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3 WAY COOKING

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SAMSUNG

Explore

DELICIOUS MOMENTS

Samsung Microwave Oven Cookbook

By Gourmet Expert
KAREN ANAND



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THE TIMES OF INDIA

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Explore
**DELICIOUS
MOMENTS**
Samsung Microwave Oven Cookbook

By Gourmet Expert
KAREN ANAND

Author's Note

I have been using a microwave oven for 25 years, mainly to heat up leftovers, tea and coffee and defrosting meat, poultry, seafood and bread. It was only when I was asked by Samsung to come up with a collection of my favourite recipes and some diehard “sure shots” that I realized the versatility and extraordinary potential of the new Samsung Microwave. Of course the model I am now using also has convection cooking, grilling and two unique programmes which combine convection and microwave, and grilling and microwave. Mine also has a spit roasting option which, as the name suggests, is excellent for roasting and barbecue cooking since you don't have to turn the meat over. The convection + microwave mode is especially good for non-vegetarian dishes, cakes and breads — recipes which require a more conventional method of cooking. The microwave element just speeds up the process. The microwave + grill combo which I especially like, is ideal for baked pasta or anything which needs browning or a quick colour. I have had enormous fun trying out both everyday dishes from my kitchen as well as quite complicated recipes which become infinitely more simple in the microwave. A couple of revelations which I am now going to use in my daily cooking are: steaming vegetables either fresh or frozen. This is both easy and healthy, and consumes much less time and fewer utensils than conventional boiling, steaming or blanching. I also discovered that the cooking of non-vegetarian dishes, especially chicken and seafood is again both quick and effortless as well as being enormously effective in the microwave. Baking has also been a huge surprise! For everyday Indian cooking, I found idlis, upma, sheera and dhokla a complete “piece of cake” in the microwave. Let's not forget the amount of utensils, cutlery and crockery that you save on when you cook in one glass dish. I have thoroughly enjoyed this experience and I hope the Samsung Microwave makes a difference to your cooking as it has done in mine.

By the way, I also found that the male members of my household were extremely attracted by the Samsung high tech look and feel and were, therefore, easily encouraged to use it. This is clearly a step in the right direction. I'm sure other women will agree!

Karen Anand

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Introduction

Microwave cooking

The kitchen is the centre of all household activities in a traditional Indian home. The kitchen is the place where the lady of the house reigns supreme. Your new Samsung Microwave Oven is going to make life for you easier as well as more exciting.

To start with, it simplifies the basic steps in your cooking agenda. Contrary to popular belief, your Samsung Microwave Oven does not just reheat food — it also boils, bakes, thaws, skewers, and makes everyday Indian cooking interesting and enjoyable. Most importantly, the microwave oven ensures that your family gets all the nutrition from the food cooked in it. In conventional cooking, much of the nutrition present in the food in the form of Vitamins C & F is lost due to exposure to the atmosphere. But when you cook in the Samsung Microwave Oven, the food retains all its nutrients. The waves in your microwave oven directly penetrate the food and agitate the moisture particles. The high-speed agitation of the moisture releases heat which evenly spreads to other parts of the food. This process enables the food to be cooked without the loss of any element, in a third of the time conventionally taken. Many believe the food in a microwave is not as tasty as food

cooked on a gas stove, but this is only a misnomer. Food cooked in a Samsung Microwave Oven is as tasty as food cooked the normal way on a stove as has been reiterated by many food experts. Food cooked in the Samsung Microwave Oven is not just 100 per cent healthy but also 100

per cent tasty. With your Samsung Microwave Oven, you will always go right with your recipes, even when you prepare them for the first time.

So go ahead, dish out recipes from all over the world, and pamper those you really love. Samsung Microwave Ovens give you the freedom to explore a variety of dishes/menus with ease. Enjoy every moment that Life throws at you.



How do microwaves work?

Microwaves are short-length, high-frequency, electromagnetic waves which are similar to TV and radio waves. In a microwave oven, a vacuum tube called “Magnetron” generates microwaves that penetrates the food and agitates the moisture molecules present in the food. This high-speed agitation of water molecules release heat that spreads to other parts of the food, cooking it evenly. Therefore, you get healthy, oil-free food and that too at almost one-third of the cooking time taken by conventional cooking systems.

Samsung Microwaves

The Samsung Microwave Cookbook will show you that cooking is easier done than said. Each recipe has been carefully selected to suit your requirement. Whether you are married or single, whether you are a working couple or you have a family with two children and elderly parents, the Samsung Microwave Cookbook will help you get familiar with your Samsung Microwave Oven and boost your confidence to experiment with recipes at will. We are sure you will get maximum benefits from your new Samsung Microwave Oven. This confidence comes from the fact that there are millions of proud owners of Samsung Microwave Ovens across the world who inspire us to add new dimensions to the microwave technology.

The Samsung Microwave Oven comes in different combinations to suit the specific requirements of every household (including yours) — the Samsung Combi/Grill Microwave, the Combi/Grill/Convection Microwave, and much more...

With Samsung's innovative Voice Guidance System, enjoy the freedom of hassle-free cooking. You don't have to operate the microwave oven searching through the manual. The Voice Guiding System talks you through all the auto-cook menus and helps you master even a new dish the very first time you try it. So instead of guessing at cooking times and temperatures, just select a menu and press the button to get your meal underway. When it comes out perfectly and impresses your family and friends, do not worry, the Auto Menu will not tell! This guidance system comes with a voice volume from zero to level 4. Therefore, when you do not want to hear the voice, you can turn off the voice or reduce the volume. With its unique features, Samsung Microwave Oven offers a quicker and stronger cooking solution so that you can enjoy more nutritious and delicious foods. So break free from your inhibitions and try your hand on the 141 recipes from the auto-cook menu — in the voice guiding model. Auto-cook menus are available in various other Samsung Microwave Oven models as well. So, you will never run out of options.

Another exceptional feature of this product is its Ceramic Enamel Cavity. An exceptionally smooth ceramic interior allows grease and oil to be easily cleaned off the inside walls with an added advantage of 5 years warranty on the cavity. It also offers rust-free, scratch-resistant and bacteria-free advantages.

Accessories

Pro-steamer

Samsung's unique cookware enables healthy and low-fat cooking by using steam. Steam cooking in the microwave oven (MWO) usually makes the surface of food dry. To solve this weak-point, Samsung came up with the Pro-steamer.

The Pro-steamer consists of two parts — a bottom plate and a stainless steel lid. When water is poured in the bottom plate — and the MWO is switched on — the microwave rays penetrate the plate and generate steam. At the same time, the stainless steel lid blocks microwave rays from cooking the food. Thus, this blocking mechanism prevents the food surface from becoming dry.

In addition, it is large enough to fit big dishes and also features a crusty plate as an additional accessory.



Crusty Plate



The Samsung “Crusty Plate” is just what you were looking for! This accessory ensures that you get oil-free, perfectly crunchy pizzas and well-baked cookies. In the grill combi mode, the upper grill heater will bake the upper side of the pizza, while the microwave rays will penetrate through the bottom of the plate, and reheat the food inside quickly. Because of this mechanism, the

Crusty Plate offers oven-style browning and crisping to both the top and bottom layers of dishes, making it ideal for baking pastries and quiche, and roasting or grilling meat and fish.

Power Steam Bowl

The round-shaped Power Steam Bowl has a very simple structure and a user-friendly design. The convenient and handy feature allows you to enjoy an assortment of great food without worrying about everything drying up.



Multi-spit

Samsung's Multi-spit allows you to enjoy barbecuing without the hassle of cleaning the inside of the MWO.

The Multi-spit is Samsung's unique accessory for barbecuing — far more useful and convenient than other similar accessories. It can provide all kinds of skewer-styled cooking, not only Western-style food like Roast Chicken but also Indian food like *tikkas*. The spit sits on the glass plate, so that the fat drips down on to the glass plate, and not the oven cavity. In addition, it is more durable than rotisseries with 3 skewers, because it has 6 skewers — enough to support a chicken over 2kg.



Rotisserie



Rotisseries stem from 15th-century French restaurants specializing in spit-roasted meat and chicken. Skewered meat is roasted on a spit as it revolves over the source of heating. The rotating device cooks the meat evenly and in its own juices. It also allows continuous basting if required. You can enjoy barbecue-style cooking in your very own kitchen and have more choices for great

food like kebabs and barbecued chicken. With rotisserie cooking, meats become more tender, juicier, and easier to baste. Whenever you require it, just put the rotisserie attachment in place.

Grill Rack

The Grill Rack elevates the food to come closer to the quartz heater element for faster browning that ensures perfectly uniform and faster cooking.



Cooking Guide

Microwaves

The MWO is a new cooking appliance, and since quite a few people are not aware of its mechanism, given below is a short note on how it works.

Microwave energy actually penetrates food, heating water, fat, and sugar molecules in food. The microwave rays cause the molecules in the food to move rapidly. The rapid movement of these molecules creates frictional heat, which cook the food efficiently.

Moreover, vis-à-vis traditional cooking appliances, the MWO is more advantageous and beneficial. One, since the MWO can defrost and reheat more quickly than the gas stove, you save both energy and time. And two, the MWO never radiates heat outside, so you can cook in far greater comfort in hot weather.

Cooking

Cookware for microwave cooking: The cookware must allow microwave energy to pass through it for maximum efficiency.

For your safety, you should not use metal (such as stainless steel, aluminum and copper), wood and paper cookware — microwaves are reflected by metal, and this will cause sparks. Paper and wooden cookware can be burnt after being exposed to microwave rays.

But these rays penetrate through ceramic, glass and porcelain (without any metal decoration). Please keep in mind that heat-resistant cookware must be used for long time cooking (over 3 minutes) to prevent the cookware from damage, resulting from melting and getting burnt.

Food suitable for microwave cooking

Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish and meat. Sauces, custard, soups, steamed puddings, preserves and *chutneys* can also be cooked in a MWO. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob — melting butter or chocolate, for example (see the section “Interesting Usage of the Microwave”).

Covering during cooking

To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to accelerate the cooking process and moistens the food. Food can be covered in different ways: eg, with a ceramic plate, plastic cover or microwave-safe cling film.

Standing time

Once cooking is over, the standing time allows the temperature to even out in the food.

Cooking guide for frozen vegetables



Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time. Continue cooking to get the result you prefer. Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time. Please refer to **Table: 01**.

FOOD	PORTION	POWER	TIME (MIN.)	STANDING TIME(MIN.)	INSTRUCTIONS
Spinach	150 gm	600W	5-6	2-3	Add 15 ml (1 tbsp) cold water
Broccoli	300 gm	600W	8-9	2-3	Add 30 ml (2 tbsp) cold water
Peas	300 gm	600W	7-8	2-3	Add 15 ml (1 tbsp) cold water
Green Beans	300 gm	600W	7½-8½	2-3	Add 30 ml (2 tbsp) cold water
Mixed Vegetables (carrots/peas/corn)	300 gm	600W	7-8	2-3	Add 15 ml (1 tbsp) cold water
Mixed Vegetables (Chinese style)	300 gm	600W	7½-8½	2-3	Add 15 ml (1 tbsp) cold water

Table: 01

Cooking guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid — rice doubles in volume during cooking. Cook covered. After the cooking time is over, stir before standing time and add salt and/or herbs and butter.



Remark: The rice may not have absorbed all water after the cooking time is over.

Pasta: Use a large glass pyrex bowl. Add boiling water, a pinch of salt. Stir well. Cook uncovered. Stir occasionally, during and after cooking. Cover during standing time and drain thoroughly afterwards.

Cooking guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30–45ml cold water (2-3 tbsp) for every 250gm unless another water quantity is recommended (see **Table: 02**). Cook covered for the minimum time (see **Table: 02**). Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking. Cover during a standing time of 3 minutes.

HINT: Cut the fresh vegetables into even-sized pieces. The smaller they are cut, the quicker they will cook. All fresh vegetables should be cooked using full microwave power (900W).

