nos.
		Curry leaves	few	few
		Coriander leaves (chopped)	1 tbsp	2 tbsp
		Onion (chopped)	1 nos.	2 nos.
		Tomato (chopped)	1 nos.	2 nos.
		Lemon juice (optional)	1 tsp	1 tbsp
		Red chilli powder	½ tsp	1 tsp
		Garam masala	½ tsp	1 tsp
		Turmeric powder	¼ tsp	¼ tsp
		Salt to taste		
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all ingredients other than poha, cashew nuts, raisins and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Serve hot."</p>				

Category	Recipe-	Ingredients:		
BS9	KOTHIMBIR VADI	Kothimbir (Hara Dhaniya)	200 gr	250 gr
		Besan	1 cup	1½ cup
		Suji	3 tbsp	4 tbsp
		Red chilli powder	½ tsp	1 tsp
		Baking powder	½ tsp	½ tsp
		Garam masala	½ tsp	1 tsp
		Salt to taste		
<p>Method of Preparation: "Mix all the ingredients together & make vadis out of it. Step 1: Take a microwave oven safe idli maker bowl, add 1 cup water, Select category, enter weight, press start. Step 2: When you hear a beep, remove and place the vadis in idli plates. Keep in the bowl & cover and press start. Allow to Wait for 3 minutes."</p>				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS10	SHAKARKANDI	Shakarkandi	200 gr	250 gr
		Chat Masala	1 tsp	1 tsp
		Salt to taste		
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add ½ water. Keep the peeled off shakarkandi in the bowl. Select category enter weight & press start. Step 2: After the oven beeps, remove and it turn up side down and press start. Remove and sprinkle salt & chaat masala & serve hot."</p>				

Category	Recipe-	Ingredients:		
BS11	CORN CHAT	Sweat Corn Kernels	½ cup	¾ cup
		Tomato Chopped To Small Pieces	½ cup	¾ cup
		Cooked Potato Cut To Small Pieces	½ cup	¾ cup
		Cucumber Cut To Small Pieces	½ cup	¾ cup
		Chopped Coriander	½ tbsp	½ tbsp
		Lime Juice	¼ tsp	¼ tsp
		Chat Masala	½ tsp	2 tsp
		Cumins Powder	½ tsp	1 tsp
		Red Chili Powder	½ tsp	1 tsp
		Salt To Taste		
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all ingredients other than cucumber, coriander, lemon juice. Mix well and select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start."</p>				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS12	MUMPALLI ROAST	Mumpalli	200 gr	250 gr
Method of Preparation: "Step 1: In a microwave oven safe glass bowl, add mumpalli and select category, enter weight and press start. Step 2: When the oven beeps, remove and mix well and press start. Serve hot."				

Category	Recipe-	Ingredients:		
BS13	SWEET CORN	Whole Sweet Corns	1	2
Method of Preparation: "Step 1: Remove the husk until three layers remain. Arrange the sweet corn of the turn table, Select category, enter weight & press start. Step 2: When the oven beeps, remove and turn the corns up side down and press start. Set to cool. Deseed and serve."				

Category	Recipe-	Ingredients:		
BS14	TEA	Milk	3 cup	4 cup
		Tea Powder	2 tsp	3 tsp
		Sugar To Taste		
		Water As Required		
Method of Preparation: "Step 1: In a microwave oven safe bowl, add all ingredients other than sugar and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add sugar, mix well and press start. Serve hot."				

Category	Recipe-	Ingredients:		
BS15	CHANNA CHAT	Green Chana / Kabuli Chana	½ cup	¾ cup
		Potato Chopped	½ cup	¾ cup
		Tomato Chopped	½ cup	¾ cup
		Onion Chopped	½ cup	¾ cup
		Grated Raw Mango(Optional)	few	few
		Green Chili Finely Chopped	few	few
		Garam Masala	½ tsp	1 tsp
		Hing	A pinch	A pinch
		Cumin Powder	½ tsp	1 tsp
		Chili Powder	½ tsp	1 tsp
		Lime Juice	½ tsp	1 tsp
		Coriander Leaves For Garnish		
		Salt To Taste		
Method of Preparation: Step 1: Take a microwave oven safe bowl; add all the ingredients other than raw mango, hing and coriander leave. Place the bowl in the microwave oven. Select category, enter weight and press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Garnish with coriander leaves and serve.				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS16	MASALA PEANUTS	Peanuts	200 gms	250 gms
		Red Chilli Powder	1 tsp	1 tbsp
		Gram Flour (Besan)	1 cup	1½ cup
		Rice Flour	½ tbsp	1 tbsp
		Coriander Powder (Dhania)	1 tsp	1½ tsp
		Turmeric Powder	¼ tsp	½ tsp
		Salt To Taste		
		Water As Required		
<p>Method of Preparation: "Mix all ingredients in a mixing bowl and set aside for 20 minutes to marinate. Step 1: In a microwave oven safe glass bowl, add all marinated ingredients, Select category, enter weight, press start. Step 2: When the oven beeps, remove, stir well and press start. "</p>				

Category	Recipe-	Ingredients:		
BS17	KHANDVI	Besan	1½ cup	2 cup
		Butter Milk	3 cup	4 cup
		Turmeric Powder	¼ tsp	½ tsp
		Oil	¾ tbsp	1 tbsp
		Sesame Seeds	1 tsp	2 tsp
		Mustard Seeds	¼ tsp	¾ tsp
		Coconut Scraped	½ tbsp	¾ tbsp
		Chopped Coriander	½ tbsp	¾ tbsp
		Hing	a pinch	a pinch
		Chopped Green Chillies	2	3
		Salt To Taste		
<p>Method of Preparation: "Step 1: Take butter milk in a microwave oven safe bowl, add besan, turmeric powder, oil, salt, sesame seeds, mustard, hing, coconut, coriander, green chillies & mix well to avoid lump formation. Place the bowl on the turn table in the microwave oven, select category, enter weight & press start. Step 2: When the oven beeps, remove, stir well and press start. When done, pour a cup full in a large flat plate. Spread as thin as possible with the back of a large flat spoon using circular outward movements. Allow to cool & cut into 1½ inch wide strips. Carefully roll each strip & Serve with chutney."</p>				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS18	BREAD CHIVDA	Bread Slices	2 cup	2 ½ cup
		Mustard Seeds	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp
		Onion Finely Chopped	½ cup	1 cup
		Turmeric Powder	¼ tsp	¼ tsp
		Hing	a pinch	a pinch
		Curry Leaves	few	few
		Raw Peanuts	1 tbsp	2 tbsp
		Oil As Required		
		Salt To Taste		
		Coriander Leaves For Garnish		

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add all the ingredients other than bread slices, hing and coriander leaves and mix well. Select category, enter weight and press start.

