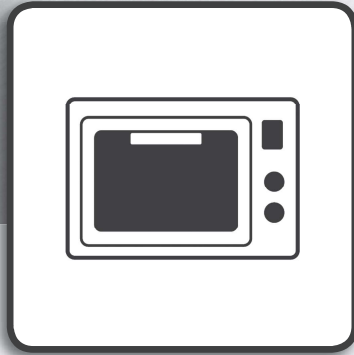


Whirlpool



## Health & Safety, Use & Care, Installation Guide and Online Warranty Registration Information

產品安全指引、使用說明、安裝指南及  
網上登記保養資料

Model 產品型號：MWP298BSG



[www.whirlpool.com.hk](http://www.whirlpool.com.hk)  
[www.whirlpool.com.sg](http://www.whirlpool.com.sg)

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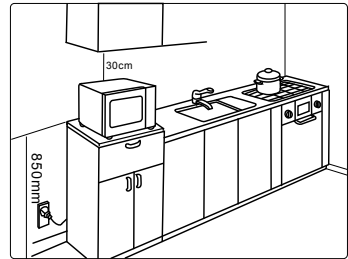
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# INSTALLATION

## PRIOR TO CONNECTING

Position the microwave oven at a distance from other heating sources. For sufficient ventilation, there must be a space of at least 30 cm above the microwave oven.

The microwave oven should not be placed in a cabinet. This microwave oven is not intended to be placed or used on a working surface lower than 850 mm above the floor.



- \* Check that the voltage on the rating plate corresponds to the voltage in your home.
- \* Place the microwave oven on a stable and even surface that is strong enough to hold the microwave oven and the food utensils you put in it. Use carefully when handling.
- \* Ensure that the space underneath, above and around the microwave oven is empty to allow for proper airflow.
- \* Ensure that the appliance is not damaged. Check that the microwave oven door is closed firmly against the door support and the internal door seal is not damaged. Empty the microwave oven and clean the interior with a soft, damp cloth.
- \* Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces. Electrical shock, fire or other hazards may result.
- \* Do not use an extension cord: If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.
- \* Do not remove the microwave inlet protection plates located on the side of the oven cavity wall. They prevent grease and food particles from entering the microwave inlet channel.

## WARNING:

- \* **Improper use of the grounding plug can result in a risk of electric shock.**
- \* **Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if you have doubts as to whether the microwave oven is properly grounded.**

## **NOTE:**

Prior to using the microwave for the first time, it is recommended to remove the protective film from the control panel and the cable tie from the power cord.

## **AFTER CONNECTING**

- \* The microwave oven can be operated only if the microwave oven door is firmly closed.
- \* Poor television reception and radio interference may result if the microwave oven is located close to a TV, radio or aerial.
- \* The grounding of this appliance is compulsory. The manufacturer will accept no responsibility for injury to persons, animals or damage to objects arising from the non-observance of this requirement.
- \* The manufacturers are not liable for any problems caused by the user's failure to observe these instructions.

# **SAFETY**

## **IMPORTANT SAFETY INSTRUCTIONS**

### **Read Carefully And Keep For Future Reference**

- \* **If material inside / outside the microwave oven ignite or smoke is emitted, keep microwave oven door closed and turn the microwave oven off. Disconnect the power or shut off power at the fuse or circuit breaker panel.**
- \* **Do not leave the microwave oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn and some plastics can melt if used when heating foods.**

### **WARNING:**

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

### **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 provides protection against exposure to microwave energy.**

### **WARNING:**

- \* **Liquids and other foods must not be heated in sealed containers since they are liable to explode.**

### **WARNING:**

- \* **When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.**

## **WARNING:**

- \* The appliance and its accessible parts become hot during use. Care should be taken to avoid touching heating elements inside the microwave oven.
- \* Children shall be kept away unless continuously supervised.
- \* The microwave oven is intended for heating foods 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.
- \* This appliance can be used by children and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- \* Cleaning and user maintenance shall not be made by children unless they are supervised. Children should be supervised to ensure that they do not play with the appliance. Keep the appliance and its cord out of reach of children.
- \* Do not use your microwave oven for cooking or reheating whole eggs with or without shell since they may explode even after microwave heating has ended.

## **NOTE:**

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

- \* Do not leave the microwave oven unattended if you are using a lot of fat or oil since they can overheat and cause a fire!
- \* Do not heat, or use flammable materials in or near the microwave oven. Fumes can create a fire hazard or explosion.
- \* Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers or other combustible materials. Fire could result.
- \* Do not use corrosive chemicals or vapors in this appliance. This type of microwave oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.
- \* Do not hang or place heavy items on the door as this can damage the microwave oven opening and hinges. The door handle should not be used for hanging things on.

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## **TROUBLE SHOOTING GUIDE**

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## **NOTE:**

**If the microwave oven does not work, do not make a service call until you have made the following checks:**

- \* The Plug is properly inserted in the wall socket.
- \* The Door is properly closed.
- \* Check your Fuses and ensure that there is power available.
- \* Check that the microwave oven has ample ventilation.
- \* Wait for 10 minutes, then try to operate the microwave oven once more.
- \* Open and then close the door before you try again.
- \* The turntable and turntable support is in place.

## **NOTE:**

This is to avoid unnecessary calls for which you will be charged.

When calling for Service, please give the serial number and type number of the microwave oven (see Service label).

Consult your warranty booklet for further advice.

If the mains cord needs replacing it should be replaced by the original mains cord, which is available via our service organization. The mains cord must only be replaced by a trained service technician.

## **WARNING:**

- \* **Service only to be carried out by a trained service technician.**
- \* **Do not remove any cover.**

# PRECAUTIONS

---

## **GENERAL**

**This appliance is intended to be used in household and similar applications such as:**

- \* Staff kitchen areas in shops, offices and other working environments;
- \* Farm houses;
- \* By clients in hotels, motels and other residential environments;
- \* Bed and breakfast type environments.

No other use is permitted (e.g.heating rooms).

## **NOTE:**

- \* The appliance should not be operated without food in the microwave oven when using microwaves. Operation in this manner is likely to damage the appliance.
- \* The ventilation openings on the microwave oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the microwave oven and poor cooking results.
- \* If you practice operating the microwave oven, put a glass of water inside. The water will absorb the microwave energy and the microwave oven will not be damaged. Note:please refer to below section "Liquids".
- \* Do not store or use this appliance outdoors.
- \* Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar area.
- \* Do not use the cavity for any storage purposes.
- \* Remove wire twist-ties from paper or plastic bags before placing bag in the microwave oven.
- \* Do not use your microwave oven for deep-frying, because the oil temperature cannot be controlled.
- \* Use hot pads or microwave oven mitts to prevent burns, when touching containers, microwave oven parts, and pans after cooking.

## LIQUIDS

**E.g. beverages or water. Overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.**

To prevent this possibility the following steps should be taken:

- \* Avoid using straight-sided containers with narrow necks.
- \* Stir the liquid before placing the container in the microwave oven.
- \* After heating, allow standing for a short time, stirring again before carefully removing the container from the microwave oven.

## CAREFUL

**After heating baby food or liquids in a baby bottle or in a baby food jar, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.**

**Always refer to a microwave cookbook for detail. Especially, if cooking or reheating food that contains alcohol. Ensure the lid and the teat is removed before heating.**

# ACCESSORIES AND MAINTENANCE

## ACCESSORIES

- \* There are a number of accessories available on the market. Before you buy, ensure they are suitable for microwave use.
- \* Ensure that the utensils you use are microwave oven proof and allow microwaves to pass through them before cooking.
- \* When you put food and accessories in the microwave oven, ensure that they do not come in contact with the interior of the microwave oven.
- \* This is especially important with accessories made of metal or metal parts. If accessories containing metal come into contact with the microwave oven interior, while the microwave oven is in operation, sparking can occur and the microwave oven could be damaged.
- \* Metallic containers for food and beverage are not allowed during microwave cooking.
- \* For better cooking performance, it is suggested that you need to put the accessories in the middle of the inner full flat cavity.

### GLASS TURNTABLE

Use the Glass Turntable with all cooking methods. It collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven.

- Place the Glass Turntable on the Turntable Support.



### TURNTABLE SUPPORT

Use the Turntable Support under the Glass Turntable. Never put any other utensils on the Turntable Support.

- Fit the Turntable Support in the oven.





### **BAKING PLATE**

Use the baking plate when you cook the food under function of convection and Combi FC.

- Place baking plate inside the turntable glass



### **ROTISSERIE ROD**

Use the Rotisserie Rod when you cook the food under function of rotisserie only.

- Fit the Rotisserie Rod in the middle of cavity.



### **ROTISSERIE HANDLE**

Use the Rotisserie Handle when you take out the Rotisserie Rod after completing the cooking, under function of rotisserie.



### **AIRFRYER**

Use the AIRFRYER when you cook the food under function of air fry.

- Place the AIRFRYER inside the turntable glass.



### **HIGH GRILL RACK**

Use the HIGH GRILL RACK to cook the food under function of Grill.

- Place the HIGH GRILL RACK inside the turntable glass.



### **LOW CONVECTION RACK**

Use the LOW CONVECTION RACK to cook the food under function of CONVECTION.

- Place the LOW CONVECTION RACK inside the turntable glass.



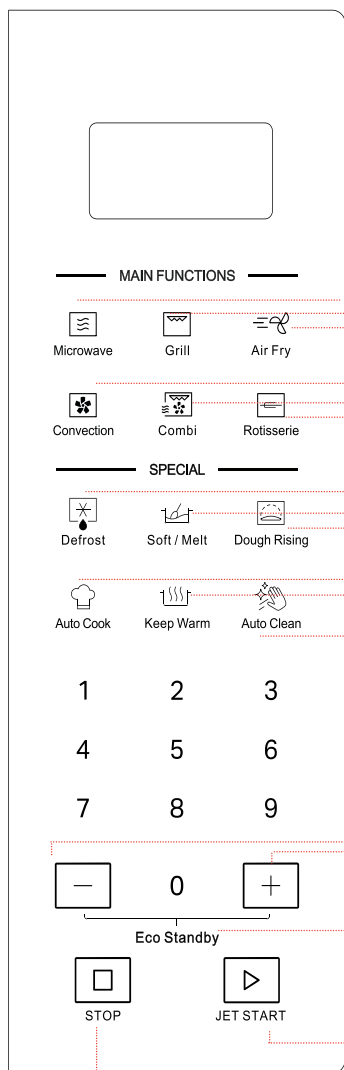
COOKWARE	MICROWAVE	GRILL	CONVECTION	COMBINATION
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Metal Rack	No	Yes	Yes	No
Aluminum Foil & Foil Containers	No	Yes	Yes	No
Airfryer	No	Yes	Yes	No
Rotisserie Rod & Rotisserie Rod Handle	No	Yes	Yes	Yes
Baking Plate	No	Yes	Yes	Yes

## MAINTENANCE & CLEANING

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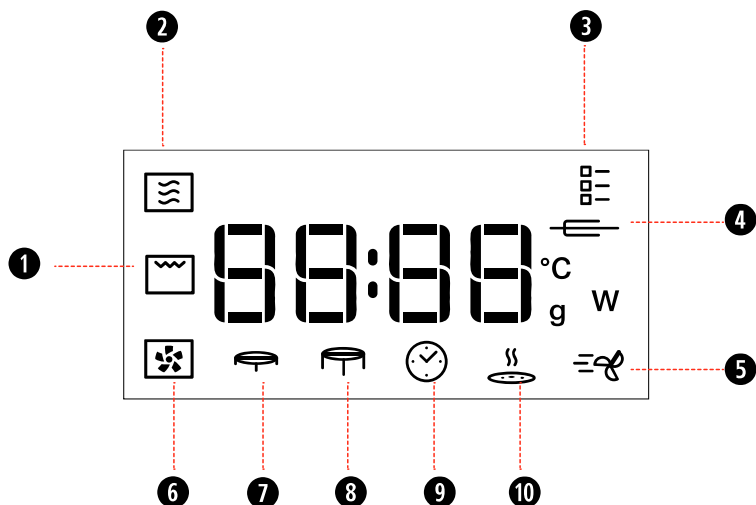
- \* Failure to maintain the microwave oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- \* Do not use metal scouring pads, abrasive cleansers, steel-wool pads, gritty washcloths, etc. which can damage the control panel, and the interior and exterior microwave oven surfaces. Use a cloth with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.
- \* Use a soft and damp cloth with mild detergent to clean the interior surfaces, front and rear of the door and the door opening.
- \* Do not use steam cleaning appliances when cleaning your microwave oven.
- \* The microwave oven should be cleaned regularly and any food deposits removed.
- \* Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.
- \* Do not spray directly on the microwave oven.
- \* This microwave oven is designed to operate cooking cycles with a proper container in a fully flat cavity directly.
- \* Do not allow grease or food particles to build up around the door, and inlet protection plates located on the side of the oven cavity wall.

# CONTROL PANEL DESCRIPTION



- 1** Microwave  
Use to select a Microwave cooking function.
- 2** Grill  
Use to set Grill cooking function.
- 3** Air Fry  
Use to set the Air Fry cooking programs.
- 4** Convection  
Use to set a Convection cooking function.
- 5** Combi  
Use to select one of three Combination cooking settings.
- 6** Rotisserie  
Use to set the Rotisserie cooking function.
- 7** Defrost  
Use to set Defrost programs.
- 8** Soft / Melt  
Use to set Soft / Melt programs.
- 9** Dough Rising  
Use to set Dough Rising function.
- 10** Auto Cook  
Use to access the automatic recipes menu.  
OPTION: Mute ON/OFF by pressing 3 sec
- 11** Keep Warm  
Use to set Keep Warm function.
- 12** Auto Clean  
Use to set Auto Clean function.  
OPTION: Clock Setting by pressing 3 sec
- 13** +/-  
Use to input food menu code, clock time, cook weight.  
OPTION: Eco Standby mode by pressing +/- at the same time to turn on / off Eco Standby mode.
- 14** JET START  
Use to start the cooking or 30sec Quick Start during Standby mode, or use to confirm selection.
- 15** STOP  
Use to cancel cooking.

## DISPLAY DESCRIPTION



- ① Grill Icon
- ② Microwave Icon
- ③ Menu Icon
- ④ Rotisserie Icon
- ⑤ Airfry Icon
- ⑥ Convection Icon
- ⑦ Low Rack Icon
- ⑧ High Rack Icon
- ⑨ Clock/Time Icon
- ⑩ Baking plate Icon



## STAND-BY MODE

---

The oven is in Stand-by mode when the clock is displayed. Or if the clock has not been set, the display will show ':' (without blinking).

ECO STANDBY: The function is set in order to have power saving. During Standby mode, you can press "+" and "-" buttons simultaneously to enter ECO STANDBY mode. In standby mode, the display will show time or ":" for 10 seconds then go to ECO STANDBY mode. Press the two buttons again to quit the mode.



## START PROTECTION / CHILD LOCK

---

This automatic safety function is activated one minute after the oven has returned to "Stand-by mode".

When the safety function is active the door must be opened and closed in order to start the cooking, otherwise the display will show "door".

door



## PAUSE OR STOP COOKING

---

### To pause cooking:

When you open the door, then the cooking will be paused. The cooking can be paused to check, add or turn or stir the food by opening the door. Press STOP button once, the cooking will be stopped.

### To continue cooking:

Close the door and press the Jet Start button. The cooking is resumed from where it was paused.

### If you don't want to continue cooking you can:

Remove the food, close the door and press the STOP button.

### When the cooking is finished:

The display will show the text "End". An acoustic beep will signal once a minute for 10 minutes.

The Cavity lamp is OFF, fan is ON for three minutes.



## ADD / STIR / TURN FOOD

---

Depending on the selected function, it could be needed to add / stir / turn food during cooking. In these cases the oven will pause cooking and it will ask you to perform the needed action.

When required, you should:

- \* Open the door.
- \* Add or Stir or Turn the food (depending on the required action).
- \* Close the door and restart by pressing JET START button.

Notes:

If the user presses JET START without opening the door first, the cooking will not restart.

If no action is taken within 2min, the cooking will stop and goes to standby mode- for ADD, TURN, STIR.

If no action is taken within 5min, the cooking will stop and goes to standby mode- for ADD+TURN, ADD+STIR, OPEN.

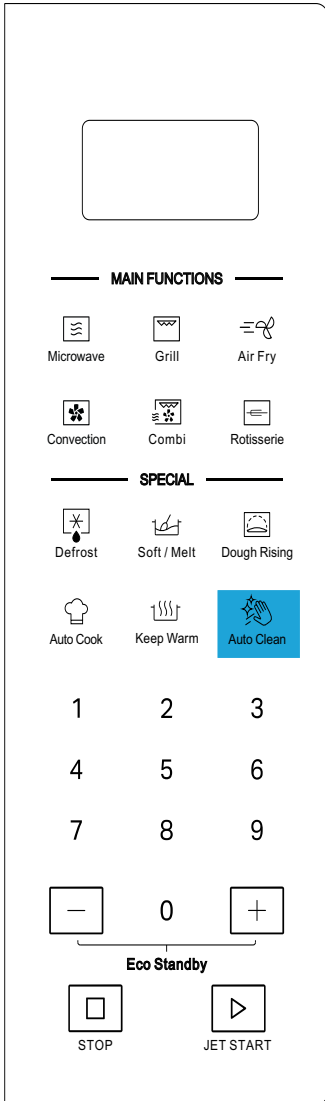


## MUTE ON/OFF

Press AUTO COOK for 3 sec to activate this function, and press 3 sec again to deactivate.



## CLOCK



To set the Clock of your appliance:

- 1 In Standby, press the Auto Clean button for 3 seconds, then go to the Clock setting.
- 2 Press + / - button or 0-9 keypad to set the hour.
- 3 Press JET START to confirm the hour.
- 4 Press + / - button or 0-9 keypad to set the minute.
- 5 Press JET START again to save Clock setting and to come back to standby mode.



### Tips and suggestions:

- When plug in, the screen shows "24Hr" ("24" flashing), use + / - to change 24 or 12 hour format, press JET START to confirm; then the screen shows "12:00".
- In the process of cooking set, press STOP button to cancel this program.
- In the process of cooking set, if no operation in 1 minute, system automatically return to standby mode.
- If the clock set is not correctly performed, the display show " : ".



## JET START

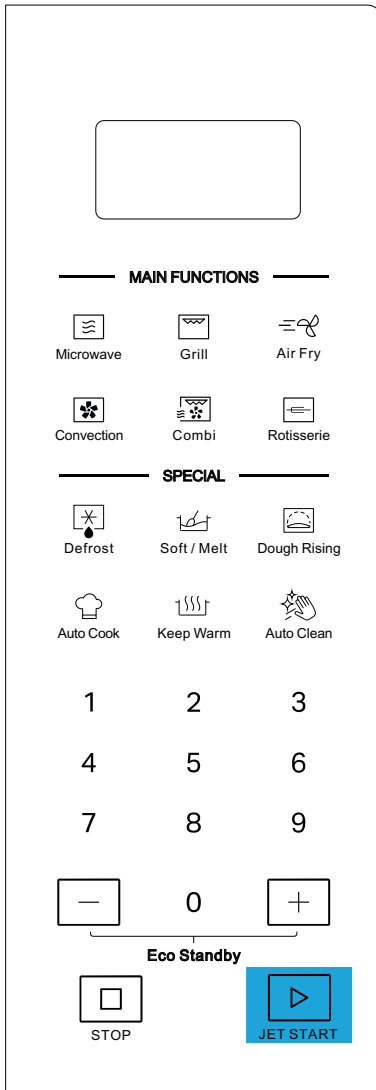
This feature allows you to start the oven quickly. Press JET START button once, the oven starts work at full power level automatically. During cooking, press JET START to add time. The longest cooking time is 90 minutes.

- 1 Press the JET START Button.

### Tips and suggestions:

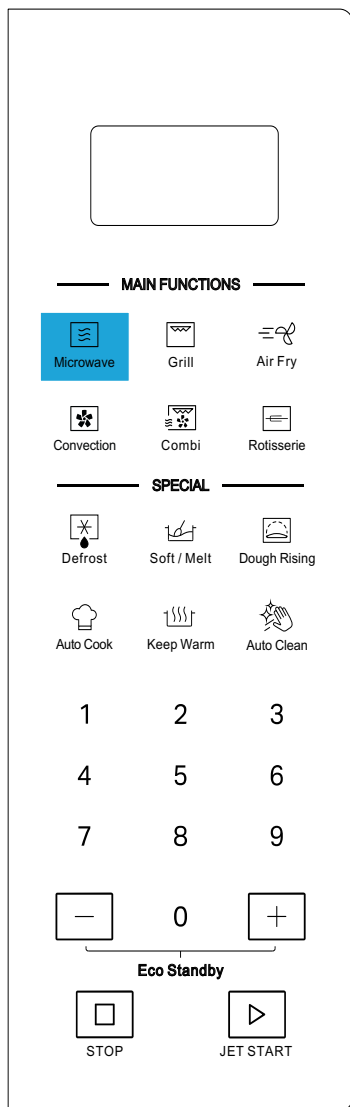
During the cooking it is not possible to change the cooking function but is possible to change the cooking time.

To change the cooking time, please press +/- button. Or press the JET START button once to increase the duration time by 30 seconds.





# MICROWAVE



To cook with microwave power individually, press the Microwave button repeatedly or press +/- button to select a cooking power level, press +/- or 0-9 keypad to set a desired cooking time. The longest cooking time is 90 minutes.

Suggested  
Accessory:

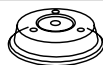


Plate Cover  
(sold separately)

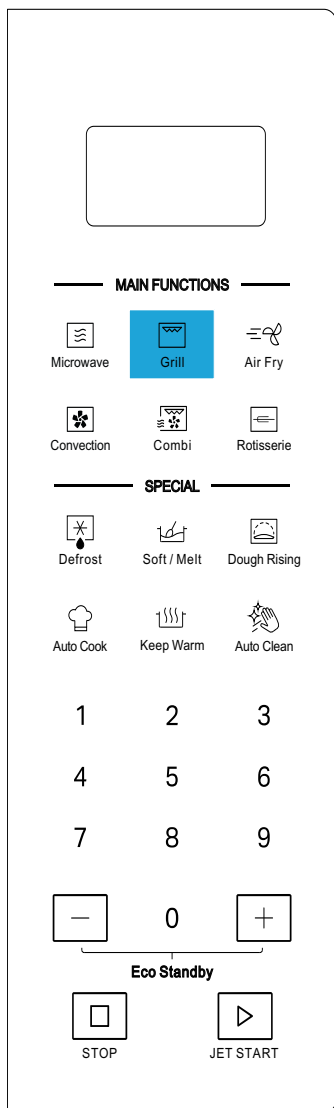
- 1 Press the Microwave button. The default power level (750W) will be shown on the display and the watt icon starts blinking.
- 2 Press the microwave button repeatedly or press +/- to select suitable cooking power, then press JET START button.
- 3 Press +/- or 0-9 keypad to set the cooking time, then press JET START button to start cooking.

NOTE : If you need to change the power, press the Microwave button again, the desired power level can be selected as below table..

POWER	SUGGESTED USE:
90 W	Softening ice cream, butter and frozen juice, keep warming.
160 W	Defrosting.
350 W	Melting butter, marshmallow, chocolate chips
500 W	More careful cooking e.g. high protein sauces, cheese and egg dishes and to finish cooking casseroles.
650 W	Cooking dishes, not possible to stir.
750 W	Cooking of fish, meat, vegetables, etc.
900 W	Reheating of beverages, water, clear soups, coffee, tea or other food with a high water content. If the food contains egg or cream choose a lower power.



# GRILL



This function uses a powerful grill to browning foods, creating a grill or a gratin effect.

The grill function allows browning foods like toast, hot cheese, sandwiches, potato croquettes, sausages, and vegetables.

Suggested  
Accessory:



HIGH GRILL  
RACK

- 1 Press Grill button. The default duration (0:30)sec will be shown on the display and the "Grill" and "High Rack Accessory" icons will light up.
- 2 Press +/- or 0-9 keypad to set the cooking time.
- 3 Press JET START to start cooking.

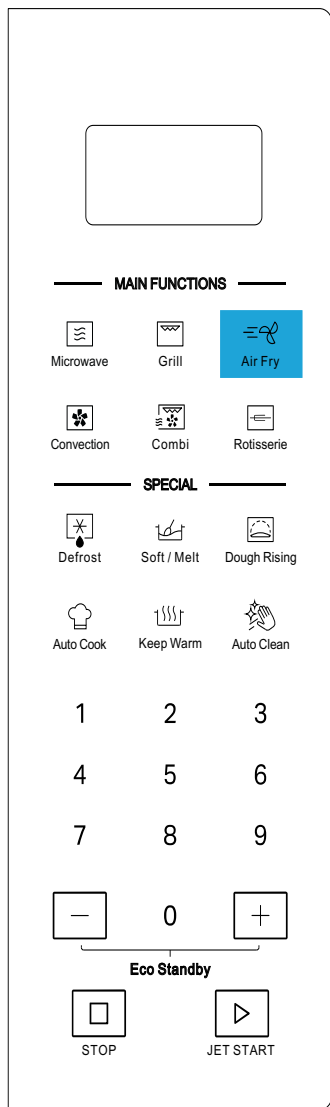
### Tips and suggestions:

- For food like cheese, toast, steaks and sausages, place food on the Wire Rack.
- Ensure that the utensils used are heat resistant when you use this function.
- Do not use plastic utensils when grilling. They will melt. Items of wood or paper are not suitable either.
- Be careful, do not touch the grill element.
- It is possible to change the duration time even after the cooking process has been already started.
- To change the duration time, please press +/- button. Or press the JET START button once to increase the duration time by 30 seconds.



Use this Function to perform Air Fry cooking. Just using the Airfryer accessory, you could simply follow the steps given below, and enjoy delicious air fried recipes.

Suggested AIRFRYER Accessory: 



- 1 Press the Air fry button.
- 2 Press Air fry button repeatedly or press +/- to select food class, then press JET START to confirm.
- 3 For A01, press +/-, or 0-9 keypad to set the cooking time, then press JET START to start cooking.
- 4 For A02~A10, press Air fry button repeatedly or press +/- to select the food class. Then press JET START to confirm.

Press +/- button to select the weight, then press JET START button to start cooking.

When the cooking reach the setting time, it automatically stop, and show "ADD", "STIR", "TURN", "OPEN", "ADD-STIR" or "ADD-TURN", open the door and press JET START to continue the rest of cooking.

NOTE : If you need to select Air fry menu, press the Air fry button again, the desired recipes can be selected as below table.

FOOD CODE	RECIPE NAME	WEIGHT
A01	Manual Airfry	-----
A02	Onion Rings	200g
A03	Chicken Drumsticks	200g-600g
A04	Chicken Wings	200g-500g
A05	Chicken Nuggets	150g-300g
A06	Popcorn Chicken	250g-400g
A07	Mozzarella Sticks	200g-450g
A08	French Fries	250g
A09	Aloo Tikki	30g*7
A10	Chapati	50g

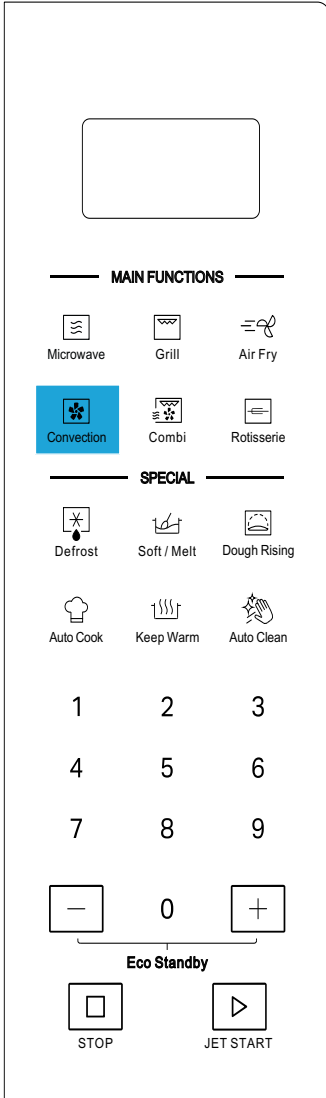


# CONVECTION

Use this Convection function to cook items like cakes, muffins, biscuits, meringues, frozen rolls. Preheating the oven when it's empty will ensure that it's hot before you add food.

Suggested  
Accessory:

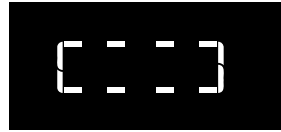
Low Rack  
Baking Plate



- 1 Press the Convection button, the "Convection", "Low Rack", "Grill" and "Baking plate" icons will light up.
- 2 Press Convection button repeatedly or press +/- to adjust the values of temperature, then press JET START to confirm.
- 3 'Pre-heat' will display and flash on screen, waiting for the customer to confirm Pre-heating by pressing JET START.



After pressing JET START to confirm, the animation will show on display to indicate it is under Pre-heating.



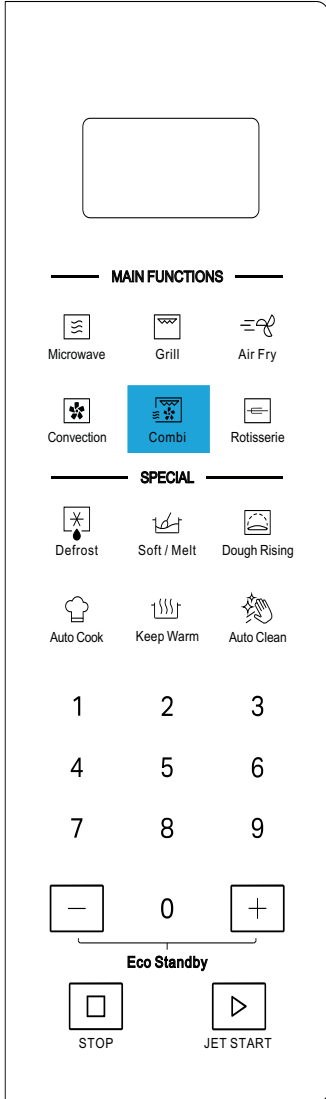
Note: Customers can skip Pre-heating by pressing +/- key when "Pre-heat" is flashing on display, it will go to Cooking Time setting mode directly.)

Note: After the temperature is reached, the display will show "Add Food" to remind customers, after putting in the food and closing the door, the display will show the Cooking time mode.

- 4 Press +/- button or 0-9 keypad to set the cooking time, then press JET START to start cooking.

## ! NOTE:

When ADD FOOD comes on display after preheating temperature is reached, if the door is not open, the machine will keep warm for 30min before going back to IDLE state; if the door is open, the user has to put in the food within 1min or it will go to Idle state.



The combination cooking feature allows you to cook food with heater and microwave at the same time or alternately; and with convection and microwave at the same time or alternately.

**1** Press Combi button one time, the display shows "CO\_1", and the GRILL and MW icons light up with HIGH RACK accessory icon.

Press Combi button two times or press +/- button, the display shows "CO\_2", and the GRILL, MICROWAVE and HIGH RACK accessory icons light up.

Then press JET START to confirm, and go to set cooking time.

Press +/- button or 0-9 keypad to set the cooking time, then press JET START to start cooking.

**2** Press Combi button three times or press +/- button two times, the display shows "CO\_3", and the "Convection", "Grill" and "Microwave" icons light up with the "Low Rack" Accessory icon. It goes to the COMBI CONVECTION parameter selection.

Then press JET START to confirm.

Press +/- button to adjust the values of temperature starting from 170 Degree.

Then press JET START to confirm temperature.

Press +/- button or 0-9 keypad to adjust the cooking time, starting from the default time.

Press JET START to confirm the cooking time and start cooking.

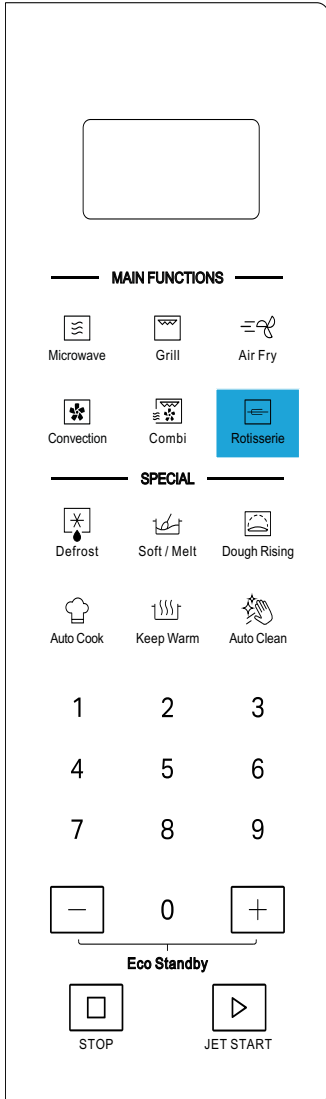
### **! NOTE:**

The difference between Combi Grill 1 and Combi Grill 2 is in the proportion of cooking time between microwave and grill heater, as is given below

COMBI	COOKING TIME		USE
	MW	Grill	
CO_1	30%	70%	Fruit gratin, Potatoes gratin
CO_2	55%	45%	Pudding, Omelets, Baked potatoes, Poultry and Potato gratin



# ROTISSERIE



First install Rotisserie accessory inside the cavity, then you can use a rotisserie to ensure that cooking, grilling, crisping, and browning of food items can be done uniformly with the rotation of the rotisserie.

Suggested Rotisserie Rod  
Accessory: Rotisserie Handle



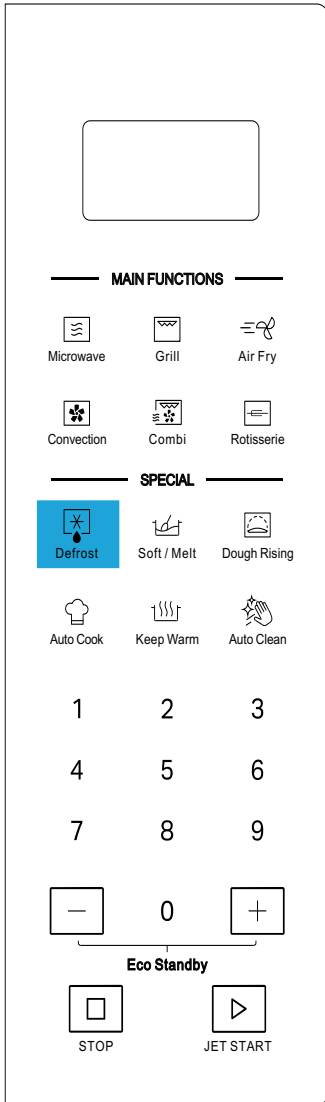
- 1 Press the Rotisserie button.
- 2 Press Rotisserie button repeatedly or press +/- button to adjust the values of temperature , press JET START to confirm.
- 3 Press +/- or 0-9 button to set the cooking time, then press JET START button to start cooking.

## NOTE:

You can select between Temperatures 110 °C, 120 °C, 130 °C, 140 °C, 150 °C, 160 °C, 170 °C, 180 °C, 190 °C, 200 °C.






# DEFROST



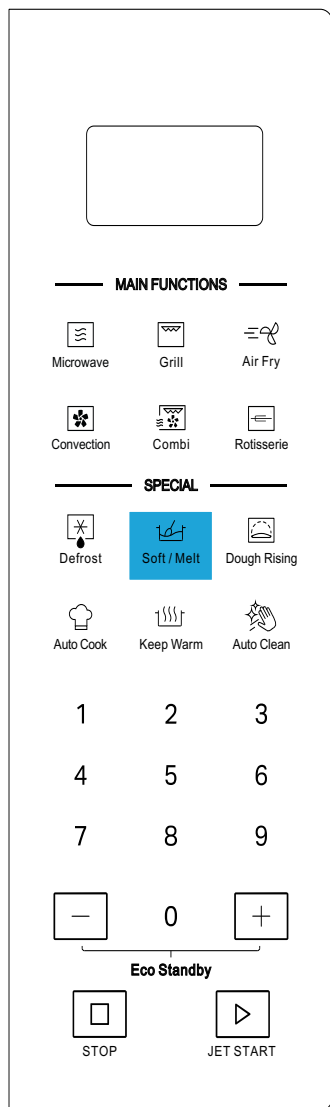
The oven can defrost red meat, chicken and foods by the weight you enter. The defrost time and power are automatically adjusted whenever the weight of the defrost meal has been scheduled.

- 1 Press the Defrost button.
- 2 Press the Defrost button repeatedly or +/- button to select the food category in below table and press JET START to confirm.
- 3 For d01, press +/- button or 0-9 keypad to set cooking time and press JET START button to start.  
For d02~d04, press +/- button or 0-9 keypad to set the weight, and press JET START button to start.

FOOD TYPE		WEIGHT	HINTS
d01	Manual defrost	----	-----
d02	 Meat	100g - 2000g	Minced meat, cutlets, steaks or roasts.
d03	 Poultry	100g - 2000g	Whole chicken, pieces or fillets.
d04	 Fish	100g - 2000g	Whole steaks or fish fillet.

### Tips and suggestions:

- For best result we recommend to defrost directly on the cavity bottom.
- If the food is warmer than deep-freeze temperature (-18°C), choose a lower weight than the food.
- If the food is colder than deep-freeze temperature (-18°C), choose a higher weight than the food.
- Separate pieces as they begin to defrost.



The oven can soft and melt the foods by the weight you enter. A selection of automatic recipes with preset values to offer optimal cooking results.

- 1 Press the Soft/Melt button.
- 2 Press Soft/Melt button repeatedly or +/- button to select the desired recipe (see the table below).
- 3 Press the JET START button to confirm the recipe and press +/- button to select the weight when there is a weight range in the table.
- 4 Press the JET START button. The function will start.

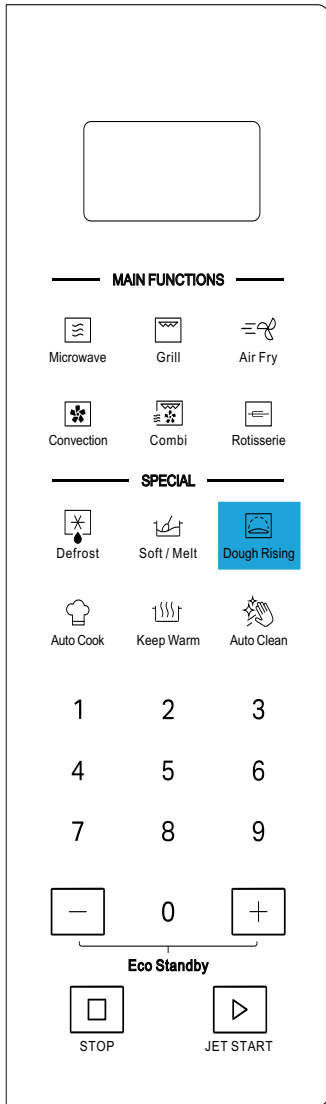
## NOTE:

Press the function key again to change the recipe type.

FOOD TYPE			WEIGHT
SL01	Soften	Butter	50g - 500g
SL02	Soften	Ice Cream	100g - 1000g
SL03	Soften	Cream Cheese	50g - 500g
SL04	Soften	Frozen Juice	250g - 1000g
SL05	Melt	Butter	50g - 500g
SL06	Melt	Chocolate	100g - 500g
SL07	Melt	Cheese	50g - 500g
SL08	Melt	Marshmallows	100g - 500g



## DOUGH RISING



The function allows you to have bread dough rising:

- 1 Put 200ml water into a container
- 2 Place the container directly on the middle of the cavity.
- 3 Press the Dough Rising button.
- 4 Press the JET START button. The function will start.

After 5min of water heating, the display show "Add" (if there is no operation for 2 minutes, it auto-matically return to standby).

- 1 Open the door, remove the container, put the dough onto the turntable.
- 2 Close the door, press JET START button to start.

### **NOTE:**

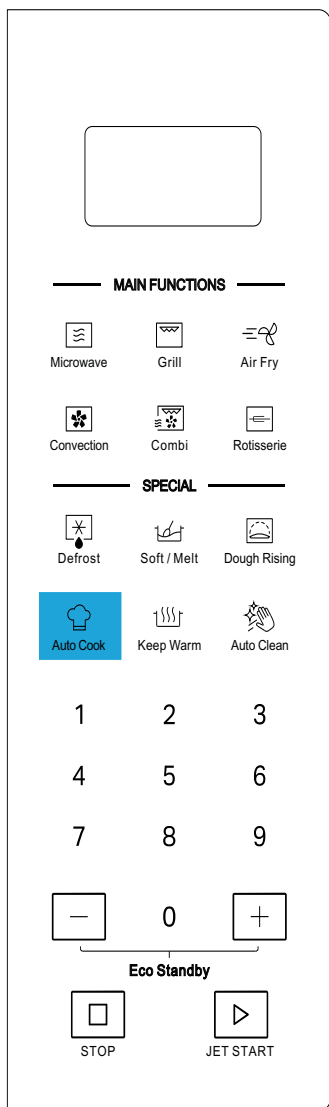
Don't open the door during the counting down.

Cavity lamp and fan will be off, only the countdown of cooking time is shown.

The volume of the container should be at least 3 times of the dough.



## AUTO COOK



For AUTO COOK mode, it is not necessary to set the time and power.

It is enough to indicate the type of food you want to cook as well as the weight of the same.

- 1 Press the Auto Cook button.
- 2 Press Auto Cook button or +/- button or 0-9 keypad to select the desired recipe (Number 1-304)
- 3 Press the JET START button to start cooking.

### ! NOTE:

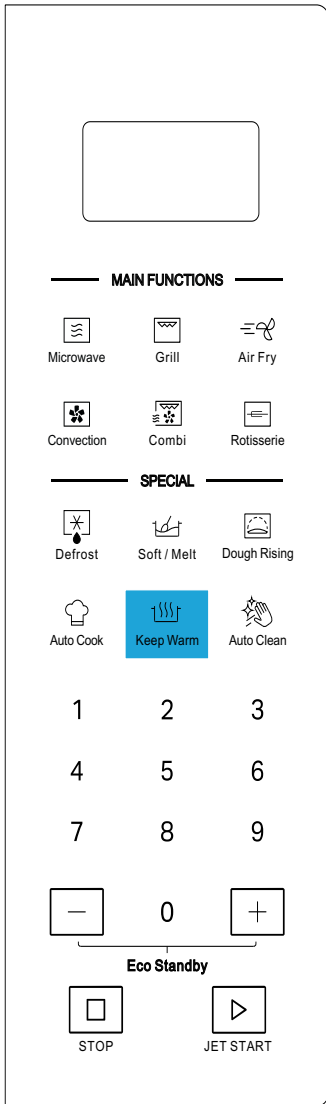
Press the function key again to change the recipe type.

### ! NOTE:

You can refer to our separated sheet of "Auto Cook Guide" to select the food classes from P001-P304.

Please refer to the recipes of P001-P304 provided in the user manual, and follow the instruction to use the correct accessory.

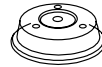




The function allows you to keep your dishes warm automatically.

Suggested Accessory:

Plate Cover(sold separately)



- 1 Press the Keep Warm button.
- 2 Press Keep Warm button repeatedly or +/- button to select suitable time (15, 30, 45 or 60 min), then press JET START button to start cooking.

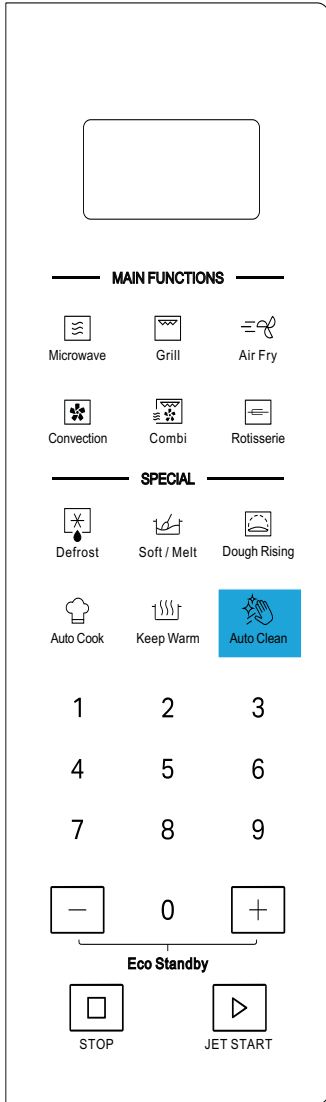
**! NOTE:**

The Keep Warm cycle last for a duration of 15minutes( default 30minutes),the maximum time is 60min.

Each 15min cycle, microwave will be turned on 1:30min, then cavity lamp and fan are off, only the countdown time is shown.



# AUTO CLEAN



This automatic cleaning cycle will help you to clean the microwave oven cavity and remove unpleasant odors.

### Before starting the cycle:

- 1 Put 300ml water into a container (see our recommendations in the below section “Tips and suggestions”).
- 2 Place the container directly on the middle of the cavity.

### To Start The Cycle:

- 1 Press the Auto Clean button, the cleaning cycle duration will be visible on the display.
- 2 Press the Jet Start button to start the function. (Cavity lamp and fan will be off after finish the water heat-up cycle, the countdown time is shown.)

### When The Cycle Is Finished:

- 1 Press the Stop button.
- 2 Remove the container.
- 3 Use a soft cloth or a paper towel with mild detergent to clean the interior surfaces.

### Tips and suggestions:

- For a better cleaning result, it is recommended to use a container with a diameter of 17-20cm, and a height that is lower than 6.5cm.
- It is recommended to use a container of light plastic material that is suitable for the microwave.
- As the container will be hot after the cleaning cycle is completed, it is recommended to use a heat resistant glove when removing the container from the microwave.
- For a better cleaning effect and removal of unpleasant odors, add some lemon juice or vinegar to the water.

# AIR FRY MENU

Sr. no.	Recipe Name	Food code
1	Manual Air Fry	A01
2	Onion Rings	A02
3	Chicken Drumsticks	A03
4	Chicken Wings	A04
5	Chicken Nuggets	A05
6	Popcorn Chicken	A06
7	Mozzarella Sticks	A07
8	French Fries	A08
9	Aloo Tikki	A09
10	Chapati	A10

## Manual Air Fry

1. Press the Air Fry button shows A01 , Grill , Convection & Airfryer icon.
2. Press the Jet Start to select A01 for Manual Air fry cooking then shows Cooking duration 0:30 Sec( default).
3. Press +/- button or 0-9 keypad for increase or decrease the time.
4. Press Jet Start to confirm duration and start cooking.

## Onion Rings

1. Take Airfryer accessory & put frozen Onion rings on Airfryer.
2. Place Airfryer with frozen onion rings in Microwave Oven.
3. Press the Air fry button 2 times or press the Air fry button 1 time & then press + button for select A02.
4. Press the Jet Start for confirm recipe & shows weight.
5. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## **Chicken Drumsticks**

1. Take Chicken drumsticks & marinated with oil, salt etc. for 30 minutes .
2. Take Airfryer accessory & put marinated Chicken Drumsticks on Airfryer.
3. Place Airfryer with marinated Chicken Drumsticks in Microwave Oven.
4. Press the Air fry button 3 times or press the Air fry button 1 time & then press + button for select A03.
5. Press the Jet Start for confirm recipe & shows weight.
6. Press +/- button to select the weight.
7. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## **Chicken Wings**

1. Take Chicken wings & marinated with oil, salt etc. for 30 minutes .
2. Take Airfryer accessory & put marinated Chicken Wings on Airfryer.
3. Place Airfryer with marinated Chicken Wings in Microwave Oven.
4. Press the Air fry button 4 times or press the Air fry button 1 time & then press + button for select A04.
5. Press the Jet Start for confirm recipe & shows weight.
6. Press +/- button to select the weight.
7. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## **Chicken Nuggets**

1. Take Airfryer accessory & put Chicken Nuggets on Airfryer.
2. Place Airfryer with frozen Chicken Nuggets in Microwave Oven.
3. Press the Air fry button 5 times or press the Air fry button 1 time & then press + button for select A05.
4. Press the Jet Start for confirm recipe & shows weight .
- 5 Press +/- button to select the weight.
6. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## **Popcorn Chicken**

1. Take Airfryer accessory & put Pop Chicken on Airfryer.
2. Place Airfryer with frozen Chicken Nuggets in Microwave Oven.
3. Press the Air fry button 6 times or press the Air fry button 1 time & then press + button for select A06.
4. Press the Jet Start for confirm recipe & shows weight .
- 5 Press +/- button to select the weight.
6. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## **Mozzarella Sticks**

1. Take Airfryer accessory & put Mozzarella Sticks on Airfryer.
2. Place Airfryer with frozen Mozzarella Sticks in Microwave Oven.
3. Press the Air fry button 7 times or press the Air fry button 1 time & then press + button for select A07.
4. Press the Jet Start for confirm recipe & shows weight .
- 5 Press +/- button to select the weight.
6. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## French Fries

1. Take Airfryer accessory & put French fries on Airfryer.
2. Place Airfryer with frozen French Fries in Microwave Oven.
3. Press the Air fry button 8 times or press the Air fry button 1 time & then press + button for select A08.
4. Press the Jet Start for confirm recipe & shows weight .
5. Press the Jet Start for confirm weight & start countdown duration time for cooking.

## Aloo Tikki

Preparation time: 30 Mins

Cook time :30 Mins

Serves: 3

Sr. no.	Ingredients	Unit	Quantity
1	Potato (boiled & grated)	Grams	180
2	Onion (chopped)	Grams	30
3	Black Pepper Powder	Grams	1
4	Cumin Powder (roasted)	Grams	2
5	Red Chilli Powder	Grams	1
6	Garam Masala	Grams	1
7	Ginger (chopped)	Grams	4
8	Green Chilli (chopped)	Grams	3
9	Breadcrumbs	Grams	21
10	Salt		To taste
11	Refined Oil		For greasing

### **Method:**

- 1 In a mixing bowl, mix grated potatoes, onion, black pepper powder, jeera powder, red chilli powder, garam masala, ginger, green chilli, breadcrumbs & salt.
2. Divide & make 30g of pieces.
3. Roll each in a ball and then flatten it into a round shape with your hand.
4. Press the Air fry button 9 times or press the Air fry button 1 time & then press + button for select A09.
4. Press the Jet Start for confirm recipe & shows weight .
5. Press the Jet start with Airfryer to preheat to cavity.

6. After the preheat ,Grease the Preheated Airfryer accessories.
7. Place the round tikkis onto the Preheated Airfryer accessories a few inches apart & place in Microwave Oven.
8. Take the attachment out of the Microwave Oven.
9. Brush the top of each tikki with oil & place the attachment back in the microwave Oven.
10. Press the Jet Start.
11. Once done , take out and serve hot.

### Chapati

Preparation time : 35 Minutes

Cook time: 13 Minutes

Sr. no.	Ingredients	Unit	Quantity
1	Whole wheat flour (atta)	Grams	100
2	Refined Oil	millimeters	2
3	Salt	Pinch	2
4	Water	millimeters	673
5	Whole wheat flour (atta)		For dusting
6	Refined		For greasing

#### **Method**

1. In a mixing bowl, mix whole wheat flour, oil, salt & water. Knead a dough till the dough is smooth and has shine.
2. Place it in a greased bowl and cover with a damp cloth. Rest the dough for 20 minutes.
3. Place the Airfryer in the microwave Oven for preheating.
3. Press the Air fry button 10 times or press the Air fry button 1 time & then press + button for select A10.
4. Press the Jet Start for confirm recipe & shows weight .
5. Press the Jet Start for confirm weight & start countdown duration time for cooking.
6. Divide & make 50g of portion. Roll each portion in balls.
7. Dust the surface and the dough ball generously with whole wheat flour.
8. Using a rolling pin, roll each portion in a round shape. It should be 1.5mm-2.0 mm thick.
9. Using a pastry brush , brush each side of the rolled dough with oil.
10. Place one portion at a time on the preheated Airfryer
11. Press the Jet start.
12. After time completion , remove the Airfryer from the Microwave Oven.
13. Apply oil on both sides & flip the Chapati.
14. Again place the Airfryer with the Chapati in the Microwave Oven.
15. Press the Jet start.
16. Finally remove the Airfryer with chapati from the Microwave Oven and serve hot.

## AUTO COOK MENU:

CATEGORY	FOOD CODE	RECIPE NAME	PAGE NUMBER
BEVERAGE	P001	WARM MILK	P38
	P002	BOILED MILK	P38
	P003	HOT CHOCOLATE	P39
	P004	COFFEE WITH MILK	P39
	P005	CAFE AMERICANO	P40
	P006	CARDAMOM TEA	P40
	P007	MASALA CHAI	P41
	P008	SULAIMANI CHAI	P42
	P009	HOT VANILLA MILK	P42
	P010	HOT APPLE PUNCH	P43
BREAD	P011	MULTIGRAIN BREAD	P44
	P012	PIZZA BASE	P45
	P013	GARLIC BREAD	P46
	P014	STUFFED GARLIC BREAD	P47
	P015	BANANA & WALNUT BREAD	P48
	P016	PITA BREAD	P49
	P017	FOCACCIA BREAD	P50
	P018	MASALA ROLL	P51
	P019	CHEESE & CILANTRO ROLL	P52
	P020	HOT CROSS BUNS	P53
	P021	HOT DOG BUNS	P54
	P022	BUTTER NAAN	P55
	P023	MISSI ROTI	P56
	P024	KULCHA BREAD	P57
BREAD-2	P025	BABKA	P58
	P026	GARLIC KNOTS	P59
	P027	BREADSTICKS	P60
	P028	KHAMEERI ROTI	P61
	P029	TORTILLA BREAD	P62
	P030	DINNER ROLLS	P63
	P031	BRIOCHE	P64
	P032	PAIN AUX OLIVE	P65
	P033	CIABATTA	P66
	P034	ONION CLAW BUN	P66
	P035	SODA BREAD	P67
	P036	BAGEL	P68
	P037	SPINACH BAGEL	P69
	P038	PAV BUNS	P70
	P039	FOUGASSE BREAD	P70
PIZZA	P040	MARGHERITA PIZZA	P71
	P041	ONION CAPSICUM PIZZA	P72
	P042	CORN AND CHEESE CALZONE	P73
	P043	PIZZA EXOTICA	P74
	P044	PULLED CHICKEN PIZZA	P75
	P045	CHICKEN TIKKA PIZZA	P76
	P046	PRAWNS AND ONION PIZZA	P77
	P047	QUATTRO FORMAGGI PIZZA	P78

CATEGORY	FOOD CODE	RECIPE NAME	PAGE NUMBER
PIZZA	P048	AGNELLO PICCANTE PIZZA	P79
	P049	CHICKEN AND CHEESE CALZONE	P80
	P050	PICCOLO PIZZA	P81
KIDS MENU	P051	POPCORN	P82
	P052	MAGGI NOODLE MASALA	P83
	P053	SMILEYS	P84
	P054	MAC N CHEESE	P84
	P055	PEANUT TOFFEE	P85
	P056	CHOCOLATE CHIP COOKIES	P86
	P057	DOUBLE CHOCOLATE CHIP MUFFINS	P87
	P058	CORN CHAAT	P88
	P059	CHEESY BAKED POTATOES	P89
	P060	VEG MOMOS	P90
	P061	CHICKEN MOMOS	P91
	P062	MOMO CHUTNEY	P93
	SOUP	P063	VEGETABLE SOUP
P064		VEG SWEET CORN SOUP	P95
P065		VEG CLEAR SOUP	P96
P066		TAMATAR DHANIYA SHORBA	P97
P067		TOMATO RASAM	P98
P068		CREAM OF SPINACH SOUP	P99
P069		GREEN PEA AND MINT SOUP	P100
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P071		CHICKEN CLEAR SOUP	P102
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	P074	SAUTE LEGUMES	P105
	P075	MOONG DAL CHAAT	P106
	P076	FLATTENED RICE MIXTURE	P107
	P077	LEMON CORIANDER COUSCOUS	P108
	P078	LOW CARB VEGETABLE FRITTATA	P109
	P079	LESS OIL FRIED EGG	P110
	P080	POACHED EGGS	P110
	P081	AVOCADO COCOA MUFFINS	P111
	P082	APPLE CRISP	P112
	P083	HEALTHY OAT CRUMBLE CAKE	P113
BREAKFAST	P084	MASALA OMELETTE	P114
	P085	MASALA VERMICELLI	P115
	P086	KANDA BATATA POHA	P116
	P087	UPMA	P117
	P088	CORN AND ONION UPMA	P118
	P089	VERMICELLI UPMA	P119
	P090	OATS KHICHDI	P120
	P091	RAVA IDLI	P121
	P092	SWEET BREAKFAST COUSCOUS	P122
	P093	CHILLI CHEESE TOAST	P122
	P094	PARSI AKURI	P123
	P095	BOILED EGGS	P124



CATEGORY	FOOD CODE	RECIPE NAME	PAGE NUMBER
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	P097	MASALA PEANUTS	P125
	P098	MASALA PAPAD	P126
	P099	MATAR KEBAB	P127
	P100	PARMESAN ZUCCHINI	P128
	P101	CHICKEN SATAY	P129
	P102	SHISH TAOUK	P130
	P103	CHICKEN GILAFI	P131
SALAD & CONDIMENT	P104	CHAPLI KEBAB	P132
	P105	STRAWBERRY MINT JAM	P133
	P106	SAUNTH CHUTNEY	P133
	P107	COUSCOUS SALAD	P134
	P108	SUMMER PASTA SALAD	P135
START TO DISH	P109	RICE SALAD	P136
	P110	MINT POWDER	P137
	P111	ROASTED PAPAD	P137
	P112	BOILED POTATOES	P137
	P113	HOMEMADE GHEE	P138
	P114	TOMATO PUREE	P138
	P115	BROWN ONION	P139
	P116	BOILED PASTA	P139
	P117	ROAST SUJI	P140
WESTERN MAIN COURSE	P118	BLANCHED TOMATOES	P140
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	P120	Ground Beef	P141
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	P127	HOMEMADE PIZZA SAUCE	P146
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	P137	POTATO LYONNAISE	P156
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P139	LANCASHIRE HOTPOT	P158	
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	P141	CHILLI GARLIC NOODLES	P160
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CATEGORY	FOOD CODE	RECIPE NAME	PAGE NUMBER
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	P145	FISH THAI GREEN CURRY	P164
	P146	CHICKEN THAI RED CURRY	P165
INDIAN MAIN COURSE	P147	STEAMED RICE	P166
	P148	SUBZ PULAO	P167
	P149	CORN AND PEAS PULAO	P168
	P150	DAL TADKA	P169
	P151	LEHSOONI MOONG DAL	P170
	P152	SPICY POTATO CURRY	P171
	P153	JEEREWALE ALOO	P172
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P186	SESAME GRANOLA BARS	P210	
VEGETARIAN	P187	SPROUTS SALAD	P211
	P188	SALTED PUMPKIN SEEDS	P212
	P189	ROASTED FOXNUTS	P212

CATEGORY	FOOD CODE	RECIPE NAME	PAGE NUMBER
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	P199	KHAJUR MILK	P220
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	P202	JAGGERY & FENNEL COOKIES	P222
	P203	COCONUT & PISTACHIO BARK	P222
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	P207	VEGETABLE BROTH	P226
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	P218	RED VELVET PETIT FOUR CAKE	P235
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# BEVERAGES

## WARM MILK

PRE-PREPARATION TIME: 5 mins

COOKING TIME: 1 min

SERVES: 1

S. No	Ingredients	Quantity	Unit
1	Milk (Cold)	150	ml

### Method

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put milk to heat.
2. Place it in the microwave oven.
3. Press "Auto Cook " 1 times to select P001.
4. Press Jet Start

## BOILED MILK

PRE-PREPARATION TIME: 5 mins

COOKING TIME: 4 mins

SERVES: 3

S. No	Ingredients	Quantity	Unit
1	Full Cream Milk (Cold)	500	ml

### Method

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put full cream milk.
2. Place it in the microwave oven.
3. Press "Auto Cook " 2 times to select P002.
4. Press Jet Start
5. Stir & press Jet Start after 2 minutes

## HOT CHOCOLATE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 3:40 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Dark Chocolate (Compound) (Chopped)	90	gm
2	Full Cream Milk	300	ml
3	Breakfast Sugar	3	tsp

### Method

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put chopped dark chocolate with 2 tablespoons full cream milk.
2. Place it in the microwave oven.
3. Press "Auto Cook" 3 times to select P003.
4. Press Jet Start
5. Stir & press Jet start after 20 Sec to melt the chocolate
6. Take out the CARAFE POT from the microwave oven and stir in full cream milk and breakfast sugar.
7. Press Jet Start.
8. Stir & press Jet Start in every 1 minute
9. Pour in a cup and serve hot

## COFFEE WITH MILK

Pre-preparation Time: 5 mins

Cook Time: 5 mins

Serves :1

S. No.	Ingredients	Unit	Quantity
1	Instant Coffee Powder	grams	5
2	Water	millilitres	100
3	Toned Milk	millilitres	100
4	Sugar	grams	15

### METHOD

1. Take a CARAFE POT WITH STRAINER (capacity 1500 ml)
2. Add coffee, water, milk and sugar to the CARAFE POT. Place in the microwave.
3. Press "Auto Cook" 4 times to select P004.
4. Press Jet Start
5. Take out and serve hot

**Note:** As per your choice add sugar to sweeten

## CAFE AMERICANO

Pre-preparation Time: 5 mins

Cook Time: 5 mins

Serves 3

S. No.	Ingredients	Unit	Quantity
1	Coffee beans coarse ground	grams	10
2	Water	millilitres	315
3	Sugar		optional

### **METHOD**

1. Take a CARAFE POT WITH STRAINER (capacity 1500 ml)
2. Add coffee and water in the CARAFE POT, and place in the microwave
3. Press "Auto Cook " 5 times to select P005.
4. Press Jet Start
5. Take out and serve hot

**Note:** As per your choice add sugar to sweeten it

## CARDAMOM TEA

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 5:30 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Water	200	ml
2	Breakfast Sugar	2	Tbsp
3	Cardamom (Whole) (Crushed)	2	No.
4	Ginger (Julienne)	2	gm
5	Tea Leaves	2	Tbsp
6	Full Cream Milk	100	ml

### **Method**

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put water, breakfast sugar, cardamom and ginger.
2. Place it in the microwave oven.
3. Press "Auto Cook " 6 times to select P006.
4. Press Jet Start
5. Take out the CARAFE POT from the microwave oven and stir in tea leaves.
6. Place it back in the microwave oven.
7. Press Jet Start.
8. Take out the CARAFE POT from the microwave oven and stir in full cream milk.
9. Place it back in the microwave oven.