FOOD	PORTION	TIME (MIN.)	STANDING TIME(MIN.)	INSTRUCTIONS
Broccoli	250 gm	4½-5	3	Prepare even-sized florets.
	500 gm	7-8		Arrange the stems to the centre.
Brussels Sprouts	250 gm	6-6½	3	Add 60–75 ml (5-6 tbsp) water.
Carrots	250 gm	4½-5	3	Cut carrots into even-sized slices.
Cauliflower	250 gm	5-5½	3	Prepare even-sized florets. Cut big florets into halves. Arrange stems to the centre.
	500 gm	7½-8½		
Courgettes	250 gm	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp) water or a knob of butter. Cook until just tender.
Eggplants	250 gm	3½-4	3	Cut eggplants into small slices and sprinkle with 1 tbsp lemon juice.
Leeks	250 gm	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 gm	1½-2	3	Prepare small, whole or sliced mushrooms. Don't add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
	250 gm	2½-3		
Onions	250 gm	5-5½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp) water.
Pepper	250 gm	4½-5	3	Cut pepper into small slices.
Potatoes	250 gm	4-5	3	Weigh the peeled potatoes and cut them into similar-sized halves or quarters.
	500 gm	7-8		
Turnip, Cabbage	250 gm	5½-6	3	Cut turnip, cabbage into small cubes.

Table: 02

Reheating

Your MWO can reheat food, taking lesser time than conventional ovens/hobs normally take.

Use the power levels and reheating times in the following table as a guide (**Table: 03**). The time in the table considers liquids with a room temperature of about +18 to +20°C or chilled food with a temperature of about +5 to +7°C.

Arranging and covering

Avoid reheating large items such as joint of meat — they tend to overcook and dry out before the centre is piping hot. It is far better to reheat small pieces.

Power levels and stirring

You can adjust the power level from 900W to 300W, according to the kind of food that you want to reheat. Stir well or turn food over during reheating for best results. When possible, stir again before serving.

Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the MWO during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is wiser to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times

When reheating food for the first time, it is helpful to make a note of the time taken — for future reference. Always make sure that the reheated food is piping hot throughout. Allow food to stand for a short time after reheating, to let the temperature even out. The recommended standing time after reheating is 2–4 minutes, unless another time is recommended in the table. Take particular care when heating liquids and baby food.

Reheating liquids

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating. Please refer to **Table: 03**.

Reheating baby food

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating! Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30–40°C. Please refer to **Table: 04**.

BABY MILK: Pour milk into a sterilized glass bottle. Reheat uncovered. Remove the teat before heating the bottle — the bottle may explode if overheated. Shake well before standing time and again before serving! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: approximately 37°C.

REMARKS: Baby food particularly needs to be checked carefully before serving to prevent burns.

Use the power levels and times in the next table as guidelines for reheating.

FOOD	PORTION	POWER	TIME (MIN.)	STANDING TIME(MIN.)	INSTRUCTIONS
Drinks (coffee, tea and water)	150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900W	1-1½ 2-2½ 3-3½ 3½-4	1-2	Pour into cups and reheat uncovered: 1 cup in the centre, 2 cups opposite of each other, 3 cups in a circle. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 gm 350 gm 450 gm 550 gm	900W	2½-3 3-3½ 3½-4 4½-5	2-3	Pour into a deep ceramic plate or deep ceramic bowl. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 gm	600W	4½-5½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with Sauce (chilled)	350 gm	600W	3½-4½	3	Put pasta (eg, spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling-film. Stir before serving.
Filled pasta with Sauce (chilled)	350 gm	600W	4-5	3	Put filled pasta (eg, ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated Meal (chilled)	350 gm 450 gm 550 gm	600W	4½-5½ 5½-6½ 6½-7½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.
Cheese Fondue ready-to-serve (chilled)	400 gm	600W	6-7	1-2	Put the ready-to-serve cheese fondue in a suitable-sized glass pyrex bowl with lid. Stir occasionally during and after reheating. Stir well before serving.

Table: 03

Defrosting

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, especially when guests show up unexpectedly.

Frozen poultry must be thoroughly defrosted before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

In general, it is better to defrost food using a lower power level, in order to defrost the cooking item evenly.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible. Check the food occasionally to make sure that it does not feel warm. If smaller and thinner parts of the frozen food start to warm up, they can be shielded by wrapping very small strips of aluminum foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat, and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted.

HINT: Flat food defrosts better than those otherwise and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food. For defrosting of frozen food with a temperature of about -18 to -20°C, see **Table: 01**.

Grill

The grill-heating element is located beneath the ceiling of the cavity, and it operates while the door is closed and the turntable is rotating. The rotation of the turntable ensures an even browning of the food. Pre-heating the grill for 4 minutes will make the food brown more quickly. Cookware for grilling: Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

Food suitable for grilling: Chops, sausages, steaks, hamburgers, bacon and gammon rashers, thin fish portions, sandwiches, and all kinds of toasts with toppings.

Cleaning your microwave oven

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and roller rings

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that

FOOD	PORTION	POWER	TIME (MIN.)	STANDING TIME(MIN.)	INSTRUCTIONS
Baby food (vegetables + meat)	190 gm	600W	30 sec	2-3	Empty into deep ceramic plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 gm	600W	20 sec	2-3	Empty into deep ceramic plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300W	30-40 sec 1 min 10 sec	2-3	Stir or shake well and pour into a sterilized glass bottle. Place on the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

Table: 04

could adversely affect the appliance and possibly result in a hazardous situation.

- Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
- Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
- To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for 10 minutes at maximum power.
- Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. NEVER use any abrasive products or chemical solvents.

Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the MWO cavity right after each use with a mild detergent solution, but let the MWO cool down before cleaning in order to avoid injury.

The instructions for cooking ranges, hobs and ovens shall state that a steam cleaner is not to be used.

Interesting Usage of the Microwave

MELTING BUTTER

Put 50gm butter on a small deep glass dish. Cover with plastic lid. Heat for 30–40 seconds, on 900W, until the butter melts.



MELTING CHOCOLATE

Put 100gm chocolate on a small deep glass dish. Heat for 3–5 minutes, on 450W, until the chocolate melts. Stir once or twice during melting. Use oven gloves while taking out!



MELTING CRYSTALLIZED HONEY

Put 20gm crystallized honey in a small deep glass dish. Heat for 20–30 seconds, on 300W, until the honey melts.



MELTING GELATINE

Lay dry gelatine sheets (10 gm) for 5 minutes in cold water. Put drained gelatine into a small glass pyrex bowl. Heat for 1 minute, on 300W. Stir after melting.



COOKING GLAZE/ICING (FOR CAKE & GATEAUX)

Mix instant glaze (approximately 14 gm) with 40gm sugar and 250ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes, on 900W, until glaze/icing is transparent. Stir twice during cooking.



COOKING JAM

Put 600gm fruits (for example, mixed berries) in a suitable-sized glass pyrex bowl with lid. Add 300gm preserving sugar and stir well. Cook covered for 10–12 minutes, on 900W. Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.



COOKING PUDDING

Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable-sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes, on 900W. Stir well, several times, during cooking.

BROWNING ALMOND SLICES

Spread 30gm sliced almonds evenly on a medium-sized ceramic plate. Stir several times during browning for 3½ to 4½ minutes, on 600W. Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!



MAKING GHEE

Keep 1-2 cups of *malai* (milk topping) in a big glass bowl and microwave on high temperature for 15–20 minutes to get *desi ghee* without burning your *kadhai* (wok). Stir once or twice in-between.

FRESHENING STALE CHIPS, BISCUITS & CORNFLAKES

Place the chips or biscuits in a napkin, uncovered for about 1 minute per bowl or until they feel warm. Wait for a few minutes to cool and then serve.



Know Your Ingredients



Dried fenugreek leaves
(*Kasuri methi*)



Mace
(*Javitri*)



Mint leaves
(*Pudina*)



Peppercorns
(*Sabut kali mirch*)



Dried mango powder
(*Amchur*)



Turmeric powder
(*Haldi*)



Red chilli powder
(*Lal mirch powder*)



Ground coriander seeds
(*Dhania powder*)



Cumin seeds
(*Sabut jeera*)



Fenugreek seeds
(*Methi dana*)



Cloves
(*Laung*)



Saffron
(*Kesar*)



Coriander seeds
(*Sabut dhania*)



Nigella (onion seeds)
(*Kalaunji*)



Mustard seeds
(*Rai, Sarson*)



White sesame seeds
(*Safed til*)



Green Cardamom
(*Chhoti elaichi*)



Cinnamon
(*Dalchini*)



Asafoetida
(*Hing*)



Dried Pomegranate seeds
(*Anardana*)



Black cumin seeds
(*Shah jeera*)



Black cardamom
(*Moti elaichi*)



Bay leaves
(*Tej patta*)



Garlic
(*Lahsun*)



Green chillies
(*Hari mirch*)



Curry leaves
(*Kari patta*)



Coriander leaves
(*Hara dhania*)



Semolina
(*Suji, rava*)

soups



 EASY

 MEDIUM

 DIFFICULT

 AUTO COOK MENU*

*Auto Cook Menu dishes available in selected models

COUNTRY VEGETABLE SOUP



PREPARATION TIME: 10 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

2 tbsp Butter

2 cups Leeks, sliced

1 cup Carrot, sliced finely

1 cup Potato, diced

1 cup Cabbage, shredded

1 litre Vegetable stock

2 tbsp Cornflour mixed with 2 tbsp water

Salt and pepper to taste

METHOD

Place the butter, all the vegetables and stock into casserole. Microwave covered on HIGH for 15 minutes. Blend together cornflour and water, and stir into soup mixture. Microwave again on HIGH for 5 minutes. Stand for 10 minutes and serve with hot, crusty bread.



HOT & SOUR SOUP



PREPARATION TIME: 3 mins

COOKING TIME: 12 mins

SERVES: 4

INGREDIENTS

6 Dried Chinese mushrooms
2 Eggs
1 tsp Sesame oil
1 litre Stock
1½ cups Tofu (bean curd) cut into thin
slices/cubes

2 tsp Sugar
3 tbsp Cider vinegar or Chinese vinegar
1 tsp White pepper
2 tbsp Dark soy sauce
2 tbsp Cornflour blended with 2 tbsp water
2 tbsp Spring onion, finely chopped
1 tbsp Chilli oil



METHOD

Soak mushrooms in enough water to cover. Microwave on HIGH for 3 minutes. Remove and let it rest for 1 minute. Drain and squeeze out excess liquid. Discard stems and finely shred caps. Beat eggs with 1tsp sesame oil. Place stock, mushrooms, tofu, sugar, vinegar, pepper and soy sauce in a large bowl and microwave covered on HIGH for 5 minutes. Remove. Stir in blended cornflour. Microwave on HIGH for 1 minute. Remove. Pour beaten egg mixture into soup in a steady stream. Microwave on HIGH for 1 minute. Remove. Stand for 1 minute before pouring into soup bowls. Stir in spring onion and chilli oil.

TOMATO & BASIL SOUP



PREPARATION TIME: 8 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

- 1 kg Ripe tomatoes, skinned and chopped fine*
- 1 Onion, chopped
- 2 Garlic cloves, crushed

- 250 ml Vegetable stock
- ½ cup Basil, torn
- 1 tbsp Tomato purée
- ¼ tsp Pepper
- Salt to taste



METHOD

In a bowl combine tomatoes, onion, garlic and vegetable stock. Cook covered on HIGH for 15 minutes or until soft, stirring often. Process tomato mixture until smooth in a food processor or mixer. Return to bowl. Add tomato purée, basil, salt and pepper. Cook covered on HIGH for 3 minutes, stirring once. Serve hot or chilled, garnished with basil.

*Place tomatoes without any water in the MWO on HIGH for 4 minutes. The skin will blister and easily peel off.