Step 2: When the oven beeps, remove and add all remaining ingredients other than the coriander leave and mix well and press start. Remove, garnish with grated coriander and serve."

Category	Recipe-	Ingredients:		
BS19	POHA	Poha	2 cup	3 cup
		Green Peas	¾ tbsp	1 tbsp
		Channa Dhal	1 tsp	1½ tsp
		Urad Dhal	1 tsp	1½ tsp
		Onions (Chopped)	1	2
		Green Chili (Small Chopped)	2	3
		Carrot (Chopped)	2 tbsp	2 tbsp
		Turmeric Powder	¼ tsp	¼ tsp
		Cumin Seeds	½ tsp	1 tsp
		Salt To Taste		
		Oil As Required		
		Grated Coconut For Garnish;		
		Fresh Coriander For Garnish;		

Method of Preparation:

"Step 1: Take a microwave oven safe bowl; add all the ingredients other than pohe, salt, sugar, lime and garnish ingredients. mix well and select category, enter weight and press start.

Step 2: When the oven beeps, remove and add the remaining ingredients other than garnish ingredients, mix well, cover the bowl with lid and place it in the microwave oven and press start. Remove, garnish with coriander and grated coconut. Serve hot."

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS20	SABUDANA KICHDI	Sabudana (Soaked)	3 cup	2 cup
		Ground Nut Powder	1 cup	1½ cup
		Chopped Green Chillies	3	4
		Boiled & Peeled Potato	1 cup	1 cup
		Oil	1 tbsp	2 tbsp
		Hing	a pinch	a pinch
		Cumin Seeds	¼ tsp	¼ tsp
		Sugar	1 tsp	1½ tsp
		Lime Juice	¼ tsp	¼ tsp
		Salt To Taste		
Method of Preparation:				
"Step 1: Take a microwave oven safe bowl; add all the ingredients other than sabudana, salt, sugar and lime. mix well and select category, enter weight and press start.				
Step 2: When the oven beeps, remove and add the remaining ingredients and mix well. Cover the bowl with lid and place it in the microwave oven and press start. Remove and mix well and serve hot."				

Category	Recipe-	Ingredients:		
BS21	ROTI KA CHIVDA	Leftover Chapattis, Cut In To Small Peices	3	4
		Mustard Seeds	½ tsp	½ tsp
		Cumin Seeds	½ tsp	1 tsp
		Onion Finely Chopped	1 cup	1½ cup
		Turmeric Powder	¼ tsp	¼ tsp
		Hing	a pinch	a pinch
		Curry Leaves	few	few
		Raw Peanuts	1 tbsp	2 tbsp
		Oil As Required		
		Salt To Taste		
		Coriander Leaves For Garnish		
Method of Preparation:				
Step 1: Take a microwave oven safe bowl; add all the ingredients other than chapatti, hing and coriander leaves. After the oven beeps, remove, add the remaining ingredients other than the coriander leave, mix well and select categoru, enter weight, press start. Remove, garnish with grated coriander and serve.				

BREAKFAST SAVIOURS

Category	Recipe-	Ingredients:		
BS22	OMLETTE	Eggs - Beaten	3	4
		Onion - Finely Chopped	1 cup	1½ cup
		Green Chillies - Finely Chopped	1 tsp	1 tsp
		Red Chilli Powder	1 tsp	1 tsp
		Oil	2 tsp	3 tsp
		Coriander Leaves For Garnish		
		Salt To Taste		
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add all the ingredients other than egg and coriander leaves. Mix well and select category, enter weight and press start. Step 2: When the oven beeps, remove and add the beaten eggs, but not the coriander leaves, mix well and press start. Remove, garnish with coriander leaves and serve"</p>				

Category	Recipe-	Ingredients:		
BS23	MURMURA CHIDWA	poha (thin flattened rice)	½ cup	1 cup
		Murmura (Puffed Rice)	1½ cup	2 cup
		Peanuts	½ cup	1 cup
		Almonds	few	few
		Cashew Nuts	few	few
		Black Raisins	few	few
		Coconut Flakes	few	few
		Chopped Green Chillies	2	3
		Curry Leaves	few	few
		Mustard Seeds	½ tsp	½ tsp
		Turmeric Powder	¼ tsp	¼ tsp
		Sugar	1 tsp	1 tsp
		Oil As Required		
		Salt To Taste		
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl; add all the ingredients other than the poha, murmura and sugar. Mix well and select category, enter weight and press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start. Remove, and serve."</p>				

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS1	COCONUT LADOO	Suji / Rava	2 cup
		Grated Coconut	3 cup
		Condensed Milk	as required
		Powdered Sugar	2 cup
		Dry Coconut Powder	¾ cup

Method of Preparation:

"Step 1: Take suji (rava) in a microwave oven safe glass bowl, Place in the microwave oven, select category, enter weight & press start.

Step 2: After the oven beeps, remove, add grated coconut, condensed milk, powdered sugar & mix well and press start. Remove After the oven beeps & set aside to cool. Make small balls of the mixture. Roll the balls in dry coconut powder & serve."

Category	Recipe-	Ingredients:	
DS2	SUKHDI	Whole Wheat Flour	2 cup
		Ghee	1½ cup
		Jaggery - Sliced Thinly	1½ cup
		Milk	1 cup

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl; add wheat flour and ghee mix well. To roast the wheat flour, select category, enter weight, press start.

Step 2: After the oven beeps, remove and add jaggery, milk, mix well and press start. Serve hot."

Category	Recipe-	Ingredients:	
DS3	BESAN KA LADOO	Besan	2 cup
		Sugar Powder	1 cup
		Elaichi Powder	¼ tsp
		Ghee (If Needed)	1½ tbsp
		Roasted Cashews Chopped	¼ cup
		Raisins (Optional)	1½ tbsp

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl. Add ghee, besan, mix them well and select category, enter weight and press start. (stir twice in between).

Step 2: After the beep, remove and add sugar,cardamom, add the ghee if needed, mix well and press start.

Step 3: After the beep, remove and add cashew, raisins. Take small portions and roll to balls. Serve warm."

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS4	KAJU KATLI	Roasted Cashew Nuts Powder	1½ cup
		Sugar	¾ cup
		Rose Water	1 tsp
		Cardamom Powder	¼ tsp
		Water As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, Add sugar, cardamom powder and rose water and mix well. Select category, enter weight, press start.