10. Press Jet Start.
11. Stir & press Jet Start after 1 minute
12. Pour in a cup and serve hot.

**Note** - Always prefer room temperature milk.

## MASALA CHAI

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 6 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Water	200	ml
2	Breakfast Sugar	2	Tbsp
3	Cardamom (Whole) (Crushed)	2	No.
4	Cloves (Whole)	3	No.
5	Cinnamon Stick	1	Inch
6	Tea Leaves	1	Tbsp
7	Full Cream Milk	100	ml

### **Method**

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put water, breakfast sugar, cardamom, cloves and the cinnamon stick.
2. Place it in the microwave oven.
3. Press "Auto Cook" 7 times to select P007.
4. Press Jet Start
5. Stir & press Jet start after 1.30 Minutes
6. Take out the CARAFE POT from the microwave oven and stir in tea leaves.
7. Place it back in the microwave oven.
8. Press Jet Start.
9. Take out the CARAFE POT from the microwave oven and stir in full cream milk.
10. Place it back in the microwave oven.
11. Press Jet Start
12. Stir & press Jet Start after 1 minute
13. Pour in a cup and serve hot.

## SULAIMANI CHAI

Pre-preparation Time: 5 mins

Cook Time: 10 mins

Serves 4

S. No.	Ingredients	Unit	Quantity
1	Tea leaves (chai patti)	grams	5
2	Bay leaf(tej patta)	number	1
3	Star anise(chakra phool)	number	1/2
4	Green cardamom (elaichi)	number	3
5	Cloves (laung)	number	2
6	Water	millilitres	500
7	Sugar	optional	As per taste

### **METHOD**

1. Take a CARAFE POT WITH STRAINER (capacity 1500 ml)
2. Add bay leaf, star anise, green cardamom, cloves and water in the CARAFE POT. Place in the microwave
3. Press "Auto Cook" 8 times to select P008.
4. Press Jet Start
5. Take out the pot and add tea leaves and sugar to the pot. Return the pot to the microwave
6. Press Jet Start
7. Take out and stir well
8. Serve hot

**Note: The colour of the tea depends on the type and quality of tea leaves used.**

As per your choice add sugar to sweeten

## HOT VANILLA MILK

PRE-PREPARATION TIME: 5 mins

COOKING TIME: 2:30 mins

SERVES: 1

S. No	Ingredients	Quantity	Unit
1	Full Cream Milk	200	ml
2	Breakfast Sugar	10	gm
3	Vanilla Bean (Pod)	1	No.

### **Method**

1. Split the vanilla bean down its length using a paring knife. Scrape the vanilla seeds from the pod.

2. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put full cream milk, breakfast sugar & scraped vanilla beans.
3. Place it in the microwave oven.
4. Press "Auto Cook " 9 times to select P009.
5. Press Jet Start
6. Stir & press Jet start in between)
7. Pour in a cup and serve hot.

## **HOT APPLE PUNCH**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 5 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Apple Juice	400	ml
2	Lemon Zest	1/2	No.
3	Lemon Juice	10	ml
4	Cloves (Whole)	3	No.
5	Mint Leaves	7	No.
6	Ginger (Julienne)	2	gm

### **Method**

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put apple juice, lemon zest, lemon juice, cloves, mint leaves & ginger. Stir.
2. Place it in the microwave oven.
3. Press "Auto Cook " 10 times to select P010.
4. Press Jet Start
5. Stir & press Jet Start after 2.30 Minutes
6. Pour in a cup and serve hot.

# BREAD

## MULTIGRAIN BREAD

PRE PREPARATION TIME: 15 mins

COOKING TIME: 32 mins

SERVES:5

YIELD:530 gm

S. No	Ingredients	Quantity	Unit
1	Refined Flour	250	Gm
2	Fresh Yeast	12	Gm
3	Breakfast Sugar	05	Gm
4	Salt	04	Gm
5	Gluten	05	Gm
6	Improver	03	Gm
7	Refined Oil	20	Ml
8	Warm Water	180	Ml
9	Multigrain seeds mix	60	Gm

### **Method**

1. In a bowl -1 Mix yeast, sugar and water in a bowl and keep aside.
2. In a bowl-2 Mix flour, gluten, improver and salt together.
3. Combine bowl-1 & bowl-2 to Knead the dough by mixing together flour mixture and yeast-water-sugar mixture.
4. Add multigrain mix in ready dough.
5. Keep aside covered for fermentation.
6. After a while, roll the dough into the log shape, sprinkle water on top and roll the top in multigrain mix.
7. Press "Auto Cook " , then press keypad 11 to select P011.
8. Press Jet Start
9. Keep the dough on greased bread mould and keep it covered for a while for proofing.
10. Place mould on LOW RACK & put in Microwave Oven
11. Press Jet Start
12. Press again Jet Start for directly on the bottom glass w/o rack for further cooking.

## PIZZA BASE

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 16 mins

YIELD: 4x100gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	250	gm
2	Fresh Yeast	12	gm
3	Breakfast Sugar	05	gm
4	Salt	04	gm
5	Refined Oil	20	gm
6	Water (Warm)	125	gm

### **Method**

1. Mix fresh yeast, breakfast sugar and warm water in a bowl and keep aside for 5 minutes.
2. In another bowl, mix together refined flour and salt.
3. Knead the dough well by mixing together refined flour and yeast-water-sugar mixture along with refined oil.
4. Cover with a damp cloth and keep aside for fermentation in a warm place till the dough doubles in size
5. Press "Auto Cook ", then press keypad 12 to select P012.
6. Press Jet Start for preheat.
7. Once the dough is double in size, knock down the dough to release the air.
8. After a while, cut out 100gm portions from the dough.
9. Roll these portions into round shapes and place on a greased CRISP PLATE.
10. Make holes using a fork.
11. Press Jet Start.
12. Place the base on the LOW RACK to cool down

## **GARLIC BREAD**

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 22 mins

YIELD: 2x250gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined flour	250	gm
2	Fresh Yeast	10	gm
3	Breakfast Sugar	12	gm
4	Salt	05	gm
5	Water (Warm)	140	ml
6	Garlic Butter (Soft)	15	gm
7	Gluten	02	gm
8	Bread Improver	02	gm
9	Sauteed Garlic	50	gm
10	milk/Egg (For Wash)	20	gm
11	Garlic Infused Oil (For Brushing)	10	gm

### **Method**

1. Mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside for 5 minutes.
2. Sieve refined flour, gluten, bread improver and salt. Keep aside.
3. In a bigger bowl, mix together garlic butter, flour mixture and sauteed garlic.
4. Mix the yeast-water-sugar in the above mixture to knead the dough. Place the dough in a greased bowl.
5. Cover the bowl with a damp kitchen towel.
6. Keep the bowl in a warm place (approx. 30°C - 35°C) for fermentation till the dough doubles in size. It should take 30-40 minutes.
7. Once double in size, knock down the dough to release the air.
8. Shape in a log and tuck the seam underneath making sure the top is smooth.
9. Keep covered for proofing in a warm place (approx. 30°C - 35°C) till the dough doubles in size.
10. Press "Auto Cook", then press keypad 13 to select P013.
11. Press Jet Start for preheat without accessories.
12. Beat the milk/egg in a bowl.
13. Once dough doubles in size, using a pastry brush, carefully apply milk/egg on the dough.
14. Press Jet Start.
15. Once baked, remove from the microwave oven and using a pastry brush apply garlic infused oil on top of the bread.
16. Place the bread on a cooling rack to cool down.

## **STUFFED GARLIC BREAD**

PRE-PREPARATION TIME: 40 mins

COOKING TIME: 23 mins

SERVES: 2

YIELD: 300g

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Soft Dough (Refer recipe : Dinner Roll Bread)	200	gm
2	Butter (Unsalted) (Soft)	25	gm
3	Garlic (Chopped & Sauteed)	25	gm
4	Processed Cheese	50	gm
5	Mixed Herbs (Oregano, Rosemary)	3	gm
6	Egg (For wash)		

### **Method**

1. Knead the dinner roll dough.
2. Cover the dough with a damp cloth and keep for fermentation until double in size. It should take 30-40 minutes.
3. Once double in size, knock down the dough to release the air.
4. Press "Auto Cook ", then press keypad 14 to select P014.
5. Press Jet Start for Preheat.
6. Roll out the dough in a round shape.
7. On one half of the dough stuff with sauteed garlic, processed cheese & mixed herbs.
8. Fold the other half over and seal the edges using water/egg.
9. Place it on the CRISP PLATE.
10. Using a pastry brush, brush the top of the dough with a beaten egg.
11. Sprinkle the top with herbs
12. Press Jet Start
13. Once baked, place the bread on the LOW RACK to cool down

## **BANANA & WALNUT BREAD**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 36 mins

SERVES: 4

YIELD: 380g

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted) (Soft)	60	gm
2	Brown Sugar	75	gm
3	Salt	pinch	
4	Egg	45	gm
5	Refined Flour	75	gm
6	Baking Powder	2.5	gm
7	Baking Soda	1	gm
8	Walnuts (Chopped)	15	gm
9	Full Cream Milk	23	gm
10	Banana (Ripe)	94	gm

### **Method**

1. Press "Bread " 5 times to select P5.
2. Press Jet Start for Preheat..
3. Cream unsalted butter and breakfast sugar together. Gradually add lightly beaten egg.
4. In a separate bowl mash banana.
5. Mix mashed banana in the butter mixture.
6. Fold in sieved refined flour, baking powder, baking soda & salt.
7. Fold in milk and walnuts.
8. Prepare a loaf tin with parchment paper.
9. Pour the batter in the tin.
10. Place the tin on the LOW RACK & put in Microwave Oven
11. Press Jet Start.
12. Let it cool for 5 minutes then demould on a cooling rack.
13. Cut & slice. Serve warm



## **PITA BREAD**

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 14 mins

YIELD: 390gm

S. No	Ingredients	Quantity	Unit
1	Refined flour	250	gm.
2	Fresh Yeast	03	gm.
3	Breakfast Sugar	02	gm.
4	Salt	02	gm.
5	Refined Oil	10	ml
6	Water (Warm)	125	ml

### **Method**

1. Mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside for 5 mins.
2. Sieve refined flour and salt together.
3. In a bigger bowl, mix flour mixture, yeast mixture and refined oil to knead a dough.
4. Cover with a damp kitchen towel.
5. Keep in a warm place (approx. 30°C - 35°C) for fermentation till the dough doubles in size. It should take 30-40 minutes.
6. Place the crisp plate inside
7. Press "Auto Cook" , then press keypad 16 to select P016.
8. Press Jet Start for Preheat.
9. Once the dough is double in size, knock down the dough to release the air.
10. Roll the dough to 1/8<sup>th</sup> inch thickness.
11. Using a 3" round cutter, cut the dough.
12. Sprinkle flour on the heated crisp plate.
13. Place the rounds on the hot crisp plate.
14. Press Jet Start.
15. Remove from the hot crisp plate. & place on cooling rack to cool

## FOCACCIA BREAD

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 28 mins

SERVES: 3

YIELD: 230gm

S. No	Ingredients	Quantity	Unit
1	Refined Flour	200	gm
2	Fresh Yeast	12	gm
3	Breakfast Sugar	03	gm
4	Water (Warm)		
5	Salt	½	Tsp.
6	Gluten	05	gm
7	Bread Improver	03	gm
8	Olive Oil		
9	Dried Rosemary (To Sprinkle)	2	gm
10	Sea Salt (To Sprinkle)	2	gm

### Method

1. Mix fresh yeast, breakfast sugar and warm water in a bowl and keep aside for 5 minutes.
2. Mix together refined flour, salt, gluten and bread improver in another bowl with olive oil.
3. Knead the dough by mixing yeast-water-sugar mix into flour mix.
4. Ferment the dough until doubled in size.
5. Grease the CRISP PLATE with olive oil.
6. Knock down the dough to release the air.
7. Roll it to fit in the CRISP PLATE.
8. Top the dough with olive oil & poke the dough with finger tips.
9. Sprinkle rosemary & sea salt.
10. Keep it covered for fermentation in a warm place till the dough doubles in size.
11. Press "Auto Cook", then press keypad 17 to select P017.
12. Press Jet Start for Preheat.
13. Again Press Jet Start for Bake until golden brown in colour & the surface is crisp.
14. Place on the high rack & Put in Microwave Oven.
15. Press Jet Start.
16. Remove from the oven & Brush with olive oil

## MASALA ROLLS

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 22 mins

YIELD: 11x35gm each

Ingredient sS. No	Ingredients	Quantity	Unit
1	Refined flour	200	Gm
2	Fresh Yeast	10	Gm
3	Breakfast Sugar	15	Gm
4	Salt	04	Gm
5	Water (Warm)	120	ml
6	Butter (Unsalted) (Soft)	15	Gm
7	Gluten	02	Gm
8	Bread Improver	02	Gm
9	Chop Masala	50	Gm
10	Clarified Butter ( <i>Ghee</i> ) (For Brushing)		

### Method

1. Mix fresh yeast, breakfast sugar and water in a small bowl and keep aside for 5 minutes.
2. Mix unsalted butter to sieved refined flour, gluten, bread improver and salt. Keep aside.
3. Mix the yeast-water-sugar in the refined flour and knead the dough.
4. Cover with a damp cloth and keep for fermentation in a warm place till the dough doubles in size.
5. Once the dough is double in size, knock down the dough to release the air.
6. Roll the dough in thin sheet spread chop masala & roll the dough to form a log shape.
7. Cut the sliced 35g portions from the dough. and place on the CRISP PLATE.
8. Keep covered for proving till the dough doubles in size.
9. Press "Auto Cook ", then press keypad 18 to select P018.
10. Press Jet Start for Preheat.
11. Once double in size, carefully apply egg wash.
12. Press Jet Start
13. Once baked, brush with clarified butter.
14. Cool rolls on the LOW RACK to cool down.

## **CHEESE & CILANTRO ROLLS**

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 21 mins

YIELD: 11x35gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined flour	200	gm
2	Fresh Yeast	10	gm
3	Breakfast Sugar	15	gm
4	Salt	04	gm
5	Water (Warm)	120	ml
6	Butter (Unsalted) (Soft)	15	gm
7	Gluten	02	gm
8	Bread Improver	02	gm
9	Processed Cheese (Grated)	50	gm
10	Cilantro (Chopped)	5	gm
11	Clarified Butter ( <i>Ghee</i> ) (For Brushing)		

### **Method**

1. Mix yeast, sugar and water in a small bowl and keep aside for 5 minutes.
2. Mix unsalted butter to sieved refined flour, gluten, bread improver and salt. Keep aside.
3. Mix the yeast-water-sugar in the refined flour and knead the dough.
4. Mix in cheese & cilantro.
5. Cover and keep for fermentation till the dough doubles in size.
6. Once the dough is double in size, knock down the dough to release the air.
7. Make 35g portions from the dough. Form individual portions into balls and place on the CRISP PLATE.
8. Keep covered for proving till the dough doubles in size.
9. Press "Auto Cook " , then press keypad 19 to select P019.
10. Press Jet Start for Preheat.
11. Once double in size, using a pastry brush carefully apply egg wash.
12. Press Jet Start. .
13. Once baked, brush with clarified butter & Cool breads on the LOW RACK to cool down.

## HOT CROSS BUNS

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 18:30 min

YIELD: 16x35gm each

S. No	Ingredients	Quantity	Unit
	<b>Dough</b>		
1	Water (Warm)	100	Gm
2	Fresh Yeast	19	Gm
3	Butter (Unsalted) (Soft)	50	Gm
4	Breakfast Sugar	50	Gm
5	Salt	3	Gm
6	Skimmed Milk Powder	12	Gm
7	Egg	38	Gm
8	Refined Flour	250	Gm
9	Dried Currants	30	Gm
10	Raisins	15	Gm
11	Candied Peel	8	Gm
12	All Spice powder	¼	Tsp
	<b>Cross paste</b>		
13	Water	30	Gm
14	Refined Flour	27	Gm
15	Butter (Unsalted) (Soft)	6	Gm
16	Milk powder	3	Gm
17	Baking powder	2	Gm
18	Salt	2	Gm
	<b>Clear glaze</b>		
20	Water	5-10	Gm
21	Neutral glaze	50	Gm

### Method

1. **For the dough**, mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside for 5 mins
2. Sieve refined flour, salt, milk powder, and all spice powder.
3. Mix in egg. & Add the yeast-water-sugar in the refined flour mixture and knead the dough.
4. Add dried currants, raisins & candied peel in the dough & mix.
5. Keep in a warm place (approx. 30°C - 35°C) for fermentation till the dough doubles in size. It should take 30-40 minutes.
6. Once the dough is double in size, knock down the dough to release the air.
7. Scale into 35 gm portions and round each portion.

8. Place on the CRISP PLATE with distance in between.
9. Keep on proving till the dough doubles in size.
10. Press "Auto Cook ", then press keypad 20 to select P020.
11. Press Jet Start for Preheat the microwave oven.
12. Carefully apply egg wash.
13. **For cross paste** mix together water, refined flour, unsalted butter, milk powder, baking powder & salt to form a smooth paste.
14. Fill the cross paste in a piping bag & Pipe a cross onto the buns after they are proved but before baking.
15. Press Jet Start
16. **For clear glaze** mix water & neutral glaze together in a mwo proof bowl (Capacity: 1300 ml) to heat.
17. Put the bowl in the microwave oven & Press Jet Start.
18. Stir & press Jet start after 15 Sec.
19. Brush clear glaze on hot cross buns when they are hot.
20. Cool on the cooling rack.

## HOT DOG BUNS

PRE-PREPARATION TIME: 1 Hour

COOKING TIME: 17 mins

YIELD: 8x45gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	200	gm
2	Fresh Yeast	10	gm
3	Sugar	15	gm
4	Salt	04	gm
5	Gluten	02	gm
6	Bread Improver	02	gm
7	Water (Warm)	120	ml
8	Butter (Unsalted) (Soft)	15	gm
9	Clarified butter (for brushing)	10	gm
10	egg/milk	10	gm

### Method

1. Mix fresh yeast, sugar and luke warm water in a small bowl and keep aside for 5 minutes.
2. In a separate bowl sieved refined flour, gluten, bread improver and salt.
3. In a bigger bowl, mix together butter and flour mixture.
4. Mix the yeast mixture in the flour mixture to knead a dough.
5. Keep the dough in a greased bowl and cover the bowl with a damp cloth.

6. Keep aside in a warm place (approx. 30°C - 35°C) for fermentation till the dough doubles in size. It should take 30-40 minutes.
7. Once double in size, knock down the dough to release the air.
8. Form the dough into sausage size around 5/6 inches long.
9. Place on the CRISP PLATE a few inches apart.
10. Place it in a warm place (approx. 30°C - 35°C) and keep covered for proofing till the dough doubles in size.
11. Press "Auto Cook" , then press keypad 21 to select P021.
12. Press Jet Start for Preheat the microwave oven.
13. In a bowl beat the egg.
14. Using a pastry brush, apply egg wash on the proofed dough.
15. Place the CRISP PLATE in the microwave oven.
16. Press the Jet Start.
17. Once baked, remove from the microwave oven and place the buns on a cooling rack to cool down

## **BUTTER NAAN**

Pre-preparation Time: 25 mins

Cook Time: 15 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Flour	grams	120
2	Egg	grams	25
3	Toned Milk	millilitres	50
4	Refined Oil	millilitres	2
5	Onion Seeds	pinch	1
6	Butter	grams	For brushing

### **METHOD**

1. Add flour, egg, milk and oil to a mixing bowl. Mix everything together
2. Once mixed, knead the dough till it is soft, smooth and shiny. Cover with a damp cloth & let it rest for 15 minutes.
3. Press "Auto Cook" , then press keypad 22 to select P022.
4. Press Jet Start
5. While the oven preheats, divide the dough into 40 g balls, and apply butter on each with a brush
6. Roll out the dough into a disc. Fold it in half, twice, so that it resembles a triangle, then, using a rolling pin, roll out a flattened triangular shape
7. Sprinkle onion seeds on top
8. Repeat the process with the remaining dough.
9. Take out the CRISP PLATE once the oven is done preheating, and place the naan in the centre

10. Place CRISP PLATE in the microwave oven
11. Press Jet Start
12. Take out and brush with butter again.
13. Serve hot.

**Note:** Roll the dough evenly from all the sides to achieve even cooking

## MISSI ROTI

Pre-preparation Time: 10 mins

Cook Time: 25 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Besan (gram flour)	grams	80
2	Flour	grams	25
3	Coriander chopped	grams	2
4	Green chill chopped	grams	3
5	Onion chopped	grams	10
6	Chilli flakes	tsp	1/2
7	Fenugreek powder ( <i>kasuri methi</i> )	grams	1
8	Coriander seeds crushed	tsp	1/2
9	Ginger chopped	grams	2
10	Mustard oil	tsp	1
11	Water	millilitres	40
12	Refined oil		For greasing
13	Butter		For brushing

### METHOD

1. Add besan, flour, chopped coriander leaves, green chilli, onion, chilli flakes, kasuri methi, crushed coriander seeds, ginger, mustard oil and water in a mixing bowl. Mix well and knead to a dough.
2. Press "Auto Cook", then press keypad 23 to select P023.
3. Press Jet Start
4. While the oven preheats, divide the dough into 40 g balls each and cover under damp cloth for 15 minutes.
5. Roll out the dough ball into a flat disc using a rolling pin
6. Grease the preheated CRISP PLATE with oil
7. Place the individual, rolled out, disc on the centre of the preheated and greased CRISP PLATE, and place inside the Microwave.



8. Press Jet Start.
9. Take out , flip & press Jet start after 8 minutes
10. Take out and brush with butter
11. Serve hot

**Note:** Roll the dough evenly from all the sides to achieve even cooking

## **KULCHA BREAD**

PRE-PREPARATION TIME: 15 mins

COOKING TIME:18 mins

YIELD : 1 x 100 gm each

S. No	Ingredients	Quantity	Unit
1.	Refined Flour	50	gm
2.	Water (Warm)	35	gm
3.	Breakfast sugar	2	gm
4.	Salt	01	gm
5.	Calcium powder	01	gm
6.	Yeast	2	gm
7.	Curd	5	gm
8.	Ajwain	01	gm
9.	Fresh coriander	01	gm
10.	Refined oil	2	gm

### **Method**

1. In a bowl mix fresh yeast, breakfast sugar & lukewarm water. Set aside for 5 minutes.
2. Knead refined flour, calcium powder, salt, curd & refined oil with the yeast mixture to make the dough.
3. Make 100 gm portions from the dough .Place on greased crisp plate cover with damp cloth until double in size.
4. Flatten them into a round shape with your finger..
5. Sprinkle the ajwain and fresh coriander on it. Proof again until the rise doubles in size
6. Press "Auto Cook" , then press keypad 24 to select P024.
7. Press Jet Start to Preheat the microwave oven.
8. Again Press Jet Start for Bake till the base turns light brown.
9. Serve warm.

**NOTE:** you can adjust the quantity of water if it feels over liquid or sticky. ut the dough should be soft enough to spread through fingers

# BREAD-2

## BABKA

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 27 mins

SERVES: 4

YIELD: 450 gm

S. No	Ingredients	Quantity	Unit
1	Refined Flour	200	Gm
2	Fresh Yeast	10	Gm
3	Breakfast Sugar	15	Gm
4	Salt	04	Gm
5	Water (Warm)	80	ML
6	Butter (Unsalted)	15	Gm
7	Gluten	02	Gm
8	Bread Improver	02	Gm
9	Chocolate Ganache/Hazelnut Spread	100	Gm
10	Egg	1	No

### Method

1. Mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside.
2. Sieve refined flour, gluten, bread improver and salt. Keep aside.
3. In a bigger bowl, put unsalted butter and flour mixture together. Mix well.
4. Mix the yeast-water-sugar in the flour mixture and knead the dough.
5. Cover the dough with a damp cloth and set the bowl in a warm place for fermentation until the dough doubles in size. This should take 30-40 minutes.
6. Once the dough is double in size, knock down the dough to release the air.
7. Roll the dough into a rectangular shape.
8. Spread chocolate ganache or hazelnut spread all over the dough, leaving ½ inch border all around.
9. Roll the dough into a long, tight shape. Seal the end using water.
10. Gently cut it from the center lengthwise and lay them next to each other on the counter, cut sides up. Pinch the top ends gently together. Lift one side over the next, forming a twist and trying to keep the cut sides facing out.
11. Grease a loaf pan (7"x 4"x 3")
12. Transfer the twist into the prepared loaf pan.
13. Cover & allow it to ferment for about 40 minutes to 1 hour.
14. Press "Auto Cook", then press keypad 25 to select P025.
15. Press Jet Start for Preheat the microwave oven
16. Place the mould on the LOW RACK.

17. Press Jet Start.
18. Carefully demould the bread & place inverted on the LOW RACK
19. Press Jet Start.
20. Take it out from the oven and let it cool down on the cooling rack.
21. Using a pastry brush apply melted butter or oil.

## **GARLIC KNOTS**

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 18 mins

YIELD: 8 x50 gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	200	gm
2	Fresh Yeast	10	gm
3	Breakfast Sugar	15	gm
4	Salt	04	gm
5	Water (Warm)	120	ml
6	Butter (Unsalted)	15	gm
7	Gluten	02	gm
8	Garlic Powder	10	gm
9	Bread Improver	02	gm
10	Milk Powder	07	gm
11	Garlic (Chopped & Sauteed)	25	gm
12	Egg (for wash)	20	gm
13	Clarified butter	20	gm

### **Method**

1. Mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside.
2. Sieve refined flour, gluten, garlic powder, bread improver, milk powder and salt. Keep aside.
3. In a bigger bowl, put unsalted butter and refined flour mixed with the rest of the ingredients and mix well.
4. Mix the yeast-water-sugar in the refined flour and knead the dough. Knead in the sauteed garlic.
5. Cover with damp cloth and keep for fermentation (32-38c) till the dough doubles in size.
6. Make 50g portions from the dough.
7. Form individual portions into a knot shape and place on the CRISP PLATE.
8. Keep covered for proofing at warm temp. till the dough doubles in size.
9. Press "Auto Cook", then press keypad 26 to select P026.
10. Press Jet Start.

11. Once double in size, using a pastry brush carefully brush the beaten egg.
12. Press Jet Start.
13. Once baked brush each with clarified butter.
14. Place garlic knots on the LOW RACK to cool completely.

## **BREADSTICKS**

PRE-PREPARATION TIME: 50 mins

COOKING TIME: 35 mins

YIELD: 16x10gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	100	gm.
2	Fresh Yeast	1	pinch.
3	Breakfast Sugar	½	Tsp.
4	Salt	¼	Tsp.
5	Gluten	02	gm.
6	Bread Improver	01	gm.
7	Butter (Unsalted)	20	gm.
8	Water (Warm)	40	ml
9	Parmesan (Grated) (Optional)		
10	Milk (For wash)	20	gm

### **Method**

1. Mix fresh yeast, breakfast sugar and warm water in a small bowl and keep aside for 5 minutes.
2. In another bowl, sieve flour, gluten, bread improver and salt. Add the yeast mixture to the flour and knead the dough.
3. Add unsalted butter and keep kneading the dough for about 10 minutes or till it gets the shine.
4. Add grated parmesan cheese & knead the dough.
5. Put the dough in a greased bowl and cover it with a damp cloth.
6. Place the bowl in a warm place (approx. 30°C - 35°C) for fermentation till the dough doubles in size. This should take 30-40 minutes.
7. Press "Auto Cook", then press keypad 27 to select P027.
8. Press the Jet start to confirm.
9. Press the 'all menus' 3 times or + button to select P03 food code. .
10. Press Jet Start.
11. Once dough is ready, knock down the dough to release the air.
12. Divide the dough into 16 portions weighing 10 gm. each. Roll each portion into a thin cylindrical shape.
13. Place on a greased CRISP PLATE.
14. Apply egg wash over the bread sticks.
15. Press Jet Start

- Once done, remove from the microwave oven and place the breadsticks on a cooling rack to cool

## KHAMEERI ROTI

Pre-preparation Time: 45 mins

Cook Time: 23 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Flour	grams	120
2	Toned Milk	millilitres	50
3	Sugar	grams	1
4	Water (warm)	millilitres	30
5	Yeast (fresh)	grams	5
6	Onion seeds	grams	1

### METHOD

- Mix sugar, water and yeast in a small mixing bowl, allow the mix to froth indicating activation of the yeast
- Once the yeast has been activated, add the activated yeast mix, flour, milk and salt to a larger mixing bowl
- Mix all the ingredients in the bowl. Once mixed, transfer to a counter and knead the dough till it is soft, smooth and shiny
- Keep the dough covered in a clean bowl for 30 mins in a warm place, or till the dough is double in size
- Once the dough has doubled in size, punch down the dough, gently. Then divide it into 50 g balls and shape them into neat balls. The top should be smooth, with the sealing point of the dough ball at the bottom. Sprinkle some onion seeds on top and let it rest for a while in a warm place, under a damp cloth
- Meanwhile, preheat the oven with the CRISP PLATE
- Press "Auto Cook", then press keypad 28 to select P028.
- Press Jet Start.
- While the oven preheats, shape the resting dough to the desired khameeri roti shape by hands
- Take out the preheated CRISP PLATE, and place the rolled out roti on the centre of the CRISP PLATE. Place the CRISP PLATE on a HIGH RACK and back in the microwave
- Press Jet Start.
- Take out the bread when it starts to get colour
- Khameeri Roti is ready.

**Note:** Roll the dough evenly from all the sides to achieve even cooking.

## TORTILLA BREAD

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 17 mins

YIELDS: 4 x 50 gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	150	gm
2	Baking Powder		pinch
3	Salt		pinch
4	Refined Oil	01	tsp
5	Water (add little at time)	75-80	ml
6	Refined Flour		For dusting
7	Refined Oil		For greasing

### Method

1. In a mixing bowl, mix refined flour, baking powder, salt, refined oil in a bowl
2. Add water little at a time to knead a smooth & a soft dough
3. Place the dough in a greased bowl and cover with a damp cloth. Let it rest for 20 minutes
4. Place the CRISP PLATE on the HIGH RACK
5. Place this in the microwave oven for preheating
6. Press "Auto Cook", then press keypad 29 to select P029.
7. Press Jet Start.
8. Divide the dough in 50g portions
9. Roll each portion in a ball
10. Coat one ball with refined flour. Using a rolling pin, roll the ball in a round disk shape. It should be 1.5 mm - 2 mm thick. (Dust more flour if the dough is sticking)
11. Using a pastry brush, brush both sides of the disk with refined oil
12. Place the disk on the preheated crisp plate
13. Press Jet Start.
14. Remove from the microwave oven & brush both sides with refined oil and flip the tortilla
15. Place it back in the microwave oven
16. Press Jet Start
17. Remove from the microwave oven and brush both sides with refined oil. Flip the tortilla
18. Place it back in the microwave oven.
19. Press Jet Start
20. Carefully remove the tortilla from the microwave oven.
21. Serve hot

**Note: Use tortilla bread to make wraps. Tortilla once done should be soft and will be light in colour.**

## DINNER ROLLS

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 18 mins

YIELDS: 7 x 50 gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	200	gm
2	Fresh Yeast	10	gm
3	Breakfast Sugar	15	gm
4	Salt	04	gm
5	Water	120	ml
6	Butter (Unsalted)	15	gm
7	Gluten	02	gm
8	Sesame Seeds	08	gm
9	Bread Improver	02	gm
10	Egg wash / milk wash	20	gm
11	Clarified Butter		For brushing

### Method

1. Mix fresh yeast, breakfast sugar and water in a small bowl and keep aside
2. In a bigger bowl, sieve refined flour & put unsalted butter, gluten, bread improver and salt. Mix well
3. Mix the yeast-water-sugar in the refined flour and knead the dough
4. Cover with a damp cloth and keep for fermentation in a warm place (32-38c) till the dough doubles in size
5. Knock down the dough to release air
6. Make 50g portions from the dough. Form individual portions into balls and place on the CRISP PLATE a few inches apart
7. Keep covered for proofing at warm temp till the dough doubles in size
8. Press "Auto Cook", then press keypad 30 to select P030.
9. Press Jet Start
10. Once double in size, using a pastry brush carefully apply egg wash & sprinkle sesame seeds
11. Press Jet Start
12. Brush with clarified butter. Remove from plate & cool down on the LOW RACK

**NOTE: Baking time varies when you use milk wash instead of egg wash.**

## **BRIOCHE BREAD**

PRE PREPARATION TIME: 15 min

COOKING TIME: 18 mins

SERVES:3

YIELD:16x20 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Warm Toned Milk	60	Gm
2	Fresh Yeast	10	Gm
3	Breakfast Sugar	15	Gm
4	Egg	100	Gm
5	Refined Refined flour	200	Gm
6	Salt	02	Gm
7	Unsalted Butter (softened)	40	Gm
8	Gluten	05	Gm
9	Bread Improver	03	Gm
10	Egg for wash	50	GM

### **Method**

1. In a bowl- 1 Dissolve yeast & sugar in lukewarm milk. Let it stand for a few minutes.
2. In a bowl -2 mix Refined flour, gluten, improver, salt, and egg. Add the above yeast mixture & knead to form smooth dough.
3. Now add butter little at a time, knead until it is completely absorbed and the dough is smooth. Dough will be very soft and sticky. Ferment till the dough doubles in size
4. Divide the dough into 20 gm; roll each portion into a round piece.
5. Using the edge of the hand, pinch off about one fourth the dough without detaching it. Roll the dough on the bench so that both parts are round or as per image .
6. Place the dough in the greased brioche tin, large end first. With the fingertips, press the small ball into the larger one.
7. Place brioche tins on the CRISP PLATE.
8. Prove until brioche doubles in size.
9. Press "Auto Cook", then press keypad 31 to select P031.
10. Press the Jet start to confirm.
11. Press the 'all menus' 7 times or + button to select P07 food code.
12. Press Jet Start.Preheat the Microwave Oven.
13. Once double in size, apply egg wash & Press Jet Start



## PAIN AUX OLIVE

PREPARATION TIME: 15 mins

COOKING TIME: 21 mins

YIELD: 388 gm

SERVE: 3

S. No	Ingredients	Quantity	Unit
1	Refined Flour	200	Gm
2	Fresh Yeast	10	Gm
3	Breakfast Sugar	15	Gm
4	Salt	04	Gm
5	Water	90	ML
6	Unsalted Butter	15	Gm
7	Gluten	02	Gm
8	Bread Improver	02	Gm
9	Olive (Chopped)	50	Gm

### Method

1. In a bowl -1 Mix fresh yeast, breakfast sugar and water in a small bowl and keep aside for 5 mins.
2. In another bowl -2 put butter and sieved refined flour, gluten, bread improver & salt. Mix well.
3. Mix the yeast-water-sugar in the refined flour, add chopped olive and knead the dough.
4. Cover and keep for fermentation till the dough doubles in size. & Grease the CRISP PLATE.
5. Divide the dough into 35gm and roll it into a long shape. Slick the blades of a sharp pair of kitchen scissors with oil and cut into the dough crosswise near the top of the epi baguette shape, at a 25° angle to the dough, stopping a quarter inch from the bottom of the dough.
6. Fold each cut piece over to the side, alternating sides with each cut. Repeat until the entire loaf is cut and placed on the CRISP PLATE.
7. Press "Auto Cook", then press keypad 32 to select P032.
8. Press Jet Start
9. Keep covered for proving till the dough doubles in size.
10. Press Jet Start.

## CIABATTA

PREPARATION TIME:15min

COOKING TIME: 25 mins

YIELD:420 gm

SERVE:3

S. No	Ingredients	Quantity	Unit
1	Refined Flour	250	Gm
2	Fresh Yeast	10	Gm
3	Warm Water	150	Gm
4	Salt	04	Gm
5	Gluten	03	Gm
6	Bread Improver	03	Gm

### **Method**

1. In a mixing bowl-1 dissolve fresh yeast in warm water and set aside for 5 mins.
2. In a bowl -2 Add sieved flour, salt, gluten & bread improver. Knead to form a smooth, soft & sticky dough.
3. Shape very gently into rectangles 80 gm each. Place the dough on a greased & floured CRISP PLATE.
4. Ferment till Ciabatta doubles in size.
5. Press "Auto Cook", then press keypad 33 to select P033.
6. Press Jet Start .
7. Dust the top with extra flour.
8. Press Jet Start.

## ONION CLAW ROLL

PREPARATION TIME: 15 mins

COOKING TIME: 20 mins

YIELD:350 gm

SERVE: 3

S. No	Ingredients	Quantity	Unit
1	Refined Flour	200	Gm
2	Fresh Yeast	10	Gm
3	Breakfast Sugar	10	Gm
4	Salt	04	Gm
5	Warm water	90-110	MI
6	Chopped and sautéed onion	30	Gm

### **Method**

1. Press "Auto Cook", then press keypad 34 to select P034.
2. Press Jet Start

3. In bowl -1 Mix yeast warm water and keep aside.if using dry yeast.
4. In bowl-2 Sieve flour and mix salt as well.
5. Mix the yeast-water mixture in the flour and knead the dough.
6. Cover and keep fermentation till it doubles in size
7. Shape it in a long square log , fill saute onion in centre & close like a book, as per picture. Cut it into a small square 50 gm from the log .
8. Place it in a greased CRISP PLATE .
9. Keep covered for proving till it doubles in size about 45 min.
10. Press Jet Start
11. Takeout from the oven and keep for cooling on a LOW RACK

### Soda bread

PREPARATION TIME:15min

COOKING TIME: 40 mins

YIELD: 210gm

SERVE:3

S. No	Ingredients	Quantity	Unit
1	Refined Flour	100	Gm
2	Baking powder	05	Gm
3	Baking soda	1.25	Gm
4	Salt	1.25	Gm
5	Breakfast Sugar	05	Gm
6	Butter	10	Gm
7	Blackcurrants	20	Gm
8	Buttermilk	70	Gm

#### **Method**

1. Sieve the dry ingredients together into a mixing bowl-1.
2. Rub butter in the dry ingredients until the mixture resembles a coarse bread crumb texture.
3. Add the buttermilk to the dry ingredients. Mix just until the ingredients are combined and soft dough is formed. Do not over mix.
4. Knead it lightly by pressing it out and folding. The dough should be soft and slightly elastic, but not sticky. Over Kneading toughens the dough.
5. Shape the dough into a ball-shaped loaf.
6. Place on a CRISP PLATE. Cut a deep cross onto the top.let it rest for 5 minutes.
7. Press "Auto Cook", then press keypad 35 to select P035.
8. Press Jet Start
9. Press again Jet Start.

## **BAGEL BREAD**

PRE-PREPARATION TIME: 15 min

COOKING TIME: 22 mins

YIELDS:13x25 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Warm Water	100	Gm
2	Fresh Yeast	6	Gm
3	Refined Flour	200	Gm
4	Honey	20	Gm
5	Salt	3	Gm
6	Refined Oil	10	Gm
7	Full Cream Milk / Egg (Wash)	10	Gm
8	Water (For Poaching)	1000	ml
9	Honey (For Poaching)	1	Tbsp

### **Method**

1. Mix fresh yeast, breakfast sugar and luke warm water in a bowl-1 and keep aside for 5 mins.
2. In bowl -2, Sieve refined flour and salt. Keep aside.
3. Mix the yeast-water-sugar (bowl-1) in the refined flour (bowl-2) and knead to form a smooth dough.
4. Cover and keep for fermentation till the dough doubles in size.
5. Divide the dough into portions weighing 25 gm. Roll each portion with the palms of the hands into ropes. Loop the dough around palms into doughnut shape. Seal the ends together well by rolling under the palms on the bench.
6. In a MWO proof bowl (Capacity: 1300 ml) put honey and water.
7. Press "Auto Cook", then press keypad 36 to select P036.
8. Press Jet Start
9. Boil the mixture.
10. Poach the bagels in hot honey water for about 1 minute.
11. If required boil the water mixture again
12. Brush egg/milk wash.
13. Place on a CRISP PLATE about 1 inch apart.
14. Press Jet Start
15. Press again Jet Start.

## **SPINACH BAGEL BREAD**

PRE-PREPARATION TIME:15 min

COOKING TIME: 22 mins

SERVES:7

YIELD:14x25 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Warm Water	100	Gm
2	Fresh Yeast	6	Gm
3	Refined Flour	200	Gm
4	Honey	20	Gm
5	Salt	3	Gm
6	Refined Oil	2	Gm
8	Spinach Paste	2	tbsp
9	Full Cream Milk	10	Gm
10	Water (For Poaching)	1000	ml
11	Honey (For Poaching)	1	tbsp

### **Method**

1. In bowl-1 Mix yeast, sugar and luke warm water and keep aside for 5 mins.
2. In bowl -2 Sieve refined flour and salt. Keep aside.
3. Mix the yeast-water-sugar (bowl -1) in the refined flour( bowl-2) and knead to form a smooth dough. Knead in spinach paste.
4. Cover and keep for fermentation till the dough doubles in size.
5. Divide the dough into portions weighing 25gm. Roll each portion with the palms of the hands into ropes. Combine the end point into doughnut shape. Seal the ends together well by rolling under the palms on the bench.
6. In a microwave proof bowl-3, put honey and water.
7. Press "Auto Cook", then press keypad 37 to select P037.
8. Press Jet Start & Boil the mixture take out from the microwave.
9. Poach the bagels in hot honey water for about 1 minute.
10. If required boil the water mixture again
11. Brush egg/milk wash.
12. Place on a CRISP PLATE about 1 inch apart & Press Jet Start.
13. Press Jet start again for Bake until golden brown.

## **PAV BUNS**

PRE-PREPARATION TIME: 15 min

COOKING TIME: 22 mins

SERVES: 6

YIELD:540 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined flour	300	Gm
2	Fresh Yeast	12	Gm
3	Breakfast Sugar	12	Gm
4	Salt	05	Gm
5	Warm Water	180	Gm
6	Refined oil	25	Gm
7	Bread improver	02	Gm
8	Gluten	03	Gm
9	Calcium	02	Gm

### **Method**

1. In a bowl-1 mix fresh yeast, breakfast sugar & warm water. Set aside for 5 mins
2. In a bowl -2 Sieve refined flour, salt, bread improver, gluten & calcium together.
3. Combine bowl-1 & bowl-2 mixture & add refined oil, knead to form smooth & soft dough.
4. Divide into 35 gm portions & place in a greased rectangular 6" x 10" tray.
5. Let it ferment until doubled in size.
6. Press "Auto Cook", then press keypad 38 to select P038.
7. Press Jet Start.
8. Place the tray on the LOW RACK.
9. Press Jet Start
10. Take out, Then de mould the pav bun from the tray.
11. Keep upside down the bread and place it on the HIGH RACK for even cooking.
12. Press Jet Start.
13. Invert & Apply oil immediately after it is removed from the oven.

## **Fougasse Bread**

PRE-PREPARATION TIME:10 min

COOKING TIME: 30mins

YIELD: 280gm

SERVE:3

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1.	French baguette dough	250	Gm
2.	Olive oil	10	ml
3.	Parmesan cheese	20	Gm
4.	Small Onion ring (½ pcs)	1	no

## Method

1. Divide the dough into 45 gm .Roll out the dough into a large, thin, oval shape letting it rest at intervals to allow the gluten to relax.
2. grease a CRISP PLATE with olive oil. Place the dough on the CRISP PLATE and brush the dough well with olive oil.
3. Cut the slits into the dough as per picture .
4. Stretch the dough to open the slit.
5. Proof for 30 minute at room temperature till the dough doubles in size.
6. Press "Auto Cook", then press keypad 39 to select P039.
7. Press Jet Start
8. sprinkle all the topping (cheese & onion ring) on the bread.
9. Press Jet Start.

# PIZZA

## MARGARITA PIZZA

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Pizza base	grams	90
2	Pizza sauce	grams	28
3	Mozzarella cheese	grams	35
4	Basil leaves (torn)	number	4
5	Salt		To taste
6	Oregano	pinch	1
7	Olive oil		For garnish

## METHOD

1. Press "Auto Cook" , then press keypad 40 to select P040.
2. Press Jet Start to Preheat the microwave oven
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. Liberally top the pizza with mozzarella cheese
5. Put the pizza on the CRISP PLATE.
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and top up the pizza with basil leaves, then gently drizzle the pizza with olive oil, and sprinkle some salt and oregano
9. Margarita Pizza is ready

**Notes:** Color may vary depending on the weight and thickness of the base

## **ONION CAPSICUM PIZZA**

Pre-preparation Time: 10 mins

Cook Time: 20 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Pizza base (refer pizza base recipe )	grams	90
2	Pizza sauce	grams	30
3	Onion sliced	grams	10
4	Capsicum batons	grams	10
5	Mozzarella cheese	grams	30
6	Salt		To taste
7	Oregano	pinch	1
8	Olive oil		For garnish

### **METHOD**

1. Press "Auto Cook" , then press keypad 41 to select P041.
2. Press Jet Start to Preheat the microwave oven
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: capsicum, onions and cheese
5. Put the pizza on the CRISP PLATE, place it on the HIGH RACK, and put in microwave
6. Press Jet Start
7. Take out of the oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano

**Notes:** Color may vary depending on the weight and thickness of the base



## CORN AND CHEESE CALZONE

Pre-preparation Time: 15 mins

Cook Time: 22 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Calzone dough fermented	grams	100
	<i>Flour</i>	<i>grams</i>	<i>100</i>
	<i>Water</i>	<i>millilitres</i>	<i>60</i>
	<i>Yeast</i>	<i>grams</i>	<i>4</i>
	<i>Salt</i>	<i>grams</i>	<i>1</i>
2	Pizza sauce	grams	25
3	Corn	grams	90
4	Salt		To taste
5	Jalapeno chopped	grams	5
6	Mozzarella cheese	grams	34
7	Processed cheese	grams	15
8	Oregano	pinch	1
9	Crushed black pepper	pinch	1
10	Water	millilitres	200
11	Egg wash	tbsp	1
	<i>Egg</i>	<i>number</i>	<i>1/2</i>
	<i>Milk</i>	<i>millilitres</i>	<i>50</i>

### METHOD

1. Make calzone dough by mixing flour, water, yeast and salt
2. Knead till dough develops a shine
3. Lightly oil and cover with damp cloth. Keep aside to proof for 30 mins
4. Make individual calzone dough weighing 100 g
5. Take corn, salt and water in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
6. Press "Auto Cook" , then press keypad 42 to select P042.
7. Press Jet Start
8. Remove cling wrap , drain the water from the bowl, roughly chop the corns and add jalapenos, mozzarella, processed cheese, oregan, salt and pepper in a bowl. Stir well and set aside
9. Press Jet start to Preheat the oven with the CRISP PLATE
10. Take the fermented calzone dough and roll it flat into a circular shape

11. Place the rolled out dough on the CRISP PLATE With a spoon, apply the pizza sauce on one half of the dough, making sure to leave enough clean space on the edge of the dough
12. Take around 50 g of the corn and cheese mixture which was set aside, and spread it over the pizza sauce & Wet the edge of the dough disc with water to aid in sticking
13. Lifting from the uncovered half of the dough, fold the dough over, covering the sauce and filling
14. Using a fork, press down along the edge of the semicircular dough to make sure the calzone is properly sealed & Apply egg wash (mix egg and milk) on top of the calzone after it has been folded and sealed
15. Using a knife, make two neat, long incision to allow steam pressure to release while cooking
16. Place the CRISP PLATE with the calzone in the microwave
17. Press Jet Start Once it stops, Corn and cheese calzone is ready

### VEG EXOTICA PIZZA

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Pizza base	grams	90
2	Pizza sauce	grams	35
3	Red bell pepper batons	grams	3
4	Yellow bell pepper batons	grams	3
5	Green bell pepper batons	grams	3
6	Onion sliced	grams	3
7	Jalapeno chopped	grams	2
8	Yellow zucchini sliced	grams	6
9	Mozzarella cheese	grams	20
10	Processed cheese	grams	05
11	Salt		To taste
12	Oregano	pinch	1
13	Olive oil		For garnish

#### METHOD

1. Press "Auto Cook" , then press keypad 43 to select P043.
2. Press Jet Start
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: red bell peppers, yellow bell peppers, green bell peppers, yellow zucchini, onions, jalapenos and cheese

5. Put the pizza on the CRISP PLATE.
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano
9. Pizza Exotica is ready

**Notes:** Color may vary depending on the weight and thickness of the base

## **PULLED CHICKEN PIZZA**

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Pizza base(refer pizza base recipe )	grams	90
2	Pizza sauce	grams	30
3	Chicken pulled (Boiled and shredded)	grams	40
4	Tomato diced	grams	10
5	Capcicum baton	grams	10
6	Onion sliced	grams	10
7	Mozzarella cheese	grams	35
8	Salt		To taste
9	Oregano	pinch	1
10	Olive Oil		For garnish

### **METHOD**

1. Press "Auto Cook" , then press keypad 44 to select P044.
2. Press Jet Start for Preheat oven
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: chicken, tomato, capsicum, onion and cheese
5. Put the pizza on the CRISP PLATE,
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start
8. Take out of oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano
9. Pulled Chicken Pizza is ready

**Notes:** Color may vary depending on the weight and thickness of the base

## **CHICKEN TIKKA PIZZA**

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Pizza base(refer pizza base recipe )	grams	90
2	Chicken tikka (cooked & diced)	grams	50
3	Onion	grams	10
4	Mozzarella cheese	grams	25
5	Processed cheese	grams	5
6	Salt		To taste
7	Oregano	pinch	1
8	Olive oil		For garnish

### **METHOD**

1. Press "Auto Cook" , then press keypad 45 to select P045.
2. Press Jet Start to Preheat oven
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: chicken, onion, mozzarella cheese and processed cheese
5. Put the pizza on the CRISP PLATE.
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano
9. Chicken Tikka Pizza is ready

**Notes:** Color may vary depending on the weight and thickness of the base.

## **PRAWNS AND ONION PIZZA**

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Pizza base (ready made)	grams	90
2	Pizza sauce	grams	30
3	Prawns diced (peeled and deveined)	grams	30
4	Onion diced	grams	100
5	Mozzarella cheese	grams	25
6	Salt		To taste
7	Oregano	pinch	1
8	Olive oil		For garnish

### **METHOD**

1. Press "Auto Cook" , then press keypad 46 to select P046.
2. Press Jet Start Preheat oven.
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: prawns, onions and cheese
5. Put the pizza on the CRISP PLATE,
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano
9. Prawn Pizza is ready

**Notes:** Color may vary depending on the weight and thickness of the base

## **QUATTRO FORMAGGI PIZZA**

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Pizza base (ready made)	grams	90
2	Pizza sauce	grams	30
3	Mozzarella cheese	grams	10
4	Processed cheese	grams	10
5	Emmental cheese	grams	10
6	Ricotta cheese	grams	10
7	Oregano	pinch	1
8	Olive oil		For garnish
9	Salt		To taste
10	Chilly flakes	pinch	1

### **METHOD**

1. Press "Auto Cook" , then press keypad 47 to select P047.
2. Press Jet Start to Preheat oven.Preheat oven
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: mozzarella cheese, processed cheese, emmental cheese first before cooking
5. Put the pizza on the CRISP PLATE.
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and now put dollops of ricotta cheese evenly on pizza, drizzle the pizza with olive oil, and sprinkle some salt, oregano and chilli flakes

**Notes:** Color may vary depending on the weight and thickness of the base

## AGNELLO PICCANTE PIZZA

Pre-preparation Time: 15 mins

Cook Time: 23 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Pizza base (refer pizza base recipe )	grams	90
2	Pizza sauce	grams	30
3	Mozzarella cheese	grams	30
4	Processed cheese	grams	6
5	Black olives sliced	grams	5
6	Lamb minced	grams	40
7	Salt		To taste
8	White pepper		To taste
9	Roasted cumin	tsp	1/2
10	Paprika powder	tsp	1/2
11	Oil	millilitres	5
12	Water	tbsp	2

### METHOD

1. Take the lamb mince, salt, pepper, cumin, paprika powder, oil and water in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well and place in the microwave
2. Press "Auto Cook" , then press keypad 48 to select P048.
3. Press Jet Start
4. Take out , stir & press Jet Start after every minute)
5. Take out and set aside
6. Press Jet Start
7. Take a CRISP PLATE and place the pizza base on it
8. While the oven preheats, spread the pizza sauce on the pizza base from centre, outwards
9. One at a time, drop ingredients on the sauced base, well spaced out: cooked lamb mince, black olives, mozzarella cheese and processed cheese
10. Put the pizza on the CRISP PLATE.
11. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
12. Press Jet Start.
13. Take out of the oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano.

**Note:** Cooking time for the lamb mince varies on the size and quality of the lamb.

**Note:** Color may vary depending on the weight and thickness of the base

## CHICKEN AND CHEESE CALZONE

Pre-preparation Time: 20 mins

Cook Time: 23 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Calzone dough fermented	grams	100
	<i>Refined Flour</i>	<i>grams</i>	<i>100</i>
	<i>Water (warm)</i>	<i>millilitres</i>	<i>60</i>
	<i>Fresh Yeast</i>	<i>grams</i>	<i>4</i>
	<i>Salt</i>	<i>grams</i>	<i>1</i>
	<i>Sugar</i>	<i>grams</i>	<i>2</i>
2	Pizza sauce (see the recipe)	grams	25
3	Chicken breast diced	grams	60
4	Chicken thigh diced	grams	30
5	Salt		To taste
6	Garlic powder	grams	1
7	Olive Oil	millilitres	5
8	Mozzarella cheese	grams	25
9	Processed cheese	grams	10
10	Egg wash	millilitres	1
	<i>Egg</i>	<i>number</i>	<i>1/2</i>
	<i>Milk</i>	<i>millilitres</i>	<i>50</i>

### METHOD

1. Make calzone dough by mixing flour, water, yeast sugar and salt
2. Knead till dough develops a shine
3. Lightly oil and cover with damp cloth. Keep aside to proof in a warm place for 30 mins
4. Divide and make individual calzone dough weighing 100 g. Set aside
5. Take oil, chicken breast, thigh, salt, and garlic in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well and place in the microwave
6. Press "Auto Cook" , then press keypad 49 to select P049.
7. Press Jet Start.
8. Take out ,stir & press Jet Start after every minute)
9. Add mozzarella and processed cheese to the bowl. Stir well and set aside
10. Press Jet Start to preheat with the crisp plate



11. Take the fermented calzone dough and roll it flat into a circular shape
12. Place the rolled out dough on the CRISP PLATE
13. With a spoon, apply the pizza sauce on one half of the dough, making sure to leave enough clean space on the edge of the dough. Take around 50 g of the chicken and cheese mixture which was set aside, and spread it over the pizza sauce. Wet the edge of the dough disc with water to aid in sticking
14. Lifting from the uncovered half of the dough, fold the dough over, covering the sauce and filling
15. Using a fork, press down along the edge of the semicircular dough to make sure the calzone is properly sealed
16. Using a pastry brush, apply egg wash (mix egg and milk) on top of the calzone after it has been folded and sealed
17. Using a knife, make two neat, long incision to allow steam pressure to release while cooking
18. Place the CRISP PLATE with the calzone in the microwave
19. Press Jet Start. Once done, the chicken and cheese calzone is ready to be served hot.