QUICK SWEET CORN SOUP



PREPARATION TIME: 2 mins

COOKING TIME: 7 mins

SERVES: 4

INGREDIENTS

1 pkt	Corn
1 large tin	Creamed-style sweet corn
1 tsp	Grated ginger
2 cups	Vegetable stock
1	Spring onion, finely chopped



METHOD

Pour both the corns into a large dish. Add stock and grated ginger. Mix well. Microwave on HIGH for 7 minutes. Remove. Stir well, removing any lumps. Garnish with spring onions. Serve steaming hot with chilli vinegar.

MULLIGATAWNY SOUP



PREPARATION TIME: 5 mins

COOKING TIME: 25 mins

SERVES: 4

INGREDIENTS

2 tsp Coriander seeds
½ tsp Cumin seeds
2 tsp Poppy seeds
6 cloves Garlic
¾" pc Fresh ginger
3 Dry red chillies
1 Onion

2 Onions, finely sliced
6 tbsp Oil
4 cups Chicken/vegetable stock
6 Curry leaves
½ cup Tuvar Dal, soaked for 1 hour
2 Potatoes, diced
½ cup Thick coconut milk
1 Lemon (*nimbu*), sliced



METHOD

Place coriander, cumin and poppy seeds in a bowl. Microwave on HIGH for 2 minutes or GRILL on a pre-heated crusty plate for 1 minute. Grind this mixture to a paste with the garlic, ginger, chillies and one onion. Mix the oil and 2 sliced onions. Microwave on HIGH for 3 minutes. Remove. Add *masala* paste and microwave for 2 minutes. Drain water from dal. Add stock, salt and curry leaves. Microwave on HIGH for 7 minutes. Remove. Stir well. Add potatoes. Microwave on HIGH for a further 6 minutes. Remove. Stir in coconut milk. Serve hot with slice of lemon and boiled rice.

TOM YAM GOONG – THAI SPICY PRAWN SOUP



PREPARATION TIME: 5 mins

COOKING TIME: 7 mins

SERVES: 4

INGREDIENTS

3 cups Chicken stock
3 Kaffir lime leaves
3 Lemon grass stalks
5-6 Medium to large prawns, peeled,
cleaned and de-veined*
15 pcs Button mushrooms, cleaned
and cut into 2

5 Green and red bird's eye chillies
(or 3-4 ordinary green chillies)
4 tbsp Lemon (*nimbu*) juice
½ tsp Fish sauce
Handful of fresh coriander leaves

METHOD

Put the stock, lemon grass and kaffir lime leaves in the microwave on HIGH for 5 minutes. Add the prawns and mushrooms. Microwave for a further 2 minutes until the prawns are cooked. Remove. Add chilli, lemon juice and fish sauce. Taste and add more lime or fish sauce if needed; the soup should be spicy-sour and a little salty. Garnish with fresh coriander. Serve hot.

*Frozen prawns are fine.

Defrost and pat dry before use.

Buy large or jumbo.



CHINESE CHICKEN & VEGETABLE SOUP



PREPARATION TIME: 15 mins

COOKING TIME: 12 mins

SERVES: 4

INGREDIENTS

1 cup	Boneless chicken, diced
1 tbsp	Sherry or rice wine
2 tbsp	Light soy sauce
10	Button mushrooms, sliced
1 litre	Chicken stock

1 tbsp	Spring onions, finely chopped
1 cup	Cabbage, shredded
2 tsp	Oil
1 tbsp	Cornflour mixed with a little water to form a paste

METHOD

Put the chicken, sherry, 1tbsp soy sauce and oil into a bowl. Marinate for 10 minutes. Place the stock, mushrooms, cabbage, spring onions and remaining soy sauce in another bowl. Cover and microwave for 6 minutes. Remove. Microwave the chicken on HIGH, covered, for 2 minutes. Remove. Add to the stock along with the cornflour paste. Cover and microwave for a further 3 minutes. Stir and stand for a minute before serving.



starters



 **EASY**  **MEDIUM**  **DIFFICULT**  **A AUTO COOK MENU***

*Auto Cook Menu dishes available in selected models

COLOURFUL CARROT SALAD



PREPARATION TIME: 15 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

500 gm	Orange carrots, peeled and cut into juliennes
½ cup	Roasted peanuts, roughly crushed
6–8	California prunes
2 tbsp	Coriander chopped
2 tbsp	Sesame seeds, roasted

DRESSING

½ cup	Orange juice (tetra pak juices are fine)
¼ cup	Lemon (<i>nimbu</i>) juice
2 tbsp	Sugar
1 tsp	Whole cumin, roasted for 30 secs in the MWO and crushed roughly
½ tsp	Salt
½ tsp	Pepper



METHOD

Put the sugar into a bowl and microwave on HIGH for 2 minutes or until you get a dark caramel. Remove. Add the orange and lemon juice. Return to the MWO for 1 minute. The syrup will splutter when you add the juices, so be careful! You should get a light brown thickish syrup. Stir for a few minutes. Add the roasted cumin, salt and pepper.

Put the carrots into a bowl. Add ¼ cup water. Cover and microwave on HIGH for 7 minutes. Remove. Refresh in iced water. Drain. They should still be very crunchy and bright orange in colour. Cut the prunes into two. Put the salad ingredients into a bowl or platter, and pour on the tangy caramel dressing. Ideally, the salad should be chilled.

CARIBBEAN RICE SALAD



PREPARATION TIME: 10 mins

COOKING TIME: 25 mins

SERVES: 4

INGREDIENTS

2 cups Rice (wild, brown or Basmati or a mix of all three)
6 cups Water
½ cup Fresh pineapple pieces, diced into 1" pieces
½ cup Cashew nuts (*kaju*)
1 tbsp Oil
½ cup Spring onions with greens, chopped fine
1 cup Red bell peppers, diced

½ cup Green olives, sliced
1½ tsp Madras curry powder
½ cup Pineapple juice

French dressing (1 cup)

½ cup Oil
2 tbsp Lemon (*nimbu*) juice
½ tsp Salt
½ tsp Pepper
1 tsp Wholegrain mustard



METHOD

You can use a mix of different rice as long as each one is cooked separately. Soak the rice in plenty of water for an hour. If you are using different rice, soak each one separately. Brown and wild rice will take much longer to cook than white. Drain and place in a MWO with the water for 12 minutes on HIGH for white, and about double that time for wild rice. Remove and cool. Drain any excess water. Put the cashew nuts and oil in a bowl. Microwave for 1 minute. Remove. Add to salad ingredients. Put all the salad ingredients in a bowl.

Add Madras curry powder and any juice from the pineapple (alternatively, take tetra pak pineapple juice) to the French dressing. Pour over the salad. Serve at room temperature. Toss and serve in pineapple shell or on a bed of lettuce.

KHAMAN (Yellow) DHOKLA



PREPARATION TIME: 20 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

2 cups Split Bengal gram (Chana Dal)
½ tsp Soda bicarbonate
2 cups Water
¼ tsp Asafoetida (*hing*)
4 Green chillies
½" pc Ginger
5 tbsp Oil
Salt to taste

For tempering

¼ tsp Mustard seeds
8 Curry leaves

For garnishing

½ cup Coriander leaves, chopped
½ cup Coconut, grated



METHOD

Soak the dal in water to cover, overnight. In the morning, grind it a little coarsely. Let it stand covered overnight again. Once the dal has fermented, add half the oil, salt, asafoetida, ground green chillies, ginger and soda bicarbonate mixed with a little water. Beat thoroughly once again. Grease a large MWO baking dish (2" deep) with a little oil. Spread the mixture in it to a thickness of 1". Stand in another dish of hot water. Microwave, covered, on 600W for 12 minutes. To check the Dhokla for readiness, pierce it with a fork. When done, the fork will come out clean. Once the Dhokla is cool, cut into 1½" cubes. Combine remaining oil and mustard seeds, add curry leaves. Microwave on HIGH for 2½ minutes and pour over the Dhokla. Garnish with grated coconut and chopped coriander leaves. Serve warm or cold.

HERBY OVEN FRIES



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

- 1 tsp Red chilli flakes
- 4 tsp Pizza seasoning (packets which arrive with a take-out pizza)
- 4 tbsp Parmesan cheese, grated
- 2 tbsp Oil
- 4 Large potatoes, cut lengthwise into thin finger chips

METHOD

Make a seasoning mix with the chilli flakes, pizza seasoning and cheese. Keep aside. Soak the potato chips in salted water for 5 minutes to prevent discoloration. Remove from water. Dry on a towel. Toss in the oil, and then in the seasoning mix. Place on a flat baking dish in the MWO and GRILL for 15 minutes. Remove once or twice during cooking, and toss the fries around.



PREPARATION TIME: 10 mins**COOKING TIME:** 20 mins**SERVES:** 4**INGREDIENTS**

3 tbsp *Ghee*
 ¼ cup Cashew nuts (*kaju*)
 1 tsp Mustard seeds
 8–10 Curry leaves
 1½ cups Semolina (*rava*, *suji*)

1 Onion, chopped fine
 2 Green chillies, chopped fine
 ½" pc Ginger, chopped
 3 cups Boiling water
 1 tsp Salt

**METHOD**

Combine 1tbsp *ghee* and cashews. Microwave on HIGH for 1 minute. In another bowl, combine remaining *ghee*, mustard seeds, curry leaves, chopped onion, green chillies and ginger and microwave on HIGH for 4 minutes. Remove and add the semolina. Stir well. Add the boiling water and salt. Stir well. Let this rest covered for 10 minutes. Microwave on HIGH for 4 minutes, stirring twice. Remove. Fork through to remove any lumps. Garnish with the fried cashews. Serve hot.

PAV BHAJI — Vegetable purée with butter & soft rolls



PREPARATION TIME: 20 mins

COOKING TIME: 25 mins

SERVES: 4

INGREDIENTS

3 tbsp Oil
2 Medium onions, chopped
3-4 Green chillies, chopped
1 tsp Ginger paste
3 tsp Garlic paste
4 Medium tomatoes, chopped
1 Medium capsicum, chopped
¼ cup* Green peas, boiled and coarsely mashed

1 cup* Cauliflower florets, boiled and chopped
4* Medium potatoes, grated, boiled
1½ tbsp *Pav bhaji masala*
¼ cup Coriander leaves, chopped
1½ tsp Salt
5 tbsp Butter
2 Lemons (*nimbu*), cut into wedges
8 *Pav*/bread rolls

METHOD

Mix the oil, chopped onions, chopped green chillies and ginger-garlic paste. Microwave on HIGH for 6 minutes. Stir well. Add half the quantity of chopped tomatoes. Microwave on HIGH for 2 minutes, stirring continuously. Add chopped capsicum, peas, cauliflower, potatoes and one cup water. Microwave on HIGH, covered, for 8 minutes, stirring till all the vegetables are completely mashed. Add *pav bhaji masala*, salt and rest of the chopped tomatoes. Microwave on 650W for 5 minutes. Stir in-between. Remove. Add half of the butter in a flat dish. Slice *pav* horizontally into two and face downward in the butter. Microwave on HIGH for 1 minute. Press till *pav* is drowned in the butter. Garnish the hot *bhaji* with chopped coriander leaves, remaining butter. Serve hot with *pavs* and lemon wedges.

*Vegetables can all be cooked covered with a little water in the MWO. Allow 2 minutes for the peas; 5 minutes for the cauliflower and 10 minutes for the potatoes.