Step 2: When the sugar melts off completely add the cashew nuts powder into it. Mix well and press start. After the beep, remove, mix well and blend the sugar syrup and powder. The mixture must be smooth. Pour the mixture in to a lightly greased baking dish. Set to cool and cut to it into desired shapes."

Category	Recipe-	Ingredients:	
DS5	RAGI KHEER	Ghee	1 tbsp
		Ragi Flour	2 tbsp
		Hot Milk	2 cup
		Sugar	1 cup
		Cashews	6
		Pistachios - Chopped Finely	4
		Almonds - Chopped Finely	3
		Saffron - Optional	6 strands
		Cardamom Powder	½ tsp

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, Add sugar, milk and mix well. Select category, enter weight, press start.

Step 2: When the oven beeps, remove and add ragi flour, ghee, mix well and press start. After the beep, remove, mix them well and add all remaining ingredients and serve hot."

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS6	APPLE PIE	Apples cut into slices	4 cup
		Corn starch	3 tbsp
		Honey	3 tbsp
		Raisins (optional)	3 tbsp
		Nutmeg to taste	
		Cinnamon to taste	
		Butter as required	
<p>Method of Preparation: "Marinate the apples with the all ingredients for ½ hour. Step 1: Arrange the marinate apples in a lightly greased baking dish and place the baking dish on the mesh rack in the microwave oven, select category, enter weight and press start. Turn once in-between."</p>			

Category	Recipe-	Ingredients:	
DS7	CARAMEL PUDDING	Milk	4 cup
		Sugar	2 cup
		Eggs	4
		Vanilla extract	¾ tsp
		water as required	
<p>Method of Preparation: Step 1: Take a grill safe deep bowl, add all the ingredients, mix well and place the bowl in on the mesh rack, select category, enter weight and press start. Remove, set to cool and refrigerate. Serve chilled.</p>			

Category	Recipe-	Ingredients:	
DS8	CHHENA PODA	Paneer	2 cup
		Suji	¾ cup
		Cardamom	½ tsp
		Raisins	few
		Roasted Cashews	few
		Syrup:-	
		Ghee	1½ tbsp
		Sugar	1½ cup
<p>Method of Preparation: Take a mixing bowl, Add paneer , suji, cardamom, mix it and set it aside for kneading, till it get a very mashed quality. Add sugar, nuts and mix it with paneer thoroughly to get a crumbly mixture finally. Step 1: Take a baking bowl, pour the ghee, sugar syrup in to a bowl, Pour in the paneer mix over the syrup and select category, enter weight, press start to bake. Serve it warm.</p>			

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS9	NAAN KHATAI	Maida	150 g
		Suji	50 g
		Powdered sugar	85 g
		Vanilla essence	1 tsp
		Butter	100 g
		Almonds & cashewnuts	A few

Method of Preparation:

"Cream the butter & sugar together till it turns fluffy. Add vanilla essence followed by maida & suji. Make a dough out of this mixture. Make medium sized balls & put cashewnut on the top of each piece.

Step 1: Arrange them on crusty plate and place the plate in on the grill mesh rack, Select category, enter weight & press start. "

Category	Recipe-	Ingredients:	
DS10	BREAD PUDDING	Bread Crumbs	250 gms
		Sugar	200 gram
		Milk	¾ liter
		Butter	50 gms
		Chocolate	20 gram
		Eggs (Yolks& White Suppurate)	4
		Vanilla Essence	1 tsp

Method of Preparation:

"Soak bread crumbs in milk and press dry, add butter mixed sugar, chocolate, egg yolks, Mix well and add vanilla essence, egg white, mix all ingredients well and set it aside .

Step 1: Pour the pudding in lightly greased glass bowl and place it in the microwave, select category, enter weight and press start."

Category	Recipe-	Ingredients:	
DS11	KALAKAND	Condensed Milk	1 cup
		Crumbled Paneer	1½ cup
		Milk	¾ cup
		Cardamom Powder	½ tsp
		Nuts For Garnish	few

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, nuts and mix well.

Select category, enter weight and press start. After the beep, remove and add cardamom powder, mix smoothly and garnish with nuts, cut it into desired shapes. Serve warm.

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS12	APPLE CUSTARD	Apple Slices	2 cup
		Custard Powder	2½ tbsp
		Sugar	2½ tbsp
		Milk	2½ cup
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all ingredients other than apples and mix well. Select category, enter weight, press start. After the beep, remove and add apples, mix well, set it aside to cool. Serve warm or cool.			

Category	Recipe-	Ingredients:	
DS13	BEETROOT HALWA	Grated Beetroot	3 cup
		Milk	2 cup
		Sugar	1 cup
		Ghee	3 tbsp
		Cardamom Powder	a pinch
		Cashews	10
		Raisins - Optional	6
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, cashew nuts, raisins and mix well. Select category, enter weight and press start. After the oven beeps, remove and add cardamom powder, cashew, raisins, mix smoothly and Serve warm.			

Category	Recipe-	Ingredients:	
DS14	NARIAL BURFI	Coconut scraped	2 cup
		Sugar	1 cup
		Powdered sugar	2 tbsp
		Fresh cream	½ cup
		Cardamom powder	a pinch
		Ghee	1 tbsp
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all ingredients other than cardamom powder, mix them well and select category, enter weight and press start. After the beep, remove and add cardamom powder, mix smoothly and cut it in desired shapes. Serve warm.			

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS15	PEDA	Soft Khoya	250 gms
		Sugar Powdered	1 cup
		Cardamom Powder	¼ tsp
		Cardamom Seeds (Crushed)	¼ tsp
		Pistachios	few

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add all ingredients other than cardamom seeds and pistachios and mix well. Select category, enter weight, press start. After the beep, remove and set to cool. When set well, make peda shape and garnish with cardamom seeds and pistachios on top and serve.

Category	Recipe-	Ingredients:	
DS16	RAVA LADOO	Rava	1 cup
		Coconut Grated And Roasted	¾ cup
		Sugar Powder	¾ cup
		Cardamoms	3
		Melted Ghee As Required	
		Raisins And Cashew Nuts As Needed	

Method of Preparation:

Step 1: Take a Microwave oven safe glass bowl, Add ghee, rava and mix well. Select category, enter weight, press start. (Stir twice in between) After the beep, remove and add powdered sugar, cardamoms, coconut, raisins. Add them to the blended mixture. Add ghee as needed and mix. Take small portions of the mix and roll to balls. Serve warm.

