

CE117ADV

Microwave Oven

Owner's instructions & Cooking guide

imagine the possibilities

Thank you for purchasing this Samsung product.
Please register your product at

www.samsung.com/register

SAMSUNG

CONTENTS

Switching the sound setting.....	2
“Quick” look-up guide.....	3
Using the steam cleaning.....	4
Control panel.....	5
Oven	5
Accessories	6
Using this instruction booklet.....	7
Safety information.....	7
Installing your microwave oven	14
Setting the time	15
How a microwave oven works	15
Checking that your oven is operating correctly.....	16
What to do if you are in doubt or have a problem.....	16
Cooking/Reheating.....	17
Power levels and time variations	17
Stopping the cooking	18
Adjusting the cooking time.....	18
Using the power defrost feature.....	19
Using the indian favorites feature	20
Using the world’s favorites feature.....	29
Using the special recipe feature	38
Using the deodorize feature.....	44
Using the manual crusty cook function	45
Multistage cooking	47
Fast preheating the oven	48
Cooking by convection	48
Grilling	49
Choosing the accessories.....	49
Spit-roasting.....	50
Using the vertical multi-spit.....	51
Combining microwaves and the grill.....	51
Combining microwaves and convection.....	52
Safety-locking your microwave oven.....	52
Cookware guide	53
Cooking guide	54
Cleaning your microwave oven	63
Storing and repairing your microwave oven.....	64
Technical specifications	64

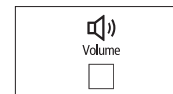
SWITCHING THE SOUND SETTING

You can switch the sound setting whenever you want.

1. Press the **Volume** (🔊) buttons.

Example:

- First, if press button once, “off” is registered in display.
And if press **Start** (▶) button, all sound is mute.
- In addition, you “bBEEP” and “L1-L4” mode can be selected.
“bBEEP” mode, select only the sound of the button is used.
And you can select voice guide’s volume to “L1-L4”.

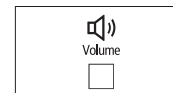


2. Press the **Start** (▶) button to complete the sound setting.



3. If you want to change the sound settings, Press the **Volume** (🔊) buttons again.

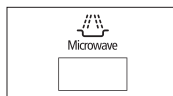
Result: The oven operates normally.



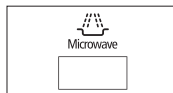
“QUICK” LOOK-UP GUIDE

I want to cook some food.

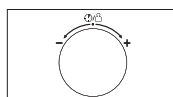
1. Place the food in the oven.
Press the **Microwave** (☼) button.



2. Press the **Microwave** (☼) button until the appropriate power level is displayed.



3. Select the cooking time by turning the **dial knob** as required.



4. Press **Start** (◀▶) button.

- Result:** Cooking starts.
- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.



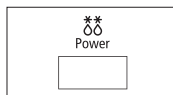
I want to add an extra 30 seconds.

Leave the food in the oven.
Press **+30s** button one or more times for each extra 30 seconds that you wish to add.

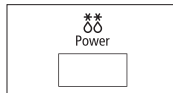


I want to Power defrost some food.

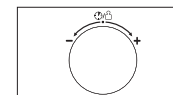
1. Place the frozen food in the oven.
Press the **Power Defrost** (☼) button.



2. Select the food category by pressing the **Power Defrost** (☼) button, until the desired food category is selected.



3. Select the weight by turning the **dial knob** as required.



4. Press **Start** (◀▶) button.

- Result:** Defrosting starts.
- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

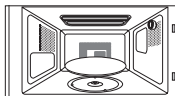


USING THE STEAM CLEANING

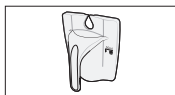
The steam provided by steam clean system will soak the cavity surface. After using steam clean function, you can easily clean the cavity of oven.

- ☑ Use this function only after the oven has completely cooled. (Room temperature)
- ☑ Use normal water only, and no distilled water.
- ☑ It will be more better if you do a deodorization function after using Steam cleaning.
- ☑ If the door is opened during this operation "E-47" will be displayed. (The water in the oven will be very hot due to the steam cleaning function.)