CHEESE & CUMIN SCONES



PREPARATION TIME: 20 mins

COOKING TIME: 5 mins

SERVES: 4

INGREDIENTS

250 gm Plain flour
1 tsp Salt
2½ tsp Baking powder
50 gm Firm butter, cut into small cubes
½ cup Milk

½ cup Water
150 gm Cheddar cheese, grated
½ tsp Kashmiri chilli powder
1 tsp Cumin, roasted on a *tawa* and slightly crushed

METHOD

Sift together flour, salt and baking powder. Mix butter into the flour until it resembles fine bread crumbs. Blend in cheese and chilli powder. Gradually add milk and water, mixing it with a round-bladed knife or by hand until the dough is soft and manageable. Leave a little milk for brushing the scones. Turn the dough on to a lightly floured surface. Divide into equal portions. Knead them lightly with the fingertips. Shape each portion into a round or with a shaped cutter, ¾" thick and about 2" diameter. Set them on a greased

MWO baking tray. Prick the top with a fork and sprinkle with cumin. Press down lightly. Brush with milk or egg wash. Microwave on HIGH for 2-3 minutes. You may have to do this in batches of 6-7. Allow to cool in the MWO for 5 minutes before serving. Serve as is or cut and spread some butter or cheese spread and a slice of tomato. To make even lighter scones, add soda bicarbonate and cream of tartar (available at chemists and supermarkets) in equal proportions instead of baking powder.



PREPARATION TIME: 15 mins**COOKING TIME:** 25 mins**SERVES:** 4**INGREDIENTS**

500 gm Medium or thick beaten rice (*poh*)
(not the fine beaten rice used for
chivda)

3 tbsp Vegetable oil

1½ tsp Mustard seeds

½ tsp Turmeric powder

3-4 Green chillies, sliced

10-12 Curry leaves

2 tsp Salt

¼ tsp Turmeric powder

2 Medium onions, finely chopped

1 Large potato, diced into ½" pieces.

Juice of 1-2 lemons (*nimbu*)

3 tbsp finely chopped coriander leaves,
for garnishing

METHOD

Briefly rinse beaten rice in a colander under running cold water. Drain well. Rest, covered for 20 minutes. Wash, peel, and cut potato into ½" dice. Microwave oil on HIGH for 1 minute in a large bowl. Add mustard seeds, microwave for 1 minute again. Remove. Stir in turmeric, add chillies, curry leaves and onions. Microwave for 5 minutes. Add potatoes and salt. Stir well. Add ¼ cup water. Microwave, covered with all the spices, for 7 minutes, till almost tender. Stir occasionally. Gently mix in *poha*, separating any lumps. Cover. Microwave on 650W for 10 minutes. Stir occasionally. Remove. Mix in lemon juice. Leave to stand for 3 minutes. Garnish with coriander leaves. Serve steaming hot.



IDLI



PREPARATION TIME: 10 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

2 cups "Boiled" rice

1 cup Husked white gram (*dhuli* Urad Dal)

Salt to taste

Alternatively, you can use a readymade mix available in the market. Mix according to instructions on the packet and follow cooking instructions below.

METHOD

Soak the rice and gram separately overnight in water to just cover. The next morning, grind well and mix the two. The batter will look like a thick, grainy custard. Add salt. Leave in a large bowl to ferment for 6 hours. It will rise and double in volume. To cook, lightly grease small glass bowls. Microwave on HIGH for 6 minutes for 6 idlis. It is best to arrange the cups in a circle on the MWO turntable. You will have to make the idlis in batches.



INSTANT NOODLES



PREPARATION TIME: 2 mins

COOKING TIME: 5 mins

SERVES: 4

INGREDIENTS

- 1 cup Water
- 1 pkt Instant Noodles
- 1 cup Mixed vegetables (carrot, tomato, capsicum, onion), diced

METHOD

Heat a cup of water for 1-2 minutes in the MWO. Break the noodles into smaller pieces. Add to the bowl of water. Stir well. Put the bowl again in the MWO for 1½ minutes at HIGH. Remove. Add Tastemaker to it. Stir well. Put the bowl in the MWO again. Microwave at HIGH for 1 minute more. Remove.

Boil the vegetables (tomato, carrot, capsicum, onion) in hot water in HIGH for at least 2-3 minutes in a separate bowl. Add vegetables to the noodles bowl.



HOT POTATO & SAUSAGE SALAD



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

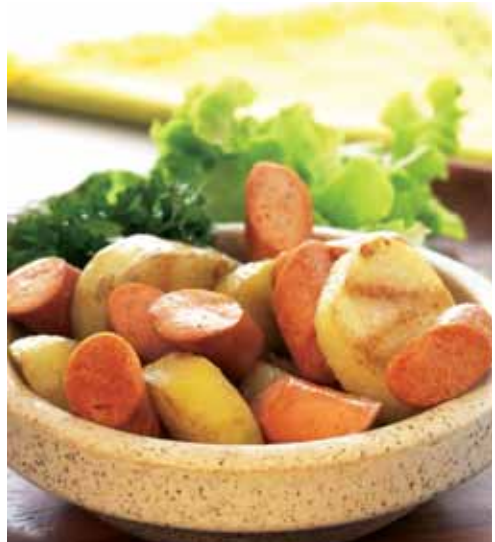
INGREDIENTS

- 4 Large potatoes, peeled
- 2 tbsp Butter
- 2 cups Chicken stock, salted
- 1tbsp Oil
- 6 Chicken sausages/franks
- 1 tbsp Parsley, chopped
- 1 tsp Lemon (*nimbu*) juice

METHOD

Cut potatoes into thick slices. Put the potato slices, butter and stock into a large bowl. Microwave covered on HIGH for 7 minutes until potatoes are tender. They will be even better if they have broken up a bit. Remove. Cool to room temperature. Most of the stock should have been absorbed by the potatoes.

Place the sausages in a shallow dish. Prick with a fork. Add oil and $\frac{1}{2}$ cup water. Microwave on HIGH for 6 minutes. Remove. Cut the sausages into 3 pieces each. Transfer potato slices and the liquid into a flat bowl or platter. Sprinkle chopped parsley and add lemon juice. Mix in the hot sausages. Serve at room temperature.



THAI-STYLE CHICKEN SALAD



PREPARATION TIME: 25 mins

COOKING TIME: 5 mins

SERVES: 4

INGREDIENTS

4 Chicken breasts, skinless, boneless

Marinade

¼ cup Fresh lemon (*nimbu*) juice

2 tbsp Thai fish sauce

2 cloves Garlic, crushed

1 tbsp Brown sugar or jaggery

2 tbsp Fresh coriander, finely chopped

Dressing

1 tbsp Thai sweet chilli sauce

1 tbsp Balsamic vinegar

2 tbsp Sesame oil

1 tbsp Soy sauce

The Platter

1 Red bell pepper (capsicum), seeds and membrane removed and cut into juliennes

2 Carrots, cut into juliennes

1 Cucumber, cut into juliennes

2 Green spring onions, sliced

1 cup Fresh coriander sprigs, loosely packed

1 cup Thai basil (optional)

3 tbsp Sesame seeds, toasted



METHOD

Flatten chicken fillets slightly and cut each lengthwise into two. Combine all marinade ingredients in a shallow bowl. Mix well. Add chicken. Toss to coat. Set aside, covered in a plastic wrap in the refrigerator overnight or at room temperature for several hours. Combine all the dressing ingredients in a small bowl. Whisk until well combined. Spread red bell pepper (capsicum), carrot, cucumber, green spring onions and herbs on a large serving platter. Heat sesame oil in MWO for 1 minute until

hot. Pour over the chicken. Microwave on HIGH for 4 minutes. Remove and place on the platter of vegetables. Drizzle on the dressing and sprinkle the toasted sesame seeds. Garnish with spring onion curls or chilli curls. Serve immediately while chicken is still warm.

CHICKEN 65



PREPARATION TIME: 15 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

500 gm Chicken thighs, boneless,
skinless, cut into 1" pieces
1 tsp *Garam masala* powder
1½ tsp Garlic paste
¼ cup Oil
2½ tsp Salt
1½ tsp Ginger paste

2½ tsp Red chilli powder (or red
chilli paste)*
2 tsp Cornflour
1 cup Curd, whisked
2 Green chillies, slit
3 tsp Lemon (*nimbu*) juice
½ cup Curry leaves
2 Onions, cut into rounds



METHOD

Take a bowl and mix the ginger-garlic paste, 2tsp oil, chilli powder and salt with a little water to form a thick paste. Add chicken pieces to the batter. Marinate for about 1 hour. Mix in the cornflour, spread on a tray. Cook in pre-heated CONVECTION mode on 220°C for 12 minutes, turning once. Remove. Place the remaining oil and curry leaves in a bowl. Microwave on HIGH for 2 minutes. Add chillies, curd and ½tsp salt. Stir well. Microwave on 650W for 4 minutes. Remove. Add lemon juice and chicken pieces. Microwave on 650W again for 1 minute. Remove. Mix well. Garnish with onions.

*For a more vibrant red colour which is characteristic of Chicken 65, soak a few Kashmiri chillies in warm water for 7 minutes. Remove water and grind to a fine paste. For more heat, use a spicier variety of red chilli.

main course

VEG



 EASY

 MEDIUM

 DIFFICULT

 AUTO COOK MENU*

*Auto Cook Menu dishes available in selected models

STUFFED BAKED POTATOES



PREPARATION TIME: 5 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

- 4 Large potatoes, scrubbed
- 4 Knobs of butter
- 1 Green bell pepper, finely diced
- 1½ cups Grated cheese

METHOD

Prick the potatoes all over with a fork. Wrap in kitchen paper towels. Microwave on HIGH for about 10 minutes until soft when squeezed. Slit the top of each potato into a cross. Scoop out some of the flesh into a bowl. Using a fork, mash with the butter. Mix the green pepper and cheese with the potato mixture. Pile back into shells. Place in a bowl. Microwave for about 1½ minutes until the cheese melts.

FILLING 2: CHEESY CORN

INGREDIENTS

- 3 cups Fresh/frozen corn niblets
- ¼ cup Water
- 1½ tsp Salt
- 1½ tsp Sugar
- ¾ cup Plain cheese spread
- 1 tbsp Dried mixed herbs
- ¼ cup Milk



METHOD

Put corn in a bowl. Add water, sugar and salt. Microwave for 4 minutes until cooked but still tender. Add cheese spread, mixed herbs and milk. Microwave for 1-2 minutes till you get the consistency of a cheese sauce. Serve with jacket potatoes.

VEGETABLE LASAGNE



PREPARATION TIME: 25 mins

COOKING TIME: 30 mins

SERVES: 4

INGREDIENTS

2 tbsp Olive oil
1 Large onion, chopped
2 cloves Garlic, crushed
1 Carrot, chopped
1 Red pepper, chopped
1 Large aubergine (*baingan*), cut into half vertically and sliced into rounds

2 tbsp Olive oil for cooking aubergine
600 gm Pasta sauce
225 gm Lasagne sheets (6–8 sheets)
600 ml Bechamel sauce
1½ cups Cheddar cheese
Salt and pepper



METHOD

Pour oil in a bowl. Add garlic and onion. Microwave on HIGH for 4 minutes. Add carrot and red pepper with ¼ cup water. Microwave on HIGH for 4-5 minutes until soft. Add most of the pasta sauce. Stir. Season with salt and pepper. Pre-heat the crusty plate. GRILL aubergine slices with olive oil for 4 minutes, turning once. Spread a small amount of the pasta sauce, which is left in the base of a flat microwave dish. Cover with a layer of aubergine, then lasagne and bechamel sauce. Repeat the layers. Finish with a layer of bechamel sauce. Sprinkle with the cheese. Cook on CONVECTION microwave mode for 15 minutes until lasagne is piping hot and cooked. Leave to stand for 5 minutes before serving.

FOR THE BECHAMEL SAUCE

INGREDIENTS

600 ml	Milk
1	Onion, cut into two
1	Bay leaf
6	Peppercorns

4 tbsp	Butter
2 tbsp	Plain flour
	Salt and pepper
	Nutmeg, freshly grated (optional)

METHOD

Pour milk into a bowl. Add onion, bay leaf and peppercorns. Microwave for approximately 4 minutes. Remove from the microwave. Strain. To make the roux, melt the butter in a separate bowl by putting in the microwave for 30 seconds. Stir in flour. Microwave further for 1 minute. Remove. Gradually pour on the hot milk, whisking constantly. Microwave on 600W for another 6 minutes. Stir in-between. Season with salt, pepper and nutmeg. Microwave on 600W for another 2 minutes. Stir in-between, until the sauce thickens and is smooth.