Category	Recipe-	Ingredients:	
DS17	RICE KHEER	Rice	2 cup
		Milk	4 cup
		Cardamom Seeds	few
		Almonds	few
		Saffron Threads, Soaked	a pinch
		Pistachio Nuts	few
		Raisins (Optional)	few
		Sugar	1 cup
		Water As Required	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than cardamom, almonds, saffron, pistachio and raisins mix well. Place the bowl in the microwave oven, select category, enter weight and press start.
Step 2: When the oven beeps, remove and add cardamom, almonds, mix well and press start. After the beep remove and add all remaining ingredients, mix well and serve hot.

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS18	BADAM HALWA	Almonds (Soaked & Peeled)	1½ cup
		Sugar	1 cup
		Ghee	1½ tbsp
		Cardamom Powder	¼ tsp
		Milk As Required	
		Few Drops Of Rose Water (Optional)	
		Pinch Of Saffron (Optional)	

Method of Preparation:

Blend badam, sugar, cardamoms, saffron with milk to a smooth paste. Step 1: Take a microwave oven safe bowl. Add ghee, add the ground paste, rose water. Select category, enter weight and press start. Serve hot.

Category	Recipe-	Ingredients:	
DS19	KAJU BURFI	Kaju	2 cups
		Powdered sugar	1¼ cup
		Water	½ cup

Method of Preparation:

Take kaju in a grinder & make a fine powder and keep aside. Step 1: In a microwave oven safe glass bowl take all the ingredients. Stir very well. Select category, enter weight & press start. When the oven beeps, stir till all the lumps are removed. Keep stirring till the paste becomes like a dough (ball formation stage). Grease the kitchen-slab (marble top) a little with ghee. Take the dough & roll out to 1" thickness carefully. Cut the kaju burfi in desired square or diamond shape & decorate with vark and serve.

Category	Recipe-	Ingredients:	
DS20	BROWNIE	Flour – Sifted	1½ cup
		Margarine	2 tbsp
		Sugar	1½ cup
		Baking Powder	1 tsp
		Cocoa Powder	¾ cup
		Walnuts	½ tbsp

Method of Preparation:

Mix the margarine and sugar in a mixing bowl until the sugar is completely dissolved. Add cocoa powder, flour, nuts, baking powder and mix well until smooth. Pour into a lightly greased flat glass bowl. Place in the microwave oven, select category, enter weight and press start. Remove, allow to cool and serve.

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS21	BASUNDI	Milk	6 cups
		Sugar	2tbsp
		Chopped Almonds	6
		Lemon Juice	1½ tsp
		Crushed Cardamoms	6
		Chopped Charoli Nuts (Saara)	1 tsp

Method of Preparation:

Step 1: Take a microwave oven safe large bowl; add all ingredients other than almonds, cardamom and charoli, mix well. Place the bowl in the microwave oven, select category, enter weight and press start. Remove, add all remaining ingredients and serve.

Category	Recipe-	Ingredients:	
DS22	RABDI	Milk	1 cup
		Grated paneer	1 cup
		Condensed milk	½ cup
		Deshi ghee	1 tbsp
		Elaichi powder	¼ tsp
		Saffron	A few strands
		Rose essence	A few drops
		Chopped pistachios	1 tbsp
		Chopped almonds (skin removed)	2 tbsp

Method of Preparation:

"Dissolve strands of saffron in 2 tbsp lukewarm milk.

Step 1: In a microwave oven safe bowl, put all the ingredients of rabdi except chopped pistachios. Mix them well. Keep the bowl in Microwave. Select category, enter weight & press start. Serve chilled garnished with chopped pistachios."

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS23	FRUIT CUSTURD	Custard Powder	1 cup
		Milk	5 cup
		Sugar	1 cup
		Apple	2
		Banana	3
		Pineapple Slices	½ cup
		Strawberries	½ cup
		Black Grapes (Seedless)	½ cup
		Green Grapes (Seedless)	½ cup
		Cherries To Garnish	½ cup

Method of Preparation:

"Step 1: Take a microwave oven safe large glass bowl; add milk, sugar and mix well. Place the bowl in the microwave oven, select category, enter weight and press start.

Step 2: When the oven beeps, remove and add custard powder, mix well and press start. Slice the apple, banana, pineapple into pieces and put them into a bowl which is large enough to hold all the contents. The grapes and the strawberries need not be cut and should be added along with it. Add custard to the fruits and mix gently. Set to cool and serve."

Category	Recipe-	Ingredients:	
DS24	SUJI KA HALWA	Suji - Roasted	2 cup
		Milk	2 cup
		Sugar	2 cup
		Ghee	1½ cup
		Cardamom Powder	1½ tsp
		Cashews	8
		Almonds	8
		Raisins	few
		Water As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe glass bowl; add the suji. Select category , enter weight, press start (Stir once in between).

Step 2: When the oven beeps, remove and add all other ingredients mix well and press start. Serve hot."

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS25	SANDESH	Paneer (grated)	250 g
		Milkmaid	75 g
		Rose water	1½ tbsp
		Elaichi seeds	1 tsp
		Chopped pista	few
		Khoa (mashed)	150 gm

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add the suji. Select category , enter weight, press start.Stir once in between. Step 2: When the oven beeps, remove and add all other ingredients mix well and press start. Serve hot.

Category	Recipe-	Ingredients:	
DS26	PAYASAM	Milk	6 cups
		Vermicelli (Seviya)	1½ cups
		Sugar	1½ cup
		Cardamom	6
		Cashew Nuts	½ tbsp
		Almonds	½ tbsp
		Ghee	1 tbsp

Method of Preparation:

"Step 1: Take a microwave oven safe bowl, add all the ingredients other than milk, sugar, cardamom, select category, enter weight, press start.

Step 2: When the oven beeps, remove and add the remaining ingredients, mixwell and press start. Serve hot."

Category	Recipe-	Ingredients:	
DS27	SABUDANA KHEER	Sabudana Soaked	1 cup
		Milk	2 cup
		Sugar	¾ cup
		Cardamom Powder	½ tsp
		Cashews For Garnish	¾ tbsp
		Raisins For Garnish	¾ tbsp
		Ghee	1½ tbsp
		Saffron, Soaked In 1 Tbsp Milk	a pinch of

Method of Preparation:

"Step 1: Take a microwave oven safe bowl. Add sabudana and mix well. Select category, enter weight, press start. Step 2: After the beep, remove and add ghee, milk, sugar, cardamom powder, mix well and press start. Then add the saffron milk and garnish with nuts and raisins. Serve warm."

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS28	GAJAR HALWA	Carrots (Grated)	3 cup
		Kawa (Mawa Grated)	1 cup
		Sugar	2 cup
		Milk Condensed	1 cup
		Milk	1 cup
		Cardamoms	few
		Pistachio Flakes (Almonds)	few
		Ghee As Required	
		Raisins	few
Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than milk, condensed milk, cardamom, flakes and raisins and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start."			