## **PICCOLO PIZZA**

Pre-preparation Time: 15 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Pizza base	grams	90
2	Pizza sauce	grams	36
3	Button Mushroom sliced	grams	15
4	Mozzarella cheese	grams	20
5	Salt		To taste
6	Oregano	pinch	1
7	Olive oil		For garnish

### **METHOD**

1. Press "Auto Cook" , then press keypad 50 to select P050.
2. Press Jet Start
3. While oven preheats, spread the pizza sauce on the pizza base from centre, outwards
4. One at a time, drop ingredients on the sauced base, well spaced out: mushrooms and cheese
5. Put the pizza on the CRISP PLATE.
6. Place the CRISP PLATE on the HIGH RACK, and put in the microwave.
7. Press Jet Start.
8. Take out of oven and gently drizzle the pizza with olive oil, and sprinkle some salt and oregano

9. Piccolo Pizza is ready

**Notes:** Color may vary depending on the weight and thickness of the base

# KIDS MENU

## POPCORN

Pre-preparation Time: 5 mins

Cook Time: 5:30 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Popcorn Kernels(Raw)	grams	30
2	Salt		To taste
3	Butter (melted)	grams	10

**NOTE: This is for raw popcorn cooking only, not for instant microwave popcorn cooking.**

### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) mix popcorn, salt and butter. Stir well
2. Cling wrap the bowl and place in the microwave
3. Press "Auto Cook", then press keypad 51 to select P051.
4. Press Jet Start
5. Popcorn is ready
6. Serve hot

## **MAGGI NOODLE MASALA**

Pre-preparation Time: 10 mins

Cook Time: 10 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Maggi Noodles (packet)	grams	70
2	Maggi Tastemaker (sachet)	packet	1
3	Refined oil	millilitres	5
4	Mustard seeds	grams	2
5	Curry leaves	number	8
6	Garlic chopped	grams	3
7	Onion chopped	grams	10
8	Tomato chopped	grams	18
9	Green chilli chopped	number	1
10	Salt		To taste
11	Red chilli powder	grams	1
12	Turmeric powder	grams	1
13	Water	millilitres	210

### **METHOD**

1. Add refined oil, mustard seeds, curry leaves, garlic, onion, tomato, green chilli, salt, red chilli powder and turmeric powder to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) and place in the microwave.
2. Press "Auto Cook", then press keypad 52 to select P052.
3. Press Jet Start
4. Take the bowl out and add the water, noodles and tastemaker, and stir well
5. Cling wrap the bowl, pierce holes and place in the microwave again
6. Press Jet start.
7. Take out , stir & press Jet start after 2 minutes , making sure to apply cling wrap again)
8. Garnish with coriander leaves and Serve hot.

## **SMILEYS**

Pre-preparation Time: 10 mins

Cook Time: 40 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Frozen Smileys (10 pcs) (packet)	grams	185
2	Refined Oil		For greasing

### **METHOD**

1. Press "Auto Cook", then press keypad 53 to select P053.
2. Press Jet Start to Preheat oven with MICROWAVE OVEN AIR FRYER
3. Take out the AIR FRYER
4. Grease the AIR FRYER PERFORATED PLATE
5. Place the frozen Smileys in the AIR FRYER and place the AIR FRYER in the microwave
6. Press Jet Start.
7. Take out the AIR FRYER from the microwave
8. Smileys are ready

**Note: Do not open the microwave during cooking while the smileys are being cooked**

## **MAC 'N' CHEESE**

Pre-preparation Time: 15 mins

Cook Time: 13 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Macaroni Pasta	grams	100
2	Water	millilitres	300
3	Salt		To taste
4	Milk	millilitres	100
5	Processed cheese grated	grams	50
6	Mozzarella grated	grams	50
7	Parsley chopped	tbsp	1
8	Black pepper crushed	tsp	1/2

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), take pasta, water and salt
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave.
3. Press "Auto Cook", then press keypad 54 to select P054.

4. Press Jet Start
5. take out the bowl, remove cling wrap, Strain the pasta
6. Add milk, processed cheese, mozzarella, parsley, and pepper and salt to taste
7. Place the bowl in the microwave
8. Press Jet start
9. Take out the bowl and adjust seasoning
10. Garnish with parsley and grated cheese
11. Mac 'n' Cheese is ready to serve

## **PEANUT TOFFEE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 4 mins

YIELDS: 130gm

S. No	Ingredients	Quantity	Unit
1	Breakfast Sugar	50	gm
2	Light Corn Syrup	30	gm
3	Water	15	gm
4	Roasted Peanuts (Chopped)	38	gm
5	Unsalted Butter	¼	tsp
6	Vanilla Essence	¼	tsp
7	Baking Soda	1	tsp

### **Method**

1. Keep a silicone mat handy.
2. In a MWO proof bowl (Capacity: 1300 ml) using a silicone spatula mix breakfast sugar, water & light corn syrup.
3. Press "Auto Cook", then press keypad 55 to select P055.
4. Press Jet Start
5. Stir & press Jet Start in every 30 seconds.
6. Then stir in roasted peanuts.
7. Place the bowl back in, to heat.
8. Press Jet Start
9. Stir & press Jet start after 20 Sec
10. Remove from the microwave oven and stir in butter and vanilla essence.
11. Place the bowl back in, to heat.
12. Press jet Start.
13. Stir & press Jet start after 20 Sec
14. Lastly, quickly stir in baking soda until the mixture is light and foamy.
15. Carefully but quickly transfer the mixture onto a silicone mat and spread it using the silicone spatula.

16. Let it cool completely.
17. Peel off the set mixture and break by hand into shards.
18. Store it in an airtight container.

**Note:** Heat the sugar-water-corn syrup mixture for additional 30 seconds if there is no brown colour in the mixture.

**CAUTION:** BE VERY CAREFUL WHEN HANDLING MELTED SUGAR, TO AVOID BURNING.

## CHOCOLATE CHIP COOKIES

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 7 mins

Yield: 15x20gm each

S. No	Ingredients	Quantity	Unit
1	Dark Chocolate (Compound) (Chopped)	60	gm
2	Butter (Unsalted)	40	gm
3	Egg	40	gm
4	Breakfast Sugar	40	gm
5	Refined Flour	85	gm
6	Cocoa Powder	05	gm
7	Chocolate Chips	30	gm

### Method

1. Take a MWO proof glass bowl (Capacity: 1300 ml). Put the dark chocolate and unsalted butter together to melt.
2. Put the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 56 to select P056.
4. Press Jet Start
5. Remove from the microwave and set aside to cool down.
6. In another bowl, using a handheld mixer or whisk mix together eggs & breakfast sugar till thick & fluffy (It should take approx. 10 min).
7. In another bowl sieve refined flour and cocoa powder. Mix in chocolate chips.
8. Lightly mix cooled melted chocolate & butter mixture into the egg mixture. Using a spatula lightly fold the flour mixture into the above mixture.
9. Cling wrap the bowl & refrigerate for 20 minutes.
10. Place parchment paper on a MWO proof plate.
11. Use spoons to drop the cookies on to the plate a few inches apart. It should be 20g each.
12. Place the plate in the microwave oven.
13. Press Jet Start.
14. Once done, place the cookies on the LOW RACK to cool.
15. Store in an airtight container after it cools down

## **DOUBLE CHOCOLATE CHIP MUFFIN**

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 34 mins

Yield: 6 x 60g each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined Flour	100	Gm
2	Breakfast Sugar	50	Gm
3	Baking powder	5	Gm
4	Salt	1	Gm
5	Egg	25	Gm
6	Full Cream Milk	70	Gm
7	Vanilla essence	1	Tsp
8	Melted Butter (Unsalted)	40	Gm
9	Baking Soda	01	Gm
10	Chocolate Ganache (Refer chocolate ganache recipe)	60	Gm
11	Chocolate chip	60	Gm

### **Method**

1. Press "Auto Cook", then press keypad 57 to select P057.
2. Press Jet Start for Preheat the microwave oven
3. Put paper liners in a muffin tray.
4. Sieve together flour, baking powder, breakfast sugar & salt.
5. Combine milk, egg, vanilla essence & melted butter.
6. Fold flour mixture in the milk mixture.
7. Fold chocolate ganache & chocolate chips (30 g)
8. Put 60g batter in each liner. Top with remaining chocolate chips.
9. Place the muffin tray on LOW RACK.
10. Press Jet Start.

## CORN CHAAT

Pre-preparation Time: 5 mins

Cook Time: 19 mins

Serves 4

S. No.	Ingredients	Unit	Quantity
1	Corn (Frozen)	grams	400
2	Onion chopped	grams	23
3	Tomato chopped	grams	80
4	Coriander chopped	grams	40
5	Green chilli chopped	grams	4
6	Lemon juice	millilitres	12
7	Chaata masala	tsp	1/2
8	Salt		To taste
9	Red chilli powder	tsp	1/4
10	Black salt	tsp	1/2
11	Sev	grams	10
12	Saunth chutney	tbsp	3
	Tamarind Paste	grams	50
	Jaggery	grams	80
	Water	millilitres	250
	Asafoetida	pinch	1
	Roasted Cumin powder	tsp	1/4
	Red chilli powder	tsp	1
	Black salt	pinch	1
	Sugar	grams	35

### METHOD

1. Make saunth chutney, by adding tamarind paste, jaggery and water to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well & Cling wrap the bowl and pierce holes to let out excess steam.
2. Press "Auto Cook", then press keypad 58 to select P058.
3. Press Jet Start
4. Take out, remove cling wrap and return the bowl to the oven.
5. Press Jet Start.



6. Add asafoetida (heeng), roasted cumin (jeera) powder, red chilli powder, black salt and sugar. Stir well and place the bowl in the microwave again.
7. Press Jet Start. (continue cooking till the content reduces to a thick, chutney-like, consistency)
8. In a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), take properly washed corn
9. Cling wrap the bowl and place in the microwave
10. Press Jet Start
11. Add onion, tomato, coriander, green chilli, lemon juice, saunth chutney (3 tbsp), chaat masala, salt, red chilli powder and black salt to the bowl with the cooked corn. Stir well & Adjust seasoning according to taste & Garnish with sev and saunth chutney.

## **CHEESY BAKED POTATOES**

Pre-Preparation Time: 20 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato, washed and whole	grams	300
2	Water	millilitres	200
3	Cottage cheese grated	grams	100
4	Red Bell pepper chopped	grams	5
5	Yellow bell pepper chopped	grams	5
6	Capsicum chopped	grams	5
7	Salt		to taste
8	Pepper		to taste
9	Processed cheese grated	grams	15
10	Parsley chopped	tsp	1/4
11	Oregano (dry)	pinch	1
12	Thyme (fresh)	tsp	1/4

### **METHOD**

1. In a microwave oven proof glass bowl (Capacity: 1300 ml) add the potato, water and salt.
2. Press "Auto Cook", then press keypad 59 to select P059.
3. Press Jet Start.
4. Boil potatoes are ready.
5. Put the crisp plate in the microwave oven to preheat.
6. Press Jet Start.
7. Cut potatoes with skin into halves and scoop out potatoes from the middle to make wells.

8. In a bowl, mix the scooped out potatoes with bell peppers, capsicum, cottage cheese, grated processed cheese, parsley, thyme, oregano, salt and pepper.
9. Stuff the mixture into the potato wells.
10. Lay out the stuffed potatoes on the preheated crisp plate.
11. Press Jet start.
12. Garnish with chopped parsley and grated cheese. - Serve hot.

## VEG MOMOS

Pre-preparation Time: 50 mins

Cook Time: 16 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
	<b><i>For filling</i></b>		
1	Garlic	grams	7
2	Carrot grated	grams	13
3	Cauliflower grated	grams	25
4	Onion chopped	grams	13
5	Salt		To taste
6	Black pepper	grams	2
7	Cabbage shredded	grams	25
8	Aromat powder	pinch	1
9	Soy sauce	millilitres	1
10	Spring Onion chopped	grams	5
	<b><i>For dough</i></b>		
11	Flour	grams	50
12	Water	millilitres	30
13	Refined Oil	millilitres	1
14	Salt	pinch	1

### METHOD

1. For filling, add garlic, carrots, cauliflower, cabbage, spring onion, onion, soy sauce, aromat powder and black pepper in a bowl. Mix well together.
2. For momo dough, take a mixing bowl and add flour, water, oil and salt. Mix and knead till the dough is soft and smooth. Rest the dough for 15 mins. Keep in refrigerator.
3. Divide the dough into 6 gram balls, and keep covered with a damp cloth to avoid them drying
4. Dust flour on a flat surface, and roll out the dough into a thin circular sheet with a rolling pin

5. Add salt to the filling mixture
6. Take approximately 14 grams of filling and place in the middle of the rolled out discs, each
7. Apply water on the edges of the dough to aid in sticking
8. Shape the dough to the desired momo shape, making sure the filling is entirely covered and the dough is well sealed
9. Place the momos on a plate and cover with a damp cloth. Then place the plate in the freezer for 25-30 mins
10. Add water to the base of a MICROWAVE OVEN STEAMER. Grease the perforated base of the STEAMER with oil
11. Preheat Steamer in microwave (to boil the water)
12. Press "Auto Cook", then press keypad 60 to select P060.
13. Press Jet Start
14. Dip the momos in water and place all the momos in the preheated STEAMER
15. Place the STEAMER in the microwave
16. Press Jet Start
17. Veg Momos are ready
18. Serve with momo chutney.

**Note:** For making soft and moist momos, dip raw momos in the water before placing it in the steamer

### **NON VEG/CHICKEN MOMOS**

Pre-preparation Time: 50 mins

Cook Time: 16 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
	<i><b>For filling:</b></i>		
1	Chicken breast (boneless) hand chopped	grams	80
2	Carrot chopped	grams	5
3	Onion chopped	grams	5
4	Salt		To taste
5	Black pepper	pinch	1
6	Green chilli chopped	grams	1
7	Coriander chopped	grams	1
8	Aromat powder	pinch	1
9	Soy sauce	millilitres	2
	<i><b>For dough:</b></i>		
10	Flour	grams	50

11	Water	millilitres	30
12	Refined Oil	millilitres	1
13	Salt	pinch	1

#### METHOD

1. For filling, add minced chicken, carrot, onion, salt, pepper, green chilli, coriander, aromat powder and soy sauce in a bowl. Mix well together.
2. For momo dough, take a mixing bowl and add flour, water, oil and salt. Mix and knead till the dough is soft and smooth. Rest the dough for 15 mins. Keep in refrigerator
3. Divide the dough into 6 gram balls, and keep covered with a damp cloth to avoid them from drying
4. Dust flour on a flat surface, and roll out the dough into a thin circular sheet with a rolling pin
5. Add salt to the filling mixture
6. Take approximately 14 grams of filling and place in the middle of the rolled out discs, each
7. Apply water on the edges of the dough to aid in sticking
8. Shape the dough to the desired momo shape, making sure the filling is entirely covered and the dough is well sealed
9. Place the momos on a plate and cover with a damp cloth. Then place the plate in the freezer for 25-30 mins
10. Add water to the base of a MICROWAVE OVEN STEAMER. Grease the perforated base of the STEAMER with oil
11. Preheat Steamer in microwave (to boil the water)
12. Press "Auto Cook", then press keypad 61 to select P061.
13. Press Jet start
14. Dip the momos in water and place all the momos in the preheated STEAMER.
15. Place the STEAMER in the microwave
16. Place the Jet start
17. Chicken Momos are ready
18. Serve with momo chutney

**Note:** For making soft and moist momos, dip raw momos in the water before placing it in the steamer.

## MOMOS CHUTNEY

Pre-preparation Time: 10 mins

Cook Time: 5 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Tomatoes	number	2
2	Water (for blanching)	millilitres	50
3	Garlic chopped	grams	15
4	Green chilli chopped	number	3
5	Refined Oil	millilitres	15
6	Salt		To taste
7	Pepper		To taste
8	Aromat powder	pinch	1
9	Coriander chopped	grams	3
10	Water	millilitres	15

### **METHOD**

1. Remove eye and slit a cross on the bottom of tomato
2. Take tomato and water in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), to blanch, and place in the microwave
3. Press "Auto Cook", then press keypad 62 to select P062.
4. Press Jet start
5. Take out the bowl from the microwave
6. Take the tomatoes out and dunk in cold water to halt cooking
7. Peel the skin of the tomatoes, and chop them
8. Add the blanched and chopped tomatoes, garlic, green chilli, oil, salt, pepper, aromat powder and chopped coriander to a food processor, and blend to a paste
9. Pour the mixture into a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
10. Adjust seasoning, according to taste, and add water
11. Press Jet Start.
12. Serve at room temperature

**Note:** As per your choice, adjust spice level by increasing or decreasing the green chili quantity

# SOUP

## VEGETABLE SOUP

Pre-preparation Time: 15 mins

Cooking Time: 10 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Turnip chopped	grams	17
2	Cauliflower florets medium	grams	25
3	Potato diced	grams	50
4	Carrot diced	grams	40
5	Celery chopped	grams	4
6	Onion chopped	grams	8
7	Garlic chopped	grams	3
8	Refined oil	millilitres	15
9	Salt		To taste
10	White pepper		To taste
11	Water	millilitres	400
12	Fresh cream	millilitres	30

### METHOD

1. Add turnip, cauliflower, potato, carrot, garlic, onion, celery, oil, salt and pepper in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Stir and place in the microwave
3. Press "Auto Cook", then press keypad 63 to select P063.
4. Press Jet start
5. Take out ,stir & press Jet start after every minute)
6. Add water to the bowl and stir well
7. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
8. Press Jet Start.
9. Transfer the contents to a food processor and blend to a puree
10. Transfer back to the bowl, add cream, stir well, and return the bowl to the microwave
11. Press Jet Start.
12. Garnish with cream

**Note:** Soup should be of pouring consistency.

## VEGETABLE SWEET CORN SOUP

Pre-preparation Time: 15 mins

Cook Time: 6 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Cream corn canned	grams	55
2	Beans sliced	grams	10
3	Carrot chopped	grams	5
4	Water	millilitres	230
5	Vinegar	drops	2-3
6	Salt		To taste
7	Aromat powder	pinch	1
8	<u>Corn flour slurry</u>	grams	4
	<i>Corn flour</i>	<i>tbsp</i>	<i>1</i>
	<i>Water</i>	<i>tbsp</i>	<i>3</i>
9	Coriander leaves		For garnish

### METHOD

1. Take a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take the cream corn, beans, carrots, water (200 ml), vinegar and salt in the bowl.
3. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave
4. Press "Auto Cook", then press keypad 64 to select P064.
5. Press Jet start
6. Take out the bowl and remove the cling wrap
7. Make corn flour slurry with corn flour and water
8. Add aromat powder, 30 ml water and the corn flour slurry to the bowl.
9. Stir well and place the bowl in the microwave
10. Press Jet Start
11. Take out the bowl and adjust seasoning according to taste
12. Garnish with chopped spring onion greens

## CLEAR SOUP VEG

Pre-preparation Time: 15 mins

Cook Time: 4 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Water	millilitres	500
2	Vinegar	tbsp	1
3	Salt		To taste
4	Spring onion diced small	grams	15
5	Carrot diced small	grams	15
6	Broccoli diced small	grams	15
7	Bok choy	grams	10
8	Corn (frozen)	grams	15
9	Onion diced small	grams	15
10	Coriander stem chopped	grams	10
11	Aromat Powder	pinch	1

### **METHOD**

1. Take a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Mix all ingredients together in the bowl. Stir well
3. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
4. Press "Auto Cook", then press keypad 65 to select P065.
5. Press Jet start
6. Take out the bowl, remove the cling wrap and adjust seasoning according to tast



## **TOMATO DHANIYA SHORBA**

Pre-preparation Time: 25 mins

Cook Time: 10 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Tomato big dice	grams	250
2	Peppercorns	number	4
3	Bay leaf	number	1
4	Cinnamon Stick	number	1
5	Black cardamom	number	1
6	Garlic chopped	grams	7
7	Ginger chopped	grams	3
8	Coriander roots	grams	5
9	Cumin powder	tsp	1/2
10	Coriander powder	tsp	1/2
11	Green chilli chopped	grams	3
12	Salt		To taste
13	Tomato puree	grams	30
14	Water	millilitres	400

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take tomato, peppercorn, bay leaf, cinnamon stick, black cardamom, garlic, ginger, coriander roots, coriander powder, cumin powder, green chilli, salt, tomato puree and water in the bowl
3. Stir well
4. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
5. Press "Auto Cook", then press keypad 66 to select P066.
6. Press Jet start
7. Take out the bowl and remove cling wrap
8. Strain the soup through a sieve, and then adjust the seasoning according to taste
9. Garnish with coriander leaves and serve hot.

## **TOMATO RASAM**

Pre-preparation Time: 10 mins

Cook Time: 13 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Tomato halves	grams	200
2	Water	millilitres	100
3	Cumin seeds	tsp	1/2
4	Coriander seeds	tsp	1/2
5	Peppercorn	tsp	1/2
6	Ghee	ml	15
7	Mustard seeds	tsp	1/2
8	Garlic chopped	grams	5
9	Turmeric powder	tsp	1/4
10	Tamarind paste	tsp	1/4
11	Red chilli powder	tsp	1/2
12	Asafoetida	pinch	2
13	Salt		To taste
14	Coriander chopped	grams	8
15	Garlic chopped	grams	5
16	Curry leaves	number	9
17	Water	millilitres	600

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add water (100 ml) and tomato in the bowl
3. Cling wrap and pierce holes to let out excess steam, and place in the microwave
4. Press "Auto Cook", then press keypad 67 to select P067.
5. Press Jet start
6. Remove water and de-skin the tomatoes and keep aside
7. Take another MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) Add cumin seeds, coriander seeds and peppercorns
8. Place the bowl in the microwave
9. Press Jet Start.
10. Take out the bowl and remove its contents, and coarsely grind them in a mortar-pestle

11. In the same bowl, add the crushed seeds, ghee, mustard seeds and chopped garlic. Stir well and return the bowl to the microwave
12. Press Jet Start.
13. Take out the bowl , stir & press Jet start after 1 minute)
14. Add tomatoes and the rest of the ingredients and stir well
15. Cling wrap the bowl and pierce holes to let out excess steam
16. Place the bowl in the microwave once more
17. Press Jet Start
18. Take out the bowl, remove cling wrap and mash the content
19. Adjust seasoning according to taste . Garnish with coriander leaves and Serve with Roast Papad

## CREAM OF SPINACH SOUP

Pre-preparation Time: 20 mins

Cook Time: 13 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Spinach leaves	grams	320
2	Butter	grams	10
3	Refined Oil	millilitres	2
4	Garlic chopped	grams	5
5	Onion chopped	grams	15
6	White Sauce (refer recipe card)	millilitres	40
7	Salt		To taste
8	Pepper		To taste
9	Water	millilitres	400

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add spinach and water(100ml) to the bowl to blanch
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 68 to select P068.
5. Press Jet Start
6. Take out the blanched spinach from the bowl and dipped in cold water, to stop further cooking.
7. Roughly chop the blanched spinach
8. Add the blanched and chopped spinach, with butter, oil, garlic and onion to a clean MICROWAVE OVEN PROOF GLASS BOWL. Stir well and place in the microwave
9. Press Jet Start.
10. Take out , stir & press jet start after every minute)

11. Add White Sauce and water(300ml), stir well, cling wrap the bowl and pierce holes to let out excess steam
12. Place the bowl back in the microwave
13. Press Jet Start
14. Take out the bowl and puree the mix in a blender
15. Add seasoning according to taste
16. Stir well, cling wrap the bowl and pierce holes to let out excess steam
17. Place the bowl in the microwave once more
18. Press Jet start.
19. Adjust seasoning according to taste and garnish with cream

## **GREEN PEA AND MINT SOUP**

Pre-preparation Time: 15 mins

Cooking Time: 8 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Green peas	grams	200
2	Mint leaves	grams	12
3	Refined oil	millilitres	10
4	Garlic chopped	grams	5
5	Onion chopped	grams	10
6	Bay leaf	number	1
7	Potato diced small, washed and peeled	grams	50
8	Water	millilitres	350
9	Butter	grams	15
10	Salt		To taste
11	Pepper		To taste
12	Cream		For garnish

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add oil, garlic, onion and bay leaf. Stir well and place in the microwave
2. Press "Auto Cook", then press keypad 69 to select P069.
3. Press Jet start
4. Take out ,stir & press Jet start after 1 minute
5. Now add potatoes, salt, pepper , green peas, and water. Stir well
6. Cling wrap, pierce holes to let out excess steam, and place the bowl in the microwave

7. Press Jet Start.
8. Take out the bowl, remove cling wrap and bayleaf
9. Add butter and mint leaves, and mix
10. Blend the soup and strain it through a sieve
11. Adjust seasoning according to taste
12. Garnish with cream and mint leaves. Serve hot.

## POTATO LEEK SOUP

Pre-preparation Time: 20 mins

Cook Time: 12 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potatoes diced, washed and peeled	grams	100
2	Leeks small dice	grams	80
3	Butter	grams	13
4	Refined Oil	millilitres	5
5	Garlic chopped	grams	2
6	Water	millilitres	165
7	Milk	millilitres	10
8	Cream	tbsp	1

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take butter, oil, potato, leeks and garlic in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 70 to select P070.
4. Press Jet start
5. Take out ,stir & press Jet start after every minute)
6. Add water( 150ml), and stir well, cling wrap the bowl and pierce holes to let out excess steam
7. Place the bowl back in the microwave
8. Press Jet Start.
9. Take out the bowl, remove the cling wrap, and blend the soup to a fine paste
10. Add milk, water(15ml) and cream, stir well, cling wrap and pierce holes to let out excess steam
11. Return the bowl to the microwave
12. Press Jet Start.
13. Adjust seasoning according to taste
14. Garnish with cream and parsley

## **CHICKEN CLEAR SOUP**

Pre-preparation Time: 15 mins

Cooking Time: 7 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken breast, boneless, diced small	grams	100
2	Water	millilitres	400
3	Vinegar	millilitres	5
4	Salt		To taste
5	Cabbage diced small	grams	20
6	Aromat powder	pinch	1
7	Coriander leaves chopped		For garnish

### **METHOD**

1. Add all ingredients to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
3. Press "Auto Cook", then press keypad 71 to select P071.
4. Press Jet start
5. Take out and garnish with finely chopped coriander leaves before serving.

**Note: Cut the chicken dices evenly**

## **ROAST PUMPKIN SOUP**

Pre-preparation Time: 20 mins

Cook Time: 30 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Pumpkin (small diced)	grams	150
2	Butter (melted)	grams	15
3	Salt	pinch	1
4	Olive Oil	millilitres	15
5	Cumin seeds	tsp	1/2
6	Butter	grams	15
7	Onion chopped	grams	15
8	Garlic chopped	grams	5
9	Water	millilitres	3000
10	Salt		To taste
11	Black pepper		To taste
12	Fresh Cream		For garnish

### **METHOD**

1. Press "Auto Cook", then press keypad 72 to select P072.
2. Press Jet start
3. Mix the pumpkin with the melted butter and salt
4. Arrange the buttered and salted pumpkin dices on the preheated CRISP PLATE, which in turn is to be placed on top of the HIGH RACK, and put in the microwave
5. Press Jet Start.
6. Take the CRISP PLATE with the roasted pumpkins out of the microwave
7. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
8. Add oil, the roasted pumpkins, cumin seeds, butter, onion, garlic, salt, pepper and water to the bowl. Stir well
9. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
10. Press Jet Start.
11. Take out the bowl and transfer the content to a blender
12. Finely puree the contents in the blender and transfer to soup bowl

# HEALTHY

## STEAMED VEGETABLES

Pre-preparation Time: 15 mins

Cook Time: 5 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Broccoli small florets	grams	40
2	Cauliflower small florets	grams	40
3	Beans diced	grams	30
4	Sweet corn	grams	20
5	Green zucchini sliced	grams	40
6	Yellow zucchini sliced	grams	40
7	Carrot diced	grams	50
8	Yellow bell pepper diced	grams	15
9	Green bell pepper diced	grams	20
10	Water	tbsp	2
11	Salt		To taste
12	Pepper		To taste

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml)
2. Add all ingredients to bowl and gently mix
3. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave.
4. Press "Auto Cook", then press keypad 73 to select P073.
5. Press Jet start
6. Remove the cling wrap, Check if vegetables are steamed.
7. Take out and adjust seasoning according to taste

**Notes: Cooking time may vary depending on the size of the vegetable cuts.**



## **SAUTE LEGUMES**

Pre-preparation Time: 15 mins

Cook Time: 5 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Bean batons	grams	25
2	Carrots batons	grams	15
3	Green zucchini batons	grams	25
4	Yellow zucchini batons	grams	25
5	Broccoli florets	grams	50
6	Water	millilitres	50
7	Butter	grams	15
8	Salt		To taste
9	Pepper		To taste

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml)
2. Add beans, carrots, green zucchini, yellow zucchini, broccoli, water & salt to the bowl
3. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
4. Press "Auto Cook", then press keypad 74 to select P074.
5. Press Jet start
6. Take out the bowl, remove the cling wrap and strain the vegetables off the water
7. In the same bowl, add butter, salt, pepper and the strained vegetables to the bowl again.  
Gently stir in the butter and seasoning and place in the microwave.
8. Press Jet Start.
9. Take out the bowl from the microwave
10. Adjust seasoning and serve hot.

## **MOONG DAL CHAAT**

Pre-preparation Time: 2 hrs

Cook Time: 10 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Moong dal (soaked, for 2 hrs)	grams	150
2	Water(for boiling)	millilitres	300
3	Turmeric powder	pinch	1
4	Onion chopped	grams	15
5	Tomato chopped	grams	18
6	Coriander leaves	grams	4
7	Green chilli chopped	grams	3
8	Ginger chopped	grams	2
9	Lemon juice	millilitres	4
10	Salt		To taste
11	Roasted Cumin powder	grams	0.5
12	Red chilli powder	grams	0.5
13	Chaat masala	Grams	0.5

### **METHOD**

1. Add moong dal, water, salt and turmeric to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well
2. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave
3. Press "Auto Cook", then press keypad 75 to select P075.
4. Press Jet start
5. Take the bowl out of the microwave, remove the cling wrap, strain the dal and let it cool.
6. Add boiled dal, onion, tomato, coriander, green chilli, ginger, lemon juice, salt, cumin powder, red chilli powder and chaat masala. Mix well
7. Garnish with coriander leaves.

## **FLATTENED RICE MIXTURE**

Pre-preparation Time: 10 mins

Cook Time: 6 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Poha raw (flattened rice)	grams	100
2	Refined oil	millilitres	15
3	Green chilli chopped	number	2
4	Peanuts	grams	20
5	Asafoetida ( <i>hing</i> )	pinch	2
6	Coconut grated	grams	10
7	Curry leaves	number	4
8	Salt		To taste

### **METHOD**

1. Add poha to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) and place in the microwave
2. Press "Auto Cook", then press keypad 76 to select P076.
3. Press Jet start
4. Take out , stir & press Jet start after every minute)
5. Take the bowl out and stop when the poha gets a crisp light brown colour. Set aside
6. In a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add oil, green chilli, peanuts, hing, coconut, salt and curry leaves. Stir well and place in the microwave
7. Press Jet Start
8. Take out the bowl and add crisp poha into it.
9. Mix well and serve.

## **LEMON CORIANDER COUSCOUS**

Pre-preparation Time: 15 mins

Cook Time: 7 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Couscous	cup	1/2
2	Sesame oil	tsp	1
3	Mustard seeds	tsp	1/2
4	Chana dal	tsp	1
5	Urad dal	tsp	1
6	Ginger julienne	tsp	1/2
7	Green chilli slit	number	1
8	Asafoetida	pinch	1
9	Curry leaves	number	5
10	Water	cup	3/4
11	Coriander leaves chopped	tbsp	3
12	Turmeric	tsp	1/4
13	Salt		to taste
14	Lemon juice	tsp	1

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml), add sesame oil, mustard seeds, chana dal, urad dal, ginger, green chilli, asafoetida and curry leaves. Stir and place in the microwave
2. Press "Auto Cook", then press keypad 77 to select P077.
3. Press Jet start
4. Take out the bowl and stir in the couscous, salt, turmeric powder, coriander leaves and water
5. Cling wrap the bowl, and pierce holes to let out excess steam. Place in the microwave
6. Press Jet Start
7. Take out and remove the cling wrap adjust seasoning according to taste
8. Add lemon juice and stir well
9. Garnish with coriander leaves

## **LOW CARB VEGETABLE FRITTATA**

Pre-preparation Time: 15 mins

Cook Time: 32 mins 30 secs

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Green beans diced small	grams	20
2	Broccoli diced small	grams	40
3	Potato diced small	grams	40
4	Salt		To taste
5	Onion chopped	grams	20
6	Red bell pepper diced small	grams	40
7	Garlic chopped	cloves	3
8	Refined Oil	millilitres	15
9	Egg	number	5
10	Nutmeg grated	pinch	1
11	Butter	grams	8

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml) add the beans, broccoli, potato, onion, red bell pepper, garlic oil and salt
2. Stir well and place in the oven
3. Press "Auto Cook", then press keypad 78 to select P078.
4. Press Jet start
5. Take out , stir & press Jet start after every minute
6. Take out and set aside
7. Preheat the oven
8. Press Jet Start
9. Take a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml), grease it with butter and one pinch nutmeg, and whisk 5 eggs till the eggs are fluffy
10. Add the cooked vegetables to the whisked eggs. Stir well and place in the microwave
11. Press Jet Start.
12. Let the bowl remain in the microwave
13. Press Jet Start
14. Take out and serve hot

## LESS OIL FRIED EGG

Pre-preparation Time: 10 mins

Cook Time: 18 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Egg	number	1
2	Salt		To taste
3	Pepper		To taste
4	Butter		For greasing

### **METHOD**

1. Preheat oven with CRISP PLATE
2. Press "Auto Cook", then press keypad 79 to select P079.
3. Press Jet start
4. Set time and temperature
5. Grease the preheated CRISP PLATE with butter
6. Break the egg in the middle of the preheated CRISP PLATE, and place in the microwave
7. Press Jet Start.
8. Take out and transfer the fried egg to a serving plate
9. Season with salt and pepper, according to taste

## POACHED EGGS

Pre-preparation Time: 5 mins

Cook Time: 7 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Egg	number	1
2	Water	cup	1
3	Vinegar	tbsp	1
4	Salt	tsp	1

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml) add water, vinegar and salt. Stir and place in the microwave
2. Press "Auto Cook", then press keypad 80 to select P080.
3. Press Jet start
4. Take out the bowl with boiling water
5. Gently break the egg and lower into the bowl of water.

6. Press Jet Start
7. Take out the bowl and remove the egg with perforated ladle
8. Poached egg is ready
9. Season with salt and pepper, according to taste
10. Serve hot

## **AVOCADO COCOA MUFFIN**

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 36 mins

YIELDS: 7 x 50g each

S. No	Ingredients	Quantity	Unit
1	Whole Wheat Flour ( <i>Atta</i> )	50	gm
2	Banana (Mashed/Puree)	130	gm
3	Avocado (Mashed/Puree)	75	gm
4	Vanilla Essence	½	tsp
5	Egg	50	gm
6	Honey	2	tbsp
7	Cocoa Powder	10	gm
8	Baking Powder	1	tsp
9	Chocolate Chips (Optional)	30	gm

### **Method**

1. Press "Auto Cook", then press keypad 81 to select P081.
2. Press Jet start for Preheat the microwave oven
3. In a bowl whisk together banana, avocado, vanilla essence, egg & honey.
4. In another bowl sieve whole wheat flour, cocoa powder & baking powder.
5. Using a spatula fold the flour mixture to the banana mixture.
6. Lastly fold in the chocolate chips.
7. Put 50g batter in silicone muffin moulds.
8. Place the moulds on the CRISP PLATE.
9. Press Jet Start.
10. Let it cool for 5 minutes before serving.

**Note: Adjust the quantity of honey as per the sweetness required**

## **APPLE CRISP**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 50 mins

SERVES: 1

YIELDS: 100 g

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Apple	1	no.
2	Water	100	gm
3	White Vinegar	1	tsp

### **Method**

1. Press "Auto Cook", then press keypad 82 to select P082.
2. Press Jet start to Preheat the microwave oven
3. In a bowl, mix water & vinegar.
4. Cut thin slices of apple and remove the seeds.
5. Soak the apple slices in the water-vinegar solution for 1 minute.
6. Place the apple slices on the CRISP PLATE.
7. Press Jet start
8. Bake until crisp & dry.
9. Once done and cool, store it in an airtight container.



## HEALTHY OAT CRUMBLE CAKE

PRE-PREPARATION TIME: 45 mins

COOKING TIME: 34 mins

YIELDS: 5x60gm each

S. No	Ingredients	Quantity	Unit
	<b>For the cake</b>		
1	Refined Oil	62.5	gm
2	Brown sugar	30	gm
3	Egg	50	gm
4	Rolled Oats	25	gm
5	Whole Wheat flour	62.5	gm
6	Cinnamon powder	¼	Tsp
7	Baking powder	¼	Tsp
8	Baking soda	¼	Tsp
9	Vanilla essence	¼	Tsp
10	Carrots (Grated)	50	gm
	<b>For the crumble</b>		
1	Refined flour	20	gm
2	Butter (unsalted) (cold)	20	gm
3	Breakfast Sugar	20	gm
4	Rolled Oats	10	gm

### **Method**

1. Press "Auto Cook", then press keypad 83 to select P083.
2. Press Jet start to Preheat the microwave oven.
3. Put paper liners in a muffin tray.
4. In a bowl whisk together egg, refined oil and brown sugar, till it has mixed properly.
5. Sieve together refined flour, cinnamon powder, baking powder and baking soda.
6. Take out the juice from the carrots add In the egg mixture, put vanilla essence,, rolled oats and fold in the refined flour.
7. For the Crumble mixture, rub in all the ingredients together until the mixture resembles bread crumb texture. Don't over mix .
8. Put 50g batter in each liner and 10g crumble on top of each. Place the muffin tray on LOW RACK.
9. Press Jet Start.
10. Bake it in the microwave oven
11. Let it cool for 10 minutes before serving.

# BREAKFAST

## MASALA OMELETTE

Pre-preparation Time: 10 mins

Cook Time: 13 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Eggs	number	2
2	Onion chopped	grams	10
3	Tomato Deseeded chopped	grams	10
4	Green chilli chopped	number	1/2
5	Coriander chopped	grams	5
6	Ginger chopped	grams	3
7	Salt		to taste
8	Refined oil	ml	10

### METHOD

1. Take the microwave oven CRISP PLATE and grease with oil
2. Place the CRISP PLATE in the microwave to preheat
3. Press "Auto Cook", then press keypad 84 to select P084.
4. Press Jet Start for preheat With Crisp plate.
5. In a bowl, whisk eggs with onion, tomato, green chilli, coriander, ginger and salt. Take out the hot crisp plate and pour the egg mixture onto the greased and preheated CRISP PLATE, and place in the microwave.
6. Press Jet Start
7. Carefully brush oil on the omelette & press Jet start after 4 minute
8. Serve Hot and garnish with coriander leaves

## **MASALA SEVIYAN**

Pre-preparation Time: 15 mins

Cook Time: 7 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Roasted Vermicelli	grams	80
2	Desi Ghee	grams	30
3	Curry leaves torn	number	4
4	Cashew Nuts	grams	2
5	Peanuts	grams	5
6	Mustard Seeds	tsp	1/2
7	Water	millilitres	200
8	Peas	grams	25
9	Corn	grams	20
10	Capsicum chopped	grams	12
11	Turmeric Powder	tsp	1/2
12	Red Chilli Powder	tsp	1/2
13	Roasted Cumin Powder	tsp	1/2
14	Salt		To taste
15	Red Chilli Whole	number	1

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add whole red chilli, desi ghee, curry leaves, cashew nuts, peanuts and mustard seeds. Stir well and place in the microwave
2. Press "Auto Cook", then press keypad 85 to select P085.
3. Press Jet Start.
4. Take out the bowl and add roasted vermicelli, water, peas, corn, capsicum, turmeric powder, salt, red chilli powder, and roasted cumin powder. Stir well,Cling wrap, and pierce holes to let out excess steam, and place in the microwave
5. Press Jet Start.
6. Take out the bowl, remove cling wrap, adjust seasoning according to taste, and stir well
7. Garnish with curry leaves and serve

## **KANDA BATATA POHA**

Pre-preparation Time: 15 mins

Cook Time: 8 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Soaked Poha	grams	100
2	Refined Oil	Milliliters	15
3	Green peas	grams	20
4	Cashew nuts	grams	10
5	Roasted peanuts	grams	5
6	Mustard seeds	tsp	1/2
7	Cumin seeds	tsp	1/2
8	Onion chopped	grams	40
9	Curry leaves	number	5
10	Green chilli	grams	3
11	Lemon Juice	milliliters	10
12	Red chilli powder	tsp	1/2
13	Turmeric powder	tsp	1/2
14	Desi ghee	milliliters	15
15	Salt		To taste
16	Water	tbsp	1
17	Potato chopped	grams	60

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take oil, green peas, cashew nuts, roasted peanuts, mustard seeds, cumin seeds, onion, curry leaves, green chilli,, red chilli powder, turmeric powder, potato and salt in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 86 to select P086.
4. Press Jet Start.
5. Take out ,stir & press Jet Start after every minute
6. Add soaked poha, water and desi ghee and salt, stir well, cling wrap the bowl and pierce holes to let out excess steam
7. Press Jet Start.
8. Take out the bowl,Remove Cling Wrap add lemon juice

- Stir well, garnish with coriander leaves and serve

## UPMA

Pre-preparation Time: 15 mins

Cook Time: 7 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Roasted rava	grams	50
2	Desi Ghee	tbsp	1
3	Black mustard seeds	Tbsp	1/2
4	Chana dal	tbsp	½
5	Cashew nuts	grams	5
6	Urad Dal	tsp	1/2
7	Roasted peanuts	grams	5
8	Green peas	grams	50
9	Green chilli chopped	tsp	1/2
10	Green beans diced	grams	25
11	Water	millilitres	300
12	Salt		To taste

### METHOD

- Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
- Add desi ghee, black mustard seeds, chana dal, urad dal, cashew nuts, roasted peanuts to the bowl. Stir and place in the microwave
- Press "Auto Cook", then press keypad 87 to select P087.
- Press Jet Start.
- Take out , stir & press Jet Start after 1 minute
- Add green peas, green chilli, green beans, roasted rava, water and salt, and stir well
- Cling wrap the bowl and pierce holes to let out excess steam, and place in the microwave again
- Press Jet Start.
- Take out of the bow remove cling wrap and adjust seasoning according to taste
- Serve Hot and Garnish with coriander leaves

## **CORN AND ONION UPMA**

Pre-preparation Time: 10 mins

Cook Time: 8 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Corn	grams	60
2	Onion chopped	grams	25
3	Roasted Semolina	grams	50
4	Dry red chilli whole	number	1
5	Mustard Seeds	grams	2
6	Curry leaves	number	4
7	Refined Oil	millilitres	10
8	Green chilli chopped	grams	3
9	Ginger chopped	grams	3
10	Water	millilitres	300

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add whole red chilli, mustard seed, curry leaves, oil, onion, ginger, green chilli and corn to bowl
3. Place in the microwave
4. Press "Auto Cook", then press keypad 88 to select P088.
5. Press Jet Start.
6. Stir after every minute
7. Take out the bowl and add roasted semolina, water and salt, and stir well
8. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave once more
9. Press the Jet Start
10. Take out the bowl, remove cling wrap and stir well
11. Serve hot, Garnish with coriander leaves

## **VERMICELLI/ SEVIYAN UPMA**

Pre-preparation Time: 20 mins

Cook Time: 9 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Roasted Vermicelli	grams	80
2	Refined oil	millilitres	10
3	Red chilli dry, whole	number	1
4	Mustard seeds	grams	2
5	Curry leaves	number	4
6	Onion chopped	grams	20
7	Carrot chopped	grams	20
8	French Beans diced small	grams	12
9	Peas	grams	10
10	Ginger chopped	grams	3
11	Green chilli chopped	number	1
12	Salt		To taste
13	Water	millilitres	250

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add oil, dry red chilli, mustard seeds, curry leaves, onion, carrot, beans, peas, ginger, green chilli and salt in the bowl.
3. Stir well and place in the microwave
4. Press "Auto Cook", then press keypad 89 to select P089.
5. Press Jet Start.
6. Take out and stir after every minute
7. Add roasted vermicelli and water. Stir well
8. Cling wrap the bowl and pierce holes to let out excess steam, and return the bowl to the microwave
9. Press Jet Start
10. Take out the bowl, remove cling wrap adjust seasoning according to taste
11. Serve Hot and Garnish with coriander leaves

## OATS KHICHDI

Pre-preparation Time: 15 mins

Cook Time: 9 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Rolled oats	grams	80
2	Water	millilitres	350
3	Onion chopped	grams	15
4	Garlic chopped	grams	5
5	Cumin seeds	pinch	1
6	Carrot chopped	grams	35
7	Cauliflower chopped	grams	30
8	Coriander stems chopped	grams	2
9	Beans chopped	grams	15
10	Green chilli chopped	number	1/2
11	Tomato chopped	grams	30
12	Refined oil	millilitres	10
13	Salt		To taste

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. In the bowl, pour oil, add onion, garlic, cumin seeds, carrot, cauliflower, coriander stems, beans, green chilli, and tomato
3. Stir well
4. Press "Auto Cook", then press keypad 90 to select P090.
5. Press Jet Start.
6. Take out the bowl, and set aside
7. Now add rolled oats, salt and water. Stir well
8. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave
9. Press Jet Start.
10. Adjust seasoning according to taste
11. Serve hot and garnish with chopped coriander



## RAVA IDLI

Pre-preparation Time: 15 mins

Cook Time: 17 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Semolina ( <i>rava/sooji</i> )	grams	100
2	Coriander chopped	grams	1
3	Ginger chopped	grams	1
4	Green chilli chopped	number	1
5	Salt		To taste
6	Curry leaves chopped	number	5
7	Curd ( <i>dahi</i> )	grams	100
8	Water	millilitres	100
9	Eno	grams	5
10	Refined Oil		For greasing

### METHOD

1. Add all ingredients, except eno, in a mixing bowl and mix well
2. Fill the MICROWAVE OVEN IDLI STEAMER with water and place in microwave to create steam
3. Press "Auto Cook", then press keypad 91 to select P091.
4. Press Jet Start.
5. While the water boils in the microwave, grease the IDLI MOULD with oil
6. Once there is sufficient steam being generated in the steamer, whisk the Eno into the idli batter
7. Pour the batter into the mould and immediately place it in the STEAMER
8. Place the IDLI STEAMER in the microwave
9. Press Jet Start.
10. Serve hot with coconut chutney

**Note: Immediately after adding Eno, pour the batter into the mould for optimum spongy and softness.**

**The consistency of the batter should be similar to a cake batter**

## **SWEET BREAKFAST COUSCOUS**

Pre-preparation Time: 10 mins

Cook Time: 7 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Couscous	grams	130
2	Water	millilitres	200
3	Honey	tbsp	3
4	Sugar	grams	10
5	Almond chopped	grams	10
6	Raisin chopped	grams	10
7	Cinnamon powder	tsp	1/4

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), pour water, honey and sugar. Stir well and place in the microwave
2. Press "Auto Cook", then press keypad 92 to select P092.
3. Press Jet Start.
4. Take out and add couscous, almonds, raisins and cinnamon powder, mix well
5. Cling wrap the bowl, and pierce holes to let out excess steam. Place back in the microwave
6. Press Jet Start.
7. Take out, remove cling wrap, serve hot and garnish with chopped almonds

## **CHEESE CHILLI TOAST**

Pre-preparation Time: 5 mins

Cook Time: 23mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Bread toasted	number	2
2	Green chilli chopped	tsp	1
3	Processed cheese grated	grams	45
4	Egg white ( to give binding)	tbsp	1
5	Salt		To taste

### **METHOD**

1. Take a bowl and add green chilli, processed cheese, salt and egg white to make cheese chilly spread
2. Preheat the oven with CRISP PLATE. Place CRISP PLATE in the microwave

3. Press "Auto Cook", then press keypad 93 to select P093.
4. Press Jet Start.
5. Apply cheese spread on top of the toasted bread and place on preheated CRISP PLATE on HIGH RACK
6. Press The Jet start
7. Take out the CRISP PLATE, serve hot

### PARSI AKURI

Pre-preparation Time: 15 mins

Cook time: 4 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Eggs	number	2
2	Onion medium chopped	grams	20
3	Tomato medium deseeded and chopped	grams	20
4	Green chilli chopped	number	1
5	Coriander chopped	grams	2
6	Ginger chopped	grams	2
7	Salt		to taste
8	Butter	grams	7
9	Roasted Cumin powder	pinch	1
10	Turmeric powder	pinch	1
11	Degi Mirch powder	pinch	1
12	Refined oil	tsp	1/2

#### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add eggs, butter, onion, tomato, green chilli, coriander, ginger, red chilli powder, turmeric powder and salt. Whisk properly, Once the mix is nicely aerated, place the bowl in the microwave
2. Press "Auto Cook", then press keypad 94 to select P094.
3. Press Jet Start.
4. Take out the bowl and stir the mixture well, Insert the bowl in the microwave
5. Press Jet Start.
6. Take out, stir the mix & press Jet Start in every 30 seconds until the eggs begin to puff-up
7. Add roasted cumin powder and oil. Stir well. Place the bowl in the microwave again
8. Press Jet Start.
9. Take out, Serve hot and garnish with coriander leaves

## **BOILED EGGS**

Pre-preparation Time: 2 mins

Cook Time: 10 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Eggs	number	4
2	Water		To submerge
3	Salt		To taste
4	Pepper		To taste

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml) add eggs, little salt and enough water to fully submerge the eggs. Place the bowl in the microwave.
2. Press "Auto Cook", then press keypad 95 to select P095.
3. Press Jet Start.
4. Take the bowl out of the microwave
5. Peel eggs and cut into halves , serve hot. Season with salt and pepper, according to taste

# **SNACK**

## **ROASTED CHIWRA**

Pre-preparation Time: 2 mins

Cook Time: 3 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Chiwra	grams	100
2	Salt		To taste
3	Black salt	grams	0.5

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity:1300 ml)
2. Add all ingredients in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 96 to select P096.
4. Press Jet start for cooking
5. Take out , stir & press Jet start after every minute to avoid burning)
6. Serve hot

**Note: Store the roasted chiwra in an airtight container.**

## **MASALA PEANUTS**

Pre-preparation Time: 10 mins

Cook Time: 4 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Peanuts	grams	300
2	Ghee	millilitres	5
3	Black salt	grams	0.5
4	Onion chopped	grams	35
5	Tomato chopped	grams	35
6	Chaat masala	grams	0.5
7	Salt		To taste
8	Coriander leaves chopped	grams	10
9	Green chilli chopped	grams	2
10	Red chilli powder	tsp	0.5

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity:1300 ml)
2. Add peanuts and ghee to the bowl and insert in microwave
3. Press "Auto Cook", then press keypad 97 to select P097.
4. Press Jet Start
5. Take out , stir & press Jet start after every minute)
6. Add black salt, onion, tomato, chaat masala, salt, coriander leaves, green chilli and red chilli powder to the microwaved peanuts
7. Mix all ingredients together properly and serve with lemon wedges.

## **MASALA PAPAD**

Pre-preparation Time: 10 mins

Cook Time: 1 min

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Papad	number	1
2	Onion chopped	grams	100
3	Tomato chopped	grams	100
4	Coriander chopped	grams	15
5	Salt		To taste
6	Chaat masala	grams	0.5
7	Black salt	grams	0.5
8	Green chilli chopped	grams	0.5
9	Lemon juice	millilitres	15

### **METHOD**

1. Take the papad and place it in the center of the glass plate.
2. Press "Auto Cook", then press keypad 98 to select P098.
3. Press Jet Start
4. Flip the papad & press Jet start after 30 secs
5. Add rest of the ingredients, and seasoning with salt and pepper, according to taste. Mix well
6. Spread the mix on the roasted papad
7. Masala Papad is ready

**Note: Don't leave the masala on papad for too long, otherwise it will become soggy.**

**Masala ingredients will yield 3 papads worth of finished masala mix.**

## **MATAR KEBAB**

Pre-preparation Time: 15 mins

Cook Time: 30 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Peas (frozen -> thawed)	grams	100
2	Potato mashed	grams	60
3	Onion chopped	grams	15
4	Coriander chopped	grams	2
5	Mint chopped	grams	3
6	Green chilli chopped	grams	1
7	Ginger chopped	grams	1
8	Chaat masala	grams	0.5
9	Roast cumin powder	grams	1
10	Salt		To taste
11	Bread crumbs	grams	10
12	Lemon wedges	number	2

### **METHOD**

1. Add all ingredients, except the lemon wedges, in a mixing bowl. Mix well
2. Take a Microwave Oven CRISP PLATE
3. Preheat oven with the CRISP PLATE
4. Press "Auto Cook", then press keypad 99 to select P099.
5. Press Jet Start
6. While oven preheats, shape kebab mixture into ball-like discs of 40 gms
7. Grease the preheated CRISP PLATE
8. Place the kebabs on the greased and preheated CRISP PLATE
9. Press the Jet start
10. Flip the kebabs & press Jet start after 10 mins and continue cooking.
11. Garnish with coriander leaves and lemon wedges.

**Notes: Cooking time can vary as per the shape & size of the kebab**

## **PARMESAN ZUCCHINI**

Pre-preparation Time: 10 mins

Cook Time: 13 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Yellow Zucchini roundels sliced	grams	100
2	Green Zucchini roundels sliced	grams	100
3	Parmesan Cheese	grams	50
4	Salt		to taste
5	Pepper		to taste
6	Water	millilitres	200

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity:1300 ml), add zucchinis, salt and water, to blanch. Place the bowl in the microwave
2. Press "Auto Cook", then press keypad 100 to select P100.
3. Press Jet Start
4. Strain the zucchini roundels and dip them in cold water to stop cooking further
5. Press Jet Start for preheat
6. Arrange the blanched zucchinis in a MICROWAVE OVEN PROOF GLASS CASSEROLE (capacity: 500 ml) and sprinkle with parmesan, salt and pepper
7. Press Jet Start
8. Garnish with Parmesan cheese

**Note: Do not overcook the zucchini**



## **CHICKEN SATAY**

Pre-preparation Time: 30 mins

Cook Time: 20 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken breast strips (x5) boneless	grams	150
2	Lemongrass chopped	grams	5
3	Onion Chopped	number	1/2
4	Garlic chopped	cloves	4
5	Red chilli fresh	number	1
6	Ginger chopped	inch	0.5
7	Turmeric powder	grams	0.5
8	Coriander seeds	grams	1
9	Cumin seeds	grams	1
10	Dark soy sauce	grams	2
11	Brown sugar	grams	2
12	Salt		To taste

### **METHOD**

1. Add all ingredients, except for the chicken, together in a food processor and grind to a paste
2. Marinate the chicken strips in the ground mix. Refrigerate for 30 mins
3. At the same time, soak five wooden skewers in water for 30 mins
4. Take a Microwave Oven CRISP PLATE
5. Preheat oven with the CRISP PLATE
6. Press "Auto Cook", then press keypad 101 to select P0101.
7. Press Jet Start
8. Grease the preheated CRISP PLATE with oil/butter
9. Skewer each strip of marinated chicken, along its length, on a wooden skewer leaving enough room to hold at the bottom
10. Place the satay skewers on the greased and preheated CRISP PLATE, and then insert into the microwave
11. Press Jet Start
12. Flip the skewers & press Jetb start after 5 mins
13. Check chicken is cooked. Continue cooking if required
14. Remove once chicken gets colour
15. Serve hot with Peanut Sauce

**Note: Cut the chicken in uniform size to avoid uneven cooking.**

## **SHISH TAOUK**

Pre-preparation Time: 30 mins

Cook Time: 12 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken breast diced (boneless)	grams	100
2	Garlic chopped	cloves	4
3	Oil	grams	2
4	Lemon juice	millilitres	15
5	Paprika powder	grams	0.5
6	Cinnamon powder	grams	0.5
7	Cumin powder	grams	0.5
8	Sumac powder	grams	1
9	Black pepper powder	grams	0.5
10	Tomato puree	millilitres	5
11	Thyme	grams	1
12	Hung curd	millilitres	15

### **METHOD**

1. Make a marinade by mixing oil, garlic, lemon juice, paprika, cinnamon powder, cumin powder, sumak, black pepper, tomato puree, thyme and hung curd together
2. Marinate the chicken pieces in the marinade for 1 hour. Keep in refrigerator
3. Soak wooden skewers in water for 30 minutes
4. Take the microwave oven CRISP PLATE and grease with oil.
5. Insert CRISP PLATE in the microwave and preheat the oven
6. Press "Auto Cook", then press keypad 102 to select P102.
7. Press Jet Start
8. Skewer 3 pieces of chicken on one wooden skewer each
9. Place the skewers with the chicken pieces on the preheated CRISP PLATE. Place it in the microwave
10. Press Jet Start.
11. After 4 minutes take out the CRISP PLATE, flip the skewers & press Jet start then after apply butter on chicken with a brush)
12. Ready to serve

**Note: Cooking time may vary depending on the size and quality of the chicken. To give more colour on the chicken, increase the grill timings**

## **MURG/ CHICKEN GILAFI**

Pre-preparation Time: 15 mins

Cook Time: 23 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken breast mince (boneless)	grams	160
2	Ginger chopped	grams	10
3	Garlic chopped	grams	7
4	Green chilli chopped	number	2
5	Coriander chopped	grams	7
6	Red chilli powder	grams	1
7	Garam masala	grams	1
8	Roasted cumin powder	grams	1
9	Salt		To taste
10	Fenugreek powder	grams	0.5
11	Green cardamom powder	grams	0.5
12	Processed cheese grated	grams	2
13	Red Bell pepper chopped	grams	20
14	Yellow bell pepper chopped	grams	20
15	Capsicum chopped	grams	30
16	Onion chopped	grams	20

### **METHOD**

1. Add the chicken mince, ginger, garlic, green chilli, chopped coriander leaves, red chilli powder, garam masala, roasted cumin powder, salt, fenugreek powder, green cardamom powder and processed cheese to a mixing bowl. Mix well
2. Soak wooden skewers in water for 30 mins
3. While the skewers soak, preheat the oven with the CRISP PLATE
4. Press "Auto Cook", then press keypad 103 to select P103.
5. Press Jet Start
6. While the oven preheats, divide and shape chicken mixture into 50 g seekhs and skewer them on the soaked wooden skewer and coat with a mix of bell peppers, capsicum, onion and coriander leaves
7. Place the seekh on the preheated CRISP PLATE
8. Press Jet Start
9. Flip the seekh & press Jet start after 7 minutes to cook evenly on both sides)

10. Check if seekh is cooked, resume if necessary. Serve hot. With lemon wedge.

**Note: Always purchase fresh chicken mince**

### **Murgh CHAPLI KEBAB**

Pre-preparation Time: 15 mins

Cook Time: 25 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Chicken mince (boneless)	grams	200
2	Onion chopped	grams	30
3	Ginger chopped	grams	10
4	Garlic chopped	grams	15
5	Coriander chopped	grams	5
6	Tomato chopped	grams	2
7	Curd	millilitres	30
8	Green chilli chopped	grams	6
9	Red chilli powder	grams	1
10	Coriander powder	grams	2
11	Fennel seeds	grams	2
12	Cumin Powder	grams	2
13	Salt		To taste
14	Fenugreek	grams	0.5
15	Lemon Wedge		For garnish

#### **METHOD**

1. Add all ingredients to a mixing bowl except lemon wedges. Mix well
2. Preheat the oven with a CRISP PLATE
3. Press "Auto Cook", then press keypad 104 to select P104.
4. Press Jet Start
5. While oven preheats, divide and shape the mix into 50 gram ball-like discs
6. Place the kebabs you shaped on the crisp plate, which then should be placed on HIGH RACK
7. Set the HIGH RACK with the CRISP PLATE in the microwave
8. Press Jet Start
9. flip the kebabs & press Jet start after 8 minutes.
10. Check if kebab is cooked.
11. Take out and garnish with coriander leaves and lemon wedge

Note: Make sure the lamb mince is of good quality and has a good amount of fat in it.