STUFFED TOMATOES



PREPARATION TIME: 8 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

4 Large red tomatoes, firm
1 tbsp Olive oil
½ cup Parsley/coriander, chopped fine
1 Onion, chopped
200 gm Feta cheese, crumbled
Green chillies to taste, finely chopped
Salt and pepper to taste



METHOD

Slice the top of the tomatoes. Scoop out gently. Pour oil into a shallow, microwave-safe dish. Add the onion and green chillies. Cook for 4 minutes. Stir in the feta cheese and parsley/coriander. Pile this mixture into the tomato. Pre-heat crusty plate for 3 minutes on 600W+ GRILL. Then GRILL tomatoes on 300W+ GRILL on the high rack for 8 minutes.



MATAR PANEER



PREPARATION TIME: 10 mins

COOKING TIME: 18 mins

SERVES: 4

INGREDIENTS

3 tbsp Oil
½ tsp Cumin
1 tsp Coriander powder
1 tsp Red chilli powder
2 Onions, chopped
1 tsp Ginger paste
1 tsp Garlic paste

4 Large tomatoes, skin removed and puréed*
1½ cups Frozen peas
3 cups Paneer, cubed
½ tsp *Garam masala* powder
A pinch of turmeric powder
Salt to taste

METHOD

Put the oil in a bowl. Add cumin, turmeric, coriander and chilli. Microwave for 2 minutes. Add chopped onion, ginger and garlic. Microwave for 6 minutes. Add tomatoes and microwave on HIGH again for 6 minutes. Add paneer and peas. Stir. Cover and microwave for 6 minutes on HIGH. Stir twice. Stir in *garam masala*. Leave to stand for 3-4 minutes before adding salt. Serve hot with rice or rotis.

*Place tomatoes without any water in the MWO on HIGH for 4 minutes. The skin will blister and easily peel off.



A LOO METHI



PREPARATION TIME: 20 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

3 Medium-sized potatoes,
cut into 1" pieces
1 cup Water
6 Tomatoes, skin removed*
3-4 Green chillies, slit

2 cups Fresh fenugreek leaves (*methi*)
1tbsp Vegetable oil
1 tsp Cumin powder
6–8 cloves Garlic, crushed
Salt to taste



METHOD

In a bowl, put the cut potatoes in 1 cup water. Microwave covered on HIGH for 7 minutes. Drain the water. Purée the tomatoes in a blender until smooth. Put the purée in a bowl. Add green chillies and cumin. Microwave for approximately 6 minutes until you get the consistency of a thick sauce. You may need to cook for a few minutes longer since the cooking time varies according to the water content of the tomatoes. Add the potatoes, fenugreek leaves and salt. Microwave covered for another 2 minutes on HIGH or until the potatoes are soft, the gravy thick, and the fenugreek leaves cooked but still green. In another bowl, pour 1tbsp oil. Add the crushed garlic. Microwave for 2 minutes, until golden. Pour over potato mixture. Stir. Serve hot with chapatis.

*Place tomatoes without any water in the MWO on HIGH for 4 minutes. The skin will blister and easily peel off.

STIR-FRIED VEGETABLES



PREPARATION TIME: 13 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

2 tbsp Oil, preferably groundnut
2 tsp Fresh ginger, finely chopped
2 tsp Spring onions, finely chopped
2 tsp Garlic, finely chopped
3 cups Button mushrooms, carrots,
bok choy and broccoli, all diced

¼ cup Chicken stock or water
2 tsp Szechwan sauce
2 tsp Dry sherry or rice wine
2 tsp Dark soy sauce
½ tsp Sugar
½ tsp Salt
2 tsp Sesame oil

METHOD

In a bowl, pour oil. Add ginger, spring onions and garlic. Microwave for about 2 minutes. Add the vegetables. Microwave for about 4 minutes. Quickly add the rest of the ingredients except the sesame oil. Stir. Microwave for another 3 minutes on HIGH or until the mushrooms are cooked through and have absorbed all the spices and seasonings. Just before serving, add the sesame oil. Stir. Microwave for another 1 minute. Stir. Serve warm.



MASALA MUSHROOMS



PREPARATION TIME: 5 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

½ cup Olive oil
6 cloves Large garlic, lightly crushed
4 cups Button mushrooms, cleaned
and cut into halves
1 tsp Oregano

1 tsp Cumin seeds
4 Kashmiri chillies, broken
1 tsp Sea salt (*mota namak*)
Dash of lemon (*nimbu*) juice



METHOD

Pour olive oil in a bowl. Add garlic. Microwave for 3 minutes, until golden. Roast the cumin on a pre-heated crusty plate on GRILL for 30 seconds. Remove, and add to the mushrooms and garlic. Microwave on HIGH for 3 minutes. Stir. Add lemon juice, chillies and lastly salt. Microwave for a further 2 minutes. Once they are cooked, toss in oregano. Stir well. Serve hot with crusty white bread.

CORN IN CREAMY MILK



PREPARATION TIME: 15 mins

COOKING TIME: 17 mins

SERVES: 4

INGREDIENTS

4 Fresh sweet corn cobs,
each broken into 3

2 cups Water

1 tsp Salt

½ tsp Sugar

½ cup Coconut cream (thick coconut milk)

4 Green chillies

4 tbsp Fresh coriander, chopped

1" pc Ginger

2 tsp Mustard seeds

8 Curry leaves

2 tbsp Curd, whipped

½ cup Coriander, chopped, to garnish

METHOD

In a flat baking dish, put the corn and water. Add 1tsp of salt. Microwave covered on HIGH for 12 minutes. Once cooked, don't throw away the water in which it was boiled. Grind the green chillies, ginger and coriander. Add coconut cream to this to make a paste. Add this paste to the water from the corn. In a separate bowl, microwave the mustard seeds in 1tbsp of oil for 30 seconds, and mix them into the coconut gravy along with the curry leaves. Stir well. Add the corn. Cover and microwave on 600W for 4 minutes. Stir in the curd. Season to taste. Microwave to heat for another 1 minute. Garnish with chopped coriander. Serve hot with plain steamed rice.



LA ZIZI BHINDI



PREPARATION TIME: 10 mins

COOKING TIME: 16 mins

SERVES: 4

INGREDIENTS

6 tbsp Oil
2 Onions, sliced roughly
1 tbsp Coriander powder
1 tbsp Cumin powder

¼ tsp Red chilli powder
½ tsp Salt
400 gm Whole, fresh okra (*bhindi*),
chopped
1 tsp Raw mango powder



METHOD

In a bowl, put oil and the sliced onions. Microwave for 4 minutes until onions are pink. Add okra, coriander, cumin, chilli powder and salt. Mix well. Microwave on HIGH for 12 minutes until they are just done. Remove. Sprinkle mango powder. Serve hot.

CABBAGE FOOGATH



PREPARATION TIME: 10 mins

COOKING TIME: 17 mins

SERVES: 4

INGREDIENTS

2 tbsp Oil
¼ tsp Mustard seeds
½ tsp Cumin seeds
1 Medium onion, finely sliced
1" pc Ginger, sliced

2 cloves Garlic, sliced
2 Green chillies, deseeded and sliced
½ kg Cabbage, finely sliced
¼ cup Grated coconut
Salt to taste

METHOD

Pour oil in a bowl. Microwave on HIGH for 2 minutes. Add mustard seeds and cumin seeds. Microwave for 1 minute. Add onion, ginger, garlic and green chillies. Microwave for 4 minutes till onion is soft. Stir in cabbage, add salt and 2tbsp water. Cover and microwave on HIGH for 10 minutes. Remove. Stir in coconut. Serve warm.

PANEER PESHAWARI



PREPARATION TIME: 15 mins

COOKING TIME: 6 mins

SERVES: 4

INGREDIENTS

½ cup Paneer (cottage cheese), cut into ½" cubes
1 tbsp Cashew nuts (*kaju*)
½ tsp Chopped ginger
1 tsp Finely chopped green chillies
2 tbsp *Mava (khoya)*
3 Cardamoms
2 Cloves
1 tbsp Onion paste
A pinch of white pepper powder

½ cup Milk
1 tbsp Cream
A pinch of sugar
2 tsp Oil
Salt to taste

For the garnish

4 strands of saffron (*kesar*), diluted in 1 tsp of water
2 tsp Almond (*badam*) slivers



METHOD

Combine the cashew nuts, ginger, green chillies, *mava* and 2 cardamoms, and blend to a fine paste in a mixer. Keep aside. Mix the oil, the remaining 1 cardamom, cloves and onion paste in a microwave-proof bowl. Microwave on HIGH for 3 minutes. Stir once in-between after 1½ minutes. Add the prepared paste, mix well. Microwave on HIGH for 2 minutes. Add the white pepper powder, milk, sugar and salt. Mix well. Add the paneer. Microwave on HIGH for 1 minute. Add the cream. Mix gently. Garnish with saffron and almonds. Serve hot.

PANEER TIKKA



PREPARATION TIME: 15 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

500 gm Paneer (cottage cheese) chunks,
cut into 2"

1 tsp Turmeric powder

1 tsp Coriander powder

1 tsp Cumin powder

1 tsp Dry fenugreek leaves (*methi*)

1-2 tsp Salt

For marinade paste

250 gm Hung curd

1 tbsp Dry fenugreek leaves (*methi*)

1 tsp Cumin powder

1 tsp Coriander powder

1 tbsp Chilli powder

1 tsp *Garam masala* powder

For skewers

1 Green bell pepper, cut into 2" dice

2 Tomatoes, cut into and halved,
seeds removed

1 tsp Oil

2 tbsp Melted butter

1 tsp *Chaat masala*

METHOD

Mix the paneer with turmeric, dry fenugreek leaves, cumin powder, coriander powder and salt. Marinate in the refrigerator for 2 hours. Mix the batter ingredients, and dunk the paneer in the marinade paste. Arrange the paneer on skewers along with green bell peppers (capsicum) and tomatoes. Drizzle oil on a pre-heated crusty plate. GRILL for 10 minutes. Turn to ensure even browning. Garnish with butter (melt for 20 seconds in microwave on HIGH) and sprinkle *chaat masala*.



SIMPLE THAI RED CURRY



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

4 cups Coconut milk
3 tbsp Thai red curry paste
3 cups Baby corn (roughly chopped),
mushrooms (halved) and broccoli
(cut into florets)

2 tsp Sugar
1 tsp Salt
6 Kaffir lime leaves, halved
2 Fresh red chilli, each sliced
lengthwise into 8 pieces
½ cup Thai basil leaves (optional)

METHOD

In a large bowl, mix 1 cup of the coconut milk and the red curry paste. Microwave covered on HIGH for 4 minutes. Stir well. Cook vegetables with ¼ cup water, covered, microwave on HIGH for 3 minutes. Remove veggies and drain water. Add the vegetables and remaining coconut milk, sugar, salt, kaffir lime leaves and chillies to the curry paste. Microwave on 600W for 6 minutes or until the vegetables are cooked but not soft. Remove. Stir well. Garnish with Thai basil. Serve with steamed rice.

BROCCOLI BENGALI STYLE



PREPARATION TIME: 10 mins

COOKING TIME: 6 mins

SERVES: 4

INGREDIENTS

2 tbsp Mustard oil
2 tsp *Panch phoran*
2 cloves Garlic, sliced
1" Fresh ginger, peeled and cut into matchsticks
4 cups Broccoli florets, not too small
½ cup Water
½ tsp *Garam masala* powder



METHOD

Pour oil in a bowl. Add the *panch phoran*, garlic and ginger. Microwave for 2 minutes. Add broccoli, *garam masala*, salt and ½ cup of water. Microwave covered for 4 minutes. Serve hot.