Category	Recipe-	Ingredients:	
DS29	SEVIYA KHEER	Seviya	3 cup
		Milk	6 cup
		Condensed Milk	1½ cup
		Sugar	1½ cup
		Raisins	1½ tbsps
		Cashew Nut Pieces (Roasted)	1½ tbsps
		Almonds (Roasted)	1 tbsps
		Powdered Elaichi (Cardamom)	1½ tsp
		Water As Required	
Method of Preparation: "Step 1: Take a microwave oven safe bowl; add seviya and select category, enter weight, press start. Step 2: When the oven beeps, remove and add all the ingredients except elaichi powder and raisins mix well and press start. Step 3: When the oven beeps, remove and add all remaining ingredients. Mix well and press start. Serve hot."			

DESSERTS/ SOUPS

Category	Recipe-	Ingredients:	
DS30	MYSORE PAK	Besan	2 cup
		Melted ghee	1 cup
		Powdered Sugar	1 cup
		Milk	½ cup
Method of Preparation: Step 1: Take a microwave oven safe flat glass dish add besan. Select Category, enter weight, press start. Step 2: When the oven beeps, mix well & add melted ghee, powdered sugar. Mix very well while adding and press start. Step 3: When the oven beeps, mix well & add milk. Press start. Allow to cool & cut into pieces & serve.			

SOUPS

Category	Recipe-	Ingredients:	
DS31	SWEET CORN SOUP	Corn Kernels	1½ cup
		Potato Finely Chopped	¼ cup
		Green Peas	¼ cup
		Chopped Carrots	¼ cup
		Chopped Beans	¼ cup
		Spring Onions Chopped	¼ cup
		Corn Starch	2 tbsp
		Butter As Required	
		Water As Required	
		Salt / Sugar To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl. Add all the ingredients other than water and corn starch, mix well select category, enter weight and press start. Step 2: After the beep, remove and add corn starch and water, mixwell and press start. Serve warm with pepper."</p>			

Category	Recipe-	Ingredients:	
DS32	PUMPKIN SOUP	Pumpkin	250 gms
		Chopped Onion	1 cup
		Green Chillies	2
		Garlic, Finely Chopped	3
		Curry Powder	1 tsp
		Chili Powder	1½ tsp
		Black Pepper	few
		Sugar	1½tsp
		Curry Leaves	few
		Chicken Broth	1 cup
		Evaporated Milk	1 cup
		Coconut Milk	1 cup
		Butter As Required	
		Salt To Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than pumpkin, chicken broth, evaporated milk and coconut milk and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add the remaining ingredients, mix well and press start."</p>			

SOUPS

Category	Recipe-	Ingredients:	
DS33	ASPARAGUS SOUP	Asparagus (Chopped)	1 cup
		Carrots Chopped	1 cup
		Celery Chopped	1½ tbsp
		Garlic Paste	1 tsp
		Corn Starch	2½ cup
		Sugar	1½ tsp
		Bay Leaves	3
		Oil As Required	
		Water As Required	

Method of Preparation:

"Step 1: Take a microwave oven safe bowl. Add all ingredients other than water, corn starch, sugar, mix them well and select category, enter weight and press start.

Step 2: After the beep, remove and add all remaining ingredients, mix them well and press start. Blend and strain the soup. Serve hot."

Category	Recipe-	Ingredients:	
DS34	MUSHROOM SOUP	Button Mushrooms	250 gms
		Chicken Stock	1½ cup
		Sprig Onions, Chopped Finely	½ tbsp
		Ginger Paste	½ tsp
		Block Peppers	few
		Salt To Taste	

Method of Preparation:

"Step 1: In a microwave oven safe glass bowl, add all the ingredients other than mushrooms and salt, mix them well and select category, enter weight, press start.

Step 2: After the beep, remove, add all remaining ingredients and mix well and press start. Remove and serve."

SOUPS

Category	Recipe-	Ingredients:	
DS35	SWEET POTATO SOUP	Sweet Potato Chopped	250 gms
		Onion Chopped	1
		Nutmeg Powder	a pinch
		Black Pepper Powder	a pinch
		Milk Or Heavy Cream	1 cup
		Corn Flour	1 tbsp
		Vegetable Stock	1 cup
		Lemon Juice	1 tsp
		Butter	1 tbsp
		Salt To Taste	
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all the ingredients other than nutmeg powder, pepper powder, milk, vegetable stock and lemon juice. Mix them well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Remove and make puree of the sweet potato mixture. Serve hot."</p>			

Category	Recipe-	Ingredients:	
DS36	CHICKEN CORN SOUP	Chicken Stock	6 cup
		Chicken Breast (Boneless)	2 cup
		Corn Kernels	1 cup
		Cornflour	2 tbsp
		Soy Sauce	1 tbsp
		Eggs (Beaten)	2
		Spring Onions	¾ cup
<p>Method of Preparation: "Step 1: In a microwave oven safe bowl, add all the ingredients other than chicken stock, eggs, mix them well and select category, enter weight, press start. Step 2: After the beep, remove and add all remaining ingredients, mix well and press start. Remove and blend the and strain the soup. Serve hot."</p>			

SOUPS

Category	Recipe-	Ingredients:	
DS37	CHICKEN SOUP	Chicken	250 gms
		Spring Onion Chopped	½ cup
		Eggs	1
		Black Pepper Powder	1 tsp
		Coconut Milk	½ cup
		Chicken Stock	½ cup
		Sugar	1 tsp
		Salt As Per Taste	
<p>Method of Preparation: "Step 1: Take a microwave oven safe bowl, add all the ingredients other than coconut milk and chicken stock, mix them well and select category, enter weight, press start. Step 2: After the beep, remove, add the all remaining ingredients and mix well and press start. Remove and serve hot."</p>			

Category	Recipe-	Ingredients:	
DS38	VEGETABLE SOUP	Carrot - Chopped	½ cup
		Sweet Potato - Chopped	½ cup
		Onion - Chopped	½ cup
		Tomato Chopped	½ cup
		Vegetable Broth	2 cup
		Coconut Milk	1 cup
		Ginger Sliced	1 inch
		Garlic Chopped	2 clove
		Curry Powder	1 tsp
		Pepper Powder	1 tsp
		Salt To Taste	
<p>Method of Preparation: "Step 1: take a microwave oven safe bowl, add all the ingredients other than coconut milk & vegetable broth and mix well. Select category, enter weight, press start. Step 2: When the oven beeps, remove and add coconut milk and vegetable broth mix well and press start. After the beep, Remove, allow to cool and blend in the vegetables in a juicer. Drain, reheat and serve."</p>			

SOUPS

Category	Recipe-	Ingredients:	
DS39	HOT & SOUR SOUP	Water	1½ cup
		Chilli sauce	2 tsp
		Soya sauce	2 tsp
		Vinegar	As per taste
		Chopped capsicum,	½ cup
		Spring onions	½ cup
		Carrots	½ cup
		Cabbage	½ cup
		Paneer	½ cup
		Tomato sauce	2 tbsp
		Cornflour	2 tbsp
		Pepper	1 tsp
		Sugar	1 tsp
		Ajinomoto	a pinch
		Salt to taste	
Method of Preparation:			
Step 1: In a microwave oven safe glass bowl add water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto. Select category, enter weight & press start. Step 2: When the oven beeps, stir well & add all the chopped vegetables, stir well & add corn flour, tomato sauce, paneer pieces & press start.			