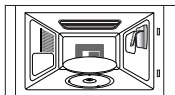
1. Open the Door.



2. Fill with water following guide line inside the water bowl.
(The line is about 30 ml.)



3. Please attach the water bowl in right side of the oven.

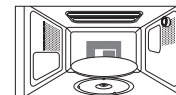


4. Close the door.

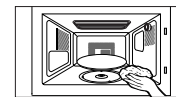
5. Press the **Steam clean** (☉) button.
(Bulb does work during Steam cleaning time.)



6. Open the Door.

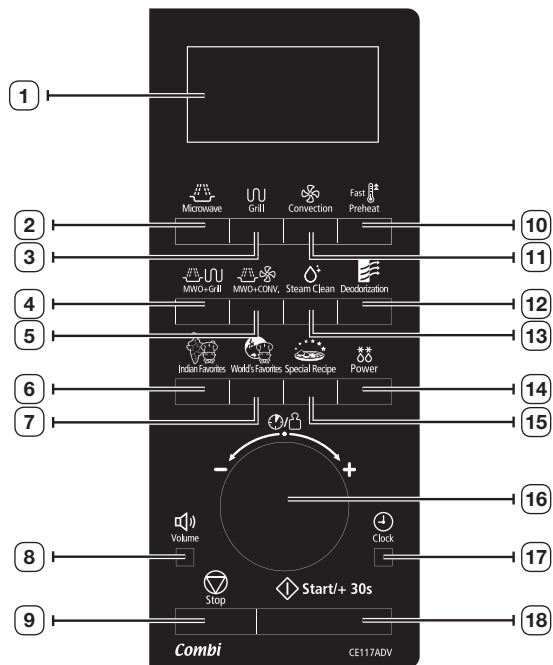


7. Please clean cavity of oven with dried dishtowel.
Remove the turntable and only under rack with kitchen paper.



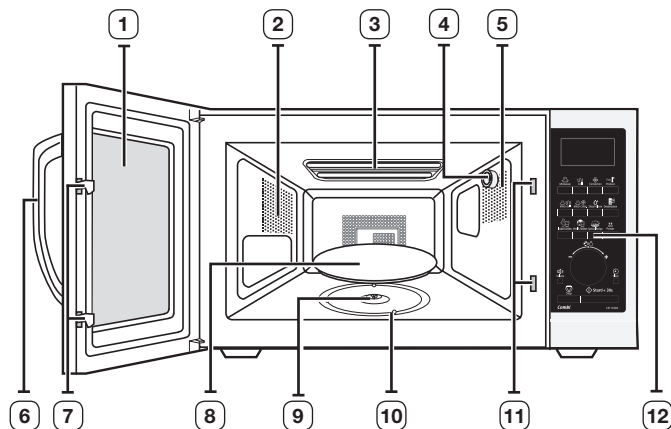
- Water Bowl only can be use during "**Steam Clean**" mode.
- When cooking non-liquid items, remove water bowl because it will damage and cause fire to the microwave oven.

CONTROL PANEL



- | | |
|--------------------------------|--|
| 1. DISPLAY | 10. AUTO FAST PREHEAT SELECTION BUTTON |
| 2. MICROWAVE BUTTON | 11. CONVECTION BUTTON |
| 3. GRILL BUTTON | 12. DEODORIZE BUTTON |
| 4. MICROWAVE+GRILL BUTTON | 13. STEAM CLEAN BUTTON |
| 5. MICROWAVE+CONVECTION BUTTON | 14. POWER DEFROST FEATURE BUTTON |
| 6. INDIAN FAVORITES BUTTON | 15. SPECIAL RECIPE BUTTON |
| 7. WORLD'S FAVORITES BUTTON | 16. DIAL KNOB (Cook time, Weight and serving size) |
| 8. VOLUME BUTTON | 17. CLOCK SETTING BUTTON |
| 9. STOP/CANCEL BUTTON | 18. START/+30s BUTTON |