CHINESE GREENS WITH OYSTER SAUCE



PREPARATION TIME: 10 mins

COOKING TIME: 7 mins

SERVES: 4

INGREDIENTS

- 5 cups Chinese greens/pak choy, cut into 3" lengths
- 1 cup Water + 1 tsp salt
- 3 tbsp Groundnut oil
- 1½ tbsp Garlic, chopped
- 2½ tbsp Oyster sauce (vegetarian oyster sauce is available)

METHOD

In a large bowl, place the Chinese greens in salted water. Microwave for 3 minutes, until the leaves and stems are bright and tender but wilted. Drain thoroughly. Place on a hot dish. In a separate bowl, pour groundnut oil, add garlic. Microwave for 3 minutes until golden. Pour over the greens. Microwave the oyster sauce for 30 seconds on HIGH. Then tip this over on the platter of steaming garlicky greens. Serve hot.



DAL TADKA



PREPARATION TIME: 6 mins

COOKING TIME: 25 mins

SERVES: 4

INGREDIENTS

1 cup Masoor Dal, cleaned
1 tsp Salt
3 cups Water
3 tbsp *Ghee* or oil
1 tsp Cumin seeds

½ tsp Black peppercorns, slightly crushed
¼ tsp Asafoetida (*hing*)
½ tsp Turmeric powder
1 Onion, chopped
2 tbsp Garlic, chopped

METHOD

Wash and soak dal for 1 hour. Drain water. Place the dal, 1 tsp salt and 3 cups of water in a very large bowl. Microwave covered on HIGH for 20 minutes. In another bowl, microwave *ghee*, cumin and peppercorns for 30 seconds. Add the chopped onion and garlic, asafoetida and turmeric powder. Microwave for a further 4 minutes. Remove and add this to the cooked dal. Stir well. Season to taste. Stand for 5 minutes before serving.



MAHARANI DAL



PREPARATION TIME: 5 mins

COOKING TIME: 50 mins

SERVES: 4

INGREDIENTS

1 cup Black Urad Dal whole
3 cups Water
1 tsp Salt
½ cup Butter
2½ tsp Ginger paste

3½ tsp Garlic paste
1 tsp Kashmiri chilli powder
1 cup Fresh tomato purée
¾ cup Cream
½ tsp *Garam masala* powder



METHOD

Wash dal 4 times till you get transparent water. Soak overnight in warm water. Drain. Mix dal with 5 cups of water in a very large bowl. Add salt. Microwave covered on HIGH for 40 minutes until the dal is cooked. Mash the dal lightly. Add butter, ginger and garlic pastes, chilli powder and the tomato purée. Microwave on HIGH for 6 minutes. Stir well. Add ½ cup cream. Microwave on 600W for another 3 minutes. Serve hot with the remaining cream on top. Sprinkle *garam masala*.

CHHOLE



PREPARATION TIME: 5 mins

COOKING TIME: 45 mins

SERVES: 4

INGREDIENTS

1 cup Kabuli Chana (chickpeas)
5 cups Water
3 Green cardamom
¼ tsp Cinnamon powder
1 tsp Cumin powder
¼ tsp Pepper powder
¼ tsp Clove powder
1 tsp Turmeric powder
1 tsp Chilli powder

3 Green chillies
3 tbsp Tamarind pulp
2 Medium-sized onion, sliced
3 Medium-size tomatoes, chopped
1½ tbsp Coriander leaves
3 tbsp Oil
1 tsp Salt
½ tsp Pepper
4 slices Bread



METHOD

Soak Kabuli Chana overnight in warm water. The next day, wash in several changes of water. Drain the Kabuli Chana. Add 5 cups of water. Microwave on HIGH, covered, for 30 minutes, until tender. Remove and add all the powdered spices. In another bowl, pour oil and add the sliced onion. Microwave for 5 minutes. Add to the cooked Kabuli Chana with spices, along with the tomatoes and whole green chillies. Microwave further on 600W for 8 minutes. Season with salt and pepper. Add tamarind juice, and remove from microwave. Serve hot on bread slices, garnished with chopped coriander leaves.

main course

NON-VEG



 EASY

 MEDIUM

 DIFFICULT

 AUTO COOK MENU*

*Auto Cook Menu dishes available in selected models

ALLEPPEY CURRY WITH PRAWNS



PREPARATION TIME: 15 mins

COOKING TIME: 25 mins

SERVES: 4

INGREDIENTS

500 gm Medium-sized prawns, peeled,
cleaned and de-veined
¼ cup Coconut oil
1 tsp Turmeric powder
½ tsp Coriander powder
½ tsp Red chilli powder
½ tsp Black mustard seeds
10–12 Curry leaves

3 tsp Ginger, chopped
4 tsp Garlic, chopped
¾ cup Sambhar onions, peeled but left
whole
3–4 Green chillies, slit
1 Large raw mango, peeled and cut
into 2" pieces
2½ cups Thick coconut milk
1½ tsp Salt

METHOD

Make a paste of the turmeric, coriander and red chilli powders in no more than ¼ cup water. Heat oil in MWO on HIGH for 2 minutes. Toss in mustard seeds and curry leaves. Microwave on HIGH for 2 minutes. Add ginger, garlic, onions, green chillies and lastly the spice paste. Microwave on HIGH again for 4 minutes. Add two cups water and raw mango. Microwave on HIGH for 4 minutes. Add coconut milk. Cook on 450W for 6 minutes. Add prawns. Microwave again on 450W for 6 minutes. Taste and season with salt. Serve with hot steamed rice.



GOAN PRAWN CURRY WITH OKRA



PREPARATION TIME: 25 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

Grind the following to a fine paste with very little water:

- 10 Dry Kashmiri chillies
- 1 tsp Black peppercorns
- 1 tsp Cumin seeds
- ¼ tsp Turmeric powder
- 10 Medium cloves of garlic
- 1" pc Ginger
- 2 tsp Sesame seeds (*til*) or 1 tbsp grated coconut

- 1 cup Coconut milk thick
- 2 cups Coconut milk thin
(if you are using canned or readymade coconut milk add 3:1 ratio coconut milk to water for the thin coconut milk)
- 500 gm Raw prawns, peeled and de-veined*
- 1 cup Okra topped and tailed with one slit
- 4-5 pcs Kokum
- Salt to taste

*Can substitute fish with prawns

METHOD

Put the *masala* into a deep bowl with the thick coconut milk. Microwave covered on 600W for 8 minutes, until the colour changes. Stir in-between. Add the thin coconut milk to the bowl. Microwave on 600W for 3 minutes. Stir. Put in the kokum and prawns. Microwave on 600W for 3 minutes. Add salt to taste. Add okra. Continue to microwave on 600W for 3 minutes. Stand for 3-4 minutes before serving. Serve with plain boiled rice.



FISH TIKKA



PREPARATION TIME: 20 mins

COOKING TIME: 8 mins

SERVES: 4

INGREDIENTS

600 gm Fresh fish such as Rawas or Beekti,
1½" cubes
2 tbsp Butter, melted

For the First Marination

3 tsp Ginger paste
2 tsp Garlic paste
1 tsp Salt
3 tsp Lemon (*nimbu*) juice

For the Second Marination

½ cup Curd
½ cup Cheese spread
4 tbsp Cream
1 Egg
1 tbsp Chickpea flour
¼ tsp *Garam masala* powder
½ tsp Caraway seeds (*ajwain*)
A pinch of turmeric powder

METHOD

Melt butter in MWO on HIGH for 20 seconds. Mix all the ingredients in the first marination. Rub the fish cubes with this marinade. Keep for 1 hour. Drain off all juices. For the second marination, whisk the curd and cheese spread in a bowl. Add the remaining ingredients. Whisk and mix the fish with this marinade. Keep for 30 minutes. Pre-heat the GRILL for 3 minutes. Microwave on 300W+GRILL on high rack for 8 minutes, brushing with melted butter as it cooks. Serve with a crisp salad or *cachumber*.



MURGH MALAI TIKKA



PREPARATION TIME: 15 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

500 gm Boneless chicken, cut into
1½" *tikka* pieces
2 tbsp Dry fenugreek leaves (*methi*)
1 tsp Cumin powder
1 tsp Coriander powder

1 tsp Salt
1 tsp *Garam masala* powder
6 tbsp Thick curd
4 tbsp *Malai* (thick cream)
4 tbsp Grated cheese



METHOD

Marinate chicken pieces with dry fenugreek leaves, salt, coriander powder, cumin powder and *garam masala* powder. Keep marinated chicken overnight in the fridge. Mix curd, *malai* and cheese until smooth. Dip chicken in the mixture and coat well. Pre-heat the GRILL for 3 minutes. Microwave on 300W+GRILL on high rack for 9-10 minutes or until golden. Stand for 3 minutes before serving.

CHICKEN KEEMA MATAR



PREPARATION TIME: 15 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

4 tbsp Oil
2 Onions, chopped
3 Cloves
1" Cinnamon piece
½ tsp Turmeric powder
1 tsp Red chilli powder

½ tsp Crushed black pepper
2 tbsp Ginger-garlic paste
1 cup Green peas
½ cup Chopped tomato
400 gm Chicken mince
1 tsp *Garam masala* powder
1 tbsp Chopped coriander

METHOD

Place chopped onion, cinnamon, cloves, turmeric powder, red chilli powder, black pepper and ginger-garlic paste in a bowl with the oil. Microwave for 6 minutes. Stir. Add tomato, chicken mince and ½ cup water. Microwave covered on HIGH for approximately 5 minutes, stirring twice, until almost dry. Add *garam masala* and peas. Cook on HIGH for a further 3 minutes. Garnish with chopped coriander leaves. Serve hot.



CURRY LEAF CHICKEN



PREPARATION TIME: 15 mins

COOKING TIME: 9 mins

SERVES: 4



INGREDIENTS

1 cup Curry leaves
500 gm Boneless chicken, cut into
1½" pieces
2 tbsp Tamarind paste

3 tbsp Jaggery (*gur*)
2 tbsp Black pepper, coarsely crushed
1 tsp Salt
4 tbsp Oil

METHOD

Marinate chicken with half the black pepper and 1tbsp oil. Pour the remaining oil in a bowl. Add the curry leaves. Microwave for 3 minutes until crisp. Remove. Transfer chicken to a bowl. Make a thick paste of jaggery and tamarind with a little warm water. Pour on the chicken. Microwave, covered, on HIGH for 6 minutes. Remove. Season with salt, add the remaining crushed black pepper and the curry leaves. Toss and serve.

KALI MIRCH TANGDI CHICKEN



PREPARATION TIME: 15 mins

COOKING TIME: 18 mins

SERVES: 4

INGREDIENTS

8 Chicken drumsticks (or 4 full chicken legs), cleaned
2 tbsp Lemon juice
1 cup Hung curd
1½ tbsp Ginger paste
1½ tbsp Garlic paste
½ tsp Turmeric powder

2½ tbsp Coarsely ground pepper
4–6 Green chillies, chopped fine
2 tbsp Chopped fresh coriander
2 tsp *Chaat masala* powder
Salt to taste

Lemon wedges for garnishing
3 tbsp Oil

METHOD

Wipe chicken with kitchen paper. Cut two or three deep slashes in the flesh of each drumstick. Apply lemon juice and salt. Keep aside. Mix the hung curd, ginger and garlic pastes, coriander, turmeric powder, pepper and chopped green chillies. Marinate chicken drumsticks in the above mixture. Refrigerate for 1 to 2 hours. Pre-heat GRILL for 3 minutes. Microwave chicken on 300W+GRILL for 15 minutes. Allow to stand for 3 minutes before serving. Serve hot, sprinkled with *chaat masala* and lemon wedges.