# SALAD & CONDIMENTS

## MINT STRAWBERRY JAM

Pre-Preparation Time: 10 mins

Cook Time: 20 mins

S. No.	Ingredients	Unit	Quantity
1	Strawberry chopped	grams	210
2	Water	ml	400
3	Sugar	grams	210
4	Mint leaves torn	grams	10

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add Strawberry, water, sugar and mint leaves to a bowl and mix. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 105 to select P105.
4. Press Jet Start
5. Stir & press Jeytv start after every 5 minutes
6. Strawberry Mint Jam is ready

## SAUNTH CHUTNEY

Pre-Preparation Time: 10 mins

Cook Time: 15 mins

S. No.	Ingredients	Unit	Quantity
1	Tamarind paste ( <i>imli</i> )	grams	50
2	Jaggery ( <i>gur</i> )	grams	80
3	Water	millilitres	250
4	Asafoetida ( <i>hing</i> )	pinch	1
5	Roasted cumin powder ( <i>bhuna jeera</i> )	grams	0.5
6	Red chilli powder ( <i>degi mirch</i> )	grams	2
7	Black salt ( <i>kala namak</i> )	pinch	1
8	Sugar	grams	35

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add the imli paste, jaggery and water to the bowl
3. Cling wrap the bowl, pierce holes to let out excess steam and place the bowl in the microwave
4. Press "Auto Cook", then press keypad 106 to select P106.
5. Press Jet Start
6. Take out and remove the cling wrap and return the bowl to the microwave
7. Press Jet Start
8. Take out the bowl and stir in hing, roasted cumin powder, red chilli powder, black salt and sugar
9. Return the bowl to the microwave
10. Press Jet Start

**NOTE: Continue cooking till you achieve a chutney-like consistency.**

## COUSCOUS SALAD

Pre-preparation Time: 10 mins

Cook Time: 5 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Couscous	grams	110
2	Red Bell pepper diced	grams	17
3	Yellow Zucchini diced	grams	23
4	Garlic powder	tsp	1/2
5	Salt		to taste
6	Black pepper powder	tsp	1/2
7	Oregano (dry)	tsp	1/2
8	Basil leaves torn	number	4
9	Olive oil	millilitres	10 ml
10	Lemon juice	tbsp	1
11	Water	millilitres	250

### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add the couscous, red bell peppers, yellow zucchini, garlic powder, salt, black pepper, oregano, basil leaves, olive oil, and water.
2. Stir well.
3. Cling wrap the bowl, and pierce holes to let out excess steam. Insert bowl in the microwave.
4. Press "Auto Cook", then press keypad 107 to select P107.
5. Press Jet Start
6. Add lemon juice and stir well.
7. Couscous Salad is ready

**Note: Couscous should be grainy and not lumpy.**

## **SUMMER PASTA SALAD**

Pre-preparation Time: 10 mins

Cook Time: 13 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Fusilli Pasta	grams	165
2	Water	ml	400
3	Salt		To taste
4	Carrot diced	grams	15
5	Peas	grams	10
6	Corn	grams	10
7	Red Bell Pepper diced	grams	15
8	Basil leaves torn	grams	10
9	Olive Oil	millilitres	20
10	Parmesan cheese grated	grams	10
11	Oregano	grams	5
12	Lemon	number	1
13	Black pepper		To taste

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add pasta, carrot, peas, corn, water and salt.
2. Press "Auto Cook", then press keypad 108 to select P108.
3. Press Jet Start
4. Let the pasta and vegetables cool down.
5. Add red bell pepper, basil leaves, olive oil, parmesan cheese, oregano, lemon juice, salt and pepper.
6. Mix well and serve.
7. Garnish with Parmesan cheese.

**Note: Pasta should not be overcooked or otherwise it will break.**

## RICE SALAD

Pre-preparation Time: 15 mins

Cook Time: 12 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Rice	grams	50
2	Water	millilitres	220
3	Oil	millilitres	3
4	Salt	pinch	1
5	Red bell pepper diced small	grams	20
6	Yellow bell pepper diced small	grams	20
7	Capsicum	grams	10
8	Green peas	grams	20
9	Cauliflower	grams	20
10	Apple diced small	grams	42
11	Black pepper crushed	tsp	1/2
	<b><i>Vinaigrette</i></b>		
12	Lemon juice	millilitres	5
13	Olive oil	millilitres	10
14	Salt	grams	2
15	Sugar	grams	2

### **METHOD**

1. Add rice, water (170 ml), oil and salt in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well
2. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave
3. Press "Auto Cook", then press keypad 109 to select P109.
4. Press Jet Start
5. Check rice is cooked. Continue cooking if required
6. Take out and set aside
7. In a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add the green peas, cauliflower and water (50 ml)
8. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
9. Press Jet Start.
10. Take out the bowl, drain excess water if necessary and set aside



# START TO DISH

## MINT POWDER

Pre-preparation Time: 2 mins

S. No.	Ingredients	Unit	Quantity
1	Mint leaves	grams	20

### METHOD

1. Wrap mint leaves in paper roll and place in the microwave
2. Press "Auto Cook", then press keypad 110 to select P110.
3. Press Jet Start
4. Transfer the dry mint leaves from the paper roll to a grinder and blitz it to a powder.

**Note:** Grind it when the leaves cool down completely.

## ROAST PAPAD

Pre-preparation Time: 2 mins

Cook Time: 1 min

S. No.	Ingredients	Unit	Quantity
1	Papad	number	1

### METHOD

1. Take the papad and place it in the center of the glass plate.
2. Press "Auto Cook", then press keypad 111 to select P111.
3. Press Jet Start
4. Flip papads & press Jet start after 30 secs and continue cooking until the papad gets an even colour on both sides.

## BOILED POTATOES

Pre-preparation Time: 5 mins

Cook time: 10 mins

S. No.	Ingredients	Unit	Quantity
1	Potato, medium, washed and whole	grams	300
2	Water	millilitres	200
3	Salt	tsp	1/2

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add potato, water and salt to the bowl, and place in the microwave
3. Press "Auto Cook", then press keypad 112 to select P112.
4. Press Jet Start
5. Take the bowl out of the microwave. Check if the potato is cooked by piercing it with a toothpick. The potatoes are ready when the toothpick goes through the potato easily
6. Boiled potatoes are ready

**Note: Cooking time may vary depending on the size of the potatoes.**

## HOMEMADE DESI GHEE

Pre-preparation Time: 2 mins

Cook Time: 4 mins

S. No.	Ingredients	Unit	Quantity
1	White butter	grams	300

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take white butter in the bowl and cling wrap the bowl. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 113 to select P113.
4. Press Jet Start
5. You will see two layers, clear liquid on top and residual matter at the bottom
6. Remove the cling wrap and strain the contents through a muslin cloth
7. Collect the clarified liquid in a bowl, discard residual matter
8. Homemade desi ghee is ready

**Note: Do not stir while & after cooking.**

## TOMATO PUREE

Pre-preparation Time: 5 mins

Cook Time: 3 mins

S. No.	Ingredients	Unit	Quantity
1	Medium Tomatoes	grams	350
2	Water	millilitres	50

### METHOD

1. Remove the eye of the tomato and slit a cross at the bottom.
2. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add the tomato and water
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 114 to select P114.

5. Press Jet Start
6. Blanched tomatoes are ready
7. Peel the skin of the tomato and blend the tomatoes to a fine puree
8. Your tomato puree is ready

## BROWN ONION

Pre-preparation Time: 5 mins

Cook Time: 9 mins

S. No.	Ingredients	Unit	Quantity
1	Onion sliced	grams	100
2	Oil	millilitres	60
3	Salt		To taste

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take onion, oil and salt in the bowl and place in the microwave
3. Press "Auto Cook", then press keypad 115 to select P115.
4. Press Jet Start
5. Take out, stir & press jet start ently to avoid burning
6. When color becomes golden brown, take it out on the absorbent paper.

**Note: Make sure to slice onion evenly to achieve crisp and golden brown colour.**

## BOILED PASTA

Pre-preparation Time: 2 mins

Cook Time: 13 mins

S. No.	Ingredients	Unit	Quantity
1	Pasta fusilli	grams	165
2	Water	MI	400
3	Salt		To taste

### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add pasta, water and salt
2. Place the bowl in the microwave
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 116 to select P116.
5. Press Jet Start
6. Check if pasta is cooked. Cut the pasta in half, pasta is cooked when only a white dot remains in the middle.
7. Boiled Pasta is ready

**Note: Pasta should be *al dente* i.e. pasta should be firm to the bite**

## **ROAST SUJI**

Pre-preparation Time: 1 min

Cook Time: 4 mins

S. No.	Ingredients	Unit	Quantity
1	Semolina (Suji)	grams	100

### **METHOD**

1. Take semolina in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), and place in the microwave
2. Press "Auto Cook", then press keypad 117 to select P117.
3. Press Jet Start
4. Take out , stir & press Jet start after every minute to avoid burning
5. Roast Suji is ready

**Note: Roast suji should be golden brown in colour.**

## **BLANCHED TOMATOES**

Pre-preparation Time: 2 mins

Cook Time: 3 mins

S. No.	Ingredients	Unit	Quantity
1	Tomato	grams	350
2	Water	millilitres	50

### **METHOD**

1. Remove eye and slit a cross on the bottom
2. Take tomato and water in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), and place in the microwave
3. Press "Auto Cook", then press keypad 118 to select P118.
4. Press Jet Start
5. Take out the bowl from the microwave
6. Take the tomatoes out and dunk in cold water to halt cooking
7. Peel the skin of the tomatoes
8. Blanched tomatoes are ready

**Note: Use firm red tomatoes, avoid pulpy soft tomatoes for blanching.**

## **VERMICELLI ROAST**

Pre-Preparation Time: 1 min

Cook Time: 2 mins

S. No.	Ingredients	Unit	Quantity
1	Vermicelli	grams	80

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add vermicelli to bowl and place in the microwave
3. Press "Auto Cook", then press keypad 119 to select P119.
4. Press Jet Start
5. Stir & press Jet start after every 20 secs to avoid burning

# WESTERN MAIN COURSE

## Ground Beef

Pre-preparation Time: 10 mins

Cook Time: 3:50 mins

S. No.	Ingredients	Unit	Quantity
1	Beef	grams	400g
2	Put your favorite seasoning.	/	/

### METHOD

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put inside beef, and other seasoning.
2. Place it in the microwave oven.
3. Press "Auto Cook ", then press keypad 120 to select P120.
4. Press Jet Start.

## Roast Chicken

Pre-preparation Time: 20 mins

Cook Time: 30 mins

S. No.	Ingredients	Unit	Quantity
1	Chicken	grams	1000g
2	garlic, butter, olive oil, lemon, white wine, rosemary, parsley	/	/

### METHOD

1. Take a baking plate & put inside chicken, and other seasoning.
2. Place it in the microwave oven.
3. Press "Auto Cook ", then press keypad 121 to select P121.
4. Press Jet Start.

## Pork TenderLoin

Pre-preparation Time: 20 mins

Cook Time: 38 mins

S. No.	Ingredients	Unit	Quantity
1	Pork	grams	2lbs
2	garlic, butter, basil, oregano, thyme, parsley, sage	/	/

### METHOD

1. Take a baking plate & put inside Pork, and other seasoning.
2. Place it in the microwave oven.
3. Press "Auto Cook ", then press keypad 122 to select P122.
4. Press Jet Start.

## Beef Roast

Pre-preparation Time: 20 mins

Cook Time: 18 mins

S. No.	Ingredients	Unit	Quantity
1	Beef	grams	400g
2	plain flour, mustard powder, onion, carrot	/	/

### METHOD

1. Take a baking plate & put inside beef, and other seasoning.
2. Place it in the microwave oven.
3. Press "Auto Cook ", then press keypad 123 to select P123.
4. Press Jet Start.

# EUROPEAN MAIN COURSE

## SHRIMP IN GARLIC BUTTER

Pre-preparation Time: 5 mins

Cook Time: 4 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Prawns peeled, deveined and cleaned	grams	200
2	Butter	grams	15
3	Garlic chopped	grams	10
4	Salt		To taste
5	Pepper	grams	1
6	Chilly flakes	grams	1
7	Parsley chopped		For garnish

### METHOD

1. Add all ingredients, except the parsley, to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well and place in the microwave
2. Press "Auto Cook", then press keypad 124 to select P124.
3. Press Jet Start.
4. Take out of the oven
5. Garnish with parsley and serve hot

**Note: Always buy fresh prawns for the best and healthiest outcome**

## GRILLED CAJUN CHICKEN

Pre-preparation Time: 1 hr

Cook Time: 24 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Chicken breast whole with skin, with bone	grams	130
2	Olive Oil	millilitres	10
3	Salt	tsp	1/2
4	Pepper	tsp	1/2
5	<b>Cajun Spice mix recipe:</b>	tsp	1
a)	Ground cumin		Equal part
b)	Coriander powder		Equal part
c)	Paprika powder		Equal part
d)	Cayenne pepper		Equal part
e)	Oregano		Equal part
f)	Garlic powder		Equal part
g)	Onion powder		Equal part
7	Parsley chopped		For garnish

### METHOD

1. Make cajun spice mix by mixing together equal parts of ground cumin, coriander powder, paprika powder, cayenne pepper, oregano, garlic powder and onion powder
2. Make a marinade with oil, salt, pepper and cajun spice
3. Marinate the chicken in the above marinade for 1 hr. Keep in refrigerator
4. Preheat oven with Microwave Oven CRISP PLATE
5. Press "Auto Cook", then press keypad 125 to select P125.
6. Press Jet Start
7. Take out the CRISP PLATE.
8. Grease the preheated CRISP PLATE with oil.
9. Keep the marinated chicken with the skin side down on the greased and preheated CRISP PLATE
10. Place the CRISP PLATE in the microwave
11. Press Jet Start
12. Flip & Jet start after 5v minutes.
13. Stop when chicken starts getting colour
14. Chicken is cooked
15. Garnish with parsley

**Note: Cooking time may vary depending on size and quality of chicken pieces.**



## **HERB ROASTED POTATOES**

Pre-preparation Time: 15 mins

Cook Time: 30 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Potato diced, washed and peeled	grams	350
2	Oregano dry	tsp	1/4
3	Thyme dry	tsp	1/4
4	Rosemary dry	tsp	1/4
5	Salt	tsp	to taste
6	Black pepper	tsp	1/4
7	Olive Oil	tbsp	2
8	Parsley chopped		For garnish

### **METHOD**

1. Grease the microwave oven CRISP PLATE and keep inside the microwave.
2. Preheat the microwave oven
3. Press "Auto Cook" , then press keypad 126 to select P126.
4. Press Jet Start
5. Gently rub the potatoes with oil, oregano, thyme, rosemary, salt & black pepper
6. Place the herbed potatoes on the preheated CRISP PLATE and keep in the microwave.
7. Press the Jet Start
8. Flip the potatoes & Jet start after every five minutes)
9. Check if the potato is cooked by piercing it with a toothpick. The potatoes are ready when the toothpick goes through easily. Continue cooking if required.
10. Garnish with parsley.

**Note: Cooking time may vary depending on the size of the diced potatoes.**

## **HOMEMADE PIZZA SAUCE**

Pre-preparation Time: 20 mins

Cook Time: 8 mins

S. No.	Ingredients	Unit	Quantity
1	Tomatoes (red and ripe)	grams	250
2	Garlic chopped	cloves	3
3	Bay leaf	number	1
4	Olive oil	millilitres	30
5	Oregano (dry)	tsp	1
6	Black pepper crushed	tsp	2
7	Salt		to taste
8	Water	millilitres	160

### **METHOD**

1. Remove the eye of the tomato and slit a cross at the bottom.
2. Add the tomato and water (50ml) to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) and place in the microwave
3. Press "Auto Cook", then press keypad 127 to select P127.
4. Press the Jet start to confirm.
5. Press the 'all menus' 4 times or + button to select P04 food code
6. Press Jet Start
7. Take out the bowl
8. Blanched tomatoes are ready.
9. Peel the skin of the tomato, transfer to a food processor and blend the tomatoes to a fine puree
10. Your tomato puree is ready.
11. Add the pureed tomato, garlic, bay leaf, olive oil, black pepper, rest of the water and salt to the MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well
12. Cling wrap the bowl and pierce holes to let out excess steam. Place in microwave
13. Press Jet Start
14. Take out of the microwave, remove the cling wrap and remove the bay leaf
15. Transfer to a food processor and blitz
16. Add oregano and crushed black pepper, and stir well
17. Adjust seasoning according to taste
18. Pizza sauce is ready.

**Note: Make sure to choose ripe red pulpy tomatoes.**

## **WHITE SAUCE**

Pre-preparation Time: 10 mins

Cook Time: 4 mins 20 secs

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Butter	grams	25
2	Refined Flour	grams	15
3	Onion medium whole	number	1
4	Bay leaf	number	1
5	Cloves ( <i>laung</i> )	number	3
6	Toned Milk	millilitres	200

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take butter (to melt) in the bowl and place in microwave
3. Press "Auto Cook" , then press keypad 128 to select P128.
4. Press Jet Start
5. Take out the bowl from the microwave and add flour and stir the mix well. Put the bowl back in the microwave
6. Press Jet Start.
7. Stir & press jet start after 30 sec to avoid burning)
8. Add onion with the bay leaf and cloves, in the same bowl, along with the milk. Stir well and return the bowl to the microwave
9. Press Jet Start
10. Take out the bowl and stir well
11. White Sauce is ready

**Note: Add melted butter on top of the ready sauce to avoid making skin formation and also the sauce should be of pouring consistency.**

## **PASTA SAUCE**

Pre-Pre-preparation Time: 20 mins

Cook Time: 15 mins

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Tomatoes	grams	300
2	Salt		To taste
3	Pepper		To taste
4	Onion chopped	grams	15
5	Garlic chopped	grams	10
6	Celery chopped	grams	5
7	Olive oil	millilitres	15
8	Water	millilitres	300

### **METHOD**

1. Remove eye of the tomato and slit a cross at the bottom
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add the tomato and water(50ml) to the bowl, and place in the microwave.
4. Press "Auto Cook" , then press keypad 129 to select P129.
5. Press Jet Start
6. Blanched tomatoes are ready
7. Peel the skin of the tomato and dice them.
8. Take dice tomato, salt, pepper, onion, garlic, celery and olive oil in a MICROWAVE OVEN PROOF GLASS BOWL. Stir well and place in microwave
9. Press Jet Start
10. Stir & press Jet start after every 1 minute)
11. Take out the bowl and add rest of the water. Stir well
12. Cling wrap the bowl and pierce holes to let out excess steam, and place in microwave
13. Press Jet Start
14. Adjust seasoning according to taste
15. Transfer the content of the bowl to a food processor and blend it to a fine puree
16. Pasta Sauce is ready

**Note: Make sure to choose ripe red tomatoes.**

## CONCASSE SAUCE

Pre-preparation Time: 15 mins

Cook Time: 12 mins

S. No.	Ingredients	Unit	Quantity
1	Tomato	grams	220
2	Water	millilitres	250
3	Olive Oil	millilitres	10
4	Bay leaf	number	1
5	Peppercorn	number	4
6	Garlic chopped	grams	12
7	Onion chopped	grams	23
8	Tomato puree	grams	90
9	Salt	pinch	2
10	Celery chopped	grams	5
11	Leeks chopped	grams	10
12	Carrots chopped	grams	15

### **METHOD**

1. Remove eye of the tomato and slit a cross at the bottom
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add the tomato and water (50 ml) to the bowl, and place in the microwave
4. Press "Auto Cook" , then press keypad 130 to select P130.
5. Press Jet Start
6. Blanched tomatoes are ready
7. Peel the skin of the tomato and chop tomatoes.
8. Take oil, bay leaf, peppercorns, garlic, onion, celery, leeks, carrots and salt in a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well and place in the microwave
9. Press Jet Start
10. Stir & press Jet start after every minute)
11. Take the bowl out of the microwave
12. Add chopped tomatoes and tomato puree.
13. Add water then stir well. Return the bowl to the microwave.
14. Press Jet Start
15. Continue cooking the concasse, once it is done, adjust seasoning.
16. Tomato Concasse is ready

**Note: Make sure to choose ripe red tomatoes.**

## **HOMEMADE TOMATO KETCHUP**

Preparation Time: 5 mins

Cook Time: 10 mins

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Tomato Puree	grams	260
2	Water	millilitres	100
3	Vinegar	ml	45
4	Sugar	grams	70
5	Salt	tbsp	1
6	Garlic powder	tsp	1/2

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add tomato puree, water, vinegar, sugar and salt in a bowl. Stir well
3. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
4. Press "Auto Cook", then press keypad 131 to select P131.
5. Press Jet Start
6. Once done, take out and mix in garlic powder
7. Tomato Ketchup is ready

**Note: Make sure to choose ripe red tomatoes.**

## MACARONI MANIA

Pre-preparation Time: 20 mins

Cook Time: 11 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Macaroni pasta	grams	100
2	Water	millilitres	400
3	Salt		To taste
4	Olive oil	millilitres	15
5	Onion chopped	grams	20
6	Garlic chopped	grams	5
7	Carrot diced	grams	20
8	Sweet corn (frozen)	grams	20
9	Peas (frozen)	grams	30
10	Bell Pepper chopped	grams	20
11	Light soy sauce	millilitres	4
12	Dark soy sauce	millilitres	1
13	Vinegar	millilitres	0.5
14	Black pepper crushed		To taste
15	Spring onion	grams	7

### **METHOD**

1. Take 2 MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add macaroni, water and salt to one bowl
3. Cling wrap the bowl and pierce holes to let out excess steam. Place in microwave
4. Press "Auto Cook" , then press keypad 132 to select P132.
5. Press Jet Start
6. Take out and strain the pasta once done
7. In the other bowl, mix together oil, garlic, onion, carrot, corn, peas, and bell pepper. Put the bowl in the microwave
8. Press Jet Start
9. Stir & press Jet start after 1 minute.
10. Add the cooked macaroni, light soy sauce, dark soy sauce & vinegar to the second bowl and stir
11. Add seasoning of salt and pepper, according to taste, and stir well
12. Garnish with chopped spring onion and serve hot

**Note: Take care macaroni should not be overcooked otherwise it will break.**

## PARMESAN RISOTTO

Pre-preparation Time: 30 mins

Cook Time: 16 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Arborio rice	grams	100
2	Parmesan cheese grated	grams	40
3	Butter	grams	12
4	Onion chopped	grams	20
5	Garlic chopped	grams	15
6	Salt		To taste
7	Water	millilitres	600
8	Fresh Cream	millilitres	40
9	Parsley		For garnish

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take butter, onion, garlic and salt in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 133 to select P133.
4. Press the Jet start to confirm.
5. Press the 'all menus' 10 times or + button to select P10 food code .
6. Press Jet Start
7. Stir & press Jet start after every 1 minute)
8. Take out the glass bowl from the microwave and add rice and water. Stir well
9. Cling wrap the bowl properly and pierce holes to let out excess steam. Return the bowl to the microwave
10. Press Jet Start
11. Stir & press Jet start after every 5 minutes, making sure to cling wrap the bowl again after stirring)
12. Take out of the microwave
13. Add cream and parmesan cheese and stir well
14. Adjust seasoning according to taste
15. Garnish with parsley and grated Parmesan

**Note: The consistency of the finished risotto should be creamy**



## **MUSHROOM RISOTTO**

Pre-preparation Time: 20 mins

Cook Time: 17 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Arborio rice	grams	100
2	Mushrooms sliced	grams	100
3	Butter	grams	11
4	Onion chopped	grams	20
5	Garlic chopped	grams	15
6	Salt		To taste
7	Water	millilitres	500
8	White pepper		To taste
9	Parmesan cheese grated	grams	22
10	Fresh Cream	grams	75
11	Parsley chopped	tbsp	1
12	Olive oil		For garnish

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add butter, onion, garlic, mushroom, salt to the bowl and stir. Place in microwave
3. Press "Auto Cook", then press keypad 134 to select P134.
4. Press Jet Start
5. Stir & press Jet start after every minute)
6. Add the soaked rice, water, salt and pepper, and stir
7. Cling wrap the bowl, and pierce holes to let out excess steam. Place in microwave.(make sure the bowl is cling wrapped properly to not let any air escape)
8. Press Jet Start
9. Stir & press Jet start after every 5 minutes, making sure to cling wrap the bowl again after stirring
10. Take out the bowl and remove the cling wrap
11. Add parmesan cheese, cream and parsley and stir well
12. Adjust seasoning and garnish with parsley, parmesan cheese and a drizzle of olive oil

**Note: The consistency of the finished risotto should be creamy.**

## RATATOUILLE

Pre-preparation Time: 25 mins

Cook Time: 16 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Tomato	grams	220
2	Water	millilitres	250
3	Olive Oil	millilitres	10
4	Bay leaf	number	1
5	Peppercorn	number	4
6	Garlic chopped	grams	12
7	Onion chopped	grams	23
8	Tomato puree	grams	90
9	Salt	pinch	2
10	Celery small dice	grams	5
11	Leeks small dice	grams	10
12	Carrots small dice	grams	15
13	Green zucchini small dice	grams	20
14	Yellow zucchini small dice	grams	20
15	Red bell pepper small dice	grams	15
16	Yellow bell pepper small dice	grams	15
17	Parsley		For garnish

### METHOD

1. Remove eye of the tomato and slit a cross at the bottom
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add the tomato and water(50ml) to the bowl. Place in microwave
4. Press "Auto Cook", then press keypad 135 to select P135.
5. Press Jet Start
6. Blanched tomatoes are ready
7. Peel the skin of the tomato and dice the tomatoes small
8. Take oil, bay leaf, peppercorn, garlic, onion, tomato, tomato puree, carrot and salt in a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) bowl. Stir well and place in the microwave
9. Press Jet Start
10. Stir & press Jet start after every minute)

11. Remove the bay leaf and peppercorns, and add water then stir well. Return the bowl to the microwave
12. Press Jet Start
13. Add the celery, leeks, green zucchini, yellow zucchini, red bell pepper and yellow bell pepper, and stir well. Return the bowl to the microwave
14. Press Jet Start
15. Stir & press Jet start after every minute)
16. Adjust seasoning according to taste and garnish with parsley.

## **PARSLEY POTATOES**

Pre-preparation Time: 10 mins

Cook Time: 10 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potatoes cubed, washed and peeled	grams	250
2	Butter	grams	15
3	Salt		To taste
4	Pepper		To taste
5	Parsley chopped	grams	5

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take butter, potatoes, salt and pepper in the bowl, and stir well. Place in microwave
3. Press "Auto Cook" , then press keypad 136 to select P136.
4. Press Jet Start
5. Check if potatoes are cooked by piercing it with a toothpick. Potatoes are done when the toothpick goes through easily. Continue cooking if required.
6. Add parsley and mix it well.
7. Serve hot.

**Note: Cooking time may vary depending on the size of the diced potatoes. Also cut potatoes in even size**

## **POTATO LYONNAISE**

Pre-preparation Time: 15 mins

Cook Time: 14 mins 20 secs

Serves 3

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Potato washed, peeled and sliced	grams	330
2	Onion sliced	grams	170
3	Butter	grams	30
4	Salt		To taste
5	Black pepper		to taste
6	Parsley		For garnish

### **METHOD**

1. Add butter to a MICROWAVE OVEN PROOF GLASS CASSEROLE (capacity: 1000 ml), and place in the microwave
2. Press "Auto Cook", then press keypad 137 to select P137.
3. Press Jet Start
4. Take out bowl with melted butter
5. To the bowl of melted butter add the sliced potatoes and onions, from front to back, bottom to top, in a cascading form: first a layer of potatoes, then onion slices, and a layer of potato slices on the top again - make sure to sprinkle salt and pepper, according to taste, on each layer
6. Cling wrap the bowl and place in the microwave
7. Press Jet Start
8. Take out the bowl.
9. Serve hot and garnish with parsley
10. Potato Lyonnaise is ready

**Note: Cooking time may vary depending on the size of the sliced potatoes. For best result, slice potatoes evenly**

## **TOMATE A LA CAROLINE**

Pre-Preparation Time: 25 mins

Cook Time: 18 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Tomato whole	number	3
2	Water	millilitres	50
3	Butter	grams	10
4	Onion chopped	grams	10
5	Capsicum diced	grams	40
6	Garlic chopped	grams	4
7	Tomato chopped	grams	30
8	Boiled rice	grams	50
9	Parsley chopped	tsp	1/2
10	Salt		To taste
11	Black pepper crushed		To taste
12	Olive Oil	millilitres	5

### **METHOD**

1. Remove eye of tomato and slit a cross on the bottom
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add tomato and water to bowl and place the bowl in the microwave
4. Press "Auto Cook" , then press keypad 138 to select P138.
5. Press Jet Start
6. Peel skin of tomato, cut out the bottom of the tomato, a quarter of an inch, and scoop out the seeds to make a well
7. Marinate the hollowed out tomato with oil, salt and pepper, and set aside
8. In a fresh bowl, take melted butter, onion, garlic, tomato and capsicum, and stir well. Place the bowl in the microwave
9. Press Jet Start
10. Take outz, stir & press Jet start after 1 minute
11. Add boiled rice, parsley, and salt and pepper, according to taste, and mix well
12. Take MICROWAVE OVEN CRISP PLATE
13. Preheat oven with CRISP PLATE
14. Press Jet Start
15. Fill the rice mixture in the marinated and hollowed out tomatoes and set on a CRISP PLATE.  
Place the CRISP PLATE in the microwave
16. Press Jet Start
17. Garnish with parsley

## LANCASHIRE HOTPOT

Pre-Preparation Time: 15 mins

Cook time: 43 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Butter	grams	18
2	Onion chopped	grams	32
3	Potato sliced, washed and peeled	grams	240
4	Lamb boneless, pounded and diced	grams	250
5	Water	millilitres	300
6	Salt		To taste
7	Pepper		To taste

### **METHOD**

1. Press "Auto Cook" , then press keypad 139 to select P139.
2. Press Jet Start
3. Take MICROWAVE OVEN PROOF CASSEROLE (capacity: 500 ml)
4. Layer the casserole in the following order, starting from the bottom: grease butter, layer of onion, sprinkling of salt and pepper, layer of half the potatoes, sprinkling of salt and pepper, layer of pounded lamb, sprinkling of salt and pepper, then the rest of the potatoes, another sprinkling of salt and pepper, and then water poured over from the top
5. Cover the casserole with a cling wrap and place in the microwave
6. Press Jet Start
7. Take out the bowl from the oven, remove the cling wrap and return the bowl to the oven
8. Press Jet Start
9. Check to see if lamb is cooked. Continue cooking if required

**Note: Cook time may vary depending on the size and quality of the lamb. Always get young lamb with light pink colour meat**

**Add more water if dish looks dry while cooking**

# ASIAN MAIN COURSE

## VEGETABLE IN OYSTER SAUCE

Pre-preparation Time: 20 mins

Cook Time: 8 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Green zucchini diced	grams	75
2	Yellow zucchini diced	grams	50
3	Red bell pepper diced	grams	70
4	Yellow bell pepper diced	grams	70
5	Garlic chopped	grams	10
6	Onion chopped	grams	10
7	Refined Oil	millilitres	15
8	Soy sauce	grams	1
9	Oyster sauce	grams	1
10	Vinegar	grams	1
11	Salt		To taste
12	Pepper		To taste
13	Water	millilitres	200
14	<b><u>Corn flour slurry</u></b>	millilitres	30
	<i>Water</i>	<i>millilitres</i>	<i>20</i>
	<i>Corn flour</i>	<i>grams</i>	<i>10</i>
15	Spring Onion	grams	15

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take garlic, onion, oil, soy sauce, oyster sauce, vinegar in the bowl. Stir well and place in microwave
3. Press "Auto Cook", then press keypad 140 to select P140.
4. Press Jet Start
5. Take out, stir & press Jet start after 1 minute.
6. Take out the bowl

7. Add the zucchinis and the bell peppers, along with salt, pepper and water to the bowl. Stir well
8. Cling wrap the bowl and pierce holes to let out excess steam. Place in microwave
9. Press Jet Start.
10. Take out the bowl
11. Add corn flour slurry and stir well. Return the bowl to the microwave
12. Press Jet Start.
13. Take out, stir & press Jet start after 1 minute.
14. Take out bowl
15. Adjust seasoning according to taste
16. Garnish with chopped spring onions.

**Notes: Make sure there are no lumps in cornflour slurry**

## **CHILLI GARLIC NOODLES**

Pre-preparation Time: 20 mins

Cook Time: 8 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Noodles	grams	100
2	Water	millilitres	200
3	Refined Oil	millilitres	10
4	Onion julienned	grams	24
5	Capsicum julienned	grams	24
6	Red bell pepper	grams	8
7	Yellow bell pepper	grams	8
8	Cabbage shredded	grams	25
9	Garlic finely chopped	grams	5
10	Salt		To taste
11	Aromat powder	grams	1
12	Red chilli paste	grams	0.5

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), take oil, onion, capsicum, red bell pepper, yellow bell pepper, cabbage, garlic, red chilli paste, salt and a pinch of aromat powder. Stir well and place in the microwave.
2. Press "Auto Cook", then press keypad 141 to select P141.
3. Press Jet Start
4. Take out, stir & press Jet start after 1 minute.



5. Add quarter tsp of aromt powder, and salt according to taste, along with water and noodles.  
Stir well
6. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave
7. Press Jet Start.
8. Take out the bowl
9. Garnish with coriander leaves and serve hot

**Notes: Try to purchase thin egg noodles for better results.**

## **ASIAN NOODLE SOUP**

Pre-preparation TIme: 30 mins

Cook Time: 7 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Noodles	grams	100
2	Water	millilitres	200
3	Salt		To taste
4	Aromat Powder	grams	1
5	Soy sauce	millilitres	5
6	Coriander chopped	grams	4
7	Galangal chopped	grams	2
8	Lemongrass chopped	grams	2
9	Spring onion chopped	grams	2
10	Corn	grams	10
11	Green peas (frozen)	grams	10
12	Black pepper	grams	1

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add noodles, water, salt, aromt powder, soy sauce, coriander, galangal, lemongrass, spring onion, corn, green peas and black pepper to the bowl, and stir well
3. Cling wrap the bowl and pierce holes to let out excess steam. Place in microwave
4. Press "Auto Cook", then press keypad 142 to select P142.
5. Press Jet Start
6. Take out of bowl and adjust seasoning according to taste
7. Asian Noodle Soup is ready
8. Garnish with coriander leaves

**Notes: Try to purchase thin egg noodles for better results.**

## **THAI STEAMED FISH**

Pre-preparation Time: 30 mins

Cook Time: 5 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Sole Fish fillet	grams	180
2	Soy sauce	milliliters	5
3	Celery chopped	grams	3
4	Sweet chilli sauce	grams	3
5	Coriander chopped	grams	3
6	Spring onion chopped	grams	3
7	Lemon juice	milliliters	15
8	Salt		To taste
9	Sesame oil	milliliters	3
10	Water	milliliters	15
11	Red Bell peppers julienned	grams	12
12	Aromat Powder	grams	1

### **METHOD**

1. Make a marinade with soy sauce, celery, sweet chilli sauce, coriander, spring onion, lemon juice, salt, sesame oil and water.
2. Marinate fish in the above marinade for 20 mins, and keep in a refrigerator
3. In a MICROWAVE OVEN PROOF GLASS CASSEROLE (capacity: 500ml), lay out the marinated fish covered with red bell peppers and sprinkled aromat powder
4. Place the bowl in the microwave
5. Press "Auto Cook", then press keypad 143 to select P143.
6. Press Jet Start
7. Take out of microwave and adjust seasoning according to taste
8. Steamed Fish is ready
9. Garnish with lemon wedge

**Notes: Always purchase fresh fish. Cooking time may vary depending on the size, type and cut of fish**

## CHICKEN IN HOT GARLIC SAUCE

Pre-preparation Time: 25 mins

Cook Time: 12 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Chicken boneless diced	grams	100
2	Garlic chopped	grams	10
3	Ginger chopped	grams	10
4	Green chilli chopped	grams	10
5	Onion chopped	grams	70
6	Spring onion chopped	grams	10
7	Chilli paste	grams	4
8	Refined Oil	millilitres	20
9	Tomato ketchup	millilitres	20
10	Vinegar	grams	1
11	Soy Sauce	grams	1
12	Red chilli paste	grams	1
13	Water	millilitres	200
14	Corn flour slurry	milliliters	25
	<i>Corn flour</i>	<i>grams</i>	5
	<i>Water</i>	<i>milliliters</i>	20
15	Salt		To taste
16	Pepper		To taste

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take garlic, ginger, onion, green chilli, spring onion, chilli paste and oil in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 144 to select P144.
4. Press Jet Start
5. Stir & press Jet start after every minute
6. Add tomato ketchup, vinegar, soy sauce, red chilli paste, chicken, salt and water, and stir well
7. Cling wrap the bowl and pierce holes to let out excess steam. Place in microwave
8. Press Jet Start.
9. Take out and remove the cling wrap, and add corn flour slurry. Return the bowl to the microwave

10. Press Jet Start.
11. Take out bowl
12. Adjust seasoning according to taste and stir well
13. Garnish with chopped spring onions and serve with steamed rice.

**Note: Always prefer tender pieces of chicken for better results. Cooking time may vary depending on the size and quality of the chicken pieces**

## FISH THAI GREEN CURRY

Pre-preparation Time: 20 mins

Cook Time: 7 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Sole fish fillet large diced	grams	150
2	Green Thai Curry Paste	grams	35
3	Refined Oil	millilitres	15
4	Lemongrass chopped	grams	10
5	Salt		to taste
6	Sugar	grams	3
7	Basil leaves	number	3
8	Coconut milk	millilitres	200
9	Carrot diced	grams	25
10	Mushroom diced	grams	10
11	Broccoli florets	grams	20
12	Cauliflower florets	grams	20
13	Kafir lime leaves	number	2
14	Water	millilitres	150
15	Red Chilli (fresh)	number	1

### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add oil & curry paste. Stir well and put in microwave
2. Press "Auto Cook", then press keypad 145 to select P145.
3. Press Jet Start
4. Take out bowl, add rest of the ingredients and stir well
5. Cling wrap the bowl, pierce it to let out excess steam. Return bowl to the microwave
6. Press Jet Start.
7. Take out the bowl and check if fish is cooked.
8. Adjust seasoning according to taste

9. Garnish with basil leaves

10. Serve with steamed rice

**Note: Always purchase fresh fish. Cooking time may vary depending on the size, quality and type of fish.**

### **CHICKEN THAI RED CURRY**

Pre-preparation Time: 20 mins

Cook Time: 9 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken leg piece diced, boneless	grams	150
2	Red Thai curry paste	grams	35
3	Refined Oil	millilitres	15
4	Lemongrass	grams	10
5	Salt		to taste
6	Sugar	grams	3
7	Basil leaves torn	number	3
8	Coconut milk	millilitres	200
9	Carrot diced	grams	25
10	Mushroom diced	grams	10
11	Broccoli florets	grams	20
12	Cauliflower florets	grams	20
13	Kafir lime leaves	number	2
14	Water	millilitres	150

#### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ML) add oil and curry paste.  
Stir well
2. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 146 to select P146.
4. Press Jet Start
5. Take out the bowl and add the rest of the ingredients. Stir well
6. Cling wrap the bowl and pierce it to let out excess steam
7. Place the bowl in the microwave
8. Press Jet Start
9. Check if chicken is cooked. Continue cooking if required
10. Adjust seasoning according to taste
11. Garnish with fresh basil leaves and Serve with steamed rice

# INDIAN MAIN COURSE

## STEAMED RICE

Pre-preparation Time: 30 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Basmati Rice (soaked)	grams	200
2	Water	millilitres	400
3	Salt	gram	1

### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add rice, water and salt
2. Cling wrap the bowl and pierce holes, then put in microwave
3. Press "Auto Cook" , then press keypad 147 to select P147.
4. Press Jet Start
5. Check if rice is cooked. Cooked rice should be soft to the touch
6. Serve hot

**Note: Cooking time may vary depending on the quality of the rice**

## **SUBZ PULAO**

Pre-preparation Time: 30 mins

Cook Time: 13 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Basmati rice soaked	grams	175
2	Onion sliced	grams	25
3	Peas	grams	25
4	Potato diced small	grams	25
5	Carrot diced	grams	15
6	Beans diced	grams	15
7	Water	millilitres	400
8	Desi Ghee	millilitres	25
9	Cumin seeds ( <i>jeera</i> )	grams	2
10	Black cardamom ( <i>badi elaichi</i> )	number	2
11	Green cardamom ( <i>elaichi</i> )	number	2
12	Bay leaf ( <i>tez patta</i> )	number	1
13	Cinnamon stick ( <i>dalchini</i> )	number	1
14	Salt		To taste

### **METHOD**

1. Soak rice in the water for 30 minutes.
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Take oil, cumin seeds, onion, black cardamom, green cardamom, bay leaf and cinnamon stick in the bowl. Stir well and put in microwave
4. Press "Auto Cook", then press keypad 148 to select P148.
5. Press the Jet start
6. Take the bowl out of the microwave
7. Add the soaked rice, vegetables, salt and water. Stir well
8. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl back in the microwave
9. Press Jet Start
10. Take out, stir well and serve
11. Garnish with coriander leaves

**Note: Cooking time may vary depending on the quality of rice and vegetable cuts**

## CORN AND PEAS PULAO

Pre-preparation Time: 30 mins

Cook Time: 12 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Basmati Rice	grams	70
2	Corn	grams	25
3	Peas	grams	25
4	Cumin seeds ( <i>jeera</i> )	gm	1
5	Refined Oil	millilitres	15
6	Water	millilitres	300
7	Salt		To taste
8	Coriander leaves		For garnish

### METHOD

1. Soak rice in water for 30 mins
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Take corn, peas, cumin seeds and oil in the bowl. Put bowl in the microwave
4. Press "Auto Cook" , then press keypad 149 to select P149.
5. Press Jet Start
6. Take out. Add soaked rice, salt and water, and stir well.
7. Cling wrap the bowl and pierce holes to let out excess steam and put in microwave.
8. Press Jet start
9. Take out of the microwave, remove cling wrap
10. Check rice is cooked. Rice should be soft to the touch
11. Garnish with coriander leaves

**Note:** Cooking time may vary on the quality of rice.



## DAL TADKA

Pre-preparation Time: 1 hr

Cook Time: 21 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Moong dal	grams	60
2	Red Chilli Whole	number	1
3	Clarified butter ( <i>Desi Ghee</i> )	grams	12
4	Refined Oil	millilitres	3
5	Cumin Seeds ( <i>jeera</i> )	grams	2
6	Asafoetida ( <i>hing</i> )	pinch	1
7	Onion chopped	grams	20
8	Tomato chopped	grams	25
9	Green chilli chopped	number	1
10	Garlic chopped	grams	3
11	Ginger chopped	grams	4
12	Coriander chopped ( <i>dhaniya</i> )	grams	10
13	Salt		To taste
14	Water	millilitres	400
15	Turmeric Powder ( <i>haldi</i> )	grams	3

### METHOD

1. Soak the dal in water for 1 hour
2. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add whole red chilli, ghee, oil, jeera and asafoetida. Put bowl in microwave
3. Press "Auto Cook" , then press keypad 150 to select P150.
4. Press Jet Start
5. Stir & press Jet start after one minute
6. Add onion, tomato, green chilli, garlic, ginger, coriander and salt
7. Press Jet Start
8. Stir & press Jet start after every minute)
9. Add soaked dal, water, salt and turmeric powder, and stir
10. Cling wrap the bowl, pierce holes to let out excess steam, and return the bowl to the microwave
11. Press Jet Start
12. Check dal is cooked. Dal should be tsoft o the touch
13. Adjust seasoning according to taste
14. Garnish with coriander leaves

15. Serve with Steamed Rice

### **LEHSUNI MOONG DAL**

Pre-preparation Time: 30 mins

Cook Time: 17 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Moong dal soaked	grams	60
2	Clarified butter ( <i>ghee</i> )	milliliters	10
3	Refined Oil	millilitres	10
4	Onion chopped	grams	20
5	Tomato chopped	grams	30
6	Ginger chopped	grams	5
7	Green chilli chopped	Grams	2
8	Red chilli powder ( <i>degi mirch</i> )	Grams	1
9	Coriander powder ( <i>dhaniya</i> )	Grams	1
10	Cumin powder ( <i>jeera</i> )	Grams	1
11	Water	millilitres	400
12	Salt		To taste
13	Turmeric powder ( <i>haldi</i> )	Grams	1
14	Garlic Chopped	Grams	5

#### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add ghee, oil, onion, tomato, ginger, garlic, green chilli, red chilli powder, coriander powder and cumin powder in the bowl.
3. Stir well. Put the bowl in the microwave
4. Press "Auto Cook", then press keypad 151 to select P151.
5. Press Jet Start
6. Stir & press Jet start after every minute)
7. Take the bowl out of the microwave
8. Add soaked moong dal, turmeric powder, water and salt to the bowl. Stir well
9. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl back in the microwave
10. Press Jet Start
11. Take out and stir well, and keep the bowl back in the microwave
12. Press Jet Start

13. Adjust seasoning according to taste and garnish with coriander leaves

14. Serve hot with Steamed Rice and tawa roti

**Note: Make sure the dal should not be overcooked**

## **SPICY POTATO CURRY**

Pre-preparation Time: 15 mins

Cook Time: 10 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Potato peeled, washed and diced	grams	270
2	Refined Oil	millilitres	30
3	Turmeric powder ( <i>haldi</i> )	grams	2
4	Onion chopped	grams	35
5	Red chilli powder ( <i>degi mirch</i> )	grams	4
6	Carom Seeds ( <i>ajwain</i> )	pinch	2
7	Salt		to taste
8	Coriander leaves ( <i>dhaniya</i> )		garnish
9	Garam masala	grams	2
10	Water	millilitres	200
11	Ginger garlic paste	millilitres	15
12	Tomato Puree	millilitres	30

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ML) add all ingredients except water and mix well
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 152 to select P152.
4. Press the Jet start to confirm.
5. Press the 'all menus' 6 times or + button to select P06 food code
6. Press Jet Start
7. Stir & press Jet start after every 1 minute)
8. Take out the bowl and add water. Stir well
9. Cling wrap the bowl and pierce holes to let out excess steam
10. Press Jet Start
11. Check if potatoes are cooked by piercing the potatoes with a toothpick. The toothpick should go through smoothly
12. Garnish with coriander leaves
13. Serve with steamed rice or tawa roti

**Note: Cooking may vary depending on the size of the diced potatoes. Use only kashmiri or degi mirch powder**

## JEERE WALE ALOO

Pre-preparation Time: 15 mins

COOKING TIME: 14 mins

SERVES: 2

S.No.	Ingredients	Unit	Quantity
1	Potato peeled ,washed and diced	Grams	300
2	Cumin Seeds ( <i>jeera</i> )	Grams	2
3	Salt	Grams	to taste
4	Turmeric powder ( <i>haldi</i> )	Grams	1
5	Coriander powder ( <i>dhaniya</i> )	Grams	1
6	Fenugreek powder ( <i>kasuri methi</i> )	Grams	0.5
7	Refined Oil	milliliters	1
8	Red Chilli powder ( <i>degi mirch</i> )	grams	2

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ML) add oil and cumin seeds
2. Place the bowl in the microwave oven
3. Press "Auto Cook" , then press keypad 153 to select P153.
4. Press the Jet start to confirm.
5. Press the 'all menus' 7 times or + button to select P07 food code .
6. Press Jet Start
7. Stir & press Jet start after 1 minute)
8. Now add potatoes, salt, turmeric, fenugreek, coriander powder and red chilli powder. Stir well.
9. Cling wrap the bowl
10. Press Jet Start
11. Take out the bowl, remove cling wrap and stir
12. Check if the potato is cooked by piercing with a toothpick. The toothpick should go through smoothly. Continue cooking if required
13. Take out of the bowl, adjust seasoning according to taste and garnish with chopped coriander
14. Serve with tawa roti or paratha.

**Note: Cooking may vary depending on the size of the diced potato.**

## ALOO TAMATAR KI SABZI

Pre-preparation Time: 15 mins

Cook Time: 14 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato boiled cubed	grams	200
2	Tomato chopped	grams	150
3	Tomato puree	millilitres	60
4	Refined Oil	millilitres	15
5	Asafoetida ( <i>hing</i> )	pinch	1
6	Cumin seeds ( <i>jeera</i> )	gram	0.5
7	Turmeric powder ( <i>haldi</i> )	gram	1
8	Coriander Powder ( <i>dhaniya</i> )	gram	1
9	Red chilli powder ( <i>degi mirch</i> )	gram	1
10	Ginger garlic paste	millilitres	30
11	Green chilli chopped	number	2
12	Garam masala	gram	1
13	Coriander chopped	gram	0.5
14	Salt		To taste
15	Fenugreek powder ( <i>kasuri methi</i> )	gram	0.5
16	Water	millilitres	200

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients except water in bowl, and stir well. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 154 to select P154.
4. Press Jet Start
5. Stir & press Jet start after 1 minute)
6. Take out the bowl and add water. Stir well
7. Cling wrap the bowl and put inside the microwave
8. Press Jet Start.
9. Take the bowl out of the microwave and check if potatoes are cooked by piercing potatoes with a toothpick. Potatoes are cooked if the toothpick goes through easily.
10. Adjust seasoning according to taste and garnish with coriander leaves
11. Serve with Steamed Rice or Tawa Roti

**Note:** Make sure potatoes are cut evenly. Cooking time may vary depending on the size of the potato cuts.

## MASALE DAR ALOO

Pre-preparation Time: 10 mins

Cook Time: 8 mins 25 secs

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato peeled, washed and cubed	grams	200
2	Red chilli powder ( <i>degi mirch</i> )	gram	1
3	Turmeric powder ( <i>haldi</i> )	gram	1
4	Coriander chopped ( <i>dhaniya</i> )	grams	5
5	Mint chopped ( <i>pudina</i> )	grams	5
6	Chaat masala	grams	7
7	Mustard oil	millilitres	15
8	Curd	millilitres	15
9	Black pepper crushed ( <i>kali mirch</i> )	grams	2
10	Coriander powder ( <i>dhaniya</i> )	gram	1
11	Salt		To taste

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients except the curd to the bowl. Stir well
3. Press "Auto Cook", then press keypad 155 to select P155.
4. Press Jet Start
5. Cling wrap the bowl and put in the microwave
6. Press Jet Start
7. Check if potatoes are cooked by piercing potatoes with a toothpick. Potatoes are cooked if the toothpick goes through easily
8. Add curd and stir, then place the bowl back in the microwave
9. Press Jet Start
10. Adjust seasoning according to taste
11. Garnish with coriander leaves and chaat masala
12. Serve with Tawa Roti

**Note:** Cooking time may vary depending on the size of the potatoes. Make sure curd is whisked to avoid lumps

## SUBZ MAKHANI

Pre-preparation Time: 25 mins

Cook Time: 7 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Carrot diced	grams	50
2	Beans diced	number	5
3	Cauliflower small florets	grams	50
4	Green peas	grams	20
5	Refined Oil	millilitres	30
6	Ginger garlic paste	millilitres	15
7	Cashew paste	millilitres	15
8	Red Chilli powder ( <i>degi mirch</i> )	gram	1
9	Coriander powder ( <i>dhaniya</i> )	gram	1
10	Butter	grams	30
11	Cream	millilitres	30
12	Honey	millilitres	15
13	Fenugreek powder ( <i>kasuri methi</i> )	grams	2
14	Tomato Puree	millilitres	45
15	Water	millilitres	200
16	Salt		to taste

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add all ingredients and stir well
2. Cling wrap the bowl and pierce holes
3. Put the bowl in the microwave
4. Press "Auto Cook", then press keypad 156 to select P156.
5. Press Jet Start
6. Take out the bowl and remove cling wrap. Stir well
7. Garnish with coriander leaves and serve with steamed rice

**Note: Cooking time may vary depending on the size of vegetable cuts.**

**Sourness will depend on the tomato puree being used, add honey to counteract any extra sourness**

## ALOO MATAR

Pre-preparation Time: 15 mins

Cook Time: 17 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato peeled, washed & diced	grams	150
2	Peas (frozen) ( <i>matar</i> )	grams	90
3	Refined Oil	millilitres	10
4	Ginger garlic paste	millilitres	15
5	Onion chopped	grams	60
6	Tomato chopped	grams	75
7	Salt		To taste
8	Turmeric powder ( <i>haldi</i> )	grams	1
9	Coriander powder ( <i>dhaniya</i> )	grams	1
10	Garam masala	grams	1
11	Fenugreek powder ( <i>kasuri methi</i> )	grams	1
12	Red chilli powder ( <i>degi mirch</i> )	grams	1
13	Cumin powder ( <i>jeera</i> )	grams	1
14	Tomato puree	millilitres	30
15	Coriander chopped ( <i>dhaniya</i> )	millilitres	15
16	Water	millilitres	200

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add the oil, ginger garlic paste, onion, tomato, turmeric powder, coriander powder, garam masala, fenugreek powder, red chilli powder, cumin powder and salt in the bowl. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 157 to select P157.
4. Press Jet Start
5. Stir & press Jet start after every minute
6. Take the bowl out of the microwave
7. Add the potato, peas, tomato puree, coriander leaves, salt and water. Stir Well
8. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl in the microwave
9. Press Jet Start
10. take out the bowl from the microwave



11. Check if potatoes are done by piercing the potato with a toothpick. Potatoes are done when the toothpick goes through easily. Cook for additional time if required
12. Add salt according to taste and stir well. Put bowl in the microwave
13. Press Jet Start
14. Adjust seasoning according to taste and garnish with coriander leave & Serve hot with steamed rice or tawa roti

### **SPICY/GAON POTATO CURRY**

Pre-preparation Time: 15 mins

Cook Time: 14 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato peeled, washed and diced	grams	270
2	Refined Oil	millilitres	30
3	Turmeric powder ( <i>haldi</i> )	grams	2
4	Onion chopped	grams	35
5	Red chilli powder ( <i>degi mirch</i> )	grams	4
6	Carom Seeds ( <i>ajwain</i> )	pinch	2
7	Salt		to taste
8	Coriander leaves ( <i>dhaniya</i> )		garnish
9	Garam masala	grams	2
10	Water	millilitres	200
11	Ginger garlic paste	millilitres	15
12	Tomato Puree	millilitres	30

#### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ML) add all ingredients except water and mix well
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 158 to select P158.
4. Press Jet Start
5. Stir & press Jet start after every 1 minute)
6. Take out the bowl and add water. Stir well
7. Cling wrap the bowl and pierce holes to let out excess steam
8. Press Jet Start.
9. Check if potatoes are cooked by piercing the potatoes with a toothpick. The toothpick should go through smoothly

10. Garnish with coriander leaves

11. Serve with steamed rice or tawa roti

**Note: Cooking may vary depending on the size of the diced potatoes. Use only kashmiri or degi mirch powder**

## **MUSHROOM MATAR**

Pre-preparation Time: 15 mins

Cook Time: 13 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Mushrooms diced	grams	90
2	Peas (frozen)	grams	90
3	Refined Oil	millilitres	10
4	Ginger garlic paste	millilitres	15
5	Onion chopped	grams	60
6	Tomato chopped	grams	75
7	Tomato puree	millilitres	30
8	Salt		To taste
9	Coriander with stem chopped ( <i>dhaniya</i> )	grams	5
10	Turmeric powder ( <i>haldi</i> )	grams	1
11	Coriander powder ( <i>dhaniya</i> )	grams	1
12	Garam masala	grams	1
13	Fenugreek powder ( <i>Kasuri methi</i> )	grams	1
14	Red chilli powder ( <i>degi mirch</i> )	grams	1
15	Cumin powder ( <i>jeera</i> )	grams	1
16	Water	millilitres	150

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Mix oil, ginger garlic paste, onion and tomato in the bowl. Put bowl in microwave
3. Press "Auto Cook", then press keypad 159 to select P159.
4. Press Jet Start
5. Stir & Press Jet start after every minute)
6. Take the bowl out of the microwave
7. Add mushrooms, peas, tomato puree, salt, and chopped coriander. Stir well and return the bowl to the microwave

8. Press Jet Start
9. Stir & press Jet start after every minute)
10. Take bowl out of the microwave
11. Add turmeric powder, coriander powder, garam masala, fenugreek powder, red chilli powder, cumin powder and water. Stir well
12. Cling wrap the bowl, and pierce holes to let out excess steam. Put the bowl in the microwave
13. Press Jet Start
14. Take out of the microwave
15. Adjust seasoning according to taste and garnish with coriander leaves
16. Serve with Steamed Rice

## **GOBI DAHIWALA**

Pre-preparation Time: 15 mins

Cook Time: 9 mins 25 secs

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Cauliflower florets	grams	160
2	Curd	millilitres	90
3	Ginger garlic paste	millilitres	15
4	Onion paste	millilitres	15
5	Salt		To taste
6	Turmeric powder ( <i>haldi</i> )	grams	1
7	Coriander powder ( <i>dhaniya</i> )	grams	1
8	Refined Oil	millilitres	15
9	Water	millilitres	300
10	Tomato puree	millilitres	30

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add ginger garlic paste, onion paste, salt, turmeric powder, coriander powder and oil to the bowl. Stir well. Put the bowl in the microwave
3. Press "Auto Cook" , then press keypad 160 to select P160.
4. Press Jet Start
5. Stir & press Jet start after 1 minute
6. Remove the bowl from the microwave and add cauliflower
7. Press Jet Start.
8. Stir & press Jet start after every minute
9. Take out bowl from microwave
10. Add water and tomato puree. Stir well
11. Cling wrap bowl, and pierce holes to let out excess steam. Put the bowl in the microwave

12. Press Jet Start.
13. Take out the bowl, remove the cling wrap and add curd. Stir well
14. Return the bowl to the microwave
15. Press Jet Start
16. Adjust seasoning according to taste and garnish with coriander leaves
17. Serve with Tawa Roti

**Note: Whisk curd properly to avoid lumps. Cooking time may vary depending on the size of the cauliflower florets**

## PALAK PANEER

Pre-preparation Time: 15 mins

Cook time: 13 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Cottage cheese ( <i>paneer</i> ) cubed	grams	80
2	Spinach blanched and chopped ( <i>palak</i> )	grams	100
3	Refined Oil	millilitres	10
4	Ginger garlic paste	grams	15
5	Tomato chopped	grams	75
6	Salt		To taste
7	Green chilli chopped	number	1
8	Onion chopped	grams	60
9	Turmeric powder ( <i>haldi</i> )	grams	1
10	Coriander powder ( <i>dhaniya</i> )	grams	1
11	Garam masala	grams	1
12	Fenugreek powder ( <i>kasuri methi</i> )	grams	1
13	Red chilli powder ( <i>degi mirch</i> )	grams	1
14	Cumin powder ( <i>jeera</i> )	grams	1
15	Tomato puree	grams	30
16	Water	millilitres	200
17	Fresh Cream		For garnish