Category	Recipe-	Ingredients:	
DS40	CARROT SOUP	Carrot - Chopped	1½ cup
		Sweet Potato - Chopped	1 cup
		Onion - Chopped	1 cup
		Vegetable Broth	1 cup
		Coconut Milk	1 cup
		Ginger Sliced	½ tsp
		Garlic Chopped	½ tsp
		Curry Powder	½ tsp
		Pepper Powder	1 tsp
		Salt To Taste	
Method of Preparation:			
Step 1: Take a microwave oven safe bowl, add all the ingredients other than coconut milk & vegetable broth and mix well. Select category, enter weight, press start. Step 2: After the oven beeps, remove, add coconut milk and vegetable broth mix well and press start. Remove, allow to cool and blend in the juicer. Drain, reheat and serve.			

SOUPS

Category	Recipe-	Ingredients:	
DS41	TOMATO SOUP	Tomatoes - Large	5
		Mint Leaves	few
		Salt & Pepper To Taste	
Method of Preparation: Step 1: Keep tomatoes in a microwave oven safe bowl; add all ingredients and mix well. Select category, enter weight and press start. Remove After the oven beeps, when cool; blend the tomatoes in a mixer. Strain and serve hot.			

Category	Recipe-	Ingredients:	
DS42	SPINACH SOUP	Spinach (Palak), Chopped	2 cup
		Onions, Chopped	2 cup
		Garlic, Chopped	3
		Gram Flour (Besan)	2 tbsp
		Cumin Powder	1 tsp
		Bay Leaf	2
		Water	2 cup
		Oil	2 tbsp
		Salt As Required	
		Pepper As Required	
Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add spinach, mix well and press start. After the oven beeps, when it cools; blend the spinach in a mixer. Strain and serve hot.			

SOUPS

Category	Recipe-	Ingredients:	
DS43	SICHUAN SOUP	Boneless chicken pieces	½ cup
		Carrot (grated)	½ cup
		Capsicum (chopped)	½ cup
		Cabbage (shredded)	½ cup
		Mushrooms (sliced)	½ cup
		Paneer (pieces)	½ cup
		Spring onions (bulb & greens)	½ cup
		Peppercorns (freshly crushed)	few
		Chicken stock	3 cup
		Cornflour	3 tbsp
		Vinegar	2 tsp
		Red chilli paste	1 tbsp
		Salt & sugar to taste	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all ingredients other than spinach and mix well. Select category, enter weight and press start. Step 2: When the oven beeps, Remove and add spinach, mix well and press start. After the oven beeps, when cool; blend the spinach in a mixer. Strain and serve hot.

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG1	PANEER	Milk	6 cup
		Curd	¼ cup
Method of Preparation: Step 1: Take a microwave oven safe bowl, add all the ingredients and mix well. Select category, enter weight, press start. After the beep, remove and strain the milk in the cheesecloth. Drain the whey. Collect the cheesecloth together with the coagulated milk shredded tightly. Place it on a plate and keep a heavy weight on top of the cheesecloth. check after 30-40 minutes. the paneer would be set. once warm or cooled cut paneer into cubes or any shape.			

Category	Recipe-	Ingredients:	
PG2	MASALA PANEER	Milk	500 ml
		Curd	2 tbsp
		Coriander powder	1 tbsp
		Jeera powder	1 tsp
Method of Preparation: Step 1: Take a microwave oven safe glass bowl add all ingredients and mix well. Select category, enter weight, press start. When the oven beeps, remove and strain and press in a muslin cloth.			

Category	Recipe-	Ingredients:	
PG3	BABY CORN, BEANS SALAD	Baby Corn (drained)	1 cup
		Lima Beans (drained)	1 cup
		Cauliflower Pieces	1 cup
		Vinegar	2 tbsp
		Sugar	1 tsp
		Celery (finely diced)	½ cup
		Oil	2 tbsp
		Salt to taste	
Method of Preparation: Step 1: Take a microwave oven safe bowl, add all ingredients and mix well. Select category, enter weight and press start. Remove, warm and serve.			

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG4	GHEE	butter globules	3 cup

Method of Preparation:

Step 1: Take a microwave oven safe deep glass bowl, add butter globules, mix well, cover the bowl with lid and select category, enter weight, press start. After the beep, remove and set to cool and store in a glass jar.

Category	Recipe-	Ingredients:	
PG5	CURD	Milk	8 cup
		Curd	¼ cup

Method of Preparation:

Step 1: Take a microwave oven safe deep glass bowl, add all ingredients and mix well. Select category, enter weight, press start.

Category	Recipe-	Ingredients:	
PG6	TOMATO SAUCE	Tomato	200 g
		Onion	1 cup
		Chilli powder	1 tsp
		Chopped ginger	1 tsp
		Chopped garlic	1 tsp
		Garam masala	1 tsp
		Sugar	1 tsp
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl put tomato pieces, cover and keep it in a Microwave. Select category, enter eight & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. allow to cool and grind it in a mixer. Strain it.

Category	Recipe-	Ingredients:	
PG7	PIZZA SAUCE	Tomato	200 g
		Onion	1 No.
		Ajwain	1 tsp
		Oregano	1 tsp
		Sugar	1 tsp
		Basil leaves	8 nos
		Garlic pods	2 tbsp
		Oil as required	
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl put oil, tomato, onion, garlic pods and keep it in Microwave. Select category, enter weight & press start. Step 2: When the oven beeps, remove, allow to cool and grind it in a mixer. Now add salt, sugar, ajwain, basil leaves. Keep it in Microwave and press start.