OVEN



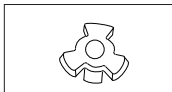
- | | |
|----------------------|----------------------------|
| 1. DOOR | 7. DOOR LATCHES |
| 2. VENTILATION HOLES | 8. TURNTABLE |
| 3. HEATING ELEMENT | 9. COUPLER |
| 4. WATER BOWL HOLDER | 10. ROLLER RING |
| 5. VENTILATION HOLES | 11. SAFETY INTERLOCK HOLES |
| 6. DOOR HANDLE | 12. CONTROL PANEL |

ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

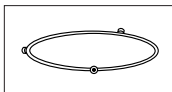
- 1. Coupler**, to be placed correctly over the motor shaft in the base of the oven.

Purpose: The coupler rotates the turntable.



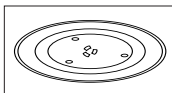
- 2. Roller ring**, to be placed in the center of the oven.

Purpose: The roller ring supports the turntable.



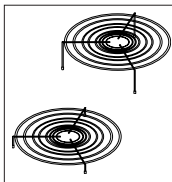
- 3. Turntable**, to be placed on the roller ring with the center fitting on to the coupler.

Purpose: The turntable serves as the main cooking surface; it can be easily removed for cleaning.



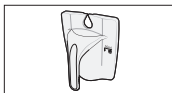
- 4. Metal racks** (High rack, Low rack), to be placed on the turntable.

Purpose: The metal racks can be used to cook two dishes at the same time. A small dish may be placed on the turntable and a second dish on the rack. **The metal racks can be used in grill, convection and combination cooking.**



- 5. Clean water bowl**, to be placed in the right side of the oven.

Purpose: The water bowl can be used to clean.



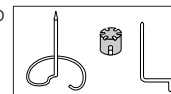
- 6. Crusty plate**, to be placed on the turntable.

Purpose: The crust plate is used to brown food better in the microwave or grill combination cooking modes and to keep pastry and pizza dough crisp.



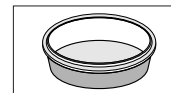
- 7. Roasting spit, Coupler barbecue and Skewer**, to be placed in the glass bowl.

Purpose: The roasting spit is a convenient way of barbecuing a chicken, as the meat does not have to be turned over. It can be used for grill combination cooking.



- 8. Glass bowl**, to be placed on the turntable.

Purpose: Roasting stand is placed on the glass bowl.



USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain much valuable information on cooking with your microwave oven:

- Safety precautions
- Accessories and cookware
- Useful cooking tips

Inside the cover you will find a quick look-up guide explaining three basic cooking operations:

- Cooking (microwave mode)
- Defrosting
- Adding an extra 30 seconds, if the dish is inadequately cooked or requires additional reheating













At the front of the booklet you will find illustrations of the oven, and more importantly the control panel, so that you can find the buttons more easily.

SAFETY INFORMATION

- Before operating the appliance, please read this manual thoroughly and retain it at a safe place near the appliance for your future reference.
- Use this appliance only for its intended purpose as described in this instruction manual. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service center or find help and information online at www.samsung.com.

Important safety symbols and precautions.

The following symbols are used in the text of this Owner's Manual:

 WARNING	Hazards or unsafe practices that may result in severe personal injury or death.
 CAUTION	Hazards or unsafe practices that may result in minor personal injury or property damage.
 CAUTION	To reduce the risk of fire, explosion, electric shock, or personal injury when using your microwave oven, follow these basic safety precaution
	Do NOT attempt.
	Do NOT disassemble.
	Do NOT touch.
	Follow directions explicitly.
	Unplug the power plug from the wall socket.
	Make sure the machine is grounded to prevent electric shock.
	Call the service center for help.
	Note
	Important

**WARNING** Severe warning signs for installation

- ★ The installation of this appliance must be performed by a qualified microwave service technician trained by the manufacturer. Please see the section “Installing your Microwave Oven”.