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take oil, ginger garlic paste, tomato, green chilli, onion, turmeric powder, coriander powder, garam masala, fenugreek powder, red chilli powder, cumin powder and salt in the bowl. Stir well

3. Put bowl in the microwave
4. Press "Auto Cook", then press keypad 161 to select P161.
5. Press Jet Start
6. Stir & press Jet start after every 1 minute
7. Take out the bowl
8. Add tomato puree, blanched and chopped spinach, salt and water. Stir well
9. Cling wrap the bowl and pierce holes to let out excess steam
10. Press Jet Start
11. Remove cling wrap, and stir in the cottage cheese. Put the bowl back in the microwave
12. Press Jet Start
13. Take out the bowl from the microwave
14. Adjust seasoning according to taste ,Garnish with cream & Serve with Steamed Rice or Tawa Roti

## PANEER MAKHANI

Pre-preparation Time: 15 mins

Cook time: 12 mins 30 secs

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Cottage cheese ( <i>paneer</i> ) cubed	grams	80
2	Refined Oil	millilitres	10
3	Bay leaf ( <i>tez patta</i> )	number	1
4	Cinnamon stick ( <i>dalchini</i> )	inch	1/2
5	Black cardamom ( <i>badi elaichi</i> )	number	1
6	Green Cardamom ( <i>elaichi</i> )	number	3
7	Ginger garlic paste	millilitres	15
8	Coriander stem	number	4
9	Green chilli chopped	number	1
10	Onion chopped	grams	90
11	Tomato chopped	grams	160
12	Tomato puree	grams	40
13	Butter	grams	20
14	Salt	pinch	2
15	Cashew paste	grams	20
16	Butter	grams	5
17	Red chilli powder ( <i>degi mirch</i> )	grams	1
18	Turmeric powder ( <i>haldi</i> )	grams	1
19	Coriander powder ( <i>dhaniya</i> )	grams	1
20	Garam masala	grams	0.5
21	Salt		To taste
22	Fenugreek powder ( <i>kasuri methi</i> )	grams	0.5
23	Honey	millilitres	5
24	Cream		For garnish
25	Water	ml	50

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add oil, bay leaf, cinnamon stick, black cardamom, green cardamom, ginger garlic paste, coriander stems, green chilli, onion, tomato, tomato puree, butter and salt in the bowl. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 162 to select P162.
4. Press Jet Start
5. Stir & press Jet start after every 1 minute
6. Add cashew paste, water and stir well
7. Press Jet Start
8. Stir & press Jet start after every 1 minute
9. Take out the bowl, remove the whole spices (*khada masala*) and blend to a fine puree. Strain the mixture
10. Add butter, red chilli powder, turmeric powder, coriander powder, garam masala, fenugreek powder, salt, honey and cottage cheese (*paneer*)
11. Stir well and cling wrap the bowl, and pierce holes to let out excess steam
12. Press Jet Start
13. Adjust seasoning according to taste
14. Garnish with cream and serve hot with Steamed Rice or Tawa Roti

### **BHINDI KASUNDI MASALA**

Pre-preparation Time: 15 mins

Cook Time: 8 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Okra ( <i>bhindi</i> ) (medium) long dice	grams	100
2	Kasundi (yellow mustard paste)	gram	1
3	Ginger garlic paste	millilitres	15
4	Tomato puree	millilitres	60
5	Desi Ghee	millilitres	15
6	Salt		To taste
7	Turmeric Powder ( <i>haldi</i> )	gram	1
8	Coriander Powder ( <i>dhaniya</i> )	gram	1
9	Garam Masala	gram	1
10	Red chilli powder ( <i>deggi mirch</i> )	gram	1
11	Carom Seeds ( <i>ajwain</i> )	gram	0.5
12	Water	millilitres	50

**METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients and mix well
3. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl in the microwave
4. Press "Auto Cook", then press keypad 163 to select P163.
5. Press Jet Start
6. Take out the bowl from the microwave
7. Adjust seasoning according to taste
8. Bhindi Kasundi Masala is ready
9. Serve with Tawa Roti

**Note: Cooking time may vary depending on the size of the okra**

## **BOONDI KADHI**

Pre-preparation Time: 15 mins

Cook Time: 10 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Curd ( <i>dahi</i> )	grams	80
2	Besan	grams	18
3	Boondi plain	grams	20
4	Refined Oil	millilitres	10
5	Cumin seeds ( <i>jeera</i> )	gram	1
6	Asafoetida ( <i>hing</i> )	pinch	2
7	Red chilli powder ( <i>degi mirch</i> )	gram	0.5
8	Turmeric powder ( <i>haldi</i> )	gram	1
9	Ginger garlic paste	millilitres	15
10	Mustard seeds	gram	1
11	Curry leaves	number	5
12	Water	millilitres	400
13	Fenugreek powder ( <i>kasuri methi</i> )	gram	0.5
14	Salt		To taste

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take oil, cumin seeds, asafoetida, red chilli powder, turmeric powder, ginger garlic paste, mustard seeds and curry leaves in the bowl. Put in microwave
3. Press "Auto Cook", then press keypad 164 to select P164.
4. Press Jet Start
5. Stir & press Jet start after 1 minute



6. Take out the bowl from the microwave
7. Whisk together curd, besan and water in a separate bowl and add to the bowl with the masalas that was taken out of the microwave.
8. Add salt and fenugreek powder. Stir well
9. Cling wrap the bowl and pierce holes to let out excess steam, and put in the microwave
10. Press Jet Start
11. Once cooked, take out of the microwave, remove cling wrap and add boondi. Stir well
12. Adjust seasoning according to taste
13. Garnish with curry leaves
14. Serve with Steamed Rice

**Note: Whisk besan and curd properly to avoid lumps**

## VEGETABLE JALFREZI

Pre-Preparation Time: 25 mins

Cook Time: 9 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Carrot baton	grams	40
2	Beans baton	grams	40
3	Red bell pepper baton	grams	15
4	Yellow bell pepper baton	grams	15
5	Capsicum baton	grams	20
6	Cumin seeds	tsp	1/2
7	Onion chopped	grams	25
8	Ginger garlic paste	tbsp	1
9	Garlic chopped	grams	7
10	Ginger chopped	grams	7
11	Salt		To taste
12	Turmeric powder	tsp	1/2
13	Red chilli powder	tsp	1/2
14	Coriander powder	tsp	1/2
15	Chaat masala	tsp	1/4
16	Coriander stems	tsp	1
17	Tomato puree	tbsp	2

18	Green chilli chopped	number	1
19	Tomato ketchup	tbsp	1
20	Water	millilitres	30

#### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Mix cumin seeds, onion, ginger garlic paste, ginger, garlic, coriander stems, turmeric powder, coriander powder, red chilli powder, chaat masala, tomato puree and salt in the bowl
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 165 to select P165.
5. Press Jet Start
6. Stir & press Jet start after every minute
7. Add all vegetables, tomato ketchup and water. Stir well
8. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave
9. Press Jet Start
10. Check seasoning and garnish with coriander leaves
11. Serve hot with Steamed Rice or Tawa Roti

### PANEER WRAP

Pre-preparation Time: 25 mins

Cook Time: 16 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Cottage cheese ( <i>paneer</i> ) diced	grams	87
2	Olive oil	millilitres	10
3	Coriander powder	tsp	1/2
4	Cumin powder	tsp	1/2
5	Garlic crushed	grams	5
6	Red bell pepper batons	grams	25
7	Yellow bell pepper batons	grams	25
8	Onion sliced	grams	20
9	Tortilla sheet x 1 (refer Tortilla recipe )	grams	50
10	Sour cream	tbsp	1
11	Iceberg lettuce shredded	grams	10
12	Refined oil	millilitres	5
13	Salt		To taste

14	Pepper		To taste
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#### METHOD

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), mix the paneer, red bell pepper, yellow bell pepper, onion, oil, coriander powder, cumin powder, garlic, salt and pepper
2. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 166 to select P166.
4. Press Jet Start
5. Take out , stir & press Jet start (after every minute)
6. Take out the bowl and then preheat the oven with a microwave oven CRISP PLATE
7. Press Jet Start
8. Take out and grease the preheated CRISP PLATE with oil
9. Place the tortilla on the CRISP PLATE, allowing it to heat up on the CRISP PLATE
10. Apply the mixture (approximately 70 g) of cottage cheese, vegetables and spices made before on half of the tortilla, and then place the CRISP PLATE in the microwave
11. Press Jet Start.
12. Take out the CRISP PLATE and the half covered tortilla
13. Apply sour cream on the uncovered half of the tortilla and then cover with the lettuce
14. Using the sour creamed side of the tortilla, wrap the mix
15. Paneer Wrap is ready

**CHEF TIPS:** Sour cream recipe: fresh cream 25 gms, hung curd 50 gms, salt to taste, lemon juice 3 ml and mix all till smooth consistency

### MASALA OATS

Pre-preparation Time: 10 mins

Cook Time: 10 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Rolled oats	grams	36
2	Water	millilitres	200
3	Onion chopped	grams	20
4	Oil	grams	12
5	Cumin seeds	pinch	1
6	Green chilli chopped	number	1/2
7	Tomato chopped	grams	30
8	Salt		To taste
9	Red chilli powder	tsp	1/4
10	Turmeric powder	tsp	1/4

## METHOD

1. Take 2 MICROWAVE OVEN PROOF GLASS BOWLS (capacity: 1300 ml)
2. In the bowl, add onion, cumin seeds, green chilli, tomato, red chilli powder, turmeric powder and oil. Stir well
3. Press "Auto Cook", then press keypad 167 to select P167.
4. Press Jet Start
5. Take out and remove the cling wrap, stir well
6. In the same bowl, add rolled oats, salt and water. Stir well
7. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
8. Press Jet Start
9. (Take out and remove the cling wrap) Adjust seasoning according to taste
10. Garnish with chopped coriander
11. Masala Oats is ready

## PANEER SHASHLIK

Pre-preparation Time: 30 mins

Cook Time: 20 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Cottage cheese ( <i>paneer</i> ) cubed	grams	60
2	Ginger garlic paste	tbsp	1
3	Coriander powder	tsp	1/2
4	Garam masala	tsp	1/2
5	Cumin powder	tsp	1/2
6	Chaat masala	tsp	1/2
7	Salt		To taste
8	Black pepper	tsp	1/2
9	Lemon juice	tsp	1
10	Curd	tbsp	2
11	Yellow bell pepper cubed	grams	18
12	Red bell pepper cubed	grams	18
13	Green bell pepper	grams	18
14	Onion cubed	grams	18

## METHOD

1. Make a marinade by mixing ginger garlic paste, coriander powder, garam masala, cumin powder, chaat masala, salt, black pepper, lemon juice and curd
2. Marinate the cottage cheese, onion and all bell peppers in the marinade. Refrigerate for 30 mins

3. While the ingredients marinate, soak wooden skewers in water for 30 mins- Take a Microwave oven CRISP PLATE
4. Preheat oven with the CRISP PLATE
5. Press “Auto Cook”, then press keypad 168 to select P168.
6. Press Jet Start
7. Skewer one marinated ingredient each on the soaked wooden skewers
8. Lightly grease the preheated CRISP PLATE
9. Place the skewers on the preheated and greased CRISP PLATE, and insert into the microwave
10. Press Jet Start
11. Once vegetables get colour, remove from microwave
12. Adjust seasoning according to taste and serve hot

## VEGETABLE STEW

Pre-preparation Time: 20 mins

Cook Time: 14 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato peeled, washed and cubed	grams	80
2	Carrot diced	grams	60
3	Beans diced	grams	60
4	Coconut oil	millilitres	8
5	Coriander powder ( <i>dhaniya</i> )	gram	1
6	Turmeric powder ( <i>haldi</i> )	gram	1
7	Red chilli powder ( <i>degi mirch</i> )	gram	1
8	Mustard seeds	gram	1
9	Curry leaves	number	10
10	Ginger garlic paste	millilitres	15
11	Green Chilli Chopped	gram	1
12	Water	millilitres	200
13	Salt		To taste
14	Coconut milk	millilitres	200

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add the coconut oil, coriander powder, turmeric powder, red chilli powder, mustard seeds, curry leaves, ginger garlic paste and green chilli to the bowl
3. Put the bowl in the microwave
4. Press “Auto Cook”, then press keypad 169 to select P169.

5. Press Jet Start
6. Stir & press Jet start after 1 minute
7. Add potato, carrot, beans, water, coconut milk and salt. Stir well
8. Cling wrap the bowl, and pierce holes to let out excess steam. Put the bowl in the microwave
9. Press Jet Start.
10. Stir & press Jet start after 8 minutes and cling wrap the bowl again)
11. Take out the bowl from the microwave
12. Adjust seasoning according to taste
13. Garnish with curry leaves and serve with steamed rice

**NOTE: Cooking time may vary depending on the size and cuts of vegetables**

## EGG CURRY

Pre-preparation Time: 25 mins

Cook Time: 31 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Egg	number	4
2	Refined Oil	millilitres	75
3	Bay leaf ( <i>tez patla</i> )	number	1
4	Black cardamom ( <i>badi elaichi</i> )	number	1
5	Green cardamom ( <i>elaichi</i> )	number	2
6	Cinnamon ( <i>dalchini</i> )	inch	1/2
7	Peppercorn ( <i>kali mirch</i> )	number	5
8	Onion chopped	grams	45
9	Garlic chopped	grams	10
10	Green chilli small chopped	number	2
11	Tomato chopped	grams	170
12	Salt		to taste
13	Turmeric ( <i>haldi</i> )	gram	1
14	Red chilli powder ( <i>degi mirch</i> )	gram	1
15	Coriander powder ( <i>dhaniya</i> )	gram	1
16	garam masala	gram	1
17	Tomato puree	millilitres	60
18	Water	millilitres	400

**METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add eggs and water so that the eggs are fully submerged in the water
2. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 170 to select P170.
4. Press Jet Start
5. Peel eggs and set aside
6. Add oil, bay leaf, black cardamom, green cardamom, cinnamon stick, peppercorns, onion, garlic, green chilli, tomato, salt, turmeric powder, red chilli powder, coriander powder, garam masala and tomato puree to the bowl
7. Press Jet Start
8. Stir & press Jet start after every minute
9. Add water to the bowl and stir well
10. Cling wrap the bowl, and pierce holes to let out excess steam
11. Put the bowl in the microwave
12. Press Jet Start
13. Add the peeled boiled egg
14. Press Jet Start
15. Garnish with coriander leaves

### **HOMESTYLE CHICKEN**

Pre-preparation Time: 25 mins

Cook Time: 12 mins

Serves 3

S. No.	Ingredients	Unit	Quantity
1	Chicken curry cut with bones	grams	350
2	Ginger garlic paste	millilitres	15
3	Refined Oil	millilitres	15
4	Tomato puree	millilitres	60
5	Salt		To taste
6	Red chilli powder ( <i>degi mirch</i> )	grams	2
7	Turmeric powder ( <i>haldi</i> )	grams	2
8	Coriander powder ( <i>dhaniya</i> )	grams	2
9	Garam masala	grams	2
10	Cashew paste	millilitres	15
11	Water	millilitres	400
12	Sugar	grams	2
13	Coriander leaves chopped		For garnish

## METHOD

1. Add ginger garlic paste, oil, salt, red chilli powder, turmeric powder, garam masala, coriander powder in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Press "Auto Cook", then press keypad 171 to select P171.
3. Press Jet Start
4. Add rest of the ingredients in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well and put in microwave
5. Press Jet Start
6. Stir & press Jet start after every minute
7. Take out. Stir well. Cling wrap the bowl, pierce holes and return the bowl to the microwave
8. Press Jet Start.
9. Take out of the microwave, and check if chicken is cooked. Flesh should be falling off the bone
10. Adjust seasoning according to taste
11. Garnish with coriander leaves
12. Serve hot with steamed rice

**NOTE: Cooking time may vary depending on the size and quality of the chicken**

## MURG RARA

Pre-preparation Time: 30 mins

Cook Time: 16 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Chicken curry cut with bone	grams	200
2	Cumin seeds ( <i>jeera</i> )	grams	1
3	Green cardamom ( <i>elaichi</i> )	number	2
4	Black cardamom ( <i>badi elaichi</i> )	number	1
5	Bay leaf ( <i>tez patta</i> )	number	1
6	Clarified butter ( <i>ghee</i> )	millilitres	15
7	Ginger garlic paste	millilitres	20
8	Onion chopped	grams	50
9	Tomato chopped	grams	90
10	Tomato puree	millilitres	110
11	Coriander powder ( <i>dhaniya</i> )	grams	1
13	Red chilli powder ( <i>degi mirch</i> )	grams	2
14	Salt		To taste
	<b>Marination</b>		
15	Chicken mince	grams	60



17	Curd	millilitres	50
18	Ginger garlic paste	millilitres	15
19	Red chilli powder ( <i>degi mirch</i> )	grams	1
20	Water	millilitres	100
21	Coriander leaves ( <i>dhaniya</i> )		For garnish

#### METHOD

1. Make a marinade by mixing together the curd, ginger garlic paste, salt and red chilli powder in a bowl
2. Marinate the chicken in the marinade for 30 mins, keep in refrigerator
3. Take a separate MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
4. Take cumin, green cardamom, black cardamom, bay leaf, ghee, ginger garlic paste, onion, tomato, tomato puree, coriander powder, red chilli powder and salt in the bowl. Stir well. Put bowl in the microwave
5. Press "Auto Cook", then press keypad 172 to select P172.
6. Press Jet Start
7. Stir & press Jet start after every minute
8. Take out the bowl from the microwave
9. Add the marinated chicken and minced chicken and stir well. Put bowl back in the microwave
10. Press Jet Start
11. Stir & press Jet start after every minute
12. Take out the bowl and add water. Stir well
13. Cling wrap the bowl and pierce holes to let out excess steam. Put bowl back in the microwave
14. Press Jet Start
15. Stir & press Jet start after 4 minutes , making sure to apply cling wrap when returning to the Oven)
16. Check if chicken is cooked. Flesh should fall off the bone
17. Adjust seasoning according to taste and garnish with chopped coriander leaves
18. Serve with Steamed Rice or Tawa Roti.

## **MURG LABABDAR**

Pre-preparation Time: 30 mins

Cook Time: 14 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken curry cut with bone	grams	200
2	Refined Oil	millilitres	25
3	Onion chopped	grams	50
4	Tomato chopped	grams	35
5	Garlic chopped	grams	7
6	Ginger chopped	grams	7
7	Green chilli chopped	grams	1
8	Coriander powder ( <i>dhaniya</i> )	grams	1
9	Red chilli powder ( <i>degi mirch</i> )	grams	1
10	Garam masala	grams	1
11	Tomato puree	millilitres	30
12	White cashew paste	millilitres	30
13	Capsicum chopped	grams	15
14	Salt		To taste
15	Water	millilitres	200
16	Coriander leaves ( <i>dhaniya</i> )		For garnish

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take oil, onion, tomato, garlic, ginger, green chilli, coriander powder, red chilli powder and garam masala in the bowl. Stir well. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 173 to select P173.
4. Press Jet Start
5. Stir & press Jet start after every minute
6. Take out the bowl from the microwave and add tomato puree, cashew paste, capsicum, chicken cuts and salt, and stir well. Put the bowl back in the microwave
7. Press Jet Start
8. Stir & press Jet start after every minute
9. Take out the bowl and add water. Stir well.
10. Cling wrap the bowl and pierce holes to let out excess steam. Put in microwave
11. Press Jet Start
12. Take out the bowl and check if the chicken is cooked. Flesh should fall of the bone

13. Adjust seasoning according to taste and garnish with coriander leaves

**Note: Cooking time may vary depending on the size and quality of the chicken cuts**

## **METHI MURG**

Pre-preparation Time: 20 mins

Cook Time: 10 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Chicken curry cut with bone	grams	200
2	Fenugreek leaves ( <i>kasuri methi</i> )	grams	50
3	Refined Oil	millilitres	15
4	Ginger garlic paste	grams	15
5	Green chilli chopped	grams	2
6	Onion chopped	grams	30
7	Tomato chopped	grams	60
8	Bay leaf ( <i>tez patta</i> )	number	1
9	Cinnamon stick ( <i>dalchini</i> )	inch	1/2
10	Black cardamom ( <i>badi elaichi</i> )	number	1
11	Green cardamom ( <i>elaichi</i> )	number	2
12	Salt	pinch	1
13	Turmeric powder ( <i>haldi</i> )	grams	1
14	Red chilli powder ( <i>degi mirch</i> )	grams	1
15	Cashew paste	millilitres	15
16	Water	millilitres	250

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take fenugreek leaves and water in the bowl to blanch
3. Cling wrap and pierce holes to let out excess steam. Put the bowl in the microwave
4. Press "Auto Cook", then press keypad 174 to select P174.
5. Press Jet Start
6. Take out the bowl from the microwave and remove the cling wrap
7. Chop the blanched fenugreek leaves and set aside.
8. Take oil, ginger garlic paste, green chilli, onion, tomato, bay leaf, cinnamon stick, black cardamom, green cardamom, turmeric powder, red chilli powder and salt in a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml). Stir well

9. Put the bowl in the microwave
10. Press Jet Start
11. Stir & press Jet start after 1 minute
12. Add cashew paste, the blanched and chopped fenugreek leaves, chicken pieces and water
13. Stir well, cling wrap the bowl and pierce holes to let out excess steam. Put bowl in the microwave
14. Press Jet Start
15. Check if chicken is cooked. Flesh should fall off the bone . Adjust seasoning according to taste
16. Garnish with coriander leaves & Serve hot with Steamed Rice or Tawa Roti

## MURG DAHIWALA

Pre-Preparation Time: 30 mins

Cook Time: 15 mins 25 secs

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Chicken curry cut	grams	200
2	Curd ( <i>Dahi</i> )	tbsp	5
3	Ginger Garlic paste	tsp	1
4	Salt	to taste	to taste
5	Turmeric powder ( <i>haldi</i> )	tsp	1
6	Red chilli powder ( <i>degi mirch</i> )	tsp	1
7	Coriander powder ( <i>dhaniya</i> )	tsp	1
8	Cumin powder ( <i>jeera</i> )	tsp	1/2
9	Fenugreek powder ( <i>kasuri methi</i> )	tsp	1/2
10	Black pepper crushed	tsp	1/2
11	<i>Ghee</i>	tbsp	1
12	Black cardamom ( <i>badi elaichi</i> )	number	1
13	Green cardamom ( <i>chhoti elaichi</i> )	number	2
14	Cinnamon ( <i>dalchini</i> )	number	1
15	Bay leaf	number	1
16	Green chilli slit	number	1
17	Coriander chopped	grams	50
18	Water	millilitres	400

**METHOD**

1. Marinate the chicken with curd(tbsp2), ginger garlic paste and salt in the refrigerator for 30 mins
2. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add ghee, bay leaf, green chilli, cinnamon stick, black cardamom, green cardamom, turmeric powder, red chilli powder, coriander powder, cumin powder, black pepper and the marinated chicken in a bowl
3. Mix well, and put it in the microwave oven
4. Press "Auto Cook", then press keypad 175 to select P175.
5. Press Jet Start
6. Take out, stir & press Jet start after every minute
7. Stir in water and salt
8. Wrap the bowl with a cling film, piercing holes to let out excess steam and place in the microwave
9. Press Jet Start
10. Take out the bowl and add fenugreek powder and curd (tbsp3), and return the bowl to the microwave
11. Press Jet Start
12. Check if chicken is cooked. Continue cooking if required
13. Garnish with coriander leaves
14. Serve with steamed rice

**Note: cooking time may vary depending on the size and quality of chicken**

## **CHICKEN BELIRAM**

Pre-Preparation Time: 60 mins

Cook Time: 14 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken thigh curry cut	grams	200
2	Ginger garlic paste	tbsp	2
3	Brown onion sliced	grams	20
4	Salt	pinch	1
5	Curd	grams	100
6	Oil	millilitres	15
7	Onion sliced	grams	30
8	Green chilli julienned	number	1
9	Ginger julienned	grams	5
10	Black cardamom	number	1
11	Cinnamon stick	number	1
12	Cloves	number	3
13	Crushed black pepper	pinch	2
14	Coriander seeds	tsp	1/2
15	Turmeric powder	tsp	1/2
16	Coriander powder	tsp	1/2
17	Coriander leaves chopped	tbsp	1
18	Tomato puree	tbsp	2
19	Water	millilitres	50

### **METHOD**

1. Marinate chicken with ginger garlic paste (1 tbsp), brown onion, curd and salt in refrigerator for 1 hr
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Mix oil, ginger garlic paste (1 tbsp), onion slices, green chilli, ginger, black cardamom, cinnamon stick, cloves, crushed black pepper, coriander seeds, turmeric powder, coriander powder, coriander leaves and tomato puree in the bowl
4. stir well and place in the microwave
5. Press "Auto Cook", then press keypad 176 to select P176.
6. Press Jet Start

7. Stir after every minute
8. Take out and add the marinated chicken and water, and stir well
9. Cling wrap the bowl, pierce holes to let out excess steam and place in the microwave
10. Press Jet Start
11. Check if chicken is cooked. Continue cooking if required
12. Adjust seasoning and garnish with coriander leaves
13. Serve hot with Steamed Rice

**Note: Cooking time may vary depending on the size and quality of chicken pieces**

## HERB GRILLED CHICKEN

Pre-preparation Time: 30 mins

Cook Time: 23 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Chicken breast with skin, whole	grams	180
2	Butter	grams	6
3	Thyme dry	tsp	1/4
4	Rosemary	tsp	1/4
5	Garlic chopped	tsp	1/2
6	Salt		To taste
7	Pepper	tsp	1/4
8	Lemon juice	millilitres	10
9	Dijon mustard	tsp	1/4
10	Worcestershire sauce	millilitres	3

### METHOD

1. Make a marinade by mixing together butter, thyme, rosemary, garlic, salt, pepper, lemon juice, dijon mustard and worcestershire sauce
2. Marinate the chicken in the marinade for 30 mins. Keep in refrigerator
3. Preheat the oven with a microwave oven CRISP PLATE
4. Press "Auto Cook", then press keypad 177 to select P177. Press Jet Start
5. Take out the CRISP PLATE and grease it with butter
6. Place the marinated chicken on the greased and preheated CRISP PLATE, with the skin side down
7. Place in microwave
8. Press Jet Start
9. Flip the chicken & Press Jet start after 5 minutes to cook it evenly from both sides)
10. Check if chicken is cooked. Continue cooking if required
11. Press Jet Start
12. Check seasoning

13. Remove chicken once the top of the chicken begins to get colour

14. Garnish with parsley

**Note:** Cooking time may vary depending on size and quality of the chicken piece. To give more colour on chicken, can increase the grill time.

## **CHICKEN FAJITA WRAP**

Pre-preparation Time: 25 mins

Cook Time: 17 mins

Serves 1

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Chicken breast shredded	grams	100
2	Lemon juice	tbsp	1/2
3	Olive oil	millilitres	15
4	Oregano dry	tsp	1/2
5	Coriander powder	tsp	1/4
6	Cumin powder	tsp	1/4
7	Garlic crushed	grams	20
8	Bell pepper batons	grams	25
9	Capsicum batons	grams	25
10	Onion sliced	grams	20
11	Tortilla sheet x 1	grams	50
12	Sour cream ( see recipe in Chef tips)	tbsp	1
13	Iceberg lettuce shredded	grams	10
14	Refined oil	millilitres	5
15	Salt		To taste
16	Pepper		To taste

### **METHOD**

1. Make a marinade by mixing together the lemon juice, olive oil, oregano, coriander powder, cumin powder and crushed garlic
2. Marinate the shredded chicken in the marinade for 25 mins. Keep in the refrigerator
3. Take the marinated chicken in a MICROWAVE OVEN PROOF GLASS BOWL and place in the microwave
4. Press "Auto Cook", then press keypad 178 to select P178.
5. Press Jet Start
6. Take out, stir & press Jet start after every minute



7. Then preheat the oven with a microwave oven CRISP PLATE
8. Press Jet Start
9. Meanwhile, make a mixture of the marinated chicken, bell peppers, capsicum and onion.  
Season with salt and pepper according to taste
10. Grease the preheated CRISP PLATE with oil
11. Take out and place the tortilla on the CRISP PLATE, allowing it to heat up on the CRISP PLATE
12. Apply the mixture of marinated chicken, bell peppers, capsicum and onion on half of the tortilla, and then place the CRISP PLATE in the microwave
13. Press Jet Start
14. Take out the CRISP PLATE and the half covered tortilla
15. Apply sour cream on the uncovered half of the tortilla and then cover with the lettuce
16. Using the sour creamed side of the tortilla, wrap the mix
17. Chicken Wrap is ready

**CHEF TIPS:** Sour cream recipe: fresh cream 25 gms, hung curd 50 gms, salt to taste, lemon juice 3 ml and mix all till smooth consistency

## HANDI MURG

Pre-Preparation Time: 30 mins

Cook Time: 12 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Chicken curry cut	grams	200
2	Oil	millilitres	15
3	Onion chopped	grams	50
4	Garlic chopped	grams	7
5	Ginger chopped	grams	7
6	Green chilli chopped	tsp	1/2
7	Salt		To taste
8	Garam masala	tsp	1/2
9	Red chilli powder	tsp	1/2
10	Turmeric powder	tsp	1/2
11	Cumin powder	tsp	1/2
12	Coriander powder	tsp	1/2
13	Green cardamom powder	tsp	1/4
14	Brown cashew paste	tbsp	2
15	Water	millilitres	200

## METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Mix oil, onion, ginger, garlic, green chilli, salt, garam masala, turmeric powder, red chilli powder, coriander powder, cumin powder and green cardamom powder in the bowl. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 179 to select P179.
4. Press Jet Start
5. Stir & press Jet start after 1 minute
6. Take out and add chicken cuts and cashew paste and stir well. Return the bowl to the oven
7. Stir & press Jet start after every 1 minute
8. Take out and add water, stir well, cling wrap the bowl and pierce holes to let out excess steam. Place the bowl in the microwave once more
9. Press Jet Start
10. Check if chicken is cooked. Continue cooking if required
11. Adjust seasoning and garnish with coriander leaves
12. Serve with Steamed Rice or Tawa Roti

**Note: cooking time may vary depending on the size and quality of chicken.**

## MUTTON ROGAN JOSH

Pre-preparation Time: 4 hrs

Cook Time: 37 min

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Lamb small curry cut with bone	grams	200
2	Raw papaya paste	millilitres	15
3	Ginger garlic paste	millilitres	15
4	Mustard oil	millilitres	75
5	Cloves ( <i>laung</i> )	number	2
6	Black cardamom ( <i>badi elaichi</i> )	number	1
7	Cinnamon stick ( <i>dalchini</i> )	number	1
8	Salt		to taste
9	Red chilli powder ( <i>degi mirch</i> )	Grams	2
10	Coriander powder ( <i>dhaniya</i> )	Grams	2
11	Fennel powder ( <i>saunf</i> )	Grams	2
12	Dry ginger powder	Grams	2
13	Onion sliced	Grams	25
14	Whisked Curd ( <i>dahi</i> )	millilitres	45

15	Water	millilitres	800
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#### METHOD

1. Marinate lamb with raw papaya paste to tenderise the meat. Keep it in the refrigerator for 1 hr
2. In a mixing bowl, make a marinade of curd, ginger garlic paste, salt, red chilli powder, coriander powder, fennel powder and dry ginger powder, and stir well
3. Apply the raw papaya paste marinated lamb in the above marinade for 3 hrs in a refrigerator
4. In a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ML) take oil, black cardamom, cloves, cinnamon stick and onion. Place the bowl in the microwave
5. Press "Auto Cook", then press keypad 180 to select P180.
6. Press Jet Start
7. Stir & press Jet start after 1 minute to avoid the bottom burning
8. Remove from the microwave and add the marinated lamb, half the water(400ml) , and salt according to taste. Stir well
9. Cling wrap the bowl & pierce holes to let out excess steam. Put the bowl in the microwave
10. Press Jet Start
11. take out the bowl from the microwave, remove the cling wrap
12. Check water level while the lamb is cooking, when the water is at half its original level add the rest of the water as required, to keep the lamb partially submerged. Cling wrap the bowl and then put the bowl in the microwave. You might need to do this more than once.
13. Check if lamb is falling of the bone
14. Adjust seasoning to taste
15. Garnish with coriander leaves and ginger julienne and serve with steamed rice

## MUTTON CURRY

Pre-preparation Time: 4 Hours

Cook Time: 43 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Lamb curry cut with bone	grams	250
2	Raw Papaya paste	millilitres	15
3	Ginger Garlic Paste	millilitres	15
4	Salt		To taste
5	Coriander powder ( <i>dhaniya</i> )	Grams	2
6	Oil	millilitres	45
7	Bay leaf ( <i>tez patta</i> )	number	1
8	Black cardamom ( <i>badi elaichi</i> )	number	1
9	Green cardamom ( <i>elaichi</i> )	number	2
10	Cinnamon ( <i>dalchini</i> )	inch	1/2
11	Peppercorn ( <i>kali mirch</i> )	number	5
12	Onion chopped	grams	45
13	Garlic chopped	grams	10
14	Green chilli small	number	2
15	Tomato chopped	grams	170
16	Salt		to taste
17	Turmeric ( <i>haldi</i> )	Grams	1
18	Red chilli powder ( <i>degi mirch</i> )	grams	1
19	Coriander powder ( <i>dhaniya</i> )	grams	1
20	Garam Masala	grams	1
21	Tomato puree	Millilitres	60
22	Water	millilitres	800

### METHOD

1. Marinate lamb with raw papaya paste to tenderise the meat, for 1 hr in refrigerator
2. Make marinade with ginger garlic paste, turmeric powder, red chilli powder and salt
3. apply raw papaya paste marinated lamb in above marinade for 3 hrs in a refrigerator
4. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add oil, bay leaf, black cardamom, green cardamom, cinnamon stick, peppercorns, onion, garlic, green chilli, tomato, salt, turmeric powder, red chilli powder, coriander powder, garam masala and tomato puree

5. Put the bowl in the microwave
6. Press "Auto Cook", then press keypad 181 to select P181.
7. Press Jet Start
8. Stir & press Jet start after every minute
9. Add the marinated lamb and stir well
10. Press Jet Start.
11. Stir & press Jet start after every minute.
12. Add half the water (400 ml) and stir well
13. Cling wrap the bowl, and pierce holes to let out excess steam. Put in the microwave
14. Press Jet Start
15. Check water level while the lamb is cooking, when the water is at half its original level add the rest of the water as required, to keep the lamb partially submerged. Cling wrap the bowl and then put the bowl in the microwave. You might need to do this more than once.
16. Check if lamb is falling off the bone
17. Adjust seasoning according to taste
18. Garnish with coriander leaves
19. Serve with steamed rice or tawa roti

**Note: Cooking time may vary depending on the size and quality of lamb. Always get young lamb, with light pink colour meat.**

**Add more water during cooking time if water reduces**

## KERALA MUTTON

Pre-preparation Time: 4 hrs

Cook Time: 40 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Lamb curry cut with bone	grams	180
2	Ginger garlic paste	millilitres	15
3	Raw papaya paste	millilitres	15
4	Salt	pinch	1
5	Tomato puree	millilitres	30
6	Refined Oil	millilitres	15
7	Ginger chopped	grams	15
8	Garlic chopped	grams	15
9	Curry leaves	number	5
10	Onion chopped	grams	30
11	Tomato chopped	grams	100
12	Green chilli chopped	number	1
13	Coriander chopped ( <i>dhaniya</i> )	grams	5
14	Turmeric powder ( <i>haldi</i> )	gram	1
15	Coriander powder ( <i>dhaniya</i> )	grams	2
16	Red chilli powder ( <i>degi mirch</i> )	grams	2
17	Water	millilitres	800

### METHOD

1. Marinate lamb with raw papaya paste to tenderise the meat, in a refrigerator for 1 hr
2. Then marinate the above with ginger garlic paste and salt for 3 hrs in refrigerator
3. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
4. Add the tomato puree, oil, ginger, garlic, curry leaves, onion, tomato, green chilli, coriander leaves, turmeric powder, coriander powder, red chilli powder and salt in the bowl
5. Put the bowl in the microwave
6. Press "Auto Cook", then press keypad 182 to select P182.
7. Press Jet Start
8. Stir & press Jet start after 1 minute
9. Take out the bowl from the microwave and add the marinated lamb. Stir well
10. Put the bowl back in the microwave
11. Press Jet Start
12. Stir & press Jet start after every minute

13. Take out the bowl from the microwave
14. Add water (400 ml) and stir well. Put the bowl back in the microwave
15. Press Jet Start
16. Check water level while the lamb is cooking, when the water is at half its original level add the rest of the water as required, to keep the lamb partially submerged.
17. Cling wrap the bowl and pierce holes. Then put the bowl in the microwave. You might need to do this more than once to check the doneness of the lamb, see the flesh falling off the bone.
18. Adjust seasoning according to taste
19. Garnish with coriander leaves
20. Serve hot with Steamed Rice.

## FISH MASALA

Pre-preparation Time: 15 mins

Cook Time: 12 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Sole fish filet cut boneless	grams	150
2	Refined Oil	millilitres	15
3	Onion chopped	grams	50
4	Garlic chopped	grams	10
5	Tomato chopped	grams	100
6	Green chilli chopped	grams	3
7	Ginger chopped	grams	7
8	Coriander chopped ( <i>dhaniya</i> )	grams	5
9	Tomato puree	grams	30
10	Turmeric powder ( <i>haldi</i> )	grams	1
11	Coriander powder ( <i>dhaniya</i> )	grams	1
12	Salt		To taste
13	Red chilli powder ( <i>degi mirch</i> )	grams	1
14	Water	millilitres	300

### METHOD

1. Take a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add the oil, onion, garlic, tomato, green chilli, ginger, coriander, tomato puree, turmeric powder, coriander powder, red chilli powder and salt in the bowl. Put the bowl in the microwave
3. Press "Auto Cook", then press keypad 183 to select P183..
4. Press Jet Start
5. Stir & press Jet start after every minute

6. Add water and stir well
7. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl in the microwave
8. Press Jet Start.
9. Take out the bowl from the microwave, remove cling wrap and add fish. Stir well
10. Put the bowl back in the microwave
11. Press Jet Start
12. Take the bowl out of the oven
13. Check fish is cooked. Flesh should be flaky when pulled apart with a fork
14. Adjust seasoning according to taste
15. Garnish with coriander leaves
16. Serve with Steamed Rice

**Note: Cooking time may vary depending on the size, quality and type of fish**

### **MEEN MOILEE FISH**

Pre-preparation Time: 15 mins

Cook Time: 10 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Sole fish fillet diced big boneless	grams	125
2	Refined Oil	grams	16
3	Ginger chopped	grams	5
4	Garlic chopped	grams	6
5	Onion chopped	grams	25
6	Curry leaves	number	5
7	Tomato chopped	grams	25
8	Salt		To taste
9	Red chilli powder ( <i>degi mirch</i> )	pinch	1
10	Turmeric powder ( <i>haldi</i> )	grams	1
11	Coconut milk	millilitres	100
12	Water	millilitres	100
13	Tomato roundels	number	3

#### **METHOD**

1. Marinate fish with salt and turmeric powder for 30 mins in refrigerator
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add the oil, ginger, garlic, green chilli, onion curry leaves, chopped tomato, salt, red chilli powder and turmeric powder in the bowl. Put the bowl in the microwave



4. Press "Auto Cook", then press keypad 184 to select P184.
5. Press Jet Start
6. Stir & press Jet start after every 1 minute
7. Take the bowl out of the microwave
8. Add the marinated fish, coconut milk and water. Stir well
9. Cling wrap the bowl and pierce holes to let out excess steam. Put the bowl in the microwave
10. Press Jet Start
11. Take out the bowl from the microwave and remove cling wrap to check if fish is done. Flesh should be flaky when pulled apart with a fork
12. Add tomato roundels, and put the bowl back in the microwave
13. Press Jet Start
14. Adjust seasoning according to taste
15. Garnish with curry leaves and serve hot with Steamed Rice or Malabar Paratha

**Note: Cooking time may vary depending on the type, size and quality of fish**

### **MACHHI LAAL MASALA**

Pre-Preparation Time: 15 mins

Cook Time: 8 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Sole fish boneless curry cut	grams	145
2	Oil	millilitres	15
3	Ginger garlic paste	grams	20
4	Green chilli chopped	number	1
5	Red chilli powder	tsp	1
6	Onion paste	grams	20
7	Coriander powder	tsp	1/2
8	Cumin powder	tsp	1/2
9	Salt		To taste
10	Tomato puree	millilitres	45
11	Water	millilitres	250
12	Coriander leaves		For garnish

#### **METHOD**

1. Take a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Mix oil, ginger garlic paste, green chilli, red chilli powder, onion paste, coriander powder, cumin powder, salt and tomato puree in the bowl, and place the bowl in the microwave
3. Press "Auto Cook", then press keypad 185 to select P185.

4. Press Jet Start
5. Stir & press Jet start after every minute)
6. Take out the bowl and add the fish and water to the bowl
7. Stir well, cling wrap the bowl, and pierce holes to let out excess steam. Return the bowl to the microwave
8. Press Jet Start
9. Check if fish is cooked
10. Adjust seasoning and garnish with coriander leaves
11. Serve hot with Steamed Rice

**Note: Cooking time may vary depending on the size, type and quality of fish**

## **SESAME GRANOLA BARS**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 8 mins

YIELDS: 13x25gm each

S. No	Ingredients	Quantity	Unit
1	Rolled Oats	100	gm
2	Pista	20	gm
3	Black Currant	20	gm
4	Coconut powder	20	gm
5	Almond flakes	25	gm
6	Sesame seeds	50	gm
7	Brown sugar	25	gm
8	Butter (Unsalted)	15	gm
9	Honey	50	gm
10	Vanilla essence	¼	Tsp
11	Sea salt	02	Pinch

### **Method**

1. Put rolled oats, pista, black currant, coconut powder, almond flakes, sesame seeds in a MWO proof glass tray to toast.
2. Press "Auto Cook", then press keypad 186 to select P186.
3. Press Jet Start .
4. In another MWO proof bowl, warm butter, honey, brown sugar, vanilla essence & sea salt.
5. Press Jet Start button.
6. Pour over the oats mixture and mix it well.
7. Once thoroughly mixed, transfer to an 8x8-inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily Press down firmly until uniformly flattened.
8. Cool down for a few minutes.
9. Cut into desired shape.
10. Keep in an airtight container for a longer time

## **SPROUTS SALAD**

Pre-preparation Time: 15 mins

Cook Time: 4 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Black gram sprouts (immunity ingredient)	grams	60
2	Green moong sprouts	grams	200
3	Mint chopped	grams	10
4	Chaat masala	tsp	1/4
5	Coriander chopped	grams	15
6	Onion chopped	grams	25
7	Tomato chopped	grams	25
8	Salt		To taste
9	Turmeric powder	tsp	1/4
10	Red chilli powder	tsp	1/4
11	Water	tbsp	2
12	Lemon wedges	number	2
13	Lemon Juice	tbsp	1

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients, except the lemon wedges, lemon juice and a little coriander, in the bowl.  
Mix well
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 187 to select P187.
5. Press the Jet Start button
6. Stir & press Jet Start (after every 1 minutes each)
7. Take out, add a little lemon juice, and check seasoning
8. Garnish with coriander leaves and lemon wedges

**Note: Sprouts should be fresh and crunchy**

## SALTED PUMPKIN SEEDS

Pre-preparation Time: 10 mins

Cook Time: 29 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Pumpkin seeds	grams	45
2	Water	millilitres	200
3	Olive Oil	millilitres	2
4	Salt		To taste

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add pumpkin seeds and water to bowl
3. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave
4. Press "Auto Cook", then press keypad 188 to select P188.
5. Press the Jet Start button
6. Take Microwave Oven CRISP PLATE
7. Preheat oven with CRISP PLATE
8. Press Jet Start button
9. While oven preheats, drain and pat dry pumpkin seeds with paper towel
10. Grease preheated CRISP PLATE
11. Lay out pumpkin seeds on greased and preheated CRISP PLATE
12. Sprinkle with oil and salt, and place in microwave
13. Press Jet Start
14. Stir & press Jet Start (after every 5 minutes each)
15. Roasted Pumpkin Seeds are ready

**Note: fresh seeds are used.**

## ROASTED FOXNUTS

Pre-preparation Time: 2 mins

Cook Time: 2 mins

Serve : 01

S. No.	Ingredients	Unit	Quantity
1	Fox Nuts ( <i>makhane</i> )	grams	60
2	Clarified Butter ( <i>desi ghee</i> )	grams	7
3	Black Salt	tsp	1/2

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)

2. Mix all ingredients in the bowl and place in the microwave
3. Press "Auto Cook", then press keypad 189 to select P189.
4. Press the Jet Start button
5. Take out .Stir & Press the Jet Start (After 1 minutes) frequently to avoid burning
6. let it rest till it cools down. Roasted Foxnuts are ready.

## **SALTED CASHEW NUTS**

Pre-preparation Time: 2 mins

Cook Time: 3 mins

Serves: 2

S. No.	Ingredients	Unit	Quantity
1	Cashew nuts	grams	200
2	Salt		To taste
3	Clarified Butter ( <i>desi ghee</i> )	tsp	1/2

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients to bowl and stir well
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 190 to select P190.
5. Press the Jet Start button
6. Stir & press Jet Start (after every minutes each) to avoid burning
7. Let it rest, till it cools down
8. Salted Cashew Nuts are ready

**Note: Cashew nuts should be golden brown colour.**

## KADHA

Pre-preparation Time: 5 mins

Cook Time: 5 mins

Serves 4

S. No.	Ingredients	Unit	Quantity
1	Ginger roughly chopped	grams	3
2	Cinnamon stick ( <i>dalchini</i> )	number	1
	Bay leaf ( <i>tej patta</i> )	number	1
4	Cloves ( <i>laung</i> )	number	3
5	Peppercorns ( <i>kali mirch</i> )	number	8
6	Indian basil leaves ( <i>tulsi</i> )	number	10-15
7	Jaggery ( <i>gud</i> )	grams	20
8	Water	millilitres	400

### **METHOD**

1. Add all the ingredients in a CARAFE POT WITH STRAINER (Capacity: 1.5 L) MICROWAVE OVEN PROOF
2. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 191 to select P191.
4. Press the Jet Start button
5. Stir
6. Pour into the glass and serve hot.

## TULSI TEA

PRE-PREPARATION TIME: 5 mins

COOKING TIME: 4 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Water	400	ml
2	Tulsi Leaves	10	No.
3	Tea Leaves	1	Tbsp
4	Honey	2	Tbsp

### **Method**

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put water, tulsi leaves, tea leaves and honey. Stir.
2. Place it in the microwave oven.

3. Press "Auto Cook", then press keypad 192 to select P192.
4. Press the Jet Start button
5. Stir & press Jet Start (after every 2 minutes each
6. Pour in a cup and serve hot.

## **DAL PALAK**

Pre-preparation Time: 25 mins

Cook Time: 23 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Water	millilitres	400
2	Moong dal (Soaked)	grams	60
3	Red Chilli Whole	number	1
4	Clarified Butter ( <i>desi ghee</i> )	grams	12
5	Refined Oil	millilitres	3
6	Cumin seeds ( <i>jeera</i> )	grams	1
7	Asafoetida ( <i>hing</i> )	pinch	1
8	Spinach shredded	grams	50
8	Onion chopped	grams	20
9	Tomato chopped	grams	25
10	Green chilli chopped	number	1
11	Garlic chopped	grams	3
12	Ginger chopped	grams	4
13	Coriander chopped ( <i>dhaniya</i> )	grams	10
14	Salt		To taste
15	Turmeric powder ( <i>haldi</i> )	tsp	1/2

### **METHOD**

1. Soak dal in water for 2 hours
2. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml) add whole red chilli, ghee, oil, jeera and asafoetida, and place in the microwave
3. Press "Auto Cook", then press keypad 193 to select P193.
4. Press the Jet Start button
5. Take out and stir with Press the Jet start after one minute)
6. Add spinach, onion, tomato, green chilli, garlic, ginger, coriander and salt. Stir well and place in the microwave

7. Press Jet Start
8. (Take out ) Stir & press Jet Start (after every minute each)
9. Add soaked dal, water (400 ml), salt and turmeric powder, and stir.
10. Cling wrap the bowl, pierce holes to let out excess steam, and return the bowl to the microwave
11. Press Jet Start
12. Take out the bowl and adjust seasoning according to taste
13. Garnish with coriander leaves

## **BESAN SHEERA**

Pre-preparation Time: 5 mins

Cook Time: 7 mins

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Besan	grams	15
2	Clarified Butter ( <i>ghee</i> )	millilitres	12
3	Toned Milk	millilitres	200
4	Turmeric powder ( <i>haldi</i> )	tsp	1/4
5	Sugar	grams	25
6	Almonds chopped	grams	1

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Add besan and ghee in the bowl, stir well and place in the microwave
3. Press "Auto Cook", then press keypad 194 to select P194.
4. Press the Jet Start button
5. (Stir & press the Jet Start in between to avoid burning) Add milk, turmeric and sugar and stir well
6. Return to the microwave
7. Press the Jet Start button
8. Stir & press the Jet Start in between
9. Pour into a cup. Serve hot and garnish with chopped almonds



## DAL KHICHDI

Pre-preparation Time: 30 mins

Cook Time: 23 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Rice	grams	100
2	Moong dal	grams	45
3	Clarified Butter ( <i>ghee</i> )	grams	22
4	Turmeric powder ( <i>haldi</i> )	tsp	1/2
5	Cumin seeds ( <i>jeera</i> )	tsp	1/2
6	Onion chopped	grams	30
7	Ginger finely chopped	grams	2
8	Garlic finely chopped	grams	4
9	Green chilli chopped	tsp	1/2
10	Tomato chopped	grams	24
11	Curry leaves	number	8
12	Water	millilitres	800
13	Salt		To taste

### **METHOD**

1. Soak rice and the moong dal together in water for 30 mins
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Take ghee, turmeric powder, cumin seeds, onion, ginger, garlic, green chilli, tomato and curry leaves in the bowl. Stir well
4. Place the bowl in the microwave
5. Press "Auto Cook", then press keypad 195 to select P195.
6. Press Jet Start
7. Take out and stir with Press the Jet start (after every minute each)
8. Add the soaked rice, dal and water (400 ml). Stir well,cling wrap the bowl and pierce holes to let out excess steam. Return the bowl to the microwave
9. Press Jet Start  
Gradually add the rest of the water during cooking as the water evaporates.  
(Make sure to cling wrap the bowl again when putting back in the oven)
10. Check seasoning and serve hot.

**Notes:** Always soak dal and rice at least for half an hour for the better results.

## PALAK KHICHDI

Pre-preparation Time: 30 mins

Cook Time: 20 min

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Rice	grams	65
2	Moong dal	grams	25
3	Spinach roughly chopped	grams	100
4	Curry leaves	number	4
5	Clarified Butter ( <i>ghee</i> )	grams	24
6	Cumin seeds ( <i>jeera</i> )	tsp	1/2
7	Onion chopped	grams	30
8	Ginger finely chopped	grams	2
9	Garlic finely chopped	grams	4
10	Green chilli finely chopped	tsp	1/2
11	Tomato chopped	grams	24
12	Turmeric powder ( <i>haldi</i> )	tsp	1/2
13	Salt		To taste
14	Water	millilitres	500
15	Fresh Coriander, Chopped		For garnish

### METHOD

1. Soak rice and the moong dal together in water for 30 mins
2. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
3. Add all ingredients except water to the bowl. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 196 to select P196.
5. Press Jet Start  
(Take out the bowl and stir after every minute)
6. Take out the bowl and let out excess steam
7. Add water and stir well
8. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
9. Press Jet Start
10. Check seasoning and garnish with coriander leaves

**Notes:** Always soak dal and rice at least for half an hour for the better result

## ALMOND MILK

Pre-preparation Time: 5 mins

Cook Time: 4 mins

S. No.	Ingredients	Unit	Quantity
1	Almond	grams	125
2	Water	millilitres	800

### METHOD

1. Take almond and half the water (400 ml) in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave
3. Press "Auto Cook", then press keypad 197 to select P197.
4. Press Jet Start
5. Take out the bowl, remove the cling wrap and strain the almonds. Wash it with cold water
6. Transfer to a food processor with the rest of the water (400 ml) and grind to a milky consistency and strain through a sieve.
7. Almond milk is ready and served cold.

Note: As per your choice add honey to sweeten it.

## GOLDEN MILK

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 3 mins

SERVES: 2

S. No	Ingredients	Quantity	Unit
1	Full Cream Milk	300	ml
2	Turmeric Powder ( <i>Haldi</i> )	½	tsp
3	Cinnamon Powder	pinch	
4	Ginger (Julienne)	2	gm
5	Black Peppercorns (Whole)	2	No.
6	Jaggery (Chopped)	25	gm

### Method

1. Take a CARAFE POT WITH STRAINER (Capacity: 1.5 L) & put full cream milk, turmeric powder, cinnamon powder, ginger, black peppercorns & jaggery Stir
2. Place it in the microwave oven.
3. Press "Auto Cook", then press keypad 198 to select P198.
4. Press Jet Start
5. Stir & press Jet Start (After Every 1minute each)
6. Pour in a cup and serve hot.

## **KHAJUR MILK**

Pre-preparation Time: 5 mins

Cook Time: 1 min 25 secs

Serves 1

S. No.	Ingredients	Unit	Quantity
1	Toned Milk	millilitres	200
2	Honey	tbsp	1
3	Dates finely chopped	grams	20

### **METHOD**

1. Add all the ingredients in a MICROWAVE OVEN PROOF GLASS BOWL (Capacity: 1300 ml); stir well
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
3. Press "Auto Cook", then press keypad 199 to select P199.
4. Press Jet Start
5. Take out the bowl, remove cling wrap
6. Pour the milk into glass and serve hot

## **LOW-CALORIE TOMATO AND BASIL SOUP**

Preparation Time: 10 mins

Cook Time: 6 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Butter	grams	7
2	Garlic chopped	grams	5
3	Bay leaf	number	1
4	Tomato wedges	grams	410
5	Tomato puree	grams	25
6	Basil torn	grams	2
7	Water	millilitres	400
8	Black pepper	tsp	1/2
9	Sugar	tsp	1
10	Salt		To taste

### **METHOD**

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)

2. Add butter, garlic and bay leaf to bowl
3. Place bowl in the microwave
4. Press "Auto Cook", then press keypad 200 to select P200.
5. Press Jet Start
6. Take the bowl out and add tomato wedges, tomato puree, basil, water, black pepper, sugar and salt. Stir well
7. Cling wrap the bowl, pierce holes to let out excess steam, and return the bowl to the microwave
8. Press Jet Start
9. Take out the bowl and remove the bay leaf
10. Transfer the contents of the bowl to a blender and blend, then strain through sieve
11. Garnish with basil leaves and serve hot.