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG8	MASHED POTATO SALAD	Potatoes	200 gms
		Chopped Celery	½ cup
		Onion Paste	1 cup
		Milk	1 cup
		Dry Mustard	½ tsp
		Green Bell Pepper Rings	few
		Pepper To Taste	
		Salad Dressing As Required	
		Salt To Taste	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add potatoes. Place the bowl in the microwave oven select category, enter weight and press start. Step 2: After the oven beeps, remove and mash the potatoes with milk and onion and all the ingredients, mix well and press start. Remove, warm and serve.

Category	Recipe-	Ingredients:	
PG9	LEHSUN KI CHUTNEY	Chopped tomatoes	4 nos
		Chopped garlic	20 g
		Chopped green chillies	2 nos
		Chopped onion	1 cup
		Oil	2 tsp
		Jeera	1 tsp
		Red chilli powder	1 tsp
		Turmeric powder	¼ tsp
		Water if required	
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe bowl, add all the ingredients other than water, salt, mix well. Select category, enter weight & press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. When the cooking ends, allow it to cool. Grind it & serve.

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG10	LEMON PICKLE	Lemon pieces	200 gr
		Sugar	200 gr
		Chilli powder	1 tbsp
		Mustard	2 tsp
		Cumins	2 tsp
		Hing	a pinch
		Salt to taste	

Method of Preparation:

Cut lemon and remove seeds. Step 1: Take a microwave oven safe bowl, add lemon pieces. Select category, enter weight and press start. Step 2: When the oven beeps, remove and add all remaining ingredients, mix well and press start. Store it in a bottle after it cools.

Category	Recipe-	Ingredients:	
PG11	COCONUT CHUTNEY	Fresh grated coconut	300 g
		Chopped green chillies	2 nos.
		Chopped ginger	½ tbsp
		Roasted split gram dal (optional)	1 tbsp
		Salt	As per taste
		For tempering	
		Oil	2 tbsp
		Mustard seeds	1 tsp
		Broken dry red chillies	3 no.
		Curry leaves	A few

Method of Preparation:

Grind grated coconut, chopped green chillies, ginger, roasted split gram dhal and salt together in a blender. Step 1: Take a microwave oven safe glass bowl add oil, mustard seeds, broken dry red chillies, curry leaves. Select category, enter weight & press start. When the oven beeps, remove and Pour the tempering over the chutney & serve.

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG12	TIL KI CHUTNEY	Roasted til	2 cup
		Tamarind paste	3 tbsp
		Green chilli	5 nos
		Coriander leaves	2 tbsp
		Mint leaves	1 tbsp
		Water	½ cup
		Garlic pods	3 nos
		Salt	As per taste
		For Tempering	
		Oil	2 tbsp
		Cumin seeds	1 tsp
		Curry leaves	7 nos
		Red chilli (dry)	2 nos
<p>Method of Preparation: Grind together roasted til, tamarind paste, green chilli, coriander leaves, mint leaves, garlic pods, salt & water in spice grinder. Make a rough paste. Step 1: Take a microwave oven safe glass bowl take oil, cumin seeds, curry leaves & dried red chilli. Mix well. Select category, enter weight & press start. When the oven beeps, add the grounded paste to the tempering & mix well.</p>			

Category	Recipe-	Ingredients:	
PG13	PAPAYA SALAD	Papaya - Finely Shredded	250 gr
		Garlic Cloves	4
		Green Chillies	2
		Jaggery	4 tbsp
		Lemon Juice	1 tsp
		Soy Sauce	1 tsp
		Peanuts - Roasted	2 tbsp
<p>Method of Preparation: Step 1: Take a microwave oven safe flat glass bowl, add all ingredients, mix well and keep it on the turn table. Select category, enter weight & weight and press start. Chill & serve.</p>			

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG14	BEETROOT SALAD	Beetroot (sliced)	250 gr
		Saunf	1 tsp
		Coriander powder	1 tsp
		Lemon juice	1 tsp
		Pepper powder	½ tsp
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe flat glass bowl, add sliced beetroot. Keep the in the on the turn table. Select category, enter weight & weight and press start. After the oven beeps, remove and add saunf, coriander powder, pepper powder, salt & lemon juice. Toss well. Chill & serve.

Category	Recipe-	Ingredients:	
PG15	CARROT, PEAS SALAD	Carrot	150 g
		Peas	100 g
		Pepper powder	1 tsp
		Lemon juice	1 tsp
		Salt to taste	
		Water if required	

Method of Preparation:

Step 1: Take a microwave safe bowl add carrot & peas together. Add some water cover. Select category & weight & press start. Add salt, lemon juice, pepper powder. Mix well & Serve.

Category	Recipe-	Ingredients:	
PG16	TIRANGA SALAD	Grated carrot	1½ cup
		Grated raddish	1½ cup
		Broccoli florets	1½ cup
		Olive	2
		Lemon juice	1 tsp
		Salt to taste	

Method of Preparation:

Step 1: In a microwave oven safe flat glass dish arrange grated carrot first in the form of a band, then grated rad-dish & then broccoli florets. Select category, enter weight & press start. After the oven beeps, remove and add salt & lemon juice. Mix each layer separately. Take olive & cut into thin slices. Now make a flower at the centre of the raddish layer with olive slices, chill & serve.

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG17	MANCHURIAN SAUCE	Water	1½ cup
		Vinegar sauce	1 tbsp
		Soya sauce	1 tsp
		Tomato sauce	½ cup
		Ajinomoto	A pinch
		Cornflour	2 tbsp + ½ cup water
Method of Preparation:			
Step 1: Take a microwave oven safe bowl add all the ingredients and mix well. Select category, enter weight & press start.			

Category	Recipe-	Ingredients:	
PG18	DALIYA SALAD	Dalia	200 gr
		Coriander Leaves, Chopped	1 tbsp
		Mint Leaves, Chopped	1 tbsp
		Onion, Chopped	1 cup
		Tomato Chopped	½ cup
		Lemon Juice	1 tsp
		Olive Oil	2 tbsp
		Pepper Powder	1 tsp
		Cinnamon Powder	a pinch
		Salt To Taste	
		Water As Required	
Method of Preparation:			
Step 1: Take a microwave oven safe bowl add dalia, water & few drops of oil. Select category & press start. Step 2: When the oven beeps, remove and add all ingredients, mix well and press start. Chill & serve.			