HONEY MUSTARD CHICKEN



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

8 Chicken drumsticks (or 4 full
chicken legs)
4 tbsp Olive oil

3 tbsp Wholegrain mustard
2 tbsp Honey
2 tbsp Lemon juice
1 tbsp Szechwan sauce



METHOD

Wipe chicken with kitchen paper. Cut two or three deep slashes in the flesh of each drumstick. Place them in a flat glass or ceramic dish. Mix together mustard, honey, szechwan sauce, olive oil and lemon juice. Mix with the chicken. Leave to marinate in a cool place, turning occasionally, for several hours or overnight in the fridge. Pre-heat GRILL for 3 minutes. Microwave chicken on 300W+GRILL for 15 minutes. Allow to stand for 3 minutes before serving.

THAI GREEN CURRY WITH CHICKEN



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

- 5 tbsp Thai green curry paste
- 3 tbsp Oil
- 2 tbsp Fish sauce (nam pla)
- 5 Basil leaves
- 400 gm Chicken breast boneless, shredded
- 4 Red chillies, sliced
- 3 stalks Lemon grass or bundle
- 3 cups Coconut milk
- 3 Kaffir lime leaves, torn
- 1½ tsp Sugar



METHOD

Put the Thai curry paste into a deep bowl with the thick coconut milk. Microwave covered on 600W for 4 minutes, until the colour changes. Stir in-between. Add the chicken. Microwave on HIGH for 4 minutes. Add coconut milk, red chillies, kaffir lime leaves and lemon grass to the bowl. Microwave on 600W for 5 minutes. Add sugar. Taste and season with fish sauce if it needs salt. Stand for 3-4 minutes before serving. Serve with plain steamed rice.

BUTTER CHICKEN



PREPARATION TIME: 20 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

500 gm Boneless chicken, cut into 1" pieces

To marinate the chicken

Grind together

1" pc Ginger

6 cloves Garlic

1 Onion

2 tsp Lemon juice (*nimbu*)

½ tsp Salt

1 tsp Coriander powder

½ tsp Cumin powder

1 tbsp Oil

¾ tsp Chilli powder

For the sauce

½ kg* Tomatoes

50 gm Butter

1 tsp Mild red chilli powder

2 tsp Salt

3-4 tsp Sugar

50 gm Thick cream

1 tsp Grated ginger

½ tsp *Garam masala* powder

3 tbsp Cream

METHOD

Mix all the marinade ingredients in a large bowl. Add chicken. Mix well. Keep overnight.

To make sauce: Purée the tomatoes. Put butter in a bowl. Microwave on HIGH for 30 seconds. Add red chilli powder, tomato purée, salt and sugar. Microwave on 600W for 6-7 minutes till the purée thickens. Remove from MWO. Add well-beaten cream. Put the bowl of marinated chicken in the MWO, and microwave covered on HIGH for 5 minutes. Then add the tomato purée mixture and grated ginger. Microwave on 450W for 3 minutes. When ready to serve, stir in the cream. Sprinkle the *garam masala*. Let stand for 5 minutes before serving.

*Place tomatoes without any water in a MWO on HIGH for 4 minutes. The skin will blister and easily peel off.



rice & noodles



 EASY  MEDIUM  DIFFICULT  AUTO COOK MENU*

*Auto Cook Menu dishes available in selected models

TAMARIND RICE

(Served with Raita)



PREPARATION TIME: 10 mins

COOKING TIME: 12 mins

SERVES: 4

INGREDIENTS

1½ cups Rice, cleaned, washed and soaked for 1 hour
3 cups Water
⅓ cup Oil
4 tbsp Puliyogare Rice readymade mix

For raita

2 cups Curd
1 cup Grated cucumber, water squeezed out
1 tsp *Pani puri masala*
1 tsp Mild red chilli powder
1½ tsp Cumin seeds, roasted and ground to a powder

METHOD

Place rice and water in a large bowl and microwave covered on HIGH for 12 minutes or until cooked through. Keep aside. In a bowl mix the oil and the Puliyogare powder. Microwave for 30 seconds on HIGH. Mix in the cooked rice until all the powder is absorbed and well distributed.

METHOD

Whisk the curd in a bowl. Add the grated cucumber and *pani puri masala*. Stir well. Sprinkle with red chilli powder and roasted cumin. Chill. Serve along with the hot tamarind rice.



VEG FRIED RICE



PREPARATION TIME: 10 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

1½ cups Basmati Rice cleaned, washed and soaked for 1 hour
6 cups Water
5 tbsp Groundnut oil
4 cloves Garlic, sliced
3 Red chillies, seeded and finely chopped

2 Onions, chopped
1½ cups Chopped button mushrooms
1½ cups Broccoli florets
½ cup French beans, stalks removed and sliced into 2
4 tbsp Light soy sauce
2 tsp Sugar

METHOD

Microwave rice and water, covered, on HIGH for 10 minutes, until slightly undercooked. Drain out excess water. In another bowl, pour the oil and add the garlic and chillies. Microwave for 30 seconds. Add the onion. Microwave for 5 minutes. Add the mushrooms and broccoli. Microwave for 4 minutes until the greens are bright and starting to soften. Add the beans and 1tbsp water. Microwave for 2 minutes. Stir in the cooked rice, sugar and soy. Taste for seasoning. Microwave for 2 minutes on HIGH and then a further 2 minutes on 600W so that the rice and the vegetables are cooked together. Serve hot.



HA KKA NOODLES



PREPARATION TIME: 7 mins

COOKING TIME: 12 mins

SERVES: 4

INGREDIENTS

200 gm Egg noodles, soaked in warm water for 10 mins (approx. 1 large pkt.)
1 Onion, sliced or 4 spring onions
2 Green chillies, sliced
2 cups Bean sprouts
1 cup Green peas
12 Fresh spinach leaves, torn

1 cup Bean curd, diced (you can substitute this with paneer)
2 Eggs, beaten
¼ cup Lemon (*nimbu*) juice
3 tbsp Soy sauce
2 tbsp Szechwan sauce
3 tbsp Tomato ketchup
½ cup Oil



METHOD

Take 1 tbsp of the oil and mix with the bean curd or paneer. Microwave on HIGH for 2 minutes until golden. Pour half the remaining oil in a bowl. Add the onions and green chillies. Microwave for 4 minutes on HIGH. Add the peas, spinach and bean sprouts. Microwave for 2 minutes until the spinach turns a bright green and wilts. Remove from MWO. Add the soy sauce, szechwan sauce, lemon juice and ketchup. Add the drained noodles and bean curd. Microwave on HIGH for 4 minutes. Remove. Stir in egg and remaining oil in a steady stream. Microwave for 1 minute until set. Stir well. Serve hot.

LEMON RICE



PREPARATION TIME: 5 mins

COOKING TIME: 15 mins

SERVES: 4

INGREDIENTS

1½ cups Rice, cleaned, washed and soaked for 1 hour
3 cups Water
1 tsp Salt
¼ cup Lemon (*nimbu*) juice
2 tbsp Oil
2 tsp Mustard seeds

2 tsp Urad Dal, broken
1 tsp Chana Dal
2 Dry red chillies, broken
6–8 Curry leaves
A pinch of asafoetida (*hing*)
¼ tsp Turmeric powder
¼ cup Fresh coriander leaves

METHOD

Place rice, salt and water in a large bowl. Microwave covered on HIGH for 12 minutes or until cooked through. Add the lemon juice. Stir well. In another bowl, pour the oil. Add the mustard seeds, Urad Dal, Chana Dal, chillies, curry leaves, asafoetida and turmeric. Microwave for 2 minutes. Remove and pour over the hot rice. Garnish with coriander. Serve hot.



MEXICAN RICE



PREPARATION TIME: 10 mins

COOKING TIME: 35 mins

SERVES: 4



INGREDIENTS

1½ cups Thick grained rice (Kerala or Goa unpolished or “boiled” rice is perfect), cleaned, washed and soaked for 1 hour
¼ cup Olive oil
2 Onions, chopped
2 tbsp Garlic, chopped

1 tsp Red chilli paste (or dried red chillies ground with a little water)
1 large jar Ready pasta sauce
3 cups Strong chicken/vegetable stock
1 cup Green peas, fresh or frozen
1 Red bell pepper, cut into strips
2 tbsp Dried mixed herbs (parsley, marjoram, thyme, oregano)

METHOD

Mix the olive oil, garlic and onion in a bowl. Microwave on HIGH for 7 minutes. Add chilli paste, rice, pasta sauce and stock. Microwave covered for approximately 20 minutes or until the rice is tender but still firm. Add the herbs, peas (if frozen, add directly) and bell pepper strips. Season with salt if necessary. Cover and microwave on 600W for 6 minutes. Remove. Serve hot.

THAI FRIED RICE



PREPARATION TIME: 20 mins

COOKING TIME: 16 mins

SERVES: 4

INGREDIENTS

1½ cups Basmati Rice, cleaned, washed
and soaked for 1 hour
6 cups Water
4 tbsp Vegetable oil
2 cloves Garlic, finely chopped
1 Medium-sized onion, finely
chopped
3 tbsp Dried shrimp, soaked for 5 mins,
drained (optional)

150 gm Cooked chicken, diced
4 tbsp Tomato ketchup
1 tsp Sugar
2 Eggs, lightly beaten
1 Tomato, diced
½ Capsicum, chopped
A pinch of salt
Fresh coriander leaves, to garnish

METHOD

Microwave rice and water, covered, on HIGH for approximately 10 minutes, until slightly undercooked. Drain out excess water. Mix 2tbsp oil, garlic and onion in a large bowl. Microwave on HIGH for 3 minutes. Add dried shrimp, chicken, tomato ketchup, sugar and salt. Microwave covered on HIGH for 1 minute. Add rice. Stir. Beat egg with remaining oil. Stir into the rice with tomato and capsicum. Microwave on HIGH for a further 2 minutes. Remove. Garnish with chopped coriander leaves.



CHICKEN BIRYANI



PREPARATION TIME: 20 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

1 ½ cups Basmati Rice
400 gm Chicken, boneless, diced
1 Medium-sized onion, sliced
½ cup Curd
2 tbsp Ginger paste
2 tbsp Garlic paste
¼ cup Fresh coriander, chopped
1½ tsp Salt

2 tbsp Ghee
3 Green cardamoms
1" stick Cinnamon
½ tsp Black cumin (*shah jeera*)
1 Bay leaf
3 Cloves
2 Green chillies, finely chopped
3½ cups Chicken stock or water
½ tsp Saffron threads

METHOD

Wash rice twice and soak in just enough water to cover it for an hour with the cinnamon stick. Drain off water. Keep aside. Wash chicken well. Drain. Beat together curd, salt, coriander, ginger and garlic pastes. Add chicken and marinate for 2 hours.

In a bowl, mix *ghee*, green cardamoms, black cumin, bay leaf, chillies, cloves and onion. Cook uncovered in microwave on HIGH for 4 minutes. Mix with chicken in its marinade. Add rice, marinated chicken and chicken stock. Cover and cook in microwave on HIGH for 15 minutes. Mix the saffron with a little water. Soak for 15 minutes. Microwave on HIGH for 1 minute. Stir and pour on top of biryani. Allow standing time of 5 minutes.



desserts



 EASY

 MEDIUM

 DIFFICULT

 AUTO COOK MENU*

*Auto Cook Menu dishes available in selected models

FRESH FRUIT SPONGE CAKE



PREPARATION TIME: 25 mins

COOKING TIME: 10 mins

SERVES: 4

INGREDIENTS

1¼ cups Butter
4 Eggs
¾ cup Castor sugar
¼ tsp Salt
1⅓ cups Plain flour
1 tsp Baking powder

2 cups Cut fruit — pineapple/kiwi/strawberry
3 tbsp Sugar
6 tbsp Water
1 cup Cream
½ cup Icing sugar
Butter, for greasing

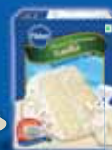
METHOD

Whisk the butter and the sugar in a bowl until light and fluffy. Mix in the eggs one at a time. Add the sifted flour, salt and baking powder carefully with a wooden spoon. Grease the base of an 8" soufflé mould. Pour in the mixture. Microwave uncovered on HIGH for 5-6 minutes. Leave the cake to stand for 10 minutes. Turn out onto a wire rack and leave to cool completely. Put the sugar and water in a bowl and microwave on HIGH for 3 minutes or until the sugar melts and you obtain a thin syrup. When cool, pour onto the sponge. Whip the cream and the icing sugar until soft peaks form, and spoon on top of the cake. Decorate and serve with fresh fruit on top.