## **GINGERBREAD COOKIES**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 24 mins

YIELDS: 20x12gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	45	gm
2	Brown Sugar	35	gm
3	Baking Soda	5	gm
4	Ginger Powder	1	tsp
5	All-Spice Mix	1	tsp
6	Egg	15	gm
7	Honey	40	gm
8	Refined Flour	110	gm

### **Method**

1. Press "Auto Cook", then press keypad 201 to select P201.
2. Press Jet Start to Preheat the microwave oven.
3. In a bowl sieve refined flour, baking soda, ginger powder, cinnamon powder & cloves powder together.
4. With the help of a handheld mixer or whisk mix unsalted butter & breakfast sugar together till light & creamy. Add honey to the creamed mixture & mix well.
5. Gradually add lightly beaten egg to the above mixture & mix well.
6. With the help of a spatula fold in the flour mixture to make a soft dough.
7. Roll the dough into 1/8 inch thickness on a well floured surface.
8. Cut the cookies with a cookie cutter & place the cookies on the CRISP PLATE.
9. Press Jet Start
10. Bake until brown.
11. Once baked, place the cookies on the LOW RACK to cool

## **WHOLE WHEAT JAGGERY & FENNEL COOKIES**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 31 mins

YIELDS:29x12gm each

S. No	Ingredients	Quantity	Unit
1	Whole Wheat Flour	100	gm
2	Semolina	25	gm
3	Butter (Unsalted)	120	gm
4	Jaggery (fine Crushed)	80	gm
5	Full Cream Milk	20	ml
6	Baking Soda	2	gm
7	Fennel Seeds powder	5	gm

### **Method:**

1. Press "Auto Cook", then press keypad 202 to select P202.
2. Press Jet Start to Preheat the microwave oven.
3. In a bowl using a handheld mixer or whisk, cream unsalted butter and jaggery until light and fluffy.
4. In another bowl mix together baking soda, fennel seeds powder, semolina and sieved whole wheat flour.
5. Using a spatula fold the flour mixture in the butter mixture.
6. Lastly fold in full cream milk to form a soft dough.
7. Cling wrap the dough and refrigerate for 20 minutes.
8. Roll out the dough on a floured surface.
9. Imprint lines using a fork.
10. Cut with a 2"x2" square cookie cutter and place it on the CRISP PLATE a few inches apart.
11. Press Jet Start
12. Bake until golden brown.
13. Once done, place the cookies on the LOW RACK to cool

## **COCONUT & PISTACHIO BARK**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 2 mins

YIELDS:100 gm

S. No	Ingredients	Quantity	Unit
1	Dark Chocolate (Compound) (Chopped)	50	gm
2	Desiccated Coconut	20	gm
3	Pistachio (Chopped)	30	gm

### **Method**

1. In a MWO proof square dish (Capacity: 520 ml) put desiccated coconut to toast.
2. Place the dish in the microwave oven
3. Press "Auto Cook", then press keypad 203 to select P203.
4. Press Jet Start
5. Stir & press Jet Start in between time.
6. Set aside to cool.
7. In a separate MWO proof bowl (Capacity: 1300 ml) put chopped dark chocolate.
8. Place the bowl in the microwave oven to melt the chocolate
9. Press Jet Start
10. Stir & Press the Jet Start in between time.
11. Place a silicone mat on a tray.
12. Pour the melted chocolate on the silicon mat.
13. Spread the chocolate. It should be 3 mm thick.
14. Before the chocolate sets, top with toasted desiccated coconut & chopped pistachio.
15. Place the tray in the refrigerator for 5 minutes to let the chocolate set.
16. Once set, break the chocolate to make shards

### **GOOSEBERRY (AMLA) JAM**

Pre-preparation Time: 10 mins

Cook Time: 24 mins

S. No.	Ingredients	Unit	Quantity
1	Gooseberry ( <i>amla</i> )	grams	200
2	Sugar	grams	150
3	Water	millilitres	400
4	Mint leaves chopped	grams	5

#### **METHOD**

1. Add gooseberries to a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave.
3. Press "Auto Cook", then press keypad 204 to select P204.
4. Press Jet Start
5. Take out of the bowl and deseed the gooseberries, then transfer to a blender and puree the gooseberries
6. Add the pureed gooseberries, sugar, water to a bowl and whisk well
7. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
8. Press Jet Start
9. Take out of the microwave, let the contents cool down
10. Once cooled, add the chopped mint leaves
11. Gooseberry jam is ready

**Note: Make sure gooseberries are clear and free from any patches and cuts.**

# Zero Waste

## SPICY POTATO PEEL CRISPS

Pre-preparation Time: 5 mins

Cook Time: 40 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Potato peel, washed	grams	200
2	Salt		To taste
3	Olive Oil	millilitres	10
4	Cornflour	grams	2
5	Cayenne pepper	grams	1
6	Crushed black pepper	grams	1

### **METHOD**

1. Press "Auto Cook", then press keypad 205 to select P205.
2. Press Jet Start button to Preheat oven
3. While the oven preheats, pat dry the leftover potato peels on kitchen paper
4. Mix the peels with oil, cornflour and salt
5. Put the seasoned and floured potato peels on an perforated plate of AIR FRYER, and place in the microwave
6. Press Jet Start
7. Add cayenne pepper and black pepper and gently toss
8. Adjust seasoning and serve hot



## **HERB ROASTED ZUCCHINI AND CARROT PEELS**

Pre-preparation Time: 5 mins

Cook Time: 35 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Zucchini peels	grams	60
2	Carrot peels	grams	100
3	Olive Oil	millilitres	10
4	Cornflour	grams	2
5	Thyme (fresh)	grams	1
6	Oregano (dry)	grams	1
7	Parsley chopped	grams	1
8	Salt		To taste

### **METHOD**

1. Press "Auto Cook", then press keypad 206 to select P206.
2. Press Jet Start button to Preheat oven
3. Pat dry the leftover zucchini and carrot peels thoroughly
4. Add all the ingredients in a mixing bowl and mix well
5. Place the mixed ingredients on an AIR FRYER
6. Set the AIR FRYER in the microwave
7. Press Jet Start
8. Adjust seasoning according to taste
9. Serve hot

## **VEGETABLE BROTH**

Pre-preparation Time: 10 mins

Cook Time: 5 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Cabbage shredded	grams	20
2	Beans diced	grams	11
3	Broccoli stalk roughly cut	grams	10
4	Carrot with skin diced	grams	15
5	Mushroom stalk	grams	15
6	Yellow zucchini diced	grams	15
7	Water	millilitres	600
8	Salt		To taste
9	Pepper		To taste

### **METHOD**

1. Add all ingredients in a MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml). Stir
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
3. Press "Auto Cook", then press keypad 207 to select P207.
4. Press Jet Start
5. Adjust seasoning according to taste
6. Serve hot

## **ROASTED BELL PEPPER DIP**

Pre-preparation Time: 10 mins

Cook Time: 25 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Red bell pepper whole	grams	250
2	Olive Oil	millilitres	3
3	Garlic chopped	grams	6
4	Green chilli chopped	number	1
5	Roasted cumin powder	grams	1
6	Salt		To taste
7	Cayenne pepper	grams	1
8	Paprika powder	grams	1
9	Chilli flakes	grams	1

### **METHOD**

1. Press "Auto Cook", then press keypad 208 to select P208.
2. Press Jet Start
3. While the oven preheats, apply oil on the skin of the bell peppers with a brush
4. Skewer the bell peppers on the ROTISSERIE ROD
5. Set the ROTISSERIE ROD, with the bell peppers, in the microwave
6. Press Jet Start.
7. Take the bell peppers off the ROTISSERIE ROD, then cut off the stem (green part) of the bell peppers
8. Transfer the stemless bell peppers to a food processor, along with the garlic and green chilli. Blend to a paste
9. Transfer the blended mix to a mixing bowl and add roasted cumin powder, salt, cayenne pepper, paprika and chilli flakes. Stir well
10. Roasted Bell Pepper Dip is ready

## **OVEN BAKED VEGETABLES**

Pre-preparation Time: 10 mins

Cook Time: 32 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Potato with skin, diced small	grams	125
2	Carrot with skin, diced small	grams	50
3	Mushroom halved	grams	90
4	Broccoli florets	grams	50
5	Cauliflower florets	grams	70
6	Tomato diced	grams	80
7	Olive Oil	millilitres	15
8	Cumin powder	grams	2
9	Garlic powder	grams	2
10	Coriander powder	grams	1
11	Cayenne pepper	grams	1
12	Salt		To taste

### **METHOD**

1. Preheat the oven with the CRISP PLATE
2. Press "Auto Cook", then press keypad 209 to select P209.
3. Press Jet Start
4. Mix potatoes, carrots, mushrooms, broccoli, cauliflower and tomato with oil and salt in a bowl
5. Grease the preheated CRISP PLATE
6. Place the vegetables on the CRISP PLATE
7. Keep the CRISP PLATE on the HIGH RACK and place in the microwave
8. Press Jet start  
(Take out, mix and apply oil on the vegetables with a brush after 10 mins)
9. Press Jet Start
10. Take out the CRISP PLATE from the oven and transfer the vegetables to a bowl
11. Add cumin powder, garlic powder, coriander powder, cayenne pepper, and salt, according to taste, to the bowl and stir well
12. Oven Baked Vegetables are ready to serve

## **VEGETABLE PEEL AU GRATIN**

Pre-preparation Time: 10 mins

Cook Time: 18 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Carrot peels	grams	75
2	Zucchini peels	grams	50
3	Olive Oil	millilitres	10
4	Garlic	grams	5
5	Salt		To taste
6	White sauce	grams	120
7	Toned Milk	millilitres	50
8	Cauliflower stems	grams	20
9	Mozzarella cheese	grams	20

### **METHOD**

1. Properly wash and pat dry the leftover carrot and zucchini peels
2. In a MICROWAVE OVEN PROOF GLASS CASSEROLE DISH (capacity: 500 ml), take the carrot and zucchini peels, oil, garlic and salt. Stir well
3. Place the bowl in the microwave
4. Press "Auto Cook", then press keypad 210 to select P210.
5. Press Jet Start  
(Take out and stir with Press Jet Start after 1 minute)
6. Take out the bowl and set aside as you preheat the oven
7. Press Jet Start
8. While the oven preheats, add white sauce, milk, leftover cauliflower stems and mozzarella cheese to the casserole with the carrot and zucchini peels
9. Once the microwave is done preheating, place the casserole in the microwave
10. Press Jet Start
11. Take out the casserole once the cheese on the top of the casserole begins to get color.

## TOMATO CHUTNEY

Pre-preparation Time: 10 mins

Cook Time: 5 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Tomato roughly cut	grams	200
2	Garlic chopped	grams	7
3	Green chilli chopped	number	1
4	Onion chopped	grams	15
5	Salt		To taste
6	Coriander with stems chopped	grams	15
7	Aromat powder	grams	1
8	Dark soy sauce	millilitres	3
9	Crushed black pepper	grams	1

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), take the tomato, garlic, green chilli, onion and salt, and stir well
2. Place the bowl in the microwave
3. Press "Auto Cook", then press keypad 211 to select P211..
4. Press Jet Start
5. Stir & Press Jet Start after every minute)
6. Take out and transfer to a blender and puree the mix
7. Transfer the blended puree to a mixing bowl.
8. Add the coriander, aromat powder, dark soy sauce and crushed black pepper. Stir well
9. Adjust seasoning according to taste

## **BROCCOLI STALK SOUP**

Pre-preparation Time: 10 mins

Cook Time: 5 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Broccoli stalk diced small	grams	80
2	Garlic chopped	grams	7
3	Onion chopped	grams	10
4	Carrot with skin, diced small	grams	15
5	Water	millilitres	400
6	Salt		To taste
7	Pepper		To taste
8	Fresh Cream		For garnish

### **METHOD**

1. In a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add the leftover broccoli stalk, garlic, onion, carrot, water and seasoning. Stir well
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
3. Press "Auto Cook", then press keypad 212 to select P212.
4. Press Jet Start
5. Take out the bowl and transfer its content to blender and make a fine puree
6. Adjust seasoning according to taste
7. Garnish with cream

## **MUSHROOM SOUP**

Pre-preparation Time: 15 mins

Cook Time: 8 mins

Serves 2

<b>S. No.</b>	<b>Ingredients</b>	<b>Unit</b>	<b>Quantity</b>
1	Mushrooms with stem, roughly cut	grams	150
2	Butter	grams	15
3	Salt		To taste
4	Pepper		To taste
5	Thyme leaves fresh, chopped	grams	1
6	Water	millilitres	400
7	Fresh Cream	grams	30

## METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml)
2. Take butter, mushrooms, salt, pepper and thyme leaves in the bowl. Stir well and place in the microwave
3. Press "Auto Cook", then press keypad 213 to select P213.
4. Press Jet Start  
(Take out and stir with press Jet Start after every minute)
5. Add water and stir well
6. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave.
7. Press Jet Start
8. Take out the bowl and transfer its content to blender and make a fine puree
9. Transfer the contents back to the GLASS BOWL
10. Add cream and stir well. Place in the microwave
11. Press Jet Start.
12. Take out and adjust seasoning according to taste & Garnish with cream

## BREAD CRUMB

Pre-preparation Time: 5 mins

Cook Time: 3 mins

S. No.	Ingredients	Unit	Quantity
1	Bread stale	grams	100

## METHOD

1. Cut stale bread into cubes
2. Take cubed bread in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), and place the bowl in the microwave
3. Press "Auto Cook", then press keypad 214 to select P214.
4. Press Jet Start  
(Take out and stir with press Jet Start after every minute to avoid burning)
5. Cook till light golden in colour
6. Transfer croutons to a food processor and blitz till it becomes a coarse powder
7. Bread Crumbs are ready

## BREAD CROUTONS

Pre-preparation Time: 5 mins

Cook Time: 3 mins

S. No.	Ingredients	Unit	Quantity
1	Bread stale	grams	100

## METHOD

1. Cut stale bread into cubes



2. Take the cubed bread in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), and place the bowl in the microwave
3. Press "Auto Cook", then press keypad 215 to select P215.
4. Press Jet Start
5. Take out ,stir & Press Jet Start after every minute to avoid burning)
6. Cook till golden brown in colour & Bread Croutons are ready.

## CAKES

### BLUEBERRY CAKE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 5 mins

Yield : 2x100gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	40	gm
2	Egg	65	gm
3	Breakfast Sugar	45	gm
4	Almond Powder	35	gm
5	Refined Flour	15	gm
6	Salt	01	Pinch
7	Baking soda	01	Pinch
8	Blueberry Essence	¼	Tsp
9	Blueberry Colour	¼	Tsp
10	Blueberry compote/coulis	20	gm

#### Method

1. Take a MWO proof glass bowl (Capacity: 1300 ml) to melt the butter.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 216 to select P216.
4. Press Jet Start
5. After the Completion of cycle, Take another bowl, Whisk eggs & sugar till thick & fluffy.
6. Mix sieved refined flour, salt, baking soda and almond powder. Fold this to the eggs mixture.  
Don't overmix.
7. Mix in melted butter followed by essence, half of blueberry compote/coulis and color.
8. Pour the batter into microwave safe cups.
9. Place the cups in the microwave oven.
10. Press Jet Start button
11. Serve hot with remaining blueberry compote/coulis.

## Chocolate Mud Cake

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 33 mins

SERVES: 4

Yield: 420g

S. No	Ingredients	Quantity	Unit
1	Hot water	65	gm
2	Dark chocolate (Compound)	30	gm
3	Breakfast sugar	65	gm
4	Butter (Unsalted)	65	gm
5	Refined Flour	65	gm
6	Cocoa powder	8	gm
7	Baking soda	2	gm
8	Egg	50	gm
9	Vanilla essence	1	Tsp
10	Chocolate sauce	70	gm

### Method

1. In a MWO proof bowl (Capacity: 1300 ml), put the unsalted butter and dark chocolate to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 217 to select P217.
4. Press Jet Start
5. Keep stirring & Press Jet Start in every 30 seconds
6. Remove the bowl from the microwave oven after the cycle.
7. Using a whisk stir in breakfast sugar & hot water.
8. Wait for 10 mins until its temp comes down to normal.
9. Sieve and fold in refined flour, baking soda & cocoa powder in the above mixture.
10. Beat in the eggs & vanilla essence. Mix well.
11. Press Jet Start button to preheat without accessories.
12. Line a mould with parchment paper.
13. Pour the prepared batter in the mould.
14. Place the mould on the LOW RACK & put in Microwave Oven
15. Press Jet Start button to cook ..
16. Let it cool for 5 minutes.
17. Serve with sauce & enjoy.

## **RED VELVET PETIT FOUR CAKE**

PRE-PREPARATION TIME: 40 mins

COOKING TIME: 40 mins

Yield: 10x50gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined Flour	125	gm
2	Baking Powder	3	gm
3	Baking Soda	2	gm
4	Butter (Unsalted)	75	gm
5	Breakfast Sugar	150	gm
6	Buttermilk	125	ml
7	Vinegar/ lime juice	1	Tbs
8	Vanilla Essence	½	Tsp
9	Egg	50	gm
10	Red food colour	2	Tbs

### **Method**

1. Press "Auto Cook", then press keypad 218 to select P218.
2. Press Jet Start for preheat
3. After the cycle, Add vinegar or lime juice into the butter milk & let it stand for a few minutes till the milk splits.
4. Using a handheld mixer or whisk, cream unsalted butter & breakfast sugar together until light & fluffy.
5. Lightly beat the eggs with red food colour. Gradually add the egg mixture to the butter mixture.
6. Add the buttermilk mixture to the above mixture.
7. Sieve refined flour, baking powder, baking soda, cocoa powder and salt together.
8. Using a spatula, fold the flour mixture in the above mixture.
9. The finished batter is normally quite liquid.
10. Line a muffin tray with paper muffin liners. Fill 50g batter in each liner.
11. Place the muffin tray on the **LOW RACK** & put in Microwave Oven
12. Press Jet Start for Bake till a toothpick inserted comes out clean. If not then place it back in.
13. Once baked, cool completely before serving.

## **PLUM FRUIT CAKE**

PRE-PREPARATION TIME: 40 mins

COOKING TIME: 43 mins

SERVES: 3

Yield: 330gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	62	gm
2	Breakfast Sugar	32	gm
3	Brown Sugar	30	gm
4	Egg	60	gm
5	Refined Flour	57	gm
6	Baking Powder	½	Tsp
7	Tutti Frutti	30	gm
8	Dry Fruits	30	gm
9	Black Currants	25	gm
10	Caramel Colour	¾	Tbsp
11	Cashew Nuts	12	gm
12	Cardamom Powder	½	Tsp
13	Nutmeg Powder	¼	Tsp
14	Garam Masala	1	Tsp
15	Clove Powder	½	Tsp
16	Cinnamon Powder	1	Tsp
17	Ginger Powder	¼	Tsp

### **Method**

1. Press "Auto Cook", then press keypad 219 to select P219.
2. Press Jet Start to preheat the Microwave Oven.
3. After the Cycle, In a bowl using a handheld mixer or whisk, cream unsalted butter, breakfast sugar and brown sugar until light and creamy. Add eggs and beat lightly.
4. Sieve refined flour and baking powder together and, using a spatula, lightly fold in with the butter mixture.
5. Add all the dry fruits, black currants, tutti frutti, cashew nuts, caramel colour and mix well.
6. Lastly add the spices (cardamom powder, nutmeg powder, clove powder, cinnamon powder, ginger powder, garam masala) and mix evenly to form a dropping consistency batter.
7. Pour the batter in a 5-inch greased and lined round cake tin.
8. Place the tin on the LOW RACK & put in Microwave Oven
9. Press Jet Start for Bake till the skewer inserted in the centre of the cake comes out clean.
10. Remove from the oven and place on a cooling rack to cool down. Let it cool for 10 minutes before serving

## **CHOCO LAVA CAKE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 21:30 mins

Yield: 4x50gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Egg	50	gm
2	Butter (Unsalted)	33	gm
3	Dark Chocolate (Compound)	75	gm
4	Breakfast Sugar	20	gm
5	Refined Flour (Sieved)	15	gm
6	Vanilla Essence	¼	Tsp

### **Method:**

1. In a MWO proof bowl put together unsalted butter & chocolate to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 220 to select P220.
4. Press Jet Start
5. Stir & press Jet Start (after 1 minute )
6. After the Cycle, Keep aside to cool down.
7. In another bowl using a whisk mix breakfast sugar, egg, & vanilla essence.
8. Add the unsalted butter - chocolate mixture to above mixture & whisk to form a uniform mixture.
9. Add refined flour to the above mixture & whisk till there are no lumps.
10. Grease & dust cupcake moulds / aluminium ramekins with butter & cocoa powder.
11. Fill the batter into the prepared moulds.
12. Refrigerate for 30 minutes.
13. Press Jet Start for Preheat the microwave oven.
14. Place the moulds on the CRISP PLATE & put in Microwave Oven.
15. Press Jet Start for Bake
16. Cool for 30-40 seconds & then demould.
17. Serve hot

## APPLE CINNAMON MOIST CAKE

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 38 mins

Yield: 7x60gm each

S. No	Ingredients	Quantity	Unit
<b>For the Apple Filling</b>			
1	Apples (Peeled & Grated)	80	gm
2	Cinnamon Powder	5	gm
3	Breakfast Sugar	15	gm
4	Butter (Unsalted)	15	gm
5	Raisins	10	gm
<b>For the Batter</b>			
6	Almond Flour	40	gm
7	Refined Flour	40	gm
8	Butter (Unsalted)	50	gm
9	Egg White	50	gm
10	Breakfast Sugar	55	gm
11	Apple Filling	60	gm

### Method

1. In a MWO proof bowl (Capacity: 1300 ml) put grated apples, cinnamon powder, breakfast sugar, water, unsalted butter & raisins.
2. Place the bowl in the microwave oven .
3. Press "Auto Cook", then press keypad 221 to select P221.
4. Press Jet Start
5. Stir & press Jet Start in every 1 minute)
6. Once done remove the bowl and set aside to cool.
7. In another MWO proof bowl put butter to brown.
8. Place the bowl in the microwave oven.
9. Press Jet Start
10. Stir & press Jet Start in every 1 minute)
11. Once done remove the bowl and set aside to cool.
12. Press Jet Start for Preheat the microwave oven Without accessories.
13. After the cycle, For the batter, in a bowl sieve together almond flour and refined flour.
14. In another bowl using a handheld mixer or whisk, mix together egg whites and breakfast sugar till it has soft peaks.
15. Using a spatula fold in the brown butter, flour mixture and apple filling.
16. Weigh and pour 60g batter in each silicon mould.
17. Place silicon mould on the CRISP PLATE & put in Microwave Oven.
18. Press Jet Start for Bake.

19. Remove from the microwave oven and let it cool for 5 minutes.
20. Demould and sieve icing sugar on top.
21. Serve warm.

## **ALMOND CARROT TEA CAKE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 8 mins

SERVES: 3

Yield:250gm

S. No	Ingredients	Quantity	Unit
1	Refined Oil	40	gm
2	Brown sugar	30	gm
3	Breakfast sugar	30	gm
4	Egg	50	gm
5	Almonds (chopped)	25	gm
6	Refined flour	62.5	gm
7	Cinnamon powder	¼	Tsp
8	Baking powder	¼	Tsp
9	Baking soda	¼	Tsp
10	Vanilla essence	¼	Tsp
11	Grated Carrot	50	gm

### **Method**

1. Take a MWO proof bowl (Capacity: 1300 ml). Put grated carrot & dehydrate.
2. Place the bowl in the microwave oven
3. Press "Auto Cook", then press keypad 222 to select P222.
4. Press Jet Start.
5. In another bowl whisk together eggs, refined oil, brown sugar & breakfast sugar, till it has mixed properly.
6. Sieve together refined flour, cinnamon powder, baking powder and baking soda. Add chopped almonds to it.
7. In the egg mixture put vanilla essence, grated carrots and using a spatula fold in the refined flour.
8. Pour batter in a MWO proof square dish (Capacity: 520 ml)
9. Place the mould on the LOW RACK & put in the Microwave Oven.
10. Press Jet Start for Cook .
11. Let it cool for 5 minutes before serving.

## PINEAPPLE UPSIDE DOWN CAKE

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 43 mins

SERVES: 4

YIELD: 450g

S. No	Ingredients	Quantity	Unit
	<b>For Caramel:</b>		
1	Breakfast Sugar	75	gm
2	Water	20	gm
3	Light Corn Syrup	5	gm
	<b>For Batter:</b>		
4	Butter (Unsalted)	75	gm
5	Breakfast sugar	75	gm
6	Egg	75	No
7	Vanilla Essence	¼	tsp
8	Refined Flour	75	gm
9	Baking powder	1.5	gm
10	Pineapple (chopped)	38	gm
11	Pineapple (slice)	3	Slice
12	Red Cherry (deseed)	4	No

### Method

1. Grease the cake tin with butter.
2. In a MWO proof bowl (1300 ml), put breakfast sugar, water & corn syrup to caramelize.
3. Press "Auto Cook", then press keypad 223 to select P223.
4. Press Jet Start.
5. Stir & press Jet Start in every 1 minute.)
6. After the Cycle, Pour in a square cake tin (6"× 6"). spread quickly to coat the entire bottom.
7. Arrange pineapple slices over the caramel. Place cherries in the empty spaces between pineapple slices. Keep aside.

**Note:** Be careful when using caramelized sugar. Don't touch it with your hand.

### For cake batter:

8. Press Jet Start button for Preheating the microwave oven.
9. In a bowl using a handheld mixer or whisk cream, unsalted butter and breakfast sugar together till light & creamy in texture.
10. Gradually whisk in beaten eggs & pineapple essence.
11. In another bowl sieve together refined flour & baking powder.
12. Using a spatula lightly fold the flour mixture into the butter-sugar-egg mixture.
13. Pour the batter over the pineapple slices.



14. Place the pan on the LOW RACK & Put in the Microwave Oven.
15. Press Jet Start for Bake.
16. Remove from the microwave oven and let it cool completely.
17. Warm the back of the pan. Run a knife across the edges of the pan and invert the pan on a plate.

## **APPLE SPICE CAKE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 3 mins

SERVES: 2

YIELD: 206g

S. No	Ingredients	Quantity	Unit
1	Refined Flour	62.6	gm
2	Mixed Spices Powder (Cinnamon, Clove, Ginger, Nutmeg)	1	Tsp
3	Baking Powder	1	Tsp
4	Breakfast Sugar	75	gm
5	Salt	pinch	pinch
6	Apple sauce	3	Tbsp
7	Full Cream Milk	62	gm
8	Refined Oil	2	Tsp
9	Water	2	Tsp

### **Method**

1. In a bowl whisk together refined flour, mixed spices, breakfast sugar, baking powder & salt.
2. Then whisk in applesauce, full cream milk, refined oil & water.
3. Pour the batter in the (6"x6") 520ml bake & serve mould.
4. Place the mould in the microwave oven.
5. Press "Auto Cook", then press keypad 224 to select P224.
6. Press Jet Start.
7. Let it cool.
8. Dust icing sugar on top.
9. Serve warm.

## **BANANA AND CHOCOLATE CAKE**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 49:30 sec

SERVES: 4

Yield: 400g

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	60	gm
2	Brown Sugar	75	gm
3	Egg	40	gm
4	Dark Chocolate (Compound) (Chopped)	75	gm
5	Vanilla Essence	¼	tsp
6	Banana (Ripe)	90	gm
7	Refined Flour	75	gm
8	Baking Powder	2.5	gm
9	Baking Soda	1	gm
10	Salt	pinch	

### **Method**

1. In a MWO proof bowl (Capacity: 1300 ml) put dark chocolate to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 225 to select P225.
4. Press Jet Start.
5. Stir & press Jet Start in every 30 seconds
6. Remove the bowl from the microwave & Set aside.
7. Press Jet Start for Preheat the microwave oven.
8. Using a handheld mixer or whisk mix unsalted butter and brown sugar together until light and fluffy (It should take approx. 10 min).
9. Gradually add lightly beaten egg and vanilla essence.
10. Then add melted chocolate.
11. In a separate bowl, mash banana.
12. Mix mashed banana in the butter mixture.
13. In a separate bowl sieve together refined flour, baking powder, baking soda & salt.
14. Using a spatula fold the flour mixture in the butter mixture.
15. Prepare a 5 inch cake tin with parchment paper.
16. Pour the batter in the tin.
17. Place the tin on the LOW RACK & Put in Microwave Oven
18. Press Jet Start
19. Bake until a toothpick inserted in the middle of the cake comes out clean.
20. Remove from the microwave oven and let it cool for 10 minutes.
21. Demould on the LOW RACK/HIGH RACK to cool completely.

## **TRES LECHES CAKE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 3 mins

SERVES: 4

YIELD: 550 G

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
	<b>For Vanilla Sponge</b>		
1	Refined Flour	94	gm
2	Breakfast Sugar	30	gm
3	Baking Powder	½	Tsp
4	Salt	¼	Tsp
5	Full Cream Milk	184	gm
6	Vanilla Essence	1	Tsp
7	Unsalted Butter (Melted)	57	gm
	<b>For Soaking</b>		
8	Full Cream Milk	60	gm
9	Heavy Cream	10	gm
10	Condensed Milk	70	gm
11	Whipped Cream (To Serve)	50	gm

### **Method**

1. In a bowl whisk together refined flour, breakfast sugar, baking powder & salt.
2. Then whisk in full cream milk, vanilla essence & melted unsalted butter.
3. Grease a bake and serve mould with butter.
4. Pour the batter in the bake & serve mould.
5. Place the mould in the microwave oven.
6. Press "Auto Cook", then press keypad 226 to select P226.
7. Press Jet Start
8. Let it cool.
9. Mix milk, heavy cream & condensed milk.
10. Pour milk mixture on the cake to soak. Refrigerate for 1 hour & serve with whipped cream.

## **VICTORIA SPONGE CAKE**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 50 mins

SERVES: 4

Yield: 420 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	100	gm
2	Breakfast sugar	100	gm
3	Egg	2	No
4	Toned Milk	25	gm
5	Vanilla essence	1	Tsp
6	Refined flour	100	gm
7	Baking powder	¼	Tsp

### **Method**

1. Press "Auto Cook", then press keypad 227 to select P227.
2. Press Jet Start for preheat Without accessories.
3. Sieve refined flour.
4. Using a handheld mixer or whisk, cream unsalted butter & breakfast sugar till thick & fluffy (It should take approx. 10 min).
5. Gradually add egg & whisk well.
6. Mix in toned milk and vanilla essence.
7. Lightly fold in the sieved refined flour. Don't over mix.
8. Pour the batter into a greased & lined 5" cake tin.
9. Put cake tin on the LOW RACK & put in Microwave Oven cavity
10. Press jet Start for Bake
11. Remove from the oven & let it cool for 10 minutes.
12. Demould & place on the LOW RACK to cool completely.

## ORANGE & CARROT SOFT CAKE

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 34 mins

SERVES:3

YIELDS: 7x40gm

S. No	Ingredients	Quantity	Unit
1	Refined Oil	32.5	Gm
2	Orange Puree	30	Gm
3	Brown sugar	30	Gm
4	Breakfast sugar	30	Gm
5	Egg	50	Gm
6	Orange Zest	¼	Tsp
7	Refined flour	62.5	Gm
8	Cinnamon powder	¼	Tsp
9	Baking powder	¼	Tsp
10	Baking soda	¼	Tsp
11	Vanilla essence	¼	Tsp
12	Grated Carrot	50	Gm

### Method

1. Press "Auto Cook", then press keypad 228 to select P228.
2. Press Jet Start to preheat Without accessories.
3. Put paper liners in a muffin tray.
4. Take out the excess juice from the carrots.
5. In a bowl-1, whisk together eggs, refined oil, orange puree, orange zest, brown sugar and breakfast sugar, till it has mixed properly.
6. In the egg mixture put vanilla essence, grated carrots
7. In a bowl-2, Sieve together refined flour, cinnamon powder, baking powder and baking soda. Add chopped walnuts to it.
8. Combine bowl -1 & bowl-2 mixture together.
9. Put 40g batter in each liner. Place the muffin tray on a LOW RACK & put in Microwave Oven
10. Press Jet Start for Bake it in the microwave oven.
11. Take out from the microwave once they are ready .

# CONFECTIONERY

## MADELEINE

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 23 mins

Yield: 32x7gm each

S. No	Ingredients	Quantity	Unit
1	Egg Yolks	33	gm
2	Breakfast Sugar	5	gm
3	Honey	8	gm
4	Egg Whites	33	gm
5	Breakfast Sugar	41	gm
6	Salt	1	gm
7	Baking Powder	2	gm
8	Refined Flour	50	gm
9	Butter (Unsalted) (Melted)	50	gm
10	Vanilla Essence	1	tsp
11	Water (To create double boiler)		

### Method:

1. In a microwave proof bowl put water to heat.
2. Place the bowl in the microwave oven
3. Press "Auto Cook", then press keypad 229 to select P229.
4. Press Jet Start
5. Place another bowl on top of the bowl of hot water to create a double boiler. (Heat water again if needed)
6. In the empty bowl, whisk together egg yolks & breakfast sugar till thick & fluffy. Remove from the bowl of hot water.
7. Add vanilla essence, honey & whisk well.
8. In a separate bowl sieve refined flour, baking powder & salt together.
9. In a separate mixing bowl whisk egg whites & breakfast sugar till stiff peak.
10. Using a spatula, fold the egg white mixture and the flour mixture alternately into the whipped egg yolk mixture.
11. Finish by folding in the melted unsalted butter.
12. Refrigerate & chill the batter for 20 minutes.
13. Grease madeleine pans with butter and dust with flour.
14. Press Jet Start. for preheat without accessories.
15. Prepare a piping bag fitted with a round tip nozzle.

16. Fill the piping bag with the batter.
17. Place the pan on the LOW RACK.
18. Pipe batter into the madeleine mould.
19. Press Jet Start
20. Unmold onto the LOW RACK/HIGH RACK to cool.
21. Once completely cooled, store it in an airtight container.

## HONEY & ORANGE MADELEINE

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 23 mins

Yield: 26x5gm each

S. No	Ingredients	Quantity	Unit
1	Egg Yolks	17	gm
2	Breakfast Sugar	3	gm
3	Honey	5	gm
4	Egg Whites	17	gm
5	Breakfast Sugar	20	gm
6	Salt	1	gm
7	Baking Powder	1	gm
8	Refined Flour	25	gm
9	Butter (Unsalted) (Melted)	25	gm
10	Orange Essence	1	Tsp
11	Orange Puree	15	gm
12	Water (To create double boiler)		

### Method

1. In a microwave proof bowl (Capacity:1300 ml) put water to heat.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 230 to select P230.
4. Press Jet Start
5. Place another bowl on top of the bowl of hot water to create a double boiler.
6. In the empty bowl, whisk together egg yolks & breakfast sugar till thick & fluffy.
7. Add orange essence, honey & whisk well.
8. In a separate bowl sieve refined flour, baking powder & salt together.
9. In a separate mixing bowl whisk egg whites & breakfast sugar till stiff peaks.
10. Fold the egg white mixture and the sifted dry ingredients alternately into the whipped egg yolk mixture.
11. Finish by folding in the melted unsalted butter and orange puree.
12. Chill the batter for 20 minutes.
13. Press Jet start for Preheat the microwave oven.

14. Place the madeleine mould on the CRIPS PLATE.
15. Pipe batter into the mould using a pastry bag with a medium round tip nozzle.
16. Press Jet start.
17. Bake until golden but still soft to the touch.

## RAISIN SCONES

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 24 mins

Yield: 9x25gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	100	gm
2	Breakfast Sugar	12.5	gm
3	Salt	1	gm
4	Baking powder	6	gm
5	Butter (Unsalted)	40	gm
6	Egg	15	gm
7	Full Cream Milk	45	gm
8	Chopped Raisin	20	gm
9	Egg for wash	10	gm

### Method

1. Press "Auto Cook", then press keypad 231 to select P231.
2. Press Jet Start for preheat without accessories.
3. Sieve refined flour, breakfast sugar, salt & baking powder together into a mixing bowl.
4. Rub in the unsalted butter until the mixture resembles breadcrumbs consistency.
5. Add in egg & full cream milk in the dry ingredients. Mix just until the ingredients are combined and a soft dough is formed.
6. Finally add chopped raisins. The dough should be soft and slightly elastic, but not sticky. Do not overmix.
7. Knead it lightly by pressing it out and folding it in half now cover this with the remaining half. Repeat this procedure about 1 to 2 times.
8. Roll the dough into a rectangle 1 1/2 in. thick and cut with round cutters.
9. Place on the CRISP PLATE a few inches apart.
10. Using a pastry brush apply lightly beaten egg only on the tops of each.
11. Press Jet Start
12. Remove from the oven and place on the LOW RACK to cool down.
13. Let it cool for 10 minutes.
14. Then dust it with icing sugar before serving.



## CHOCOLATE SCONES

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 24 mins

Yield: 10x25gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	93	gm
2	Breakfast Sugar	12.5	gm
3	Salt	1	gm
4	Baking powder	6	gm
5	Cocoa Powder	7	gm
6	Butter (Unsalted)	40	gm
7	Egg	15	gm
8	Full Cream Milk	45	gm
9	Egg (For Wash)	10	gm
10	Chocolate Chips	20	gm

### Method

1. Press "Auto Cook", then press keypad 232 to select P232.
2. Press Jet Start for preheat.
3. Preheat the microwave oven.
4. Sieve refined flour, breakfast sugar, salt, cocoa powder & baking powder together into a mixing bowl.
5. Rub in the unsalted butter until the mixture resembles breadcrumbs consistency.
6. Add in egg & full cream milk in the dry ingredients. Mix just until the ingredients are combined and a soft dough is formed. Do not overmix.
7. Now mix the chocolate chips. The dough should be soft and slightly elastic, but not sticky.
8. Knead it lightly by pressing it out and folding it in half now cover this with the remaining half. Repeat this procedure about 1 to 2 times.
9. Roll the dough into a rectangle 1 1/2 in. thick and cut with cutters.
10. Place on the CRISP PLATE.
11. Using a pastry brush apply lightly beaten egg only on the tops of each.
12. Press Jet Start.
13. Remove from the oven and place on the LOW RACK to cool down.
14. Let it cool for 10 minutes.

## **SWISS ROLL**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 18 mins

Yield:300gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Eggs	2	No.
2	Breakfast Sugar	50	gm
3	Refined Flour	50	gm
4	Vanilla Essence	¼	tsp
5	Icing Sugar (For Dusting)		
6	Mixed Fruit Jam	50	gm
7	Whipped cream	70	gm

### **Method**

1. Press "Auto Cook", then press keypad 233 to select P233.
2. Press Jet Start for preheat without accessories.
3. Whisk the egg & breakfast sugar till stiff peaks.
4. Mix in vanilla essence.
5. Use a spatula fold in sieved refined flour. Don't over mix.
6. Line the CRISP PLATE with butter paper.
7. Pour the batter on the CRISP PLATE evenly.
8. Press Jet Start.
15. Once baked demould & invert the cake onto a butter paper dusted with icing sugar.
16. Carefully peel the paper off the back of the sponge.
17. While the cake sheet is still hot spread the jam on it evenly.
18. Roll carefully making sure it does not crack.
19. Leave in butter paper for 1 hour in the refrigerator.
20. Then cover the roll with whipped cream & smooth out the frosting.
21. Slice & serve

## CINNAMON ROLLS

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 20 mins

Yield: 12x45 gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	250	gm
2	Fresh Yeast	15	gm
3	Salt	2.5	gm
4	Gluten	2.5	gm
5	Bread Improver	1.5	gm
6	Breakfast Sugar	25	gm
7	Butter (Unsalted)	25	gm
8	Water	95	gm
9	Eggs	100	gm
10	Cinnamon Powder	15	gm
11	Raisins	50	gm
	<b>For Glaze</b>		
12	Icing Sugar	200	gm
13	Milk	20	gm
14	Liquid glucose	20	gm

### Method

1. In a bowl mix fresh yeast, warm water & breakfast sugar. Set aside for 5 mins.
2. Mix in refined flour, salt, gluten, bread improver and eggs to knead a dough.
3. Finally knead in unsalted butter.
4. Keep it covered for fermentation at warm temp (32° C) until the dough doubles in size. (It should take about 30-40 minutes)
5. On a floured bench, roll dough into a rectangle. Brush off excess flour.
6. Sprinkle it with cinnamon powder, breakfast sugar and raisins.
7. Roll up like a swiss roll long.
8. Cut into 2" slice.
9. Place cut-side down on a greased baking tray.
10. Press "Auto Cook", then press keypad 234 to select P234.
11. Press Jet Start for preheat with Baking plate
12. Keep for final proving at warm temp (32° c) until the dough doubles in size.
13. Place the tray on the HIGH RACK
14. Press Jet Start.
15. Demould & place on the LOW RACK.
16. Press Jet Start.
17. In a mixing bowl whisk together icing sugar, liquid glucose & full cream milk.

18. Apply it on the cinnamon rolls when they are still warm

## FANCY ROLLS

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 18 mins

YIELD : 14 x 25 gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	200	gm
2	Fresh Yeast	10	gm
3	Breakfast Sugar	15	gm
4	Salt	04	gm
5	Water (Warm)	120	ml
6	Butter (Unsalted) (Soft)	15	gm
7	Gluten	02	gm
8	Bread Improver	02	gm
9	Clarified butter (for brushing)	25	gm

### Method

1. Mix fresh yeast, breakfast sugar and water in a small bowl. Keep aside for 5 minutes.
2. Sieve refined flour, gluten, bread improver and salt. To this add unsalted butter.
3. Mix the yeast-water-sugar in the flour mixture & knead.
4. Cover the with damp cloth dough and keep at a warm temp for fermentation till the dough doubles in size.
5. Knock back dough , then Divide the dough into 14 portions of 25g each.
6. Make different shapes like Braids, Cloverleaf, Rosette, Twist etc from each portion.
7. Place it on a CRISP PLATE.
8. Keep covered for proving till the dough doubles in size at warm temp.
9. Press "Auto Cook", then press keypad 235 to select P235.
10. Press Jet Star for preheat.
11. Once double in size, using a pastry brush apply milk on each.
12. Press Jet Start
13. Remove from the oven & brush with clarified butter.
14. Place the breads on the low rack to cool completely.

## CHEESE STRAWS

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 35 mins

Yield: 16x20gm each

S. No	Ingredients	Quantity	Unit
	<b>Puff Dough</b>		
1	Refined Flour	125	Gm
2	Salt	2	Gm
3	Breakfast Sugar	01	Gm
4	Butter (Unsalted)	10	Gm
5	Water	75-80	ML
6	Puff Margarine	75	Gm
7	Egg (for egg wash)	1	No
8	Processed Cheese (grated)	50	gm
9	Chilli Powder	1	Tsp

### Method

1. Mix salt, breakfast sugar and refined flour. Add water and knead the dough.
2. With a rolling pin spread the dough to form a square. The corners should be thinner than the centre.
3. Dust above and below with flour while rolling to avoid the dough from sticking to the surface or the pin.
4. Roll the puff margarine between 2 butter papers into a smaller square.
5. Place it in the centre of the rolled out dough, & cover it with the corners of the dough (the corners should overlap the puff margarine)
6. Now give a book-fold, the butter is placed in the center of the dough and the edges are folded inward to meet at the center. Then fold again at the center line, as if closing a thick book. Repeat this process for 3 times.
7. Press "Auto Cook", then press keypad 236 to select P236.
8. Press Jet Start for preheat.
9. Take puff pastry dough and roll it into a rectangle.
10. Using a pastry brush, apply egg on the dough and apply the mixture of processed cheese and chilli powder on it.
11. Cut out thin strips and twist each strip from both the ends.
12. Place it on the CRISP PLATE.
13. Press Jet Start.

## VEG TURNOVER

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 30 mins

Yield: 6x75gm each

S. No	Ingredients	Quantity	Unit
1	Puff Dough (Refer Cheese Straws Recipe)	250	gm
2	Veg Filling	200	gm
3	Egg/milk (for wash)	1	No.

### Method

1. Press "Auto Cook", then press keypad 237 to select P237.
2. Press Jet Start for preheat without accessories.
3. Take puff pastry and flatten it with a rolling pin (Don't apply much pressure while doing this).
4. Cut the rolled pastry into squares and egg wash the edges.
5. Take a tbsp of the veg filling and place it on one half of the pastry. Cover the filling with the other half forming a triangle or rectangle.
6. Place it on the CRISP PLATE and leave space in between.
7. Using a pastry brush apply egg on top
8. Press Jet Start

TIP: Apply egg wash only on the top surface not on the sides or the layers will stick & give an uneven rise

## PROFITEROLE

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 38 mins

Yield: 7x35gm each

S. No	Ingredients	Quantity	Unit
1	Choux Paste	100	gm
2	Pastry Cream	100	gm
3	Chocolate Ganache	50	gm

### Method

1. Press "Auto Cook", then press keypad 238 to select P238.
2. Press Jet Start for preheat without accessories
3. Prepare a piping bag fitted with a round nozzle
4. Fill the choux paste in the piping bag.
5. Pipe the batter in round mounds of 4 cm diameter on the CRISP PLATE a few inches apart.
6. Press Jet Start
7. After the profiterole shells are baked, keep it to cool.
8. Make a small hole in the base of each profiterole.

9. Put the pastry cream in a piping bag, and pipe in the profiteroles to fill it properly.
10. Top it with chocolate ganache and keep in the refrigerator to cool a little before serving.

**Note:** Bake further for 5 minutes at 180 C to make a crisp profiterole

## ECLAIRS

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 38 mins

Yield: 7x35gm each

S. No	Ingredients	Quantity	Unit
1	Choux paste	100	gm
2	Pastry cream	100	gm
3	Chocolate ganache	50	gm

### **Method**

1. Press "Auto Cook", then press keypad 239 to select P239.
2. Press Jet Start for preheat without accessories.
3. Prepare a piping bag fitted with a round nozzle.
4. Fill the choux paste in a piping bag and pipe the batter in oblong shape 2 cm wide & 6 – 8 cm long on the CRISP PLATE a few inches apart.
5. Press Jet Start
6. After the éclair shells are baked, let it cool.
7. Make a slit horizontally, cutting just till half and not completely.
8. Put the pastry cream in a piping bag, and pipe in the centre of the éclair shell to fill it properly.
9. Top it with chocolate ganache and keep in the refrigerator to cool a little before serving.

**Note:** Bake further for 5 minutes at 180 C to make a crisp éclair

## APPLE FRANGIPANE TART

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 1 hour 20 mins

Yield: 4 220gm each

S. No	Ingredients	Quantity	Unit
<b>Sweet Crust Dough</b>			
1	Butter (Unsalted)	50	Gm
2	Icing Sugar	25	Gm
3	Refined Flour	75	Gm
4	Vanilla Essence	1/8th	Tsp
5	Egg	7	Gm
6	Lentil/Granulated sugar (For blind baking)		
<b>For Frangipane Filling</b>			
2.	Butter (Unsalted)	200	gm
3.	Breakfast Sugar	200	gm
4.	Egg	1	No
5.	Refined Flour	80	gm
6.	Almond Flour	120	gm
7.	Vanilla essence	½	Tsp
8.	Apple (Sliced)	200	gm
9.	Almond Flakes	60	gm

### Method

#### For Sweet Crust Dough:

1. In a bowl, whisk butter and icing sugar together till light and fluffy.
2. Once the butter and sugar are mixed properly, add flour while mixing continuously.
3. Add the egg & vanilla essence and mix properly.
4. Wrap the dough & refrigerate for 30 mins.
5. Press "Auto Cook", then press keypad 240 to select P240.
6. Press Jet Start for preheat without accessories.
7. Roll out the dough to a 2.5 mm thickness.
8. Prepare 4" tart moulds by pressing down the rolled out sweet crust dough.
9. Dock the lined mould with a fork or put some weight (Prepare pouches using cling wrap & fill with lentil/granulated sugar to make the weights) on the lined mould, so that it will not puff.
10. Place the tart moulds on the CRISP PLATE .
11. Press Jet Start
12. Remove the weights.
13. Press Jet Start
14. Once baked, set aside to cool down.



**For Frangipane Filling:**

15. Using a handheld mixer or whisk cream unsalted butter and breakfast sugar together till light & creamy in texture.
16. Gradually mix in lightly beaten egg & vanilla essence in 3 parts into the butter mixture.
17. Using a spatula lightly fold in the refined flour and almond flour.
18. Pour the batter in the pre-baked tart and arrange apple slices on top
19. Cover with almond flakes.
20. Place the tart shell on the CRISP PLATE. & Press Jet Start.

**CHOCOLATE CARAMEL TART**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 2 mins 30 sec

YIELD: 140g x 3 each

S. No	Ingredients	Quantity	Unit
1	Sweet Crust Tart Shells (Baked) (Refer apple frangipane tart recipe)	3	no.
	<b>Caramel Sauce</b>		
2	Breakfast Sugar	100	gm
3	Water	10	gm
4	Light Corn Syrup	15	gm
5	Fresh Cream (warm)	50	gm
6	Butter (Unsalted) (Melted)	50	gm
7	Chocolate Ganache ( refer chocolate ganache recipe)	200	gm
8	Cocoa Powder (For Dusting)	5	gm

**Method****For the caramel sauce**

1. In a Mwo proof bowl put breakfast sugar, water & light corn syrup to caramelize.
2. Press "Auto Cook", then press keypad 241 to select P241.
3. Press Jet Start.
4. Remove from the microwave and carefully whisk in unsalted butter & fresh cream.
5. Let it cool before use.

**Assembling**

6. Fill each tart shell (4" tart shell) half with caramel sauce. Let it set.
7. Fill the rest of half with chocolate ganache.
8. Sieve cocoa powder on top. Serve Cold.

**NOTE:** Remaining caramel & ganache can store in the refrigerator for further use

## **MIXED FRUIT TART**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 32 mins

YIELD: 3x240gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1.	Sweet Crust Dough (Refer apple frangipane tart recipe)	110	gm
2.	Pastry Cream (Refer pastry cream recipe)	105	gm
3.	Fresh Fruits (Strawberries, Kiwi, Plum, Melon)	500	gm
4	Dried Green Chopped pista ( for decoration)	20	gm

### **Method**

1. On a lightly floured surface, roll the sweet crust dough out into a circle, then place gently into a tart mould (4" tart mould). With a sharp knife, trim the edges of the pastry to fit the tart pan. Cover pan with plastic wrap and place in the freezer until firm, about 30 minutes.
2. Press "Auto Cook", then press keypad 242 to select P242.
3. Press Jet Start for preheat without accessories.
4. For blind baking , Cover with a piece of cling wrap & then fill with pie dried beans/uncooked rice, making sure they're fully distributed over the entire surface.
5. Place the tart pan on the CRISP PLATE.
6. Press Jet Start
7. Remove the weight from the tart shells
8. Press Jet Start
9. Transfer to the LOW RACK and let cool completely.
10. Fill the empty tart shell with pastry cream. Don't fill till the top.
11. Decorate the tarts using slices of fresh fruits.
12. Decorate the rim with chopped pistachio.

NOTES : can dock tart with a fork instead of putting a weight on your tarts but the baking time will vary.

## LEMON CURD TART

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 3:30 mins

Yield: 5x75gm each

S. No	Ingredients	Quantity	Unit
1	Sweet Crust Tart Shell (Baked) (Refer apple frangipane tart recipe)	200	gm
	<b>Lemon Curd</b>		
2	Butter (Unsalted)	38	gm
3	Breakfast Sugar	57	gm
4	Egg Yolk	7	gm
5	Whole Egg	50	gm
6	Lemon Zest	¼	Tsp
7	Lemon Juice	38	gm

### Method

1. In a MWO proof bowl (Capacity: 1300 ml), put unsalted butter to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 243 to select P243.
4. Press Jet Start.
5. In another MWO proof bowl (Capacity: 1300 ml) whisk together breakfast sugar, egg yolks & whole egg. Then stir in lemon juice, lemon zest and melted butter.
6. Place the bowl in the microwave oven.
7. Press Jet Start
8. Stir & press Jet start in every 30 seconds until the mixture is thick
9. Once done, cover with a layer of cling wrap, directly touching the curd. This will keep the curd from forming a skin.
10. Once it cools down, refrigerate the lemon curd.
11. Fill the lemon curd in a piping bag fitted with a star nozzle.
12. Pipe a swirl on the pre baked tart shell (4" tart shell)
13. Serve cold

## **PEAR FRANGIPANE TART**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 58 mins

Yield: 3×190gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1.	Sweet Crust Tart Shells (Baked) (Refer apple frangipane tart recipe)	100	gm
	<b>For Frangipane Filling</b>		
2.	Butter (Unsalted)	100	gm
3.	Breakfast Sugar	100	gm
4.	Egg	1	No
5.	Refined Flour	40	gm
6.	Almond Flour	60	gm
7.	Vanilla essence	½	Tsp
8.	Pear (Sliced)	100	gm
9.	Almond Flakes	20	gm

### **Method**

1. Press "Auto Cook", then press keypad 244 to select P244.
2. Press Jet Start
3. Using a handheld mixer or whisk cream unsalted butter and breakfast sugar together till light & creamy in texture.
4. Gradually mix in lightly beaten egg & vanilla essence in 3 parts into the butter mixture.
5. Using a spatula lightly fold in the sieved refined flour and almond flour.
6. Pour the batter in the pre-baked tart (4" tart shell) and arrange pear slices on top
7. Cover with almond flakes.
8. Place the tart shells on the CRISP PLATE.
9. Press Jet Start

**Note:** When baking with filling, keep the tart shell in the tart mould.

## COTTAGE CHEESE QUICHE

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 47 mins

Yield: 5x110gm each

S. No	Ingredients	Quantity	Unit
	<b>Short Crust (For Quiche Base)</b>		
1	Butter (Unsalted)	50	gm
2	Refined Flour	100	gm
3	Salt	02	gm
4	Chilled Water	30	gm
6	Lentil/Granulated sugar (For blind baking)	80	gm
	<b>Quiche filling</b>		
5	Cooked Cottage Cheese Filling (small cubed)	220	gm
6	Cooking Cream	100	gm
7	Egg Yolk	50	gm
8	Salt	01	gm
9	Black Pepper	01	gm
10	Mix Cheese (Processed & Mozzarella)	50	gm

### **Method**

#### **For quiche base**

1. Press "Auto Cook", then press keypad 245 to select P245.
2. Press Jet Start
3. In a bowl, rub unsalted butter, refined flour and salt together.
4. Add chilled water to the bowl and form the dough.
5. Roll out the dough to a 2.5 mm thickness.
6. Prepare 4" tart moulds using the rolled out dough for the quiche base.
7. Dock the lined mould with a fork or put some weight (Prepare pouches using cling wrap & fill with lentil/granulated sugar to make the weights) on the lined mould, so that it will not puff.
8. Place the moulds on the CRISP PLATE.
9. Press Jet Start
10. Remove the weights.
11. Press Jet Start
12. Once baked, set aside to cool down.

#### **Quiche Sauce Method:**

1. In a separate bowl, mix cooking cream, slightly beaten egg yolk, salt, black pepper, salt and mix cheese. Mix well.
2. Add cottage cheese mix to the cream mixture and mix.

3. Pour the filling in the prepared quiche shells
4. Press Jet Start

**Note:** When baking with filling, keep the quiche shell in the tart mould. If docking the dough, make sure the holes are not big enough for the filling to release from the bottom. It will stick with the surface of the mould resulting in a burnt base.

## CHICKEN QUICHE

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 47 mins

Yield: 5x110 gm each

S. No	Ingredients	Quantity	Unit
<b>Short Crust (For Quiche Base)</b>			
1	Butter (Unsalted)	50	gm
2	Refined Flour	100	gm
3	Salt	02	gm
4	Chilled Water	50	gm
5	Oregano (Herb)	3	gm
6	Lentil/Granulated sugar (For blind baking)	80	gm
<b>Quiche filling</b>			
5	Minced Chicken Filling (Cooked)	220	gm
6	Cooking Cream	100	gm
7	Egg Yolk	50	gm
8	Salt	01	gm
9	Black Pepper	01	gm
10	Processed Cheese	50	gm

### Method

#### For quiche base

1. Press "Auto Cook", then press keypad 246 to select P246.
2. Press Jet Start
3. In a bowl, rub unsalted butter, refined flour, oregano and salt together
4. Add chilled water to the bowl and form the dough.
5. Roll out the dough to a 2.5 mm thickness.
6. Prepare 4" tart moulds using the rolled out dough for the quiche base.
7. Dock the lined mould with a fork or put some weight (Prepare pouches using cling wrap & fill with lentil/granulated sugar to make the weights) on the lined mould, so that it will not puff.
8. Place the moulds on the CRISP PLATE.
9. Press Jet Start
10. Remove the weights.

11. Press Jet Start.

**Quiche Sauce Method:**

1. In a separate bowl, mix cooking cream, slightly beaten egg yolk, salt, black pepper, salt and processed cheese. Mix well.
2. Add cooked chicken filling to the cream mixture and mix.
3. Pour the filling in the prepared quiche shells
4. Press the Jet start

**Note:** When baking with filling, keep the quiche shell in the mould. If docking the dough, make sure the holes are not big enough for the filling to release from the bottom. It will stick with the surface of the mould resulting in a burnt base.

## **MUSHROOM & ONION QUICHE**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 47 mins

Yield: 5x110gm each

S. No	Ingredients	Quantity	Unit
	<b>Short Crust (For Quiche Base)</b>		
1	Butter (Unsalted)	50	gm
2	Refined Flour	100	gm
3	Salt	02	gm
4	Chilled Water	50	gm
5	Lentil/Granulated sugar (For blind baking)	80	gm
	<b>Quiche Filling</b>		
5	Cooked Mushroom & Onion Filling	As per requirement	
6	Cooking Cream	100	gm
7	Whole Egg	50	gm
8	Salt	01	gm
9	Black Pepper	01	gm
10	Cheddar Cheese	5	gm
11	Brie Cheese	5	gm

**Method**

**For quiche base**

1. Press "Auto Cook", then press keypad 247 to select P247.
2. Press Jet Start
3. In a bowl, rub unsalted butter, refined flour and salt together.
4. Add chilled water to the bowl and form the dough.
5. Roll out the dough to a 2.5 mm thickness.
6. Prepare 4" tart moulds using the rolled out dough for the quiche base.

7. Dock the lined mould with a fork or put some weight (Prepare pouches using cling wrap & fill with lentil/granulated sugar to make the weights) on the lined mould, so that it will not puff.
8. Place the moulds on the CRISP PLATE.
9. Press Jet Start
10. Remove the weights.
11. Press Jet Start
12. Once baked, set aside to cool down.

**Quiche Sauce Method:**

13. In a separate bowl, mix cooking cream, slightly beaten whole eggs, salt, black pepper, salt, cheddar cheese & brie cheese. Mix well.
14. Add cooked mushroom & onion filling to the cream mixture and mix.
15. Pour the filling in the prepared quiche shells
16. Press Jet Start.

**Note:** When baking with filling, keep the quiche shell in the quiche mould.

If docking the dough, make sure the holes are not big enough for the filling to release from the bottom. It will stick with the surface of the mould resulting in a burnt base.

## BELL PEPPER QUICHE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 47 mins

YIELD: 5x110 gm each

SERVE:5

S. No	Ingredients	Quantity	Unit
	<b>Short Crust (For Quiche Base)</b>		
1	Butter (Unsalted)	50	gm
2	Refined Flour	100	gm
3	Salt	02	gm
4	Chilled Water	50	gm
5	Oregano (Herb)	3	gm
6	Lentil/Granulated sugar (For blind baking)	80	gm
	<b>Quiche filling</b>		
5	Bellpepper & american corn (Cooked)	220	gm
	<b>sauce</b>		
6	Cooking Cream	100	gm
7	Egg Yolk	50	gm
8	Salt	01	gm
9	Black Pepper	01	gm
10	Processed Cheese	50	gm

**Method**



**For quiche base**

1. Press "Auto Cook", then press keypad 248 to select P248.
2. Press Jet Start
3. In a bowl -1 , rub unsalted butter, refined flour, oregano and salt together.
4. Add chilled water to the bowl-1 and form the dough and keep in the refrigerator for a few minutes.
5. Roll out the dough to a 2.5 mm thickness.
6. Lined 4" tart moulds using the rolled out dough for the quiche base.
7. Dock the lined mould with a fork or put some weight (Prepare pouches using cling wrap & fill with lentil/granulated sugar to make the weights) on the lined mould, so that it will not puff.
8. Place the moulds on the CRISP PLATE.
9. Press Jet Start
10. Remove the weights.
11. Press Jet Start.
12. Once baked, set aside to cool down.

**Quiche Sauce Method:**

1. In a bowl -2, mix cooking cream, slightly beaten egg yolk, salt, black pepper, salt and processed cheese. Mix well.
2. Add cooked bell pepper & corn filling to the cream mixture and mix. Pour the filling in the prepared quiche shells
3. Press Jet Start

**Note:** When baking with filling, keep the quiche shell in the mould. If docking the dough, make sure the holes are not big enough for the filling to release from the bottom. It will stick with the surface of the mould resulting in a burnt base.

## APPLE CRUMBLE

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 44 mins

Yield: 5x112gm each

S. No	Ingredients	Quantity	Unit
1	Sweet Crust Tart Shell (Baked) (Refer apple frangipane tart recipe)	5	no.
	<b>Filling</b>		
2	Apples (Peeled & Chopped)	450	gm
3	Butter (Unsalted)	50	gm
4	Raisins	50	gm
5	Cinnamon Powder	1	Tsp
6	Breakfast Sugar	100	gm
	<b>Crumble</b>		
7	Refined Flour	50	gm
8	Butter (Unsalted) (Chilled)	100	gm
9	Sugar	100	gm
10	Almond powder	100	gm
11	Milk powder	100	gm

### Method

1. **For Filling:** In a MWO proof bowl (Capacity: 1300 ml) combine chopped apples, unsalted butter, raisins, cinnamon powder and breakfast sugar.
2. Place the bowl in the microwave oven .
3. Press "Auto Cook", then press keypad 249 to select P249.
4. Press Jet Start
5. Stir & press Jet start after 2 minutes.
6. Once cooked, remove from the microwave oven and set aside.
7. Press Jet Start
8. **For crumble:** Rub in unsalted butter into refined flour till it resembles bread crumb texture. Add milk powder, almond powder and breakfast sugar. Mix completely.
9. **Assembly:** Place the baked tart shell (4" tart shell) in the tart mould.
10. Put the filling in the baked tart shell. Sprinkle the crumble mixture over top.
11. Put the tart moulds on the CRISP PLATE.
12. Press Jet Start.
13. Let it cool for 10 minutes and then carefully demould.

**Note:** When baking with filling, keep the tart shell in the tart mould

## LAVASH

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 25 mins

YIELD : 20 x 10 gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	100	gm
2	Butter (Unsalted)	50	gm
3	Salt	¼	Tsp
4	Breakfast Sugar	02	gm
5	Water	40	gm
6	Sesame Seeds	5	gm
7	Onion seeds	5	gm
8	Milk for wash	10	gm

### Method

1. Press "Auto Cook", then press keypad 250 to select P250.
2. Press Jet Start.
3. In a bowl, mix unsalted butter, refined flour, salt, breakfast sugar and water together and knead dough well.
4. Keep it for rest for a while in the refrigerator.
5. After a while, roll the dough thin, put it back in the refrigerator until stiff and take out from the refrigerator cut into triangles placed over the CRISP PLATE.
6. Using a pastry brush apply milk. Sprinkle sesame seeds and onion seeds over the Lavash dough.
7. Place the CRISP PLATE in the microwave oven.
8. Press Jet Start
9. Once baked, cool on a cooling rack.