PANEER/GHEE/ CURD

Category	Recipe-	Ingredients:	
PG19	PASTA SALAD	Pasta	200 g
		Grated carrot	½ cup
		Chopped capsicum	½ cup
		Chopped spring onion	½ cup
		Sliced olives	few
		Pepper powder	1 tsp
		Olive oil	2 tsp
		Vinegar	1 tsp
		Oregano (optional)	As per taste
		Curd	2 tbsp
		Water as required	
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe bowl add pasta, water & few drops of oil. Select category, enter weight & press start. Wash the boiled paste under cold water to separate them. Step 2: In a another bowl take boiled pasta, add vegetable, salt, pepper powder, vinegar, curd, olive oil. Mix well and press start. Chill & serve.

Category	Recipe-	Ingredients:	
PG20	MIX VEG PICKLE	Green peas	½ cup
		Beetroot (sliced)	½ cup
		Carrot (sliced)	½ cup
		Cauliflower florets	½ cup
		Radish (sliced)	½ cup
		Lemon juice	1 tsp
		Chilli powder	1 tsp
		Pickle Masala	1 tsp
		Oil	2 tbsp
		Mustard	1 tsp
		Cumins	1 tsp
		Hing	a pinch
		Sugar	1 tsp
		Salt to taste	

Method of Preparation:

Step 1: Take a microwave oven safe glass bowl, add all vegetables. Cover and keep it in Microwave. Select category, enter weight and press start. Step 2: When it gives a beep, remove and add all remaining ingredients, mix well and prss start. Set to cool. Mix well and store it in a fridge.

FERMENTATION / KEEP WARM

Category	Recipe-	Ingredients:	
FE1	YOGURT	Curd	250 ml
		Milkmaid	100 ml
		Fresh cream	200 ml
		Essence	¼ tsp

Method of Preparation:

"Step 1: Select category, enter weight, press start to pre heat the oven. Take a mixing bowl, add all ingredients mix well.

Step 2: When the oven beeps, place the bowl in pre heated oven and press start."

Category	Recipe-	Ingredients:	
FE2	BREAD DOUGH	All-Purpose Flour	2 cups
		Warm Water	½ cup
		Active-Dry Yeast	2 tsp
		Unsalted Butter	1 tbsp
		Milk Powder	3 tbsp
		Sugar	1tsp
		Oil	2 tbsp
		Salt To Taste	
		Water As Required	

Method of Preparation:

Take warm water in a bowl, add dry yeast, sugar and 2 tsp flour, mix well and set it aside for 5 minutes. Take another mixing bowl, add maida, oil, salt, milk powder, butter and dry yeast water, mix well to make a smooth, soft dough. Punch the dough for 10 minutes. Set it a side for 15 minutes. Punch the dough again for 5 minutes. Set the dough batter in a bowl. Select category & enter weight & press start.

Category	Recipe-	Ingredients:	
FE3	PIZZA DOUGH BATTER	All Purpose Flour (Maida)	2 cups
		Salt	1 tsp
		Dry Yeast	2 tsp
		Sugar	1 tsp
		Oil	3 tsp
		Oregano	1 tsp
		Chili Flakes	1 tsp
		Water As Required	

Method of Preparation:

Take half a cup of warm water, add sugar, yeast and a pinch of flour, stir and cover. Keep aside for 5 minutes. Sieve the flour, add salt, chili flakes, oregano and oil, mix well, add the yeast water. Make smooth and soft dough using of water as required. Set it aside for 15 minutes. Roll out the dough. Place on a dusted baking tray and prick with a fork. Cover and leave in the oven select category & enter weight & press start.

FERMENTATION / KEEP WARM

Category	Recipe-	Ingredients:	
FE4	DOSA BATTER	Parboiled Rice	½ cup
		Regular Rice	½ cup
		Urad Dal	¼ cup
		Methi Seeds	½ tsp
		Poha	3 tbsp
		Water For Soaking	
		Water For Grinding	
		Salt As Required	
		Oil As Required	

Method of Preparation:

Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start.

Category	Recipe-	Ingredients:	
FE5	JALEBI BATTER	All Purpose Flour	2 cup
		Besan	4 tbsp
		Turmeric Powder	1/8 tsp
		Baking Soda	1 pinch
		Water	2 cup

Method of Preparation:

Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start.

Category	Recipe-	Ingredients:	
FE6	IDLI BATTER	Parboiled Rice	½ cup
		Regular Rice	½ cup
		Urad Dal	¼ cup
		Methi Seeds	½ tsp
		Poha	3 tbsp
		Water For Soaking	
		Water For Grinding	
		Salt As Required	
		Oil As Required	

Method of Preparation:

Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start.

FERMENTATION / KEEP WARM

Category	Recipe-	Ingredients:	
FE7	APPAM BATTER	Raw rice	2 cup
		Par boiled rice	2 cup
		Fenugreek seeds	2 tsp
		Urad dal	5 tbsp
		Coconut milk	6 tbsp
		Cooking soda	1 tsp
Method of Preparation: Soak & make a smooth batter with all above ingredients and take the batter in a large bowl, place it in the oven and select category, enter weight, press start.			

Category	Recipe-	Ingredients:	
FE8	NAAN DOUGH	All Purpose Flour	1 cup
		Wheat Flour	¼ cup
		Sugar	1 tsp
		Instant Yeast	½ tsp
		Water As Required	
		Curd	2 tbsp
		Butter, Melted	1 tbsp
		Salt As Required	
Method of Preparation: Take warm water in a bowl, add dry yeast, sugar, mix well and cover with lid, set it aside for 5 minutes. Take another mixing bowl, Combine all the ingredients, including the yeast mixture and knead into a smooth, soft dough using enough water. Cover with a damp cloth and place it in the oven, Select category, enter weight & press start.			

Category	Recipe-	Ingredients:	
FE9	DHOKLA BATTER	Gram Flour	1½ cup
		Rava (Optional)	1 tbsp
		Ginger-Green Chilies Paste	3 tsp
		Turmeric Powder	¼ tsp
		Asafoetida	a pinch
		Baking Soda	1 tsp
		Lime Juice	1 tsp
		Water As Required	
		Salt To Taste	
Method of Preparation: Combine all ingredients to make a smooth batter and pour the batter in a mixing bowl. Place it in the oven and select category, enter weight, press start.			

FERMENTATION / KEEP WARM

Category	Recipe-	Ingredients:	
FE10	KEEP WARM	Any Cooked Food	250 g
Method of Preparation: Place the cooked food bowl in the oven and select category, enter weight, press start.			

DEODORISER/STEAM CLEAN

Category	Recipe-		
DS1	DEODORIZER		
Method of Preparation: To use deodorizer press the category button once and press start.			

Category	STEAM CLEAN	Water	1 cup
DS2		Lime juice	1 tbsp
Method of Preparation: Take water in a microwave oven safe bowl, add lemon juice, press the category & press start. When the oven beeps, wipe out with salt & clean napkin.			

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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