SURPRISINGLY SIMPLE!!

Bake the cake with Pillsbury **ready to mix & bake** Moist Supreme® Vanilla Cake Mix. And, decorate and frost it as per the method given above.



HONEY BEE CHOCOLATE CAKE



PREPARATION TIME: 25 mins

COOKING TIME: 30 mins

SERVES: 4

INGREDIENTS

1 cup Flour (*maida*)
2 tbsp Castor sugar
½ cup Butter (preferably unsalted)
½ cup Milk
200 gm Sweetened condensed milk

¼ cup Cocoa powder
½ tsp Soda bicarbonate
½ tsp Baking powder
1 tsp Vanilla essence
1 cup Milk chocolate, melted
½ cup Honey



METHOD

Sift flour with cocoa, soda bicarbonate and baking powder. Keep aside. Beat sugar and butter until light and fluffy. Add condensed milk. Beat again for 1 minute. Add milk and vanilla essence. Beat well for 3-4 minutes till the mixture is smooth and light. Add half the melted chocolate and half the honey. Mix well. Transfer to a big, greased, deep dish of 9" diameter. Microwave on HIGH for 5 minutes. Let it stand for 4 minutes in the MWO. Once cool, it will leave the sides of the container.

FOR ICING

In a pan add the remaining milk chocolate, honey and ½ cup water. Stir continuously to get sticky consistency and pour onto the Honey Bee Cake.



SURPRISINGLY SIMPLE!!

Bake the cake with Pillsbury **ready to mix & bake** Moist Supreme® Rich Chocolate Cake Mix. And, make your cake honey-licious by icing it as per the method given above.



CHOCOLATE FUDGE



PREPARATION TIME: 5 mins

COOKING TIME: 11 mins

SERVES: 4

INGREDIENTS

1¼ cups	Soft brown sugar
½ cup	Milk
2 tbsp	Cocoa
1 tbsp	Butter
400 gm	Sweetened condensed milk
1 tsp	Vanilla essence/extract

METHOD

Grease an 8" square sandwich tin with a little butter. Put the soft brown sugar with ½ cup of milk in a bowl. Microwave on 600W for 4 minutes or until the sugar is dissolved. Stir occasionally with a wooden spoon. Heat again on microwave on HIGH for exactly 2 minutes. Add the condensed milk and the milk. Stir well. Microwave on 600W for 4-5 minutes. Stir in cocoa. Remove from the heat. Leave until the bubbles die down. Add vanilla extract/essence. Quickly beat with the wooden spoon until it is as thick as honey. Pour into the greased tin, smoothing the top. When completely cold, cut into squares.



CHOCOLATE CHIP COOKIES



PREPARATION TIME: 20 mins

COOKING TIME: 16 mins

MAKES: 15–18 pcs

INGREDIENTS

1¼ cups Butter at room temperature
⅓ cup Brown sugar
⅓ cup White sugar
1 tsp Vanilla essence
½ tsp Salt

1 Egg
1⅓ cups Plain flour, sifted
¼ tsp Baking powder dissolved in 2 tsp hot water
1 cup Chopped nuts
175 gm Chocolate chips

METHOD

Cream butter in an electric mixer until light. With the mixer running, slowly add brown sugar, sugar, vanilla, salt, egg, flour and dissolved baking powder. Mix until just blended. Stir in chopped nuts and chocolate chips by hand. If dough is too soft, chill it until it stiffens a little. Then, shape the dough into 2" diameter (no bigger) balls. Place them on a baking sheet, leaving 2" in-between, since the dough spreads on cooking. Pre-heat crusty plate on 600W + GRILL for 3 minutes. Microwave cookies on the same setting for 12 minutes or until they set but are slightly soft. Let the cookies cool and harden. Store in air-tight containers.



GAJAR KA HALWA



PREPARATION TIME: 5 mins

COOKING TIME: 35 mins

SERVES: 4

INGREDIENTS

1½ cups Milk
500 gm Carrots, peeled and grated
(red variety)
¾ cup Sugar

3 tbsp Ghee
A few green cardamoms, pounded
3-4 tbsp Almonds, blanched and slivered
A handful raisins (optional)

METHOD

Bring the milk and carrots to a boil on the fire. Put into a large microwave-safe bowl. Microwave on HIGH for 20 minutes. Stir two or three times till all the milk has been absorbed. The timings vary depending on the moisture in the carrots. Add the sugar to the hot carrot mixture. Stir vigorously. Add the *ghee*, cardamoms and half the nuts. Cook on HIGH for a further 15 minutes. Stir once. Pour into a serving dish. Garnish with the remaining nuts and raisins.

PHIRNEE



PREPARATION TIME: 10 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

3 cups Milk
½ cup Sugar
4 tbsp Rice, soaked

½ cup Raisins
12 Almonds
A few drops of almond essence

METHOD

Soak 4tbsp rice for 1 hour in ½ cup water. Grind rice and water to a smooth paste. Cook milk and sugar in the microwave on HIGH for 8 minutes until the milk almost boils. Stir in the ground rice. Microwave on HIGH for 2 minutes till the milk comes back to a boil again. Reduce power level to 600W, and continue to cook for 5 minutes. Stir twice. Stand for 3-4 minutes. Stir in most of the almonds and essence. Pour into serving bowls/bowl. Garnish with the remaining nuts and raisins. Serve chilled.

PISTACHIO CAKE



PREPARATION TIME: 25 mins

COOKING TIME: 20 mins

SERVES: 4

INGREDIENTS

1 $\frac{2}{3}$ cups Butter, softened
2 Lemons (*nimbu*)
1 $\frac{1}{4}$ cups Castor sugar
4 Eggs
2 tsp Vanilla extract
1 cup Almonds, blanched

1 $\frac{1}{4}$ cups Pistachios, shelled
1 $\frac{1}{3}$ cup Plain flour

Topping

Juice of 3 lemons (*nimbu*)
 $\frac{1}{2}$ cup Pistachios, shelled
 $\frac{1}{4}$ cup Castor sugar

METHOD

Grease a microwave-suitable square or rectangular dish with some of the butter or line with parchment paper and grease with butter. Grate the lemon peel (zest). Grind the nuts to a fine powder. Beat the butter and sugar until light and creamy (for about 3 minutes). Add eggs one at a time. Add the lemon zest and vanilla extract. Fold in the nuts and sieved flour. Spoon the mixture into the dish, and cook on microwave on 600W for 15 minutes or until a skewer comes out clean. Remove from the oven. Leave to cool. Turn out onto a plate.

For the topping, grate the peel and squeeze the juice. Reserve half the zest. Halve the pistachios. Mix the lemon juice with the sugar. Microwave on HIGH for 4 minutes until the syrup is thick but not caramelized. Remove. Stir in the zest and the pistachios. Pour this over the cake. Serve sliced as is or with whipped cream.



CASHEW BURFI



PREPARATION TIME: 25 mins

COOKING TIME: 25 mins

MAKES: 30 pcs

INGREDIENTS

½ cup Water
2½ cups Sugar
1 tbsp Milk
1 kg Cashew nuts, ground fine
3 tsp *Ghee*



METHOD

Put water and sugar into a bowl. Microwave on HIGH for 8-9 minutes. Stir twice. The mixture should come to a boil and you should get a really thick syrup. Just before it begins to caramelize, pour in milk. Stir. Mix in cashew powder and *ghee*. Put this back, and microwave on HIGH for 12 minutes or until the mixture thickens and the fat separates. Keep stirring during cooking. Lightly grease ½" high trays and press the burfi mixture onto it. When cool, cut into diamonds or squares. Remove from tray. Store in an airtight box.

SUJI SHEERA



PREPARATION TIME: 10 mins

COOKING TIME: 12 mins

SERVES: 4

INGREDIENTS

1 cup Semolina (*rava, suji*)
½ cup *Ghee*
¾-1 cup Sugar

1½ cup Water
1½ tsp Green cardamom powder
Few strands of saffron
Almonds, soaked, peeled and sliced

METHOD

Place the semolina in a microwave bowl and roast uncovered on HIGH for 3 minutes. Stir in-between once. Mix *ghee* to the roasted semolina. Cover and microwave on HIGH for 2 minutes. In another bowl put 1½ cups water. Microwave on HIGH for 4 minutes, until boiled. Mix the boiled water and sugar to the semolina. Microwave for 3 minutes. Stir. Add saffron, cardamom powder, most of the almonds, reserving some for garnishing. Remove. Stir well. Sprinkle the reserved almonds on top. Serve.

CHOCOLATE BROWNIES



PREPARATION TIME: 25 mins

COOKING TIME: 30 mins

SERVES: 6-8

INGREDIENTS

1 cup Butter
2 cups Sugar
4 large Eggs
2 tsp Vanilla essence

¾ cup Cocoa
½ tsp Baking powder
¼ tsp Salt
1 cup Flour
2 cups Walnut

METHOD

Pre-heat the CONVECTION oven setting to 180°C. Grease a baking pan 9" x 9" x 2". In a bowl beat the butter and sugar till light. Beat in the eggs one at a time. Add the vanilla. Add the cocoa powder, baking powder and salt. Fold in the flour and nuts. Pour into dish. Bake on CONVECTION 180°C for 30 minutes.



TIP

The less you fuss about this recipe the better it will turn out. Brownie is actually a failed chocolate cake made by somebody who forgot the baking powder, sometime after World War I in the US. The great thing about a perfect brownie is you don't need fancy chocolate; any good cocoa out of a tin is fine. If it is not too dark, add ½tsp instant coffee powder. Do not leave the brownie in the oven for a minute longer than necessary. It should always be a little gooey in the centre. Brownies do not need refrigeration; they stay moist

and gooey in an airtight container at room temperature. They should last for a week easily, if you can resist eating them!!!!

* This is perfect for convection cooking. When you microwave a brownie, it sets like a cake, preventing the centre from remaining gooey.

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Karen Anand has been described as the "Martha Stewart of India" and something of a "food guru for India's middle classes", influencing the way people eat and perceive good food. In addition to writing extensively on the subject of food and wine for 25 years, she has also set up a factory producing gourmet food products under her own brand, run a successful chain of food stores, had a niche catering business, anchored top rated TV shows, started a Gourmet Academy and now consults for multinationals and international hotel and restaurant chains

entering the Indian market.

A prolific writer, she has co-authored the bestseller, Penguin's *Food Lover's Guide to India and Nepal*, wrote the introduction to *The Food of India* by a leading Singaporean publisher. She followed this with *Lean Cuisine Curries* and *International Cooking*, based on her TV show, *The Good Food Guide* on Star Plus. She has also brought out a CD ROM, *Creative Cooking for the City Couple* for Times Multimedia. *Simple Cooking for Smart Men* has been a bestseller since it was published in 2005. It is based on her TV series, *Cook Na Kaho* (Don't call me a Cook). She has recently completed a 12-book series entitled, *Simple Cooking...* which was nominated for the World Gourmand Awards in Paris. She also authors the yearly *Times Food Guide, Pune*, for the Times Group. In the pipeline currently are a contemporary version of *Lean Cuisine Curries* and a collection of her food columns from *The Independent* newspaper in the 90s. She is also working on a small format TV food show.

In October 2006, Karen was awarded the prestigious Food & Spirit Award (Trophée de l'Esprit Alimentaire) for Culture from the French Government. The award was created to honour international figures who in their own professional field, help to promote French food culture.

Karen Anand lives in Pune with her husband, Yadu Sankalia, and two sons.


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