**NOTE:** refrigerating a dough makes work easier to lift and place on another tray & maintain shape.

## UMM ALI

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 6 mins

YIELD: 500 gm

S. No	Ingredients	Quantity	Unit
1	Full Cream Milk (hot)	200	gm
2	Fresh Cream (hot)	50	gm
3	Breakfast Sugar	50	gm
4	Cream Chantilly	50	gm
5	Mixed Dry Fruits	50	gm
6	Baked Puff Pastry Sheet	100	gm
7	Rose water	1	tbsp

### **Method**

1. Arrange puff pastry in a clean round/square 700 ml capacity bowl, add dry fruits and keep aside.
2. In a MWO proof glass bowl, put full cream milk & fresh cream together with breakfast sugar & cook.
3. Place the bowl in the microwave oven.
4. Press "Auto Cook", then press keypad 251 to select P251.
5. Press Jet Start.
6. Stir & press Jet start in every 1 minute)
7. Pour over the puff pastry mixture and add essence.
8. Allow puff pastry to soak all the liquid.
9. Fill a piping bag with the cream chantilly and cover the top with cream.
10. Place it in the Microwave Oven.
11. Press Jet Start
12. Serve hot.

## DARK CHOCOLATE GANACHE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 2:20 mins

SERVE :2

YIELD: 150g

S. No	Ingredients	Quantity	Unit
1	Fresh Cream	50	gm
2	Chopped Dark Chocolate (Compound)	100	gm

### **Method**

1. In a microwave proof bowl put dark chocolate to melt.
2. Press "Auto Cook", then press keypad 252 to select P252.

3. Press Jet Start.
4. Stir & press Jet start in every 30 seconds)
5. In a separate microwave proof bowl, put fresh cream to heat.
6. Press Jet Start
7. Stir & press Jet start after 30 sec
8. Whisk together the hot cream with the melted chocolate.

**Note:**

- Increase the quantity of dark chocolate to make a thick ganache.
- Increase the quantity of fresh cream to make a thin ganache.

## **CHOCOLATE MENDIANTS**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 5 mins

YIELD: 4x15g each

S. No	Ingredients	Quantity	Unit
1	Dark Chocolate (Compound)	50	gm
2	Almond (chopped)	05	gm
3	Cashew Nut	05	gm
4	Sea Salt	Few	Grain

**Method**

1. Roast dry nuts in a microwave tray separately.
2. Press "Auto Cook", then press keypad 253 to select P253.
3. Press Jet Start.
4. Change the side of nuts & press Jet start every 1 minutes.
5. Take another MWO proof glass bowl.
6. Press Jet Start for Melt the dark or white chocolate in the microwave oven in a separate bowl
7. Stir & press Jet start after 30 Sec .
8. Place a hop sheet on a flat and cold surface.
9. Drop small spoonfuls of chocolate on the sheet, using the back of the spoon to form little circles.
10. Place 2 to 3 topping elements almond, cashew nut, and sea salt.
11. Allow the chocolate to set

## **MOCHA TRUFFLES**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 2 min 50 sec

YIELD: 20 g x 15 each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Fresh Cream	50	gm
2	Instant Coffee Powder ( paste)	5	gm
3	Butter (Unsalted)	12	gm
4	Dark Chocolate (Compound)	225	gm
5	Cocoa Powder (For coating)	20	gm

### **Method**

1. In a microwave proof bowl put dark chocolate to melt.
2. Press "Auto Cook", then press keypad 254 to select P254.
3. Press the Jet start
4. Stir & press Jet start in every 30 seconds)
5. In a separate microwave proof bowl, put fresh cream, unsalted butter & instant coffee powder to heat.
6. Press Jet Start
7. Stir & press Jer start after 30 Sec.
8. Mix together the cream mixture with the melted chocolate.stir until smooth.
9. Cling wrap the bowl and let it set until the mixture is firm enough to roll balls.
10. Make balls of 20g each.
11. In another bowl put cocoa powder.
12. Roll the balls in the bowl of cocoa powder.
13. Dust excess cocoa powder by swirling the ball in a sieve.

NOTES: you can reduce the time of heating of cream,butter & coffee mixture.if you feel its heat enough

## **BROWN SUGAR TRUFFLES**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 4 mins 50 sec

YIELD: 20g x 21 each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Fresh Cream	50	gm
2	Brown Sugar	13	gm
3	Butter (Unsalted)	13	gm
4	Chopped Milk Chocolate (Compound)	250	gm
5	Chopped Milk Chocolate (Compound) (For coating)	100	gm

### **Method**

1. In a microwave proof bowl put milk chocolate to melt.

2. Press "Auto Cook", then press keypad 255 to select P255.
3. Press Jet Start.
4. Stir & press Jet start in every 30 seconds
5. In a separate microwave proof bowl, put fresh cream, unsalted butter & brown sugar to heat.
6. Press Jet Start
7. Stir & press Jet start after 30 Sec..
8. Mix together the cream mixture with the melted chocolate.
9. Cling wrap the bowl and let it set until the mixture is firm enough to roll balls.
10. Make balls of 18g each.
11. In a microwave proof bowl, take milk chocolate to melt.
12. Press Jet Start
13. Stir & press Jet start after 1 minute.
14. Coat balls one by one in melted milk chocolate.
15. Pipe melted chocolate on top to make a pattern.

## COCONUT TRUFFLES

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 4 min 50 sec

YIELD: 20g x 20 each

S. No	Ingredients	Quantity	Unit
1	Fresh Cream	50	gm
2	Desiccated Coconut	16	gm
3	Butter (Unsalted)	12	gm
4	Chopped White Chocolate (Compound)	225	gm
5	Chopped White Chocolate (Compound) (For coating)	100	gm

### Method

1. In a microwave proof bowl put white chocolate to melt.
2. Press "Auto Cook", then press keypad 256 to select P256.
3. Press Jet Start.
4. Stir & press Jet start in every 30 seconds
5. In a separate microwave proof bowl, put fresh cream, unsalted butter & desiccated coconut to heat.
6. Press Jet Start.
7. Stir & press Jet start after 30 Sec
8. Mix together the cream mixture with the melted chocolate.
9. Cling wrap the bowl and let it set until the mixture is firm enough to roll balls.
10. Make balls of 18g each.
11. In a microwave proof bowl, take white chocolate to melt.
12. Press Jet star
13. Stir & press Jet start after 1 minute.

14. Coat balls one by one in melted white chocolate or roll the balls in desiccated coconut.
15. Refrigerate & enjoy.

## **WHITE CHOCOLATE GANACHE**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 2:20 mins

SERVES: 2

YIELDS: 150g

S. No	Ingredients	Quantity	Unit
1	Fresh Cream	50	gm
2	white Chocolate (Compound)	100	gm

### **Method**

1. In a microwave proof bowl put dark chocolate to melt.
2. Press "Auto Cook", then press keypad 257 to select P257.
3. Press Jet Start.
4. Stir & press Jet start in every 30 seconds
5. In a separate microwave proof bowl, put fresh cream to heat.
6. Press Jet Start.
7. Stir & press Jet start after 30 Sec.
8. Whisk together the hot cream with the melted chocolate.

## **MUFFINS & PASTRIES**

### **FUDGE BROWNIE**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 27 mins

Yield: 6 x 90gm each

S. No	Ingredients	Quantity	Unit
1	Eggs	75	gm
2	Breakfast Sugar	80	gm
3	Butter (Unsalted)	100	gm
4	Dark Chocolate (Compound)(Chopped)	170	gm
5	Refined Flour	60	gm
6	Full Cream Milk	40	gm
7	Cocoa Powder	10	gm
8	Baking Powder	02	gm
9	Chocolate Chips	50	gm



### Method

1. In a MWO proof bowl (Capacity: 1300 ml) put the dark chocolate and unsalted butter together.
2. Place the bowl in the microwave oven to melt the mixture.
3. Press "Auto Cook", then press keypad 258 to select P258.
4. Press Jet Start.
5. Keep aside the cool and again press Jet start for preheat.
6. Sieve refined flour, cocoa powder and baking powder. Mix in chocolate chips.
7. Whisk eggs and breakfast sugar together till light & fluffy. Lightly mix cooled melted chocolate mixture into the egg mixture.
8. Using a spatula, lightly fold the flour mixture into the above mixture. Mix full cream milk in the prepared batter.
9. Prepare an aluminum tray (8"x6") with parchment paper.
10. Pour the batter in the prepared pan.
11. Place the pan on the LOW RACK.
12. Press Jet Start
13. Let it cool for 10 minutes.
14. Demould carefully.
15. Cool completely and then cut squares to serve.

## WALNUT BROWNIES

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 6 mins

SERVES: 2

Yield: 292gm

S. No	Ingredients	Quantity	Unit
1	Eggs	37	gm
2	Breakfast Sugar	40	gm
3	Butter (Unsalted)	50	gm
4	Dark chocolate (Compound)(Chopped)	85	gm
5	Refined flour	30	gm
6	Walnuts (Chopped)	25	gm
7	Full Cream Milk	20	gm
8	Cocoa powder	5	gm
9	Baking powder	1	gm

### Method

1. Take a MWO proof glass bowl (Capacity: 1300 ml) & put dark chocolate and unsalted butter.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 259 to select P259.
4. Press Jet Start.
5. Stir & press Jet start after every minute

6. Once melted, keep aside to cool down.
7. In another bowl sieve refined flour, cocoa powder and baking powder. Add roughly chopped walnuts.
8. In another bowl whisk eggs and breakfast sugar together till light & fluffy.
9. Lightly mix cooled chocolate & butter mixture into the egg mixture.
10. Using a spatula, lightly fold the flour mixture into the above mixture. Add full cream milk in prepared batter.
11. Add chopped walnuts and mix well.
12. Pour the batter into a MWO proof cup (Capacity: 350 ml)
13. Press Jet Start.
14. Let it cool for 2 minutes.
15. Serve warm.

## RED VELVET SWIRL BROWNIE

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 20:30 mins

Yield: 4 X 50gm each

S. No	Ingredients	Quantity	Unit
	<b>Brownie Batter</b>		
1	Butter (Unsalted)	30	gm
2	Breakfast Sugar	50	gm
3	Vanilla essence	½	Tsp
4	Cocoa Powder	6	gm
5	Salt	Pinch	Pinch
6	Red Food Colour	1	Tsp
7	White Vinegar	¼	Tsp
8	Eggs	25	gm
9	Refined Flour	25	gm
	<b>Cream Cheese Swirl</b>		
10	Cream Cheese (Soft)	56	gm
11	Breakfast Sugar	13	gm
12	Egg Yolk	5	gm
13	Vanilla Essence	¼	Tsp

### Method

1. In a MWO proof bowl (Capacity: 1300 ml), put unsalted butter to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 260 to select P260.
4. Press Jet Start.

5. Once melted, set the bowl aside.
6. In the melted butter whisk in breakfast sugar. Then whisk in vanilla essence, cocoa powder, salt, red food colour & white vinegar in this sequence.
7. Gradually whisk in eggs.
8. Using a spatula fold in the sieved flour.
9. Pour in a parchment lined square pan. (5"x5")
10. For the cream cheese swirl in another bowl whisk cream cheese until soft. Then whisk in breakfast sugar, egg yolk and vanilla essence.
11. Fill the cream cheese mixture in a piping bag.
12. Press Jet Start
13. Pipe cream cheese lines on the brownie batter.
14. Using a toothpick swirl the batters together to make a beautiful pattern
15. Put the pan on the LOW RACK.
16. Press Jet Start
17. Remove from the oven and let it cool down completely.
18. Carefully demould and remove the parchment paper.
19. Cut in squares and serve warm.

## **COFFEE BROWNIE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 32 mins

Yield: 9x65gm each

S. No	Ingredients	Quantity	Unit
1	Eggs	75	gm
2	Breakfast Sugar	80	gm
3	Butter (Unsalted)	100	gm
4	Dark Chocolate (Compound)	170	gm
5	Refined Flour	60	gm
6	Full Cream Milk (Warm)	40	gm
7	Cocoa Powder	10	gm
8	Baking Powder	02	gm
9	Chocolate Chips	50	gm
10	Instant Coffee	6	gm

### **Method**

1. In a MWO proof bowl melt the dark chocolate and unsalted butter together.
2. Keep aside to cool.
3. Press "Auto Cook", then press keypad 261 to select P261.
4. Press Jet Start..
5. Remove bowl from oven & press Jet start for preheat without accessories.
6. Sieve refined flour, cocoa powder and baking powder. Mix in chocolate chips.

7. Whisk eggs and breakfast sugar together till light & fluffy. Lightly mix cooled melted chocolate mixture into the egg mixture.
8. In another bowl mix warm milk and instant coffee powder.
9. Lightly fold the flour mixture into the above mixture. Mix milk in the prepared batter.
10. Pour the batter into a greased & lined pan (9"x7").
11. Place the tin on the LOW RACK.
12. Press Jet Start.
13. Cooled down for 10 min then cut & serve

### **CHEESECAKE SWIRL BROWNIE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 27 mins

Yield: 12 x 50gm each

S. No	Ingredients	Quantity	Unit
1	Eggs	75	gm
2	Breakfast Sugar	80	gm
3	Butter (Unsalted)	100	gm
4	Dark Chocolate (Compound)(Chopped)	170	gm
5	Refined Flour	60	gm
6	Full Cream Milk	40	gm
7	Cocoa Powder	10	gm
8	Baking Powder	02	gm
9	Cream Cheese	57.5	gm
10	Egg	25	gm
11	Breakfast Sugar	1	Tbsp
12	Refined Flour	1	Tbsp

#### **Method**

1. In a MWO proof bowl melt the dark chocolate and unsalted butter together.
2. Keep aside to cool.
3. Press "Auto Cook", then press keypad 262 to select P262.
4. Press Jet Start..
5. Remove the bowl from oven & press Jet start for preheat without accessories.
6. Sieve refined flour, cocoa powder and baking powder. Mix in chocolate chips.
7. Whisk eggs and breakfast sugar together till light & fluffy. Lightly mix cooled melted chocolate mixture into the egg mixture.
8. Lightly fold the flour mixture into the above mixture. Mix full cream milk in the prepared batter.
9. Pour the batter into a greased & lined pan (9"x7").

10. In another bowl mix cream cheese & breakfast sugar. Gradually add egg. Fold in the refined flour. Don't overmix.
11. Fill a piping bag with cream cheese batter.
12. Pipe lines on brownie batter.
13. Using a toothpick makes a swirl pattern on the brownie.
14. Place the tin on the LOW RACK.
15. Press Jet Start
16. Cool down , demould then cut & serve.

## **2C (COCONUT & CARROT)**

PRE-PREPARATION TIME: 45 mins

COOKING TIME: 35 mins

Yield : 7 x 50g each

S. No	Ingredients	Quantity	Unit
1	Refined Oil	62.5	gm
2	Brown sugar	30	gm
3	Breakfast sugar	30	gm
4	Egg	50	gm
5	Vanilla Essence	¼	Tsp
6	Refined flour	62.5	gm
7	Cinnamon powder	¼	Tsp
8	Baking powder	¼	Tsp
9	Baking soda	¼	Tsp
10	Desiccated Coconut	30	gm
11	Carrot (grated)	50	gm
12	Dessicated Coconut (For topping)	20	gm
13	Apricot Jam (for glazing)	10	gm

### **Method**

1. Press "Auto Cook", then press keypad 263 to select P263.
2. Press Jet Start.
3. Put paper liners in a muffin tray.
4. Peel and grate the carrots. Take out the juice from the carrots.
5. In a bowl whisk together eggs, refined oil and both sugars, till it has mixed properly.
6. Sieve together refined flour, cinnamon powder, baking powder and baking soda. Fold in desiccated coconut.
7. In the egg mixture put vanilla essence, grated carrots and fold in the refined flour.
8. Put 50g batter in each liner. Place the muffin tray on LOW RACK.

9. Press Jet Start
10. Put desiccated coconut in a MWO proof bowl to toast the coconut.
11. Put the bowl in the microwave oven.
12. Press Jet Start  
Keep stirring every 1 minute.
13. Once muffins have cooled down, glaze the top slightly with apricot jam and then coat the top with toasted coconut

## **BLUEBERRY MUFFIN**

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 30 mins

Yield: 4 x 60g each

S. No	Ingredients	Quantity	Unit
1	Breakfast Sugar	62.5	gm
2	Egg	36	gm
3	Refined Oil	30	gm
4	Refined Flour	50	gm
5	Baking Powder	1	gm
6	Vanilla Essence	½	Tsp
7	Full Cream Milk	30	ml
8	Blueberry Filling	25	gm

### **Method**

1. Press "Auto Cook", then press keypad 264 to select P264.
2. Press Jet Start..
3. Put paper liners in a muffin tray.
4. In a bowl whisk breakfast sugar and egg until light and fluffy.
5. In another bowl mix refined flour and full cream milk.
6. Fold flour mixture and vanilla essence to the egg mixture.
7. Lastly fold in refined oil.
8. Put 60g batter in each liner.
9. Place the muffin tray on LOW RACK.
10. Press Jet Start
11. Fill a piping bag with blueberry filling.
12. Pipe blueberry filling in the middle of each muffin.
13. Press Jet Start

## ENGLISH MUFFINS

PREPARATION TIME: 1 hour

COOKING TIME: 17 mins

YIELD: 8x50gm each

S. No	Ingredients	Quantity	Unit
1	Water (Warm)	130	ml
2	Breakfast Sugar	pinch	
3	Fresh Yeast	10	Gm
4	Refined Flour	250	Gm
5	Salt	5	Gm
6	Gluten	2	Gm
7	Bread Improver	4	Gm

### Method

1. Press "Auto Cook", then press keypad 265 to select P265.
2. Press Jet Start..
3. In a bowl mix warm water, breakfast sugar and fresh yeast. Let it sit for 5 minutes.
4. In another bowl sieve refined flour, salt, gluten & bread improver.
5. Mix flour mixture with the yeast mixture. Knead a dough.
6. Place the dough in a greased bowl.
7. Cover with a damp cloth.
8. Place the bowl in a warm place for fermentation or until the dough doubles in size. It should take 30-40 minutes.
9. Once the dough is ready, knock down to release the air.
10. Roll out to about 1/2 inch thick.
11. Cut rounds with a 3" round cutter.
12. Place the rounds on the floured CRISP PLATE a few inches apart.
13. Cover and place it in a warm place and let rise for 20-30 minutes or double in size.
14. Press Jet Start
15. Place the CRISP PLATE in the microwave oven
16. Press Jet Start.
17. After baking, cool down on the cooling rack .

NOTES: always proof bread at warm temp (32-38°C) for better & fast fermentation. You can bake extra longer if you want colour in your muffins

## PALMIERS PASTRY

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 35 mins

YIELD : 14 x 25 gm each

S. No	Ingredients	Quantity	Unit
1	Puff dough( refer cheese straw recipe)	250	gm
2	Breakfast Sugar	100	gm
3	Cinnamon powder	2	gm

### Method

1. Press "Auto Cook", then press keypad 266 to select P266.
2. Press Jet Start.
3. Roll puff pastry dough into a long strip about 12 inch wide and 1/8 inch thick
4. Trim the sides of the strip so they are straight. Sprinkle with breakfast sugar.
5. Determine the center of the strip. Then fold each side halfway to the center. Then fold each side again so the two folds meet in the center. Each half of the strip should be three layers thick.
6. Fold one half over the other lengthwise to make a strip six layers thick and about 2 in. (5 cm) wide.
7. Refrigerate until firm.
8. Cut into slices 1/2 in. (6 mm) thick with a sharp knife & place it on the CRISP PLATE leaving plenty of space between them to give them room to expand.
9. Press down on the slices with the palm of the hand to flatten lightly.
10. Press Jet Start
11. Once baked turn the palmiers over.
12. Press Jet Start.
13. Transfer to a cooling rack to cool.

NOTES : brush with jam then bake again for better colour. Baking & temp will differ in this process.

## VOL-AU-VENT PASTRY

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 40 mins

YIELD : 16 x 15 gm each

S. No	Ingredients	Quantity	Unit
1	Puff dough (refer cheese straw recipe)	250	gm
2	Egg (for egg wash)	1	No.

### Method

1. Press "Auto Cook", then press keypad 267 to select P267.



2. Press Jet Start for preheat without accessories.
3. Roll the puff pastry dough. Do not apply much pressure.
4. Take a 2" round cutter and cut an even number of circles from the dough. Then take a small round cutter (less than half the diameter of the big stencil) and cut out holes in the centre of half the big dough cut outs.
5. Then egg wash the full dough circles and place the ones with holes on top of them. Pierce the centre with a fork or toothpick to avoid excessive swelling.
6. Place it on the CRISP PLATE a few inches apart.
7. Place in Microwave Oven & press Jet start.
8. Bake until golden brown in colour & tripled in size.

TIP: Apply egg wash only on the top surface not on the sides or the layers will stick & give an uneven rise, you can reduce the temp if it gets over colour .

## SALTED CARAMEL BLONDIE

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 25 mins

Yield: 6×75gm each

S. No	Ingredients	Quantity	Unit
1	Eggs	30	gm
2	Brown Sugar	113	gm
3	Butter (Unsalted)	75	gm
4	Vanilla essence	1/2	tsp
5	Refined Flour	94	gm
6	Salt	1/8	tsp
7	White Chocolate (Compound)(Chopped)	70	gm
8	Salted Caramel (Refer caramel chocolate tart recipe)	70	gm

### Method

1. Press "Auto Cook", then press keypad 268 to select P268.
2. Press Jet Start
3. In a MWO proof bowl, put butter to melt.
4. Place the bowl in the microwave oven.
5. Press Jet Start
6. Stir & press Jte start after 30 Sec.
7. Once melted, set aside & remove remove bowl from oven.
8. Press Jet Start for preheat without accessories.
9. In the melted butter whisk in brown sugar. Then whisk in eggs & vanilla essence. Don't overmix.
10. Using a spatula, fold in the sieved flour, salt & chopped white chocolate.
11. Pour batter in a parchment lined pan (8"x6")

12. Put the pan on the LOW RACK.
13. Press Jet Start.
14. Let it cool for 10 minutes. Then demould carefully.
15. Once cooled, spread salted caramel on top.
16. Cool then Cut and serve.

## **MINT CHOCOLATE CHIP BLONDIE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 34 mins

Yield : 7 x 65gm each

S. No	Ingredients	Quantity	Unit
1	Eggs	30	gm
2	Brown Sugar	113	gm
3	Butter (Unsalted)	75	gm
4	Mint Essence	1/2	tsp
5	Refined Flour	94	gm
6	Salt	1/8	tsp
7	Chocolate Chips	85	gm
8	Green Colour	3-4 drops	

### **Method**

1. In a MWO proof bowl, put butter to melt.
2. Press "Auto Cook", then press keypad 269 to select P269.
3. Press Jet Start
4. Stir & press jet start after 30 Sec..
5. Let it cool & remove bowl from oven
6. Press Jet Start for preheat without accessories.
7. In the melted butter whisk in brown sugar. Then whisk in eggs, mint essence and green colour. Don't overmix.
8. Fold in the sieved flour, salt & chocolate chips.
9. Pour in the parchment lined pan (8"x6")
10. Put the pan on the LOW RACK.
11. Press Jet Start
12. In another MWO proof bowl, put dark chocolate to melt.
13. Press Jet Start
14. Fill a piping bag with melted chocolate.
15. Drizzle over cooled brownies

## COOKIES & CREAM FUDGE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 1 min

YIELD: 20g x 5 each

S. No	Ingredients	Quantity	Unit
1	White Chocolate (Compound) (Chopped)	62	gm
2	Condensed Milk	50	gm
3	Cream Filled Cookies	2	No.

### Method

1. Prepare a square pan with parchment paper.
2. In a microwave proof bowl put white chocolate & condensed milk to melt.
3. Press "Auto Cook", then press keypad 270 to select P270.
4. Press Jet Start
5. Stir & press Jet start in every 30 seconds)
6. Heat more if it needs to be melted more.
7. Crush cream filled cookies.
8. Fold crushed cookies in white chocolate mixture.
9. Put the mixture in the prepared pan. Smooth the top.
10. Refrigerate until firm enough to demould.
11. Demould and cut squares or use a round cutter to cut rounds

## MINT CHOCOLATE FUDGE

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 2 min

YIELD: 70g x 3 each

S. No	Ingredients	Quantity	Unit
	<b>Mint Fudge</b>		
1	White Chocolate (Compound) (Chopped)	40	gm
2	Condensed Milk	65	gm
3	Mint Essence	2-3	drops
4	Green Colour (Optional)	2-3	drops
	<b>Chocolate Fudge</b>		
5	Dark Chocolate(Compound) (Chopped)	40	gm
6	Condensed Milk	65	gm

### Method

1. Prepare a square pan (6"x6") with parchment paper

2. In a microwave proof bowl (Capacity: 1300 ml) put white chocolate & condensed milk to melt.
3. Press "Auto Cook", then press keypad 271 to select P271.
4. Press Jet Start
5. Stir & press Jet start after 30 seconds
6. Once melted mix in green color and mint essence. Set aside
7. In another MWO proof bowl (Capacity: 1300 ml) put dark chocolate & condensed milk to melt.
8. Press Jet Start
9. Stir & press Jet start after 30 seconds
10. Pour both mixtures in the prepared mould  
(Microwave for additional 10-20 seconds if fudge starts to set)
11. Using a wooden skewer or a toothpick, swirl the mixtures together
12. Refrigerate until firm enough to demould
13. Demould & cut bars or squares to serve

**Note: Work quickly as the fudge starts to set**

## **PEANUT BUTTER FUDGE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 1 min

YIELD: 15 x 15gm each

S. No	Ingredients	Quantity	Unit
1	White Chocolate (Compound) (Chopped)	100	gm
2	Peanut Butter	30	gm
3	Condensed Milk	100	gm
4	Salt	pinch	
5	Vanilla Essence	¼	tsp

### **Method**

1. Prepare a square pan with parchment paper.
2. In a microwave proof bowl (Capacity: 1300 ml) put white chocolate, peanut butter & condensed milk to melt.
3. Press "Auto Cook", then press keypad 272 to select P272.
4. Press Jet Start
5. Stir & press Jet start after 30 seconds
6. Whisk in salt and vanilla essence quickly.
7. Put the mixture in the prepared mould. Smooth the top.
8. Refrigerate until firm enough to demould.
9. Demould and cut in squares or any other shape to serve.

## **CARROT MUFFIN**

PREPARATION TIME: 15 mins

COOKING TIME: 32 mins

SERVES: 3

YIELDS: 6 x50 gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Refined Oil	62.5	Gm
2	Brown sugar	30	Gm
3	Breakfast sugar	30	Gm
4	Egg	50	Gm
5	Walnut (Chopped)	25	Gm
6	Refined Flour	62.5	Gm
7	Cinnamon powder	¼	Tsp
8	Baking powder	¼	Tsp
9	Baking soda	¼	Tsp
10	Vanilla essence	¼	Tsp
11	Carrot (grated)	50	Gm

### **Method**

1. Press "Auto Cook", then press keypad 273 to select P273.
2. Press Jet Start for preheat without accessories.
3. Put paper liners in a muffin tray..
4. In a bowl -1 whisk together eggs, refined oil and breakfast sugar, till it has mixed properly now add grated carrot.
5. In a bowl -2 Sieve together refined flour, cinnamon powder, baking powder and baking soda. Add chopped walnuts to it.
6. Combine bowl -1 & bowl -2 mixture ,add vanilla essence .
7. Put 50g batter in each liner. Place the muffin tray on CRISP PLATE.
8. Press Jet Start
9. Serve warm

# COOKIES

## SALTED JEERA COOKIES

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 30 mins

Yield: 13x20gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	100	gm
2	Icing sugar	40	gm
3	Egg white	20	gm
4	Salt	¼	tsp
5	Cumin seeds	5	gm
6	Refined flour	110	gm

### Method

1. Press "Auto Cook", then press keypad 274 to select P274.
2. Press Jet Start
3. Preheat the oven.
4. Using a handheld mixer or whisk cream unsalted butter and breakfast sugar till smooth and fluffy (It should take approx. 10 min).
5. Gradually add egg white.
6. Combine salt, cumin seeds & sieved refined flour. Using a spatula fold in the above mixture. It should be in a piping consistency.
7. Prepare a piping bag fitted with a star nozzle.
8. Fill the soft dough in the piping bag.
9. Pipe the cookies on the CRISP PLATE a few inches apart. Cookies should be 20g each.
10. Press Jet Start.
11. Bake it in the oven until golden brown.
12. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
13. Once completely cooled, store it in an airtight container.

## **CASHEW NUT COOKIES**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 30 mins

Yield: 19x15gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	100	gm
2	Icing Sugar	40	gm
3	Egg White	20	gm
4	Refined Flour	110	gm
5	Cashew nuts (chopped) for topping	2	gm
6	Cashew nut Paste	20	gm

### **Method**

1. Press "Auto Cook", then press keypad 275 to select P275.
2. Press Jet Start
3. Using a handheld mixer or whisk cream unsalted butter and icing sugar till smooth and fluffy (It should take approx. 10 min).
4. Gradually add egg white.
5. Using a spatula fold in cashew nut paste & SIEVED refined flour until everything is combined. It should be in piping consistency.
6. Prepare a piping bag fitted with a star nozzle.
7. Fill the soft dough in the piping bag.
8. Pipe the cookies on the CRISP PLATE a few inches apart. Cookies should be 15g each.
9. Sprinkle chopped cashews on top
10. Press Jet Start.
11. Bake it in the microwave oven until golden brown.
12. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
13. Once completely cooled, store it in an airtight container

## **MILK CHOCOLATE COOKIES**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 31:30 min

Yield: 11x15gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	50	gm
2	Icing sugar	20	gm
3	Egg white	10	gm
4	Compound Milk Chocolate (Chopped)	40	gm
5	Refined flour	55	gm

### **Method**

1. In a MWO proof bowl (Capacity: 1300 ml), put chopped up milk chocolate to melt.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 276 to select P276.
4. Press Jet Start  
(Stir & press Jet start in every 30 seconds)
5. Remove the bowl and set it aside.
6. In a bowl sieve together refined flour.
7. In another bowl, using a handheld mixer or whisk cream unsalted butter and icing sugar till smooth and fluffy (It should take approx. 10 min).
8. Gradually add egg white.
9. Using a spatula fold melted milk chocolate.
10. Then fold in the flour mixture. The dough should be in a piping consistency.
11. Press Jet Start
12. Prepare a piping bag fitted with a star nozzle.
13. Fill the piping bag with the soft cookie dough.
14. Pipe cookies on the CRISP PLATE a few inches apart Cookies should be 15g each.
15. Bake it in the microwave oven.
16. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
17. Once completely cooled, store it in an airtight container.



## **BLUEBERRY COOKIES**

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 30 mins

Yield: 12x15gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	50	gm
2	Icing sugar	20	gm
3	Egg white	10	gm
4	Blueberry Compote	35	gm
5	Refined Flour	55	gm
6	Blueberry Compote (Piping)	20	gm

### **Method**

1. Press "Auto Cook", then press keypad 277 to select P277.
2. Press Jet Start
3. In a bowl sieve refined flour
4. In another bowl using a handheld mixer or whisk cream unsalted butter and breakfast sugar till smooth and fluffy (It should take approx. 10 min).
5. Gradually add egg white.
6. Using a spatula fold flour mixture & blueberry compote.
7. Prepare a piping bag fitted with a star nozzle.
8. Fill the piping bag with cookie dough.
9. Pipe cookies on the CRISP PLATE a few inches apart. It should be 15g each.
10. Make an indentation in the middle of each cookie.
11. Fill a piping with blueberry compote.
12. Fill the centre of each cookie with blueberry compote.
13. Press Jet Start.
14. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
15. Once completely cooled, store it in an airtight container

## JIM JAM COOKIE

PRE-PREPARATION TIME: 20 mins

COOKING TIME: 26 mins

Yield: 10x20gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	50	gm
2	Icing sugar	25	gm
3	Vanilla essence	¼	tsp
4	Full Cream Milk	10	gm
5	Refined Flour	75	gm
6	Mixed Fruit Jam	30	gm

### Method

1. Press "Auto Cook", then press keypad 278 to select P278.
2. Press Jet Start
3. Using a handheld mixer or whisk cream unsalted butter & icing sugar till light and fluffy (It should take approx. 10 min).
4. Using a spatula fold sieved refined flour, vanilla essence & full cream milk to form soft dough.
5. Place the dough on a cling film & flatten the dough. Wrap the dough. Chill until firm before use.
6. Roll the dough on a floured surface & using a round cookie cutter(2") cut even number of circles from the dough.
7. Set aside half of the circles.
8. On the remaining circles, cut a smaller hole(½") in the middle.
9. Place the cookies on the CRISP PLATE a few inches apart.
10. Press Jet Start
11. Remove from the oven and place the cookies on the LOW RACK to cool down.
12. In a MWO proof bowl (Capacity: 1300 ml), put mixed fruit jam.
13. Place the bowl in the microwave oven
14. Press Jet Start
15. Stir & press Jet start in every 30 seconds)
16. Arrange the whole cookie as the base. Overlap with the cookie with a hole.
17. Fill the middle with cooked jam as per image.
18. Once completely cooled, store it in an airtight container

**Notes:** You can use trimming again to make a cookie, but do not over dust the dough with the flour or you can use icing sugar for dusting. Don't overcook the jam, it can make jam chewy.

## **THUMBPRINT COOKIES**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 27 mins

Yield: 12x18gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	50	gm
2	Breakfast Sugar	30	gm
3	Egg Yolk	10	gm
4	Vanilla Essence	½	tsp
5	Refined flour	70	gm
6	Apricot Jam	30	gm
7	Finely Chopped Nuts (Optional)	25	gm
8	Full Cream Milk	15	gm

### **Method:**

1. Press "Auto Cook", then press keypad 279 to select P279.
2. Press Jet Start
3. Using a handheld mixer or whisk, cream unsalted butter & breakfast sugar till light and fluffy (It should take approx. 10 min).
4. Gradually mix in egg yolk & vanilla essence.
5. In a separate bowl sieve refined flour.
6. Using a spatula fold this in the butter mixture. Combine well. Let it rest for 20 min.
7. Place chopped nuts in a bowl.
8. Make 15 gm portions from the dough and roll each portion into a ball.
9. Take one portion of dough & dip it first into milk & then lightly roll it into nuts.
10. Place the cookies 1 inch apart on the CRISP PLATE.
11. Press in the centre of each cookie using the thumb or thin end of a wooden spoon leaving an imprint.
12. Fill a piping bag with apricot jam.
13. Fill the middle of each cookie with apricot jam.
14. Place the CRISP PLATE in the microwave oven.
15. Press Jet Start
16. Bake till golden brown.
17. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
18. Once completely cooled, store it in an airtight container.

## OAT & RAISIN COOKIES

PREPARATION TIME: 20 mins

COOKING TIME: 25 mins

Yield: 10x20gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	38	gm
2	Breakfast Sugar	42	gm
3	Brown sugar	25	gm
4	Egg	12	gm
5	Refined flour	50	gm
6	Baking Soda	1/8	tsp
7	Rolled Oats	25	gm
8	Raisins	10	gm
9	Toned Milk	5	ml
10	Baking powder	¼	tsp

### Method

1. Press "Auto Cook", then press keypad 280 to select P280.
2. Press Jet Start
3. Using a handheld mixer or whisk, cream unsalted butter, brown sugar and breakfast sugar till light and creamy (It should take approx. 10 min).
4. Gradually mix in the egg.
5. In a separate bowl sieve refined flour, baking soda, baking powder together.
6. Using a spatula, fold the flour mixture in the butter mixture, adding two spoons at a time till all the flour mixture is well combined.
7. Add full cream milk to the above mixture.
8. Fold in the oats and raisins.
9. Use a spoon to drop the cookies on to the CRISP PLATE a few inches apart.
10. Press Jet Start.
11. Bake until golden brown.
12. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
13. Once completely cooled, store it in an airtight container

## **SABLE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 25 mins

Yield: 11x15gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	50	gm
2	Icing Sugar	22	gm
3	Vanilla essence	¼	tsp
4	Full Cream Milk (optional)	10	gm
5	Refined Flour	80	gm

### **Method**

1. Press "Auto Cook", then press keypad 281 to select P281.
2. Press Jet Start
3. Using a handheld mixer or whisk, cream unsalted butter, icing sugar & vanilla essence together (It should take approx. 10 min).
4. Fold sieved refined flour and full cream milk into the above mixture to form a soft dough.
5. Wrap the dough in cling film & flatten the dough. Chill until firm before use.
6. Roll the dough 2- 2.5mm of thickness on a floured surface & cut with cookie cutters.
7. Place the cookies on the CRISP PLATE a few inches apart.
8. Press Jet Start
9. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
10. Store it in an airtight container.

**Note:** Add full cream milk only if needed to make the dough soft. Add gradually to control the dough.

## **CRINKLE COOKIES**

PRE-PREPARATION TIME: 40min

COOKING TIME: 20mins

Yield: 11x20gm each

S. No	Ingredients	Quantity	Unit
1	Refined flour	60	gm
2	Breakfast Sugar	60	gm
3	Butter (Unsalted)	60	gm
4	Egg	25	gm
5	Cocoa powder	20	gm
6	Baking powder	½	tsp
7	Vanilla essence	½	tsp
8	Icing Sugar (For coating)		

## Method

1. Press "Auto Cook", then press keypad 282 to select P282.
2. Press Jet Start.
3. Using a handheld mixer or whisk, cream unsalted butter and breakfast sugar (It should take approx. 10 min).
4. Gradually add egg and mix well after each addition.
5. Add vanilla essence.
6. Sieve together refined flour, cocoa powder and baking powder and use a spatula to fold in the butter-sugar mixture.
7. Cling wrap the dough & rest dough 30-45 min.
8. Make portions weighing 20 gms each.
9. Roll each portion in icing sugar.
10. Place the cookies on the CRISP PLATE a few inches apart.
11. Press Jet Start
12. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
13. Once completely cooled, store it in an airtight container.

## **MARBLE COOKIE**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 28 mins

Yield: 16x20gm each

S. No	Ingredients	Quantity	Unit
1	Butter (Unsalted)	100	gm
2	Icing sugar	50	gm
3	Vanilla essence	½	tsp
4	Egg	30	gm
5	Refined Flour	150	gm
6	Cocoa powder	05	gm

## Method

1. Press "Auto Cook", then press keypad 283 to select P283.
2. Press Jet Start.
3. Using a handheld mixer or whisk cream unsalted butter, icing sugar & vanilla essence together (It should take approx. 10 min).
4. Gradually add (20gm) lightly beaten egg.
5. Fold sieved refined flour into the above mixture to form a soft dough.
6. Divide the dough into 2 parts.
7. Add sieved cocoa powder & remaining 10 gm of egg to 1 part.
8. Wrap & refrigerate both the doughs for 30-40 minutes or until stiff to roll.
9. Roll each dough portion into a sheet

10. Then place one sheet on top of the other .
11. Roll lengthwise to make a log shape.
12. Wrap in cling film & chill until firm before use.
13. Cut the log into 2 mm thick roundles using a sharp knife.
14. Place the cookies on the CRISP PLATE.
15. Press Jet Start.
16. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
17. Once completely cooled, store it in an airtight container

## **CORN FLAKE COOKIES**

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 29 mins

Yield: 17x20gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	65	gm
2	Coconut Powder	35	gm
3	Corn Flakes	15	gm
4	Rolled Oats	50	gm
5	Icing Sugar	90	gm
6	Honey	05	gm
7	Butter (Unsalted)	65	gm
8	Baking Soda	02	pinch
9	Baking Powder	01	pinch
10	Milk Powder	10	gm
11	Vanilla Essence	¼	tsp

### **Method**

1. Press "Auto Cook", then press keypad 284 to select P284.
2. Press Jet Start.
3. Using a handheld mixer or whisk, cream unsalted butter and icing sugar until light and creamy (It should take approx. 10 min).
4. Gradually add the honey and vanilla essence. Mix lightly.
5. In a bowl mix with your hand sieved refined flour, baking soda, baking powder, coconut powder, corn flakes, rolled oats and milk powder together. Fold in the butter mixture.
6. Use a spoon to drop the cookies on the CRISP PLATE a few inches apart.
7. Press Jet Start
8. Remove from the oven and place the cookies on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
9. Once completely cooled, store it in an airtight container

## ALMOND COOKIE

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 32 mins

Yield: 10 x 20g each

S. No	Ingredients	Quantity	Unit
1	Breakfast Sugar	50	gm
2	Unsalted Butter (Soft)	50	gm
3	Almond Flour	50	gm
4	Refined Flour	50	gm
5	Full Cream Milk (As per requirement)	20	gm

### Method

1. Press "Auto Cook", then press keypad 285 to select P285.
2. Press Jet Start.
3. Using a handheld mixer or whisk, cream together breakfast sugar and unsalted butter until light & fluffy.
4. Using a spatula fold in sieved refined flour and almond flour.
5. Add full cream milk if required to make a soft cookie dough.
6. Cling wrap the dough and refrigerate for 20 minutes.
7. Divide and portion the dough in 20g each.
8. Roll balls of each portion.
9. Place the balls on the crisp plate, a few inches apart.
10. Press Jet Start
11. Once baked, place the cookies on the cooling rack to cool.

## COCONUT COOKIE

PRE-PREPARATION TIME: 25 mins

COOKING TIME: 37 mins

YIELD: 10 x 20g each

S. No	Ingredients	Quantity	Unit
1	Breakfast Sugar	50	gm
2	Butter (Unsalted) (Soft)	50	gm
3	Desiccated Coconut Powder	50	gm
4	Refined Flour	50	gm
5	Full Cream Milk (As per requirement)		

### Method

1. Press "Auto Cook", then press keypad 286 to select P286.



2. Press Jet Start.
3. the microwave oven
4. Using a handheld mixer or whisk, cream together breakfast sugar and unsalted butter until light & fluffy.
5. Using a spatula fold in sieved refined flour and desiccated coconut powder.
6. Add full cream milk if required to make a soft cookie dough.
7. Cling wrap the dough and refrigerate for 20 minutes.
8. Divide and portion the dough in 20g each.
9. Roll in a cylindrical shape of each portion.
10. Place the balls on the crisp plate, a few inches apart.
11. Bake until golden brown.
12. Bake further at a higher temperature.
13. Once baked, place the cookies on the cooling rack to cool.

NOTE :To prevent cookies from excessive browning brush with milk before baking. you can adjust the quantity of water/milk if required to make a product smooth.

## **NANKHATAI**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 28 mins

YIELD : 16 x 20 gm each

S. No	Ingredients	Quantity	Unit
1	Vanaspati Ghee	125	gm
2	Icing Sugar	75	gm
3	Besan	50	gm
4	Refined flour	85	gm
5	Cardamom powder	1	Tsp

### **Method**

1. Press "Auto Cook", then press keypad 287 to select P287.
2. Press Jet Start.
3. Knead together vanaspati ghee, icing sugar, besan, refined flour & cardamom powder.
4. Divide into equal portions of 20 g.
5. Make balls of each portion.
6. Place on the CRISP PLATE, a few inches apart.
7. Press Jet Start
8. Once baked, place the cookies on the cooling rack to cool.

NOTES: cookie can spread during baking make sure knead less, once dough form keep in refrigerator until stiff or ghee must be cool enough to knead with the dough. Bake until the cookie gets golden colour

## LADY FINGER COOKIES

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 26 mins

SERVES:3

YIELDS:265 gm

S. No	Ingredients	Quantity	Unit
1	Egg yolks	50	Gm
2	Sugar	20	Gm
3	Egg whites	75	Gm
4	Sugar	40	Gm
5	Flour	50	Gm
6	Icing sugar	15	Gm
7	Corn flour	15	Gm

### Method

1. Press "Auto Cook", then press keypad 288 to select P288.
2. Press Jet Start.
3. In a bowl-1: Sieve flour and corn flour together.
4. In a bowl-2: Whisk egg yolks & sugar.
5. Follow Double boiler steps mentioned earlier, (Take out from the microwave)
6. Place bowl-2 on the double boiler and whisk together till thick & fluffy. Remove and keep aside.
7. Add essence & whisk well.
8. In a bowl-3: Whisk egg whites & sugar till stiff peaks.
9. Fold it in the (bowl-2) egg yolk & sugar mixture.
10. Now lightly fold bowl-1 mixture in the bowl-2..
11. Fill a pastry bag fitted with a medium plain tip nozzle with the batter.
12. Press Jet Start for Preheat the oven.
13. Again Press Jet Start for bake.

## **Peanut Butter Cookies**

PRE-PREPARATIO TIME: 10 mins

COOKING TIME: 25 mins

SERVES: 5

YIELDS: 350gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1.	Refined Flour	100	Gm
2.	Baking soda	1/4	Tsp
3.	Salt	1/4	Tsp
4.	Breakfast Sugar	50	Gm
5.	Unsalted Butter	75	Gm
6.	Brown sugar	50	Gm
7.	Peanut butter	75	Gm
8.	Vanilla essence	1/2	Tsp
9	Full cream milk	optional	

### **Method**

1. Press "Auto Cook", then press keypad 289 to select P289.
2. Press the Jet start to confirm.
3. Press the 'all menus' 16 times or + button to select P16 food code .
4. Press Jet Start.
5. In a bowl -1 Cream butter, peanut butter, breakfast sugar and brown sugar together till light and creamy texture.
6. In a bowl -2 Sift flour, salt, baking soda together and lightly fold in the above mixture bowl -1.add milk if required for binding.
7. Rest for 5 minutes in the refrigerator.
8. Take a CRISP PLATE. Make 20 gm round balls from dough and keep on the CRISP PLATE.
9. Press lightly using a fork for impression.
10. Press Jet Start.
11. Place on LOW RACK to cool down

## **ALMOND BISCOTTI**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 50 mins

Yield : 16x20gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Egg	50	gm
2	Breakfast Sugar	92	gm
3	Salt	3	gm
4	Almond essence	½	Tsp
5	Refined flour	143	gm
6	Almonds (sliced)	40	gm

### **Method**

1. Press "Auto Cook", then press keypad 290 to select P290.
2. Press Jet Start.
3. In a mwo proof bowl (Capacity: 1300 ml), put water to heat.
4. Place the bowl in the microwave oven.
5. Take it out once done.
6. Press Jet Start
7. Preheat the microwave oven.
8. Put another bowl above the bowl of hot water.
9. In that bowl using a whisk combine the eggs, breakfast sugar, and salt. Whisk the mixture until thick and light.
10. Using a spatula fold in the almond essence, sieved refined flour and baking powder to the egg mixture.
11. Mix in the sliced almonds.
12. Keep dough in the refrigerator for 35-45 min until stiff.
13. Shape into logs about 2–2½ inch thick on the CRISP PLATE. Do not flatten the logs (the dough will be sticky and somewhat difficult to handle).
14. Press Jet Start
15. Let cool slightly then slice 1/2 inch thick.
16. Place slices on the CRISP PLATE.
17. Press Jet Start & Bake until toasted and dry.
18. Change the side in the middle of baking & press Jet start Make sure they dry out completely.
19. Remove from the oven and place on the LOW RACK to cool down. Let it cool for 10 minutes before serving.
20. Once completely cooled, store it in an airtight container.

## DESSERTS

### GAJAR KA HALWA

Preparation Time: 10 mins

Cook Time: 15 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Clarified butter ( <i>desi ghee</i> )	grams	40
2	Almond sliced ( <i>badam</i> )	grams	5
3	Cashew chopped ( <i>kaju</i> )	grams	8
4	Raisin chopped ( <i>kishmish</i> )	grams	5
5	Carrot grated	grams	300
6	Condensed milk	grams	200

#### METHOD

1. Add desi ghee, almonds, raisins and cashews in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), stir well and place in the oven
2. Press "Auto Cook", then press keypad 291 to select P291.
3. Press Jet Start
4. Take out and set aside
5. In a fresh MICROWAVE OVEN PROOF GLASS BOWL (capacity: 1300 ml), add the grated carrots and condensed milk. Stir well and place in the microwave
6. Press Jet Start
7. Take out , stir & press Jet start after every minute)
8. Now, mix the contents of both the bowls together and stir well
9. Cling wrap the bowl, pierce holes to let out excess steam, and place the bowl in the microwave
10. Press Jet Start.
11. Take the bowl out and garnish with chopped almonds and cashews
12. Serve hot.

## RAVA KESARI

Preparation Time: 10 mins

Cook Time: 6 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Roasted Semolina ( <i>suji</i> )	grams	100
2	Sugar	grams	120
3	Saffron ( <i>kesar</i> )	strands	15
4	Water	millilitres	500
5	Clarified butter (desi ghee)	grams	30
6	Almonds chopped ( <i>badam</i> )	grams	4
7	Cashew chopped ( <i>kaju</i> )	grams	4

### METHOD

1. Take MICROWAVE OVEN PROOF GLASS BOWL (capacity 1300 ml)
2. Add all ingredients to the bowl and stir well
3. Cling wrap the bowl, pierce holes to let out excess steam, and place in microwave
4. Press "Auto Cook", then press keypad 292 to select P292.
5. Press Jet Start
6. Stir & press Jet start after 3 minutes , making sure to cling wrap the bowl again when putting back in the oven)
7. Take out and garnish with chopped almonds and cashews

## RICE KHEER

Preparation Time: 30 mins

Cook Time: 22 mins

Serves 8

S. No.	Ingredients	Unit	Quantity
1	Broken rice (soaked)	grams	160
2	Water	millilitres	200
3	Full Cream Milk	millilitres	1000
4	Condensed Milk	grams	70
5	Green cardamom powder ( <i>elaichi</i> )	grams	2
6	Almonds chopped ( <i>badam</i> )	grams	3

7	Cashew chopped ( <i>kaju</i> )	grams	13
8	Raisins chopped ( <i>kishmish</i> )	grams	5
9	Sugar	grams	70

#### METHOD

1. Add rice, water and milk (400 ml) in a MICROWAVE OVEN PROOF GLASS BOWL (capacity: 3500 ml). Stir well
2. Cling wrap the bowl, pierce holes to let out excess steam, and place in the microwave
3. Press "Auto Cook", then press keypad 293 to select P293.
4. Press Jet Start
5. Take out the bowl, remove the cling wrap, and add more milk (600 ml), condensed milk, cardamom powder, almonds, cashews, raisins and sugar (**Note:** save some dry fruit for garnish)
6. Stir well and place in the microwave
7. Press Jet Start.
8. Garnish with chopped dry almonds, cashew nuts and raisins
9. Serve hot

### SUJI HALWA

Pre-preparation Time: 5 mins

Cook Time: 5 mins

Serves 2

S. No.	Ingredients	Unit	Quantity
1	Roasted semolina ( <i>suji</i> )	grams	100
2	Clarified butter ( <i>desi ghee</i> )	grams	20
3	Almonds chopped ( <i>badam</i> )	grams	4
4	Cashew chopped ( <i>kaju</i> )	grams	4
5	Raisins ( <i>kishmish</i> )	grams	3
6	Green cardamom crushed ( <i>elaichi</i> )	number	1
7	Sugar	grams	110
8	Water	millilitres	400

#### METHOD

1. Take MICROWAVE OVEN GLASS BOWL (capacity: 1300 ml)
2. Add all ingredients to the bowl and stir well
3. Cling wrap the bowl, pierce holes to let out excess steam, and place in microwave
4. Press "Auto Cook", then press keypad 294 to select P294.
5. Press Jet Start

6. Stir & press Jet start after 2.30 Minutes, making sure to cling wrap the bowl again when putting back in the oven)
7. Take out of the microwave and stir gently
8. Garnish with some chopped cashew nuts and almonds

## TIL KE LADOO

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 4 mins 30 secs

YIELDS: 16 x 10g each

S. No	Ingredients	Quantity	Unit
1	Sesame Seeds	40	gm
2	Desiccated Coconut	10	gm
3	Peanuts	35	gm
4	Jaggery (Grated)	85	gm
5	Cardamom Powder	½	tsp
6	Clarified Butter ( <i>Ghee</i> )	2	tbsp

### **Method**

1. In a MWO proof square dish (Capacity: 520 ml) put sesame seeds & desiccated coconut to roast.
2. Place the dish in the microwave oven.
3. Press "Auto Cook", then press keypad 295 to select P295
4. Press Jet Start
5. Stir & press Jet start in every 30 seconds)
6. Remove the dish and set aside to cool.
7. In another MWO proof square dish (Capacity: 520 ml) put peanuts to roast.
8. Place the dish in the microwave oven.
9. Press the start.
10. Stir & press Jet start in every 1 minute)
11. Remove the bowl and let it cool.
12. Rub peanuts between your hands to remove the skin of the peanut.
13. In the jar of a food processor, add sesame seeds, desiccated coconut & peanuts..
14. Grind together to make the powder.
15. To the jar add grated jaggery, cardamom powder & clarified butter.
16. Blend together to make the ladoo mixture.
17. Add more clarified butter if required.
18. Put the mixture on a plate and roll balls of 10g each to make ladoos.



## **FRUIT CUSTARD**

PRE-PREPARATION TIME: 10 mins

COOKING TIME: 2mins

SERVES: 2

YIELDS: 243gm

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Full cream Milk	100	ml
2	Custard Powder	8	gm
3	Breakfast Sugar	15	gm
4	Fruits (Chopped)	120	gm

### **Method**

1. In a MWO proof bowl (Capacity: 1300 ml) put 80 gm full cream milk and sugar to boil.
2. Place the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 296 to select P296.
4. Press Jet Start
5. Stir & press Jet start after 1minute.
6. In another bowl combine custard powder and 20g milk until the mix is smooth & lump free.
7. Whisk custard mixture to the boiled milk and stir well.
8. Place the bowl back in the microwave oven.
9. Press Jet Start
10. Stir & press Jet start after 15 Sec.
11. Set aside to cool down.
12. In a bowl layer custard and chopped fruits together.
13. Garnish with fruits.
14. Serve cold.

## **SAFFRON BAKE YOGURT**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 5 mins

YIELDS: 4x60gm each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Fresh Cream	100	gm
2	Yoghurt (creamy)	100	gm
3	Condensed milk	80	gm
4	Corn flour	¼	Tsp
5	Saffron	4	strands
6	Cardamom Powder	1/4	tsp
7	Water	40	gm

### Method

1. Take a MWO proof glass bowl. Pour 30 gm of water. Put dried saffron stigmas in water.
2. Put the bowl in the Microwave Oven.
3. Press "Auto Cook", then press keypad 297 to select P297.
4. Press Jet Start
5. In another bowl take 10 gm of water & corn flour to make paste.
6. In a bowl Mix yogurt cream & condensed milk.  
Mix all ingredients together.
7. Now combine all the mixture together. You can add cardamom powder to the mixture or sprinkle after baking.
8. Pour batter in individual moulds..
9. Place the mould in the Microwave Oven & bake.
10. Press Jet Start.
11. Serve with desired fruit.

## PASTRY CREAM

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 2 mins 50 sec

SERVES: 2

YIELDS: 160g

S. No	Ingredients	Quantity	Unit
1	Full Cream Milk	100	ml
2	Breakfast Sugar	30	gm
3	Egg yolk	20	gm
4	Custard powder	05	gm
5	Vanilla Essence	2	gm
6	Butter (Unsalted)	10	gm

### Method

1. In a MWO proof bowl (Capacity: 1300 ml) put milk, vanilla essence and sugar to boil.
2. Press "Auto Cook", then press keypad 298 to select P298.
3. Press Jet Start
4. In another bowl sieve and combine custard powder and egg yolk
5. Gradually add the yolk mixture to the boiled milk. Keep stirring to avoid the egg from cooking.
6. Place the bowl back in the microwave oven.
7. Press Jet Start.
8. Stir & press Jet start after 40 Sec.
9. Remove from the microwave oven.
10. Stir in unsalted butter and vanilla essence.
11. Cover with Cling wrap touching the surface of the pastry cream to avoid crust formation.
12. Let it cool down before use

## CLAFOUTIS

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 6 mins 30 sec

SERVES: 4

YIELDS: 340gm

S. No	Ingredients	Quantity	Unit
1	Eggs	1	No
2	Egg yolk	1	No
3	Breakfast Sugar	50	gm
4	Salt	A pinch	
5	Refined flour	35	gm
6	Butter (Unsalted)	14	gm
7	Toned Milk	120	ml
8	Heavy cream	60	ml
9	Vanilla extract	1	Drops
10	Cherries/Berries	1	Cup
11	Lemon zest	1	No

### Method

1. Take a MWO proof glass bowl. Put butter & melt.
2. Press "Auto Cook", then press keypad 299 to select P299.
3. Press Jet Start
4. In another bowl, whisk eggs, egg yolk, breakfast sugar & salt for about a minute until well combined.
5. Add refined flour and whisk until smooth and lump free.
6. Mix melted unsalted butter, followed by the toned milk, heavy cream, vanilla extract and lemon zest
7. Pour the batter into a 6" bake and serve mould.
8. Add cherries into the batter.
9. Place the mould in the microwave oven & Press Jet Start.
10. Dust with icing sugar.

## **BREAD & BUTTER PUDDING**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 7 mins

SERVES: 3

YIELDS: 250gm

S. No	Ingredients	Quantity	Unit
1	Bread slices	02	Slices
2	Butter (Salted) (melted)	30	gm
3	Eggs	50	gm
4	Breakfast Sugar	25	gm
5	Heated Toned Milk	125	ml
	Cinnamon powder	1/8 <sup>th</sup>	Tsp
7	Nutmeg powder	1/8 <sup>th</sup>	Tsp
8	Vanilla Essence	1/4 <sup>th</sup>	Tsp
9	Vanilla cream/ice cream	30	gm

### **Method**

1. Take a MWO proof glass bowl. Put salted butter & melt.
2. Press "Auto Cook", then press keypad 300 to select P300.
3. Press Jet Start
4. Stir & press Jet start after 1 minute.
5. Cut each slice of bread in squares . Brush both sides of each piece with melted butter.
6. Take a 6" bakeware moulds and arrange the bread slices so they overlap in a buttered baking pan. Pour it in cake mould or ring.
7. Mix together the eggs, breakfast sugar and vanilla essence until thoroughly combined. Add the toned milk.
8. Pour the egg mixture over the bread in the pan.
9. Let stand, refrigerated for 15 minutes, so the bread absorbs the custard mixture. If necessary, push the bread down into the pan once or twice after the mixture has had time to stand.
10. Sprinkle the top lightly with cinnamon powder and nutmeg powder.
11. Place mould on a LOW RACK
12. Press Jet Start
13. Serve hot with vanilla cream.

## ITALIAN CHOCOLATE PIE

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 2 mins 10 secs

YIELDS: 5x130 gm each

S. No	Ingredients	Quantity	Unit
	<b>Chocolate Filling:</b>		
1	Full Cream Milk	200	Gm
2	Cocoa Powder	1	Tsp
3	Dark Chocolate (Compound) (Melted)	50	Gm
4	Vanilla Essence	½	Tsp
5	Corn Flour	30	Gm
6	Butter (Unsalted)	20	Gm
7	Breakfast Sugar	25	Gm
8	Water	60	Gm
	<b>For Assembly:</b>		
9	Sweet Crust Tart Shells (Baked) (Refer apple frangipane tart recipe)	200	Gm
10	Whipped Cream	100	Gm
11	Chocolate Shavings	20	Gm

### **Method**

#### **For the Chocolate Filling:**

1. In a MWO proof bowl (Capacity: 1300 ml) add full cream milk & breakfast sugar to heat.
2. Put the bowl in the microwave oven.
3. Press "Auto Cook", then press keypad 301 to select P301.
4. Press Jet Start
5. Stir & press Jet start after 1 minute.
6. Whisk in melted chocolate & vanilla essence.
7. In a separate bowl mix together cornflour, cocoa powder & water to make slurry.
8. Whisk the slurry in the milk mixture.
9. Put the bowl in the microwave oven.
10. Press Jet Start
11. Stir & press Jet start after 20 Sec.
12. Mix in unsalted butter.
13. Cling wrap touching the surface of the filling to avoid crust formation. Let it cool.

#### **Assembly:**

14. Pipe chocolate filling in the pre baked tart shell (4" tart shell)
15. Top with whipped cream.
16. Garnish chocolate savings.
17. Serve cold

## **HOT SOUFFLE**

PRE-PREPARATION TIME: 1 hour

COOKING TIME: 24 mins

YIELDS: 3x75gm each

S. No	Ingredients	Quantity	Unit
1	Refined Flour	25	gm
2	Butter (Unsalted) (Soft)	25	gm
3	Full Cream Milk	125	ml
4	Breakfast Sugar	30	gm
5	Egg yolk	2	No
6	Vanilla essence	½	Tsp
7	Egg Whites	2	No
8	Breakfast Sugar	20	gm
9	Berry compote	50	gm

### **Method**

1. Mix refined flour & unsalted butter to form a paste.
2. In a MWO proof bowl (Capacity: 1300 ml) boil full cream milk & breakfast sugar together.
3. Press "Auto Cook", then press keypad 302 to select P302.
4. Press Jet Start
5. Remove from the microwave & with a whisk beat the flour paste into the milk till there are no lumps.
6. Return it to the microwave oven & bring to a boil till the mixture is thick & starchy taste remains.
7. Press the Jer Start
8. Stir & press Jet start in every 30 seconds.
9. Gradually beat in the egg yolks & vanilla essence.
10. This soufflé base can be prepared ahead of time up to this point & refrigerated.
11. Press Jet Start.
12. Prepare soufflé dishes by buttering the dish & coating with breakfast sugar.
13. Whip egg whites till soft peaks, add breakfast sugar & whip till stiff peaks.
14. Using a spatula fold the egg whites into the soufflé base.
15. Pour the batter into the moulds & smooth the tops.
16. Press Jet Start for Bake until golden brown in colour.
17. Once done serve immediately with berry compote.

**NOTE :** Final product will be moist & berries will make this more moist.

## **BRANDY SNAP**

PRE-PREPARATION TIME: 15 mins

COOKING TIME: 18 mins

YIELDS: 5 x 20g each

<b>S. No</b>	<b>Ingredients</b>	<b>Quantity</b>	<b>Unit</b>
1	Butter (Unsalted)	20	gm
2	Icing Sugar	20	gm
3	Liquid Glucose	20	gm
4	Refined Flour	20	gm
5	Sesame Seeds	20	gm

### **Method**

1. Press "Auto Cook", then press keypad 303 to select P303.
2. Press Jet Start
3. In a bowl put unsalted butter, icing sugar, liquid glucose, refined flour and sesame seeds.
4. Mix to make a soft dough.
5. Make 20 gm portions from the dough and roll each portion into a ball.
6. Place 2 balls at a time to bake on the CRISP PLATE with distance in between.
7. Press Jet Start for Bake until golden brown.
8. Remove from the oven and let it sit for not more than 1 minute.
9. Carefully peel the brandy snap from the crisp plate and immediately press it on the back of a small inverted bowl in a way to form the shape of the bowl.
10. Once cooled down, remove carefully.
11. Scoop ice cream in the middle of each cup and serve

## RED CHERRY TART

PRE-PREPARATION TIME: 30 mins

COOKING TIME: 41 mins

YIELDS: 3×160gm each

S. No	Ingredients	Quantity	Unit
1.	Sweet Crust Tart Shells (Baked) (Refer apple frangipane tart recipe)	100	gm
	<b>For Filling</b>		
2.	Butter (Unsalted)	100	gm
3.	Breakfast Sugar	100	gm
4.	Egg	1	No
5.	Refined Flour	40	gm
6.	Almond Flour	30	gm
7.	Desiccated Coconut	30	gm
8.	Vanilla Essence	½	Tsp
9.	Red Glazed Cherries (Deseeded)	30-40	gm
10	Icing Sugar (For Dusting)		

### Method

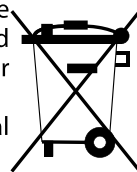
1. Press "Auto Cook", then press keypad 304 to select P304.
2. Press Jet Start.
3. Using a handheld mixer or whisk cream unsalted butter and breakfast sugar together till light & creamy in texture.
4. Gradually mix in lightly beaten egg & vanilla essence in 3 parts into the butter mixture.
5. Using a spatula lightly fold in the sieved refined flour, almond flour and desiccated coconut.
6. Pour the batter in the pre-baked tart (4" tart shell) and arrange glazed cherries on top.
7. Place the tart shells on the CRISP PLATE.
8. Press Jet Start for Bake until the skewer inserted in the centre of the tart comes out clean.
9. Remove from the CRISP PLATE & let it cool down for 4-5 min
10. Dust with icing sugar and serve warm.

**Note:** When baking with filling, keep the tart shell in the tart mould



# ENVIRONMENTAL HINTS

- \* The packing box may be fully recycled as confirmed by the recycling symbol. Follow local disposal regulations. Keep potentially hazardous packaging (plastic bags, polystyrene, etc.) out of the reach of children.
- \* This appliance is marked according to the European directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.
- \* The symbol on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.
- \* Disposal must be carried out in accordance with local environmental regulations for waste disposal.
- \* For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.
- \* Before scrapping, cut off the mains cord so that the appliance cannot be connected to the mains.



## Technical Specification

Data Description	MWP298BSG
Supply Voltage	230-240V~50 Hz
MW Input Power	1400W
Grill Power	1250W
Convection Power	2300W
Microwave Power Output:	900W
Microwave Operation Frequency:	2450MHz
Outer dimensions (WxHxD)	539 x 300 x 497 mm
Inner dimensions (WxHxD)	354 X 240 X 343.2 mm
Net weight	22.5kg

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## 網上登記新產品保養

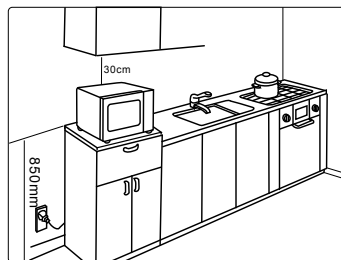
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## 安裝指引

### 接駁電線之前

請將微波爐放置在遠離熱源的地方。為了確保通風良好，微波爐頂部必須留有30厘米的空間。此爐必須背靠牆放置，確保微波爐底部，頂部及兩邊空氣流通。本爐具不應放置櫥櫃內使用。

本爐具不用於或放置在離地板少於850毫米以上的工作面上。



- \* 檢查銘牌上的電壓是否與您家中的電壓相符。
- \* 請將微波爐放置在平坦及穩固的地方，該處必須足以承托爐具與食物器皿的重量。放置時請務必小心。
- \* 確保微波爐底部，頂部及兩邊空氣流通。
- \* 確保微波爐沒有損壞。可檢查爐門關上時是否緊貼門框，以及內門的封邊是否完整無缺。將爐具內配件取出，然後用柔軟的濕布清潔爐具內部。
- \* 電線、插頭如有損壞，或爐具不能正常操作，或受到損壞或翻倒，則切勿使用微波爐。切勿將電線或插頭浸入水中，並避免接觸灼熱的表面，否則會引致觸電、火災或其他意外。
- \* 請勿使用延長線：如果電源線太短，請合格的電工或維修人員在設備附近安裝插座。
- \* 請不要移除爐腔內壁上的微波出口防護擋板，它們可以防止油脂或食物微粒進入微波孔中。

### ⚠ 警告：

- \* 接地插頭使用不當可能會導致觸電危險。
- \* 如果沒有完全了解接地指示，或者懷疑微波爐是否接地，請諮詢合格的電工或維修人員。

## ❗ 注意：

首次使用微波爐之前，建議撕下控制面板上的保護膜，並把電源線上的紮帶移除。

### 連接之後

- \* 微波爐只能在爐門緊閉之後才能操作。
- \* 如將微波爐放置在電視機、收音機或天線附近，可能會影響接收或引起干擾。
- \* 此設備的接地是強制性的。製造商將不承擔由於不遵守這一要求而導致的人身、動物傷亡或財物損失的責任。
- \* 製造商不會對用戶因不遵守這些說明而導致的任何問題承擔責任。

## 安全

### 重要安全注意事項

仔細閱讀並保存以備將來參考

- \* 如果微波爐內部/外部的材料點燃或發出煙霧，請務必保持爐門關閉並關閉微波爐。斷開電源或切斷保險絲或斷路器面板上的電源。
- \* 不要讓微波爐無人看管下操作，特別是在烹飪過程中使用帶有紙張，塑料或其他易燃物品時。如果加熱食物，紙張會燒焦或燃燒，一些塑料會熔化。

### ⚠ 警告：

- \* 如果門或閘的密封件損壞，不得操作此爐具，直到它由經過培訓的維修技術人員維修後。

### ⚠ 警告：

- \* 除經過培訓的維修技術人員外，任何人對本產品作修復操作（如打開提供保護的外殼）都是危險的。

### ⚠ 警告：

- \* 液體和其他食物不得在密封的容器中加熱。

### ⚠ 警告：

- \* 當微波爐在組合模式下工作時會產生比較高的溫度，兒童只有在成人的監督下才能使用微波爐。

## 警告：

- \* 本產品及其可觸及部件在使用過程中會變熱。應注意避免接觸微波爐內的加熱元件。
- \* 兒童應遠離本產品，除非在成人監督下使用。
- \* 微波爐主要用於加熱食品和飲料。食物或衣服的干燥以及變暖墊，拖鞋，海綿，濕布等的加熱可能導致受傷，著火或著火的危險。
- \* 該器具不可由兒童、身體感官或精神上能力不足，或經驗及知識不足的人士使用（包括兒童），除非監護其安全的負責人監督或指引其使用。
- \* 不應由兒童來清潔和進行日常的維護，除非他們被監督。兒童應受到監督，務必確保兒童不會把微波爐當作玩具。此產品應盡量放置在遠離兒童的地方。
- \* 不要使用微波爐烹飪或加熱整個雞蛋，即使微波加熱結束它們也可能會爆炸。

## 注意：

- \* 本設備不用於外用的計時器或單獨遙控系統。
- \* 如果你使用大量的脂肪或油，不要讓微波爐無人看管操作，因為它們會過熱，導致火災！
- \* 請勿加熱或使用微波爐內或附近的易燃材料。煙霧會造成火災或爆炸。
- \* 請勿使用微波爐烘乾紡織品、紙張、香料、草藥、木材、花卉或其他易燃材料。否則可能會導致火災。
- \* 請勿在本裝置中使用腐蝕性化學品或蒸氣。此微波爐是專門設計用來加熱或烹調食物的。它不是為工業或實驗室用途設計的。
- \* 請勿在門上懸掛或放置重物，因為這會損壞微波爐的開啟和鉸鏈連接功能。門把手不能用來掛東西。

## 問題解決指南

## 注意：

若微波爐不能操作，請檢查下列各項後才致電維修中心：

- \* 插頭是否完全插入插座。
- \* 爐門是否完全關閉。
- \* 檢查保險絲，並確定已接上電源。
- \* 檢查微波爐是否有良好的通風環境。
- \* 等待十分鐘後再嘗試操作。
- \* 再作嘗試前，請開啟爐門，然後將其關上。
- \* 轉盤和轉盤托架是否放好。

以上檢查，可避免不必要的檢查維修，維修服務可能會收費。

致電維修服務中心時，請提供機身編號及微波爐型號（請參閱維修服務標籤）。請參考您的保修手冊以得到進一步的建議。

若需更換電源線，必須使用原廠產品，並由接受過專業培訓的維修技師負責更換。有關電源線的更換可聯絡維修中心。

## 警告：

- \* 服務僅由訓練有素的服務技術人員執行。
- \* 不要移除任何防護蓋子。

## 注意事項

### 一般注意事項

#### 本產品只用於家庭和類似的場合，如：

- \* 在商店、辦公室和其他工作環境中的員工廚房區域；
  - \* 農莊；
  - \* 客戶在酒店、汽車旅館等居住環境；
  - \* 出租住宿民宿的環境。
- 不允許其他用途（如暖氣室）。

#### ！ 注意：

- \* 本產品不應該在沒有食物的情況下進行操作。以這種方式操作可能會損壞設備。
- \* 微波爐的通風口不能被遮蓋。堵塞進氣口或排氣孔可能會造成微波爐損壞和烹調效果不佳。
- \* 如果你需要練習操作微波爐，可在裡面放一杯水。水會吸收微波能量，使微波爐不被損壞。注意參考下面“流質食物”內容。
- \* 請勿在戶外儲存或使用本產品。
- \* 請勿在廚房水槽附近、潮濕的地下室、游泳池附近或類似區域使用本產品。
- \* 請勿將空腔用於任何存儲目的。
- \* 在將紙袋或塑料袋子放進微波爐前，需取下包裝的線扎。
- \* 不要用微波爐煎炸食物，因為難以控制油溫。
- \* 烹調後需使用熱墊或微波爐手套取出盛裝食物的盤子或容器，以防止接觸微波爐內側高溫物件導致燒傷。

### 流質食物

**用微波爐加熱的飲品或清水**，即使煮得過熱，甚至超過沸點，也未必會出現沸騰的氣泡，但是液體卻可能會突然溢出造成燙傷。

為了避免發生上述情況，請遵守下列幾點：

- \* 請避免使用窄頸的直身容器。
- \* 將流質食物放入爐內之前，請先加以攪拌，並將湯勺留在容器內。
- \* 流質食物加熱之後，請讓它留在爐內一會兒，再加以攪拌，才將容器小心拿出。

### 注意

奶樽或嬰兒食物器皿中的食品或飲料加熱之後，在餵食之前，先將食物加以攪拌及測試食物的溫度，確保熱力分佈均勻，以避免燙傷或灼傷嬰兒。

請確保加熱前已將樽蓋與奶嘴取出！

有關詳細信息，請參閱微波烹飪書。特別是，如果烹飪或重新加熱含酒精的食物。

# 配件及維護

## 配件

- \* 市面上有很多配件可供選擇。在購買之前，需確保它們適合微波使用。
- \* 確保您使用的餐具是可使用於微波爐的，並可使微波穿透它們。
- \* 當你把食物和配件放進微波爐時，確保它們不會接觸微波爐內部。
- \* 使用金屬配件或金屬零件需特別注意。如果含有金屬的附件與微波爐內部接觸，而微波爐在運行時，會發生火花，微波爐可能會損壞。
- \* 微波爐烹調時不允許使用金屬容器盛裝食品和飲料。
- \* 為了得到更好的烹調效果，建議您把配件放在爐腔中間。



### 玻璃轉盤

所有烹飪方式都需要使用玻璃轉盤。它可以避免食物碎屑及肉汁沾污微波爐內腔。

- 將玻璃轉盤放在轉盤支架上。



### 玻璃轉盤支架

將轉盤支架放置在玻璃轉盤之下。不要把其他器具放在轉盤支架上。

- 在微波爐中安裝轉盤支架



### 焗盤

焗盤用於熱風對流或微波熱風對流組合模式

- 使用焗盤時，應使用玻璃轉盤作為支撐



### 烤肉棒

烤肉棒只供用於旋轉烤肉模式

- 安裝烤肉棒於爐腔中間



### 烤肉桿手柄

當旋轉烤肉模式烹飪完成, 使用烤肉桿手柄取出旋轉烤肉棒



### 氣炸架

氣炸架用於氣炸烹調模式

- 使用氣炸架時, 應使用玻璃轉盤作為支撐



### 高燒烤架

高燒烤架用於燒烤烹調模式

- 使用高燒烤架時, 應使用玻璃轉盤作為支撐



### 低燒烤架

低燒烤架用於熱風對流烹調模式

- 使用低燒烤架時, 應使用玻璃轉盤作為支撐



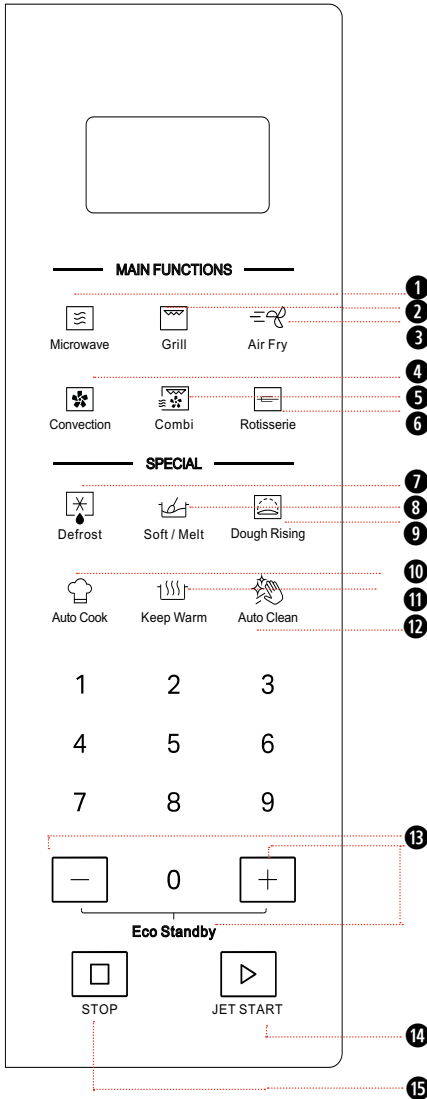
## 選擇適當器皿的普通指南

器皿	微波烹調	燒烤烹調	熱風對流	組合烹調
耐熱玻璃	可	可	可	可
不耐熱玻璃	不可	不可	不可	不可
耐熱陶瓷器	可	可	可	可
微波爐安全使用塑料餐具	可	不可	不可	不可
廚房用紙	可	不可	不可	不可
金屬烤盤	不可	可	可	不可
金屬架子	不可	可	可	不可
鋁箔及箔紙容器	不可	可	可	不可
氣炸鍋	不可	可	可	不可
烤肉棒及烤肉桿手柄	不可	可	可	可
金屬烤盤	不可	可	可	可

## 維護保養及清潔

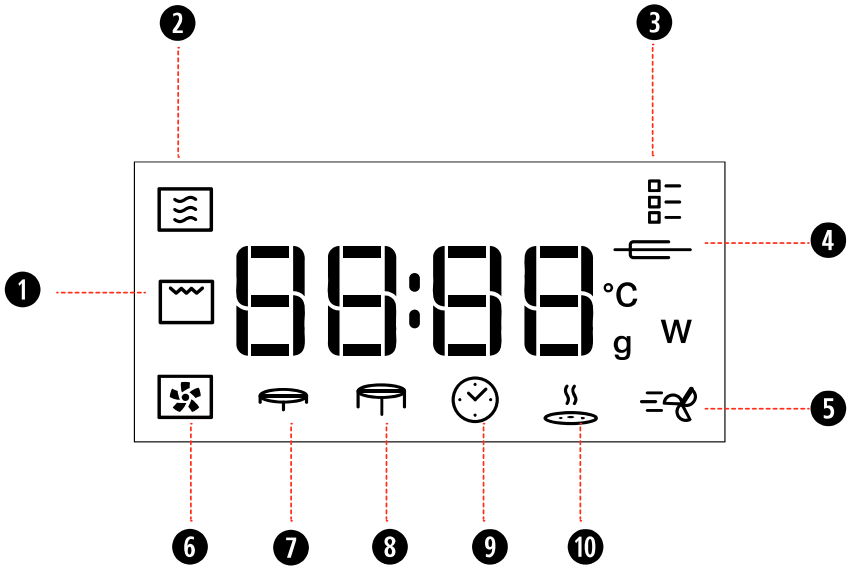
- \* 未能將微波爐保持在乾淨的狀態可能會導致表面變質，從而對微波爐的壽命產生不利影響，並可能導致危險情況發生。
- \* 不要使用可能損壞控制面板，內部和外部表面的金屬擦洗墊，研磨性清潔劑，鋼絲刷，粗糙的抹布等。使用混合溫和洗滌劑的布或用噴霧玻璃清潔劑的紙巾。將噴霧玻璃清潔劑塗抹在紙巾上再進行清潔。
- \* 使用柔軟的濕布和溫和的清潔劑清潔爐腔內壁、爐門前後、門封以及開門位置。
- \* 清洗微波爐時不要使用蒸汽清潔設備。
- \* 微波爐應定期清洗，並去除任何食物沉積物。
- \* 微波爐只要勤加清潔，便是最佳的維護方法。但在清潔前，必須關掉電源。
- \* 不要直接噴在微波爐上。
- \* 該微波爐設計用於使用適當的容器在平坦的腔體進行烹飪操作。
- \* 不要讓油脂或食物微粒在門附近及爐腔內壁上的微波出口防護擋板上殘留。
- \* 該產品提供自動清洗功能，可方便地清洗爐腔。有關詳細資訊，請參閱338頁上的自動清洗部分。

# 控制面板和顯示說明



- 1** 微波  
用來設置微波火力。
- 2** 燒烤  
用來設置燒烤火力。
- 3** 氣炸  
用來設置氣炸烹調程序。
- 4** 熱風對流  
用來設置熱風對流火力。
- 5** 組合烹調  
用於選擇三種組合烹調中的其中一種。
- 6** 旋轉烤肉  
用來設置旋轉烤肉火力。
- 7** 解凍  
用來設置解凍程序。
- 8** 軟化/溶化  
按此擊進入軟化或溶化模式。
- 9** 麵團發酵  
按此擊進入麵團發酵模式。
- 10** 食譜  
用於選擇自動食譜菜單。  
選擇：按3秒可選擇靜音開啟/關閉
- 11** 保溫  
設置保溫程序。
- 12** 自動清洗  
用來清潔腔體。  
選擇：按3秒可設置時鐘
- 13** +/-  
用於選擇食物菜單代碼，時鐘時間，烹飪時間，烹飪重量。  
選擇：同時按下+/-來開關或關閉待機模式
- 14** 極速啟動  
用來開始烹飪。  
用來開始30秒極速啟動程序。  
在待機模式下，用來確認選項
- 15** 停止  
用來暫停，停止或取消烹飪。

# 顯示說明



- ❶ 燒烤圖標
- ❷ 微波圖標
- ❸ 菜單圖標
- ❹ 旋轉烤肉圖標
- ❺ 氣炸圖標
- ❻ 熱風對流圖標
- ❼ 低烤架圖標
- ❽ 高烤架圖標
- ❾ 時鐘/時間圖標
- ❿ 焗盤圖標

## 待機模式

當顯示時鐘時，微波爐處於待機模式（或者，如果時鐘未設置，顯示屏將顯示“:”）。節能待機的功能設置是爲了節約電能，在待機模式下，您可以同時按“+”和“-”按鈕，進入待機模式。烹飪結束後，顯示屏將顯示時間或“:” 10 秒鐘，然後進入節能模式，再次同時按下兩個按鈕，退出模式。

## 啟動保護/兒童鎖定

此自動安全鎖功能會在微波爐回復“備用”模式後的1分鐘後啟動。安全鎖必須在爐門開啟及關閉之後（例如將食物放入爐中）才會解開。如果您沒有放入食物便開始操作微波爐的話，顯示屏便會顯示DOOR（爐門）的字樣：

door

## 暫停或停止烹飪

暫停烹飪：

通過打開爐門來暫停烹飪以檢查烹調情況，轉動或攪拌食物。按停止掣一次，烹飪會暫停。

繼續烹飪：

關閉爐門，然後按極速啟動掣(Jet Start)一次。烹飪從暫停的地方恢復。

如果你不想繼續烹飪，你可以：

取出食物，關上爐門，然後按停止掣(STOP)。

烹飪完成後：

顯示屏將顯示“End”。嗶聲響將每分鐘發出一次信號，持續10分鐘。爐燈關閉，風扇會運行3分鐘。

## 添加/攪拌/翻轉食物

根據所選功能，可能需要在烹飪期間添加/攪拌/翻轉食物。在這些情況下，微波爐將暫停烹飪，它會要求您執行所需的操作。

需要時，您應該：

\*打開爐門。

\*添加/攪拌/翻轉食物（取決於所需的動作）。

\*關閉爐門，然後按極速啟動掣重新啟動。

注意：

如果用戶在沒有先打開門的情況下按極速啟動掣 (Jet Start)，烹飪將不會重新開始。

如果在要求添加，攪拌或轉動食物之後2分鐘內爐門沒有關閉，微波爐將進入待機狀態等待添加，攪拌或轉動食物。

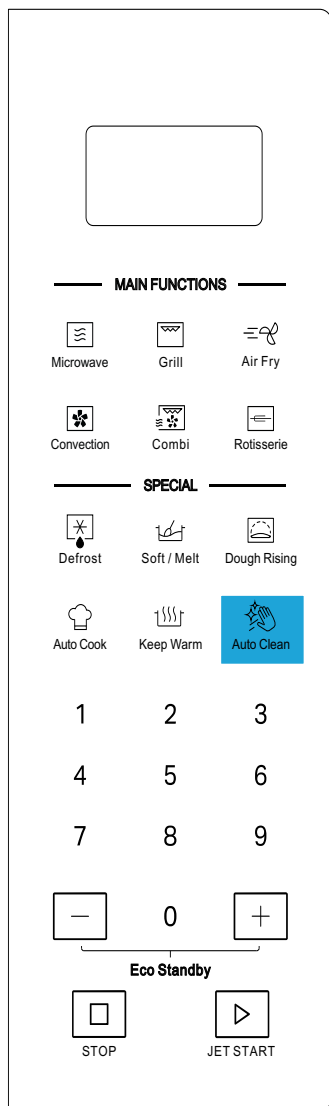
## 靜音 開啟/關閉

按食譜掣 (Auto Cook) 3 秒啟動此功能，再按 3 秒關閉此功能。

## 時鐘

時鐘設置功能：

- 1 待機狀態下，持續按自動清洗掣 (Auto Clean) 3秒，顯示屏將顯示 “12:00”。
- 2 按+/- 鍵或 0-9 數字鍵設置小時數位。
- 3 按極速啟動掣 (Jet Start)，確定小時設定。
- 4 按+/- 鍵或 0-9 數字鍵設置分鐘數位。
- 5 按極速啟動掣 (Jet Start)，確定最終設定。



### 提示和建議：

- 本產品插上電源時，螢幕顯示 “24Hr” (“24” 閃爍)，按+/- 鍵轉換成24小時或12小時格式，按極速啟動掣 (Jet Start) 確定；顯示屏將顯示 “12:00”。
- 在烹飪過程中，按停止掣 (Stop) 取消該程式。
- 在烹飪設定過程中，若1分鐘內沒有任何後續操作，系統自動返回到待機模式。
- 如果時鐘設置不正確，顯示屏會顯示 “:”。

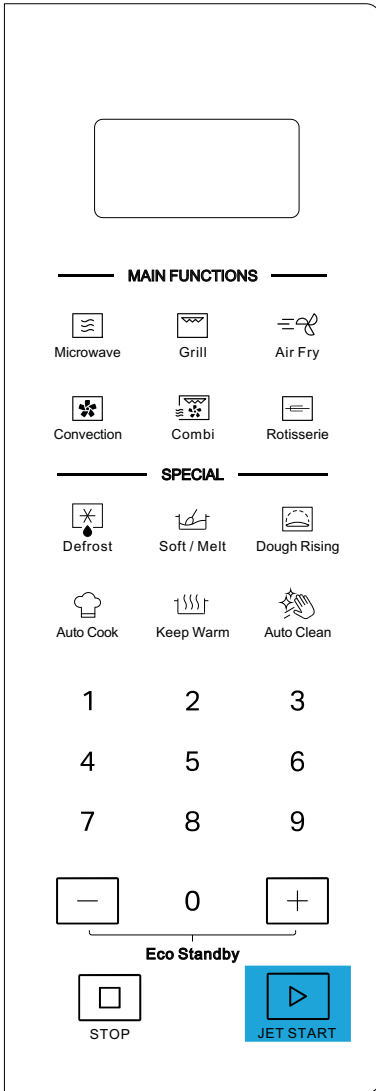
## ▶ 極速啟動 (JET START)

此功能允許您快速啟動微波爐。按下極速啟動掣 (Jet Start) 一次, 微波爐自動開始以全火力狀態工作。烹飪過程中, 可按極速啟動掣 (Jet Start) 增加時間。烹調時間最長為90分鐘。

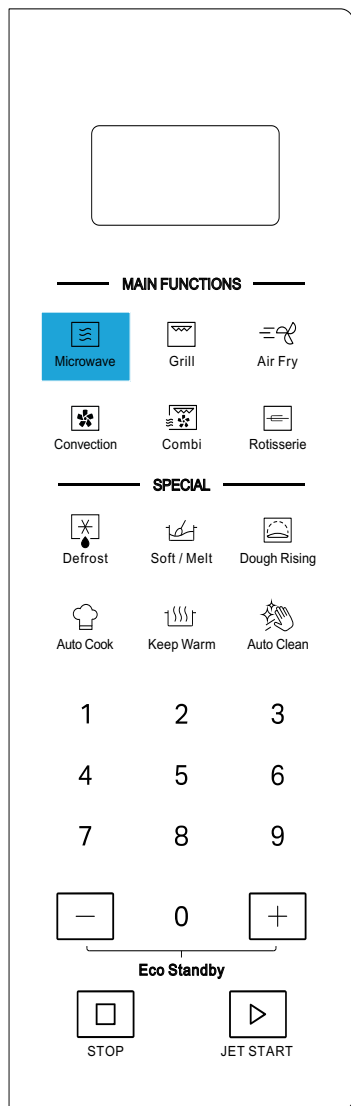
- 1 按極速啟動掣 (Jet Start)。

### 提示和建議:

- 即使在烹飪過程已經開始後, 也可以更改烹調時間。
- 要更改烹調時間, 請按 +/- 鍵或按一次極速啟動掣 (Jet Start), 每按一次將延長烹調時間30秒。



## 微波 (MICROWAVE)



使用不同的微波火力進行烹調,可反覆按下微波掣 (Microwave) 或按 +/- 鍵選擇一個烹飪火力,然後按 +/- 鍵或 0-9 數字鍵,以設置一個理想的烹調時間。烹調時間最長為90分鐘。

專用配件  盤蓋 (需另外購買)

- 1 按微波掣 (Microwave), 默認的微波火力 (750W) 會顯示於顯示屏上, W 圖標亦會閃爍。
- 2 反覆按微波掣 (Microwave) 或按 +/- 鍵選擇合適的煮食功率, 然後按極速啟動掣 (Jet Start)。
- 3 按 +/- 鍵或 0-9 數字鍵設置煮食時間, 然後按極速啟動掣 (Jet Start) 開始烹調。

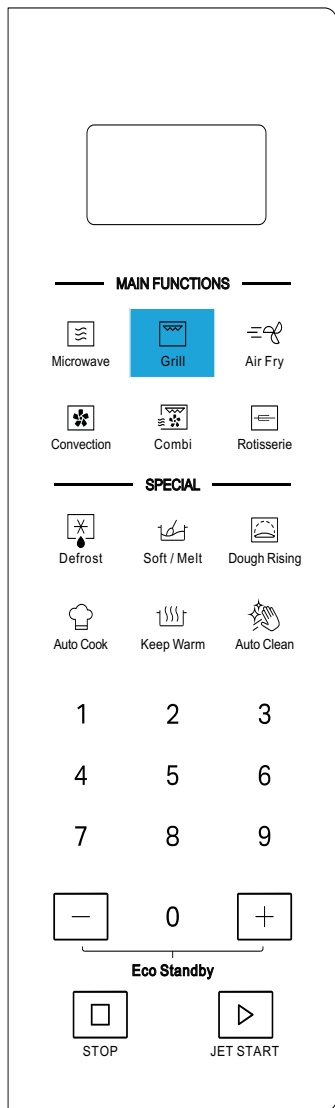
注意: 如果需要更改烹調火力, 請再次按下微波掣 (Microwave), 可供選擇之微波火力如下表所示。

火力	建議用於
90 W	軟化雪糕、牛油或芝士。保持溫暖。
160 W	解凍。
350 W	蒸燉食物, 融化牛油。
500 W	烹調需要較小心處理的食物, 例如含豐富蛋白質的醬汁、芝士及雞蛋菜式, 以及可以烹調煲仔菜。
650 W	烹調無需翻轉的菜餚。
750 W	烹調魚類、肉類, 蔬菜等。
900 W	重新加熱飲料, 水, 清湯, 咖啡, 茶或其他高含水量食物。如果食物含有雞蛋或忌廉, 選擇較低的功率。

## 燒烤 (GRILL)

此功能使用強大的燒烤來使食物變得金黃，製作烤焗或烤紋效果。

燒烤功能可以讓食物變得金黃，比如吐司、熱芝士、三明治、炸馬鈴薯丸、香腸和蔬菜。



專用配件： 高燒烤架

- 1 按燒烤掣 (Grill)，默認的煮食時間 (0:30) 秒會顯示於顯示屏上，同時燒烤及高燒烤架圖標將亮起。
- 2 按 +/- 或 0-9 數字鍵選擇合適的煮食時間，然後按極速啟動掣 (Jet Start)。

### 提示和建議：

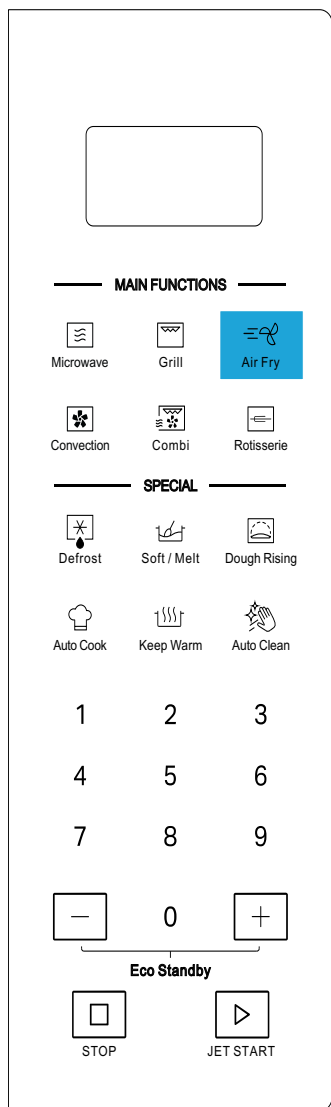
- 烹調芝士、多士、肉扒及香腸等食物時，將食物放置在高燒烤架上。
- 使用該功能時，請先確定所使用的器皿是否耐熱。
- 請勿使用塑膠器皿來燒烤食物，以免塑膠器皿熔化。木質或紙質的器皿也不適用。
- 切勿觸摸在爐頂部的燒烤元件。
- 在烹調過程開始後，可以更改烹調時間。
- 按 +/- 鍵來更改烹調時間；或請按極速啟動掣 (Jet Start) 一次來增加烹調時間 30 秒。



# ≡氣炸 (AIR FRY)

此功能用來進行氣炸烹調。使用氣炸鍋配件按照以下步驟製作並享受美味氣炸食譜。

專用配件： 氣炸架



- 1 按氣炸掣 (AirFry)
- 2 反覆按氣炸掣 (AirFry) 或 +/- 鍵選擇食物種類，然後按極速啟動掣 (Jet Start) 確定。
- 3 如果使用自選模式(A01),按 +/- 或 0-9 數字鍵選擇煮食時間，然後按極速啟動掣 (Jet Start) 開始烹調。

- 4 如選用氣炸菜單(A02-A10),反覆按氣炸掣 (Jet Start) 或 +/- 鍵選擇氣炸食譜，然後按極速啟動掣 (Jet Start) 確定。

按 +/- 鍵設置食物的重量，然後按極速啟動掣 (Jet Start) 開始烹調。

在烹調過程中可能需要添加，翻轉或攪拌食物的（根據功能而有所不同）。在這種情況下，爐將停止，並提示您執行所需的操作。當需要時，應採取以下步驟：

- 1)打開爐門。
- 2)添加，攪拌或翻轉食物。（根據微波爐提示）
- 3)關上爐門，按下確認掣/極速啟動掣 (Jet Start)重新啟動。

注意：如果您需要選擇氣炸菜單，請按氣炸鍵選擇所需的食譜。菜單編號如下：

菜單編號	菜單	重量
A01	氣炸自選模式	-----
A02	洋蔥圈	200g
A03	雞腿	200g-600g
A04	雞翼	200g-500g
A05	雞塊	150g-300g
A06	爆米花雞粒	250g-400g
A07	芝士條	200g-450g
A08	薯條	250g
A09	酸奶薯仔餅	30g*7
A10	烙餅	50g

## 熱風對流 (CONVECTION)

此功能適用於焙烤食物，如：烹調蛋白酥皮、酥皮糕點、海綿蛋糕、法式梳乎厘、家禽及烤肉。  
用戶可以選擇使用預熱功能和非預熱功能。  
預熱應在食物放入烤箱前進行，確保在您添加食物之前爐腔是熱的。

專用配件：

低燒烤架  
焗盤



- 1 按熱風對流掣 (Convection)，“熱風對流”，“低燒烤架”及“焗盤”圖標於顯示屏上將亮起。
- 2 反覆按熱風對流掣 (Convection) 或 +/- 鍵選擇煮食溫度，然後按極速啟動掣 (Jet Start) 確定。
- 3 “Pre-heat”會於顯示屏上循環顯示。



- 4 按極速啟動掣 (Jet Start) 確認後，以下動畫將顯示在顯示屏上，表示正在預熱中。



注意：如需跳過預熱程式，當“Pre-heat”在顯示屏上閃爍時按 +/- 鍵跳過預熱程序。(然後進入烹調時間設置)。

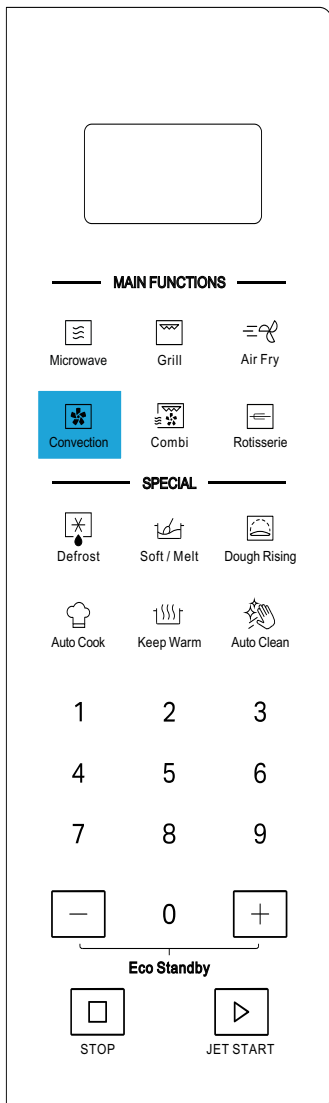
注意：在達到設置的預熱溫度後，顯示屏會顯示“Add Food”提醒用戶放入食物，在放入食物並關上門後，顯示屏將顯示設置烹調時間模式。

- 5 按 +/- 鍵選擇烹調時間，然後按極速啟動掣 (Jet Start) 開始烹調。

### 注意：

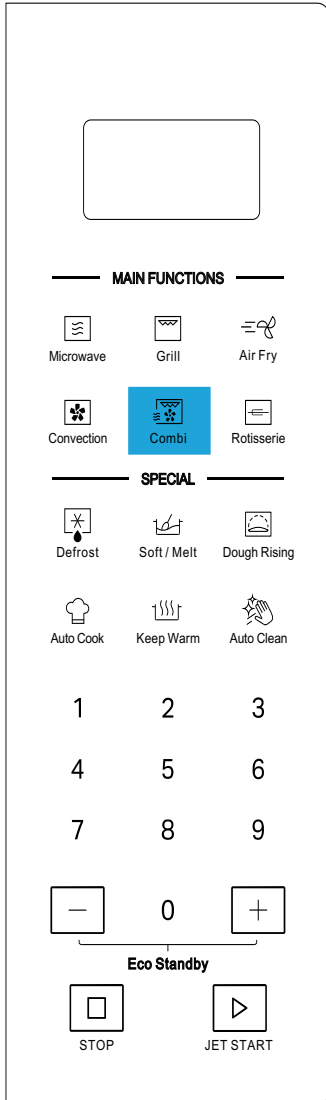
達到預熱溫度後，顯示屏將顯示“ADD FOOD”，如果門沒有打開，微波爐將會進入保溫模式 30 分鐘，然後返回待機狀態。

如果門被打開，用戶必須在 1 分鐘內放入食物，否則微波爐會進入待機狀態。





## 組合烹調 (COMBI)



組合烹調使用微波加熱風對流組合或微波加燒烤組合烹調食物。

- 按組合烹調掣 (Combi) 一次, “CO\_1”, “燒烤”及“微波”圖標於顯示屏上將亮起, “高燒烤架”圖標亦會在顯示屏上顯示。

按組合烹調掣 (Combi) 兩次或 +/- 鍵, “CO\_2”, “燒烤”及“微波”圖標於顯示屏上亮起, “高燒烤架”圖標亦會在顯示屏上顯示。

按極速啟動掣 (Jet Start) 確認, 然後設置烹調時間。

按 +/- 鍵或0-9數字鍵選擇烹調時間, 然後按極速啟動掣 (Jet Start) 開始烹調。

- 按組合烹調掣 (Combi) 三次或 +/- 鍵, “CO\_3”, “熱風對流”, “燒烤”, “微波”及“低燒烤架”圖標亦會在顯示屏上顯示。

按極速啟動掣 (Jet Start) 確認。

按 +/- 鍵選擇烹調溫度 (從170度開始)。

按極速啟動掣 (Jet Start) 確認溫度。

按 +/- 鍵或0-9數字鍵選擇烹調時間(從默認時間開始)。

按極速啟動掣 (Jet Start) 確認溫度及烹調時間開始烹調。

### ! 注意:

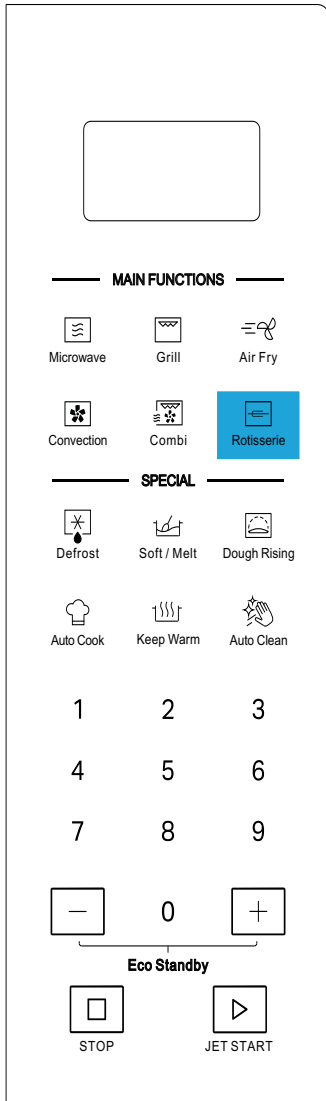
組合烹調 CO\_1 和 CO\_2 微波及燒烤烹調時間比例如下:

組合烹調	烹調時間		建議用於
	微波	燒烤	
CO_1	30%	70%	脆焗雜果, 脆焗馬鈴薯
CO_2	55%	45%	布丁、煎蛋捲、 烘烤馬鈴薯、家禽



## 旋轉烤肉 (ROTISSERIE)

首先安裝烤肉棒於爐腔中央,使用旋轉烤肉模式烹調,令食物金黃香脆。



專用配件： 烤肉棒  
烤肉桿手柄

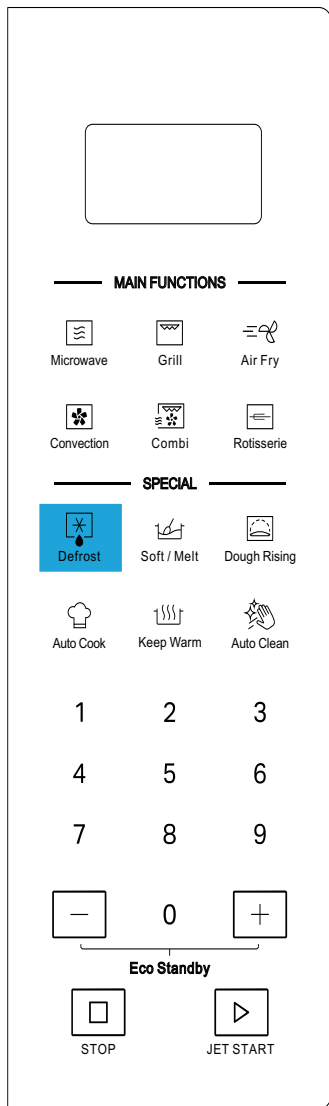


- 1 按旋轉烤肉掣 (Rotisserie)。
- 2 反覆按旋轉烤肉掣 (Rotisserie) 或 +/- 鍵選擇煮食溫度, 然後按極速啟動掣 (Jet Start) 確認。
- 3 按 +/- 鍵或 0-9 數字鍵選擇合適的煮食時間, 然後按極速啟動掣 (Jet Start) 開始烹調。

**!** 注意:




可供選擇溫度: 110 °C, 120 °C, 130 °C, 140 °C, 150 °C, 160 °C, 170 °C, 180 °C, 190 °C, 200 °C.

# ✖ 解凍 (DEFROST)



此功能適用於軟化和解凍食物，輸入食物的重量。選擇食物類別後，微波爐會自動計算出解凍食物需要的溫度及時間以提供最佳烹飪結果。

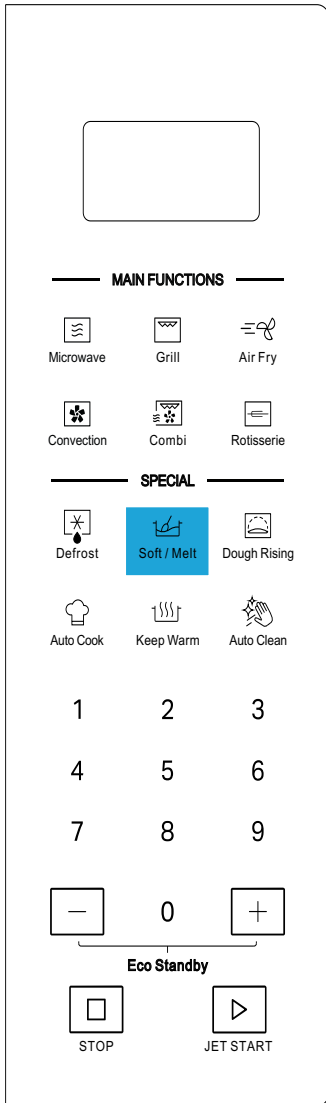
- 1 按解凍掣 (Defrost)。
- 2 反覆按解凍掣 (Defrost) 或 +/- 鍵選擇食物類別，然後按極速啟動掣 (Jet Start) 確定。
- 3 如果使用自選模式 (d01)，按 +/- 或 0-9 數字鍵選擇煮食時間，然後按極速啟動掣 (Jet Start) 開始烹調。  
如選用解凍菜單 (d02-d04)，按 +/- 或 0-9 數字鍵設置食物重量，然後按極速啟動掣 (Jet Start) 開始烹調。

	食物類別	份量	建議
d01	自選模式	----	-----
d02	 肉類	100g - 2000g	肉碎，肉餅，牛排或烤肉。
d03	 家禽	100g - 2000g	整隻雞，雞塊或雞片。
d04	 魚類	100g - 2000g	一整塊魚排或魚柳。

## 提示和建議：

- 為了得到最好的效果，我們建議直接在爐腔底部上解凍。
- 如果食物比冷凍溫度 (-18°C) 更高，選擇比食物更低的重量。
- 如果食物比冷凍溫度 (-18°C) 更低，選擇比食物更高的重量。
- 切塊解凍效果會更好。

# 軟化/溶化 (SOFT/ MELT)



此功能適用於軟化和融化食物，微波爐會以輸入的食物重量及所選擇的軟化/溶化菜單，用預設的最佳溫度及時間烹調提供最佳烹飪結果。

- 1 按軟化/溶化掣 (Soft/ Melt)。
- 2 反覆按軟化/溶化掣 (Soft/ Melt) 或 +/- 鍵選擇食物類別 (見下表)。
- 3 按極速啟動掣 (Jet Start) 確認軟化/溶化菜單，按 +/- 鍵設置食物重量。
- 4 按極速啟動掣 (Jet Start) 開始烹調。

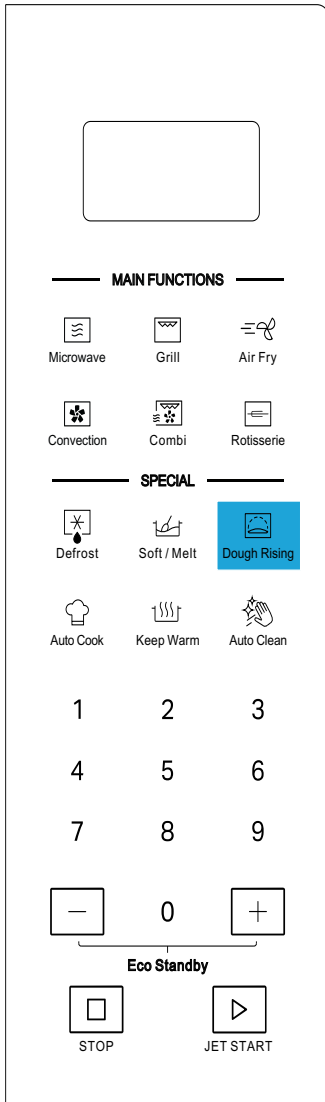
## ！ 注意：

再次按軟化/溶化掣 (Soft/ Melt) 更改菜單選項。

	食物類型		重量
SL01	軟化	牛油	50g - 500g
SL02	軟化	雪糕	100g - 1000g
SL03	軟化	忌廉芝士	50g - 500g
SL04	軟化	冰凍果汁	250g - 1000g
SL05	溶化	牛油	50g - 500g
SL06	溶化	朱古力	100g - 500g
SL07	溶化	芝士	50g - 500g
SL08	溶化	棉花糖	100g - 500g



## 麵糰發酵 (DOUGH RISING)



這個功能可以讓你發酵食物。

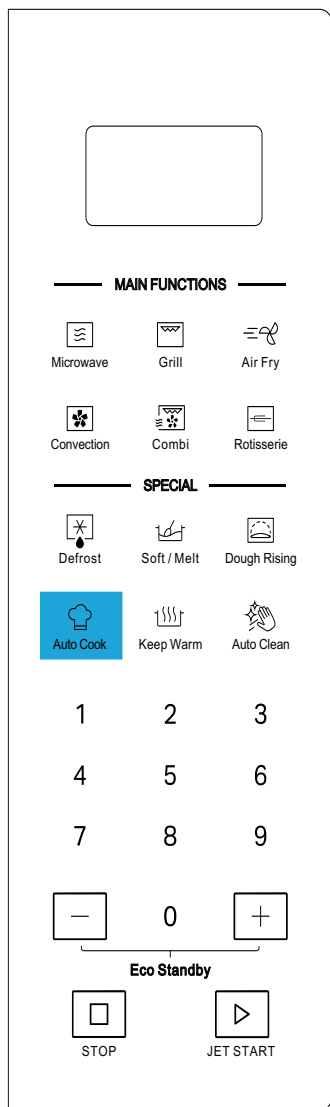
- 1 放置200毫升水到容器中。
- 2 將容器放置到爐腔正中心位置。
- 3 按發酵麵糰掣 (Dough Rising)。
- 4 按極速啟動掣 (Jet Start)開始烹調。

水加熱5分鐘後，顯示屏會顯示 “Add” (如2分鐘內無任何操作將自動跳至待機狀態)。

- 1 打開爐門，移除容器，將發酵食物放置到玻璃轉盤上。
- 2 關閉爐門，按極速啟動掣 (Jet Start) 開始烹調。

### ! 注意:

在計時完成前請勿打開爐門。爐燈和風扇將關閉，只顯示剩下的烹飪時間。容器的體積需要是發酵食物的三倍以上。



對於食譜 (Auto Cook) 模式，無需設置時間和火力。  
只需選擇所需烹調的食物類別和食物的重量。

- 1 按食譜掣 (Auto Cook)。
- 2 按食譜掣 (Auto Cook), +/- 鍵或 0-9 數字鍵選擇所需菜單 (1 - 304)。
- 3 按極速啟動掣 (Jet Start)開始烹調。

**!** 注意：

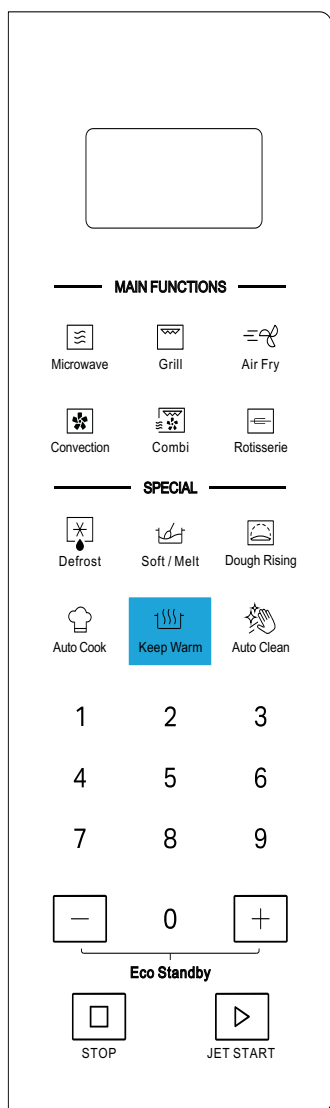
再次按食譜掣 (Auto Cook) 更改菜單選項。

**!** 注意：

您可以參考“Auto Cook Guide” 選擇所需菜單 (P001-P304)。  
請參考用戶手冊中的食譜，按照說明進行操作並使用正確的配件。



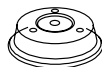
## 保溫 (KEEP WARM)



此功能可自動保持菜餚的溫度。

專用配件：

盤蓋 (需另外購買)



- 1 按保溫掣 (Keep Warm)。
- 2 反覆按保溫掣 (Keep Warm)或 +/- 鍵選擇所需的保溫時間 (15,30,45 或 60分鐘), 然後按極速啟動掣 (Jet Start) 開始烹調。

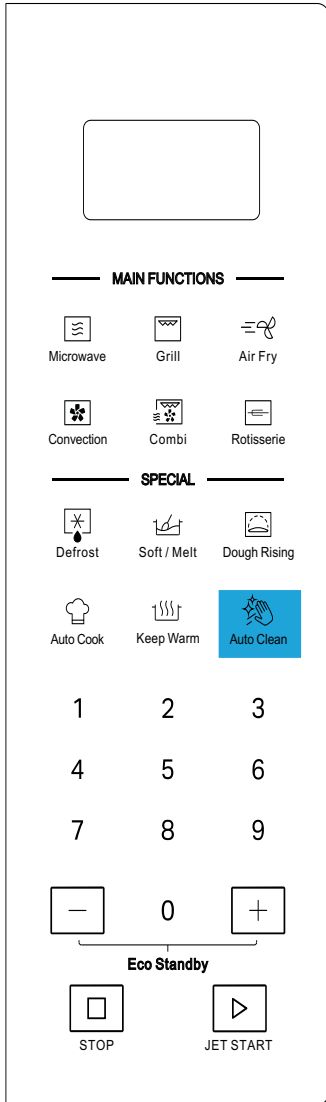
### ! 注意:

保溫週期為 15分鐘, (默認時間為30分鐘), 最高可選時間為60分鐘。

每15分鐘一個週期, 微波將在1:30分鐘後, 關閉爐燈和風扇, 僅剩下烹飪時間在顯示屏上。



## 自動清洗 (AUTO CLEAN)



此自動清洗功能將幫助您清潔微波爐腔，並消除不潔的氣味。

開始自動清洗之前：

- 1 將300毫升水倒入容器中（請參閱下文“提示和建議”一節中的建議）。
- 2 將容器直接放在玻璃轉盤中央。

開始自動清洗：

- 1 按自動清洗掣 (Auto Clean)，清洗循環持續時間將顯示在顯示屏上。
- 2 按極速啟動掣 (Jet Start) 啟動該功能。（完成水加熱循環後爐燈和風扇將關閉，僅剩下烹飪時間在顯示屏。）

當清洗循環完成時：

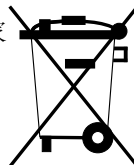
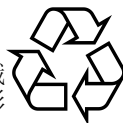
- 1 按下停止掣(Stop)。
- 2 取出容器。
- 3 使用軟布或帶有溫和洗滌劑的紙巾清潔爐腔。

**i** 提示和建議：

- 為了得到更好的清潔效果，建議使用直徑為17-20厘米和高度低於6.5厘米的容器。
- 建議使用適用於微波爐的輕質塑膠材料容器。
- 當清洗週期完成後，容器將是熱的，建議從微波爐中取出容器時使用耐熱手套。
- 若想達到更好的清潔效果和去除不潔的氣味，可在水裡加一些檸檬汁或醋。

## 環保建議

- \* 用來盛載本爐具的紙盒印有環保標誌，可以完全循環再造。棄置有關包裝材料時，請遵循本地的廢物棄置條例。請把可能引致危險的包裝材料（如膠袋、發泡膠等）放置在小孩接觸不到的地方。
- \* 本產品依照歐洲關於廢棄電子電氣產品條例2002/96/EC進行標識(WEEE)。用戶正確棄置能夠幫助預防對環境及人類健康潛在的負面影響。
- \* 產品上或產品檔上的此標誌表示本產品有可能不屬於家庭棄置廢物。需要將其交至指定的電子電氣產品廢置站
- \* 本產品如日後需要棄置，請遵循本地的廢物棄置條例。
- \* 有關產品處理，恢復及循環使用的詳細資料，請諮詢本地政府機構，家庭棄置廢物機構或購買產品的商鋪。
- \* 棄置前請切斷電源線，使本產品不能連接電源。



## 技術規格

數據描述	MWP298BSG
電源電壓	230-240V~50 Hz
額定微波輸入功率	1400W
額定燒烤輸入功率	1250W
額定熱風輸入功率	2300W
額定微波輸出功率	900W
頻率	2450MHz
機身尺寸(寬 x 高 x深)	539 x 300 x 497 mm
爐腔尺寸(寬 x 高 x深)	354 x 240 x 343.2mm
淨重	22.5kg

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