Plug the power cord into the proper wall socket or higher and use the socket for this appliance only. Plug the power plug into the wall socket firmly. In addition, do not use an extension cord.

- Failure to do so and sharing a wall socket with other appliances using a power strip or extending the power cord may result in electric shock or fire.
- Do not use an electric transformer. It may result in electric shock or fire.

The installation of this appliance must be performed by a qualified technician or service company.

- Failing to do so may result in electric shock, fire, an explosion, problems with the product, or injury.

The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

- Do not install this appliance near a heater, inflammable material. Do not install this appliance in a humid, oily or dusty location, in a location exposed to direct sunlight and water (rain drops). Do not install this appliance in a location where gas may leak.
 - This may result in electric shock or fire.

The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.




- This appliance must be properly grounded. Do not ground the appliance to a gas pipe, plastic water pipe, or telephone line.
 - This may result in electric shock, fire, an explosion, or problems with the product.
 - Never plug the power cord into a socket that is not grounded correctly and make sure that it is in accordance with local and national codes.

**CAUTION** Caution signs for installation

- ★ This appliance should be positioned in such a way that it is accessible to the power plug.
 - Failure to do so may result in electric shock or fire due to electric leakage.
 Install your appliance on a level and hard floor that can support its weight.
 - Failure to do so may result in abnormal vibrations, noise, or problems with the product.
 Install the appliance while maintaining the proper distance from the wall.
 - Failure to do so may result in fire due to overheating.
 The minimum height of free space necessary above the top surface of the oven.

**WARNING** Severe warning signs for electric

- ★ Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.
 - Unplug the power plug and clean it with a dry cloth.
 - Failure to do so may result in electric shock or fire.
 Plug the power plug into the wall socket in the right direction so that the cord runs towards the floor.
 - If you plug the power plug into the socket in the opposite direction, the electric wires within the cable may be damaged and this may result in electric shock or fire.

 Plug the power plug into the wall socket firmly. Do not use a damaged power plug, damaged power cord or loose wall socket.

- This may result in electric shock or fire.

Do not pull or excessively bend the power cord.


Do not twist or tie the power cord.

Do not hook the power cord over a metal object, place a heavy object on the power cord, insert the power cord between objects, or push the power cord into the space behind the appliance.


- This may result in electric shock or fire.

Do not pull the power cord, when unplugging the power plug.

- Unplug the power plug by holding the plug.
- Failure to do so may result in electric shock or fire.


 When the appliance or the cord is damaged, contact your nearest service centre.

 **CAUTION** Caution signs for electric

 Unplug the power plug when the appliance is not being used for long periods of time or during a thunder/lightning storm.

- Failure to do so may result in electric shock or fire.

 **WARNING** Severe warning signs for using

 In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug. Do not touch the appliance or power cord.

- Do not use a ventilating fan.
- A spark may result in an explosion or fire.

Take care that the door, heater or any of the other parts do not come into contact with the body while cooking or just after cooking.

- Failure to do so may result in burns.

During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.

When moving heating elements, make sure to use the equipment designed to move heating element while wearing safety gloves provided with the product, and see if temperature drops sufficiently (at least 10 minutes after grill or combination cooking operation) after operation.

ALWAYS use oven gloves when removing a dish from the oven to avoid unintentional burn.

Stand at arms length from the oven when opening the door.

Reason : The hot air or steam released may cause scalding.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions:

- Immerse the scalded area in cold water for at least 10 minutes.
- Cover with a clean, dry dressing.
- Do not apply any creams, oils or lotions.
- Contact a doctor

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

Children should be supervised to ensure that they do not play with the appliance.

Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode even after microwave heating has ended.

WARNING : The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

★ WARNING : Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

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

Appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.

WARNING : Accessible parts may become hot during use. To avoid burns young children should be kept away.

WARNING : Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.

☐ Do not touch the power plug with wet hands.

- This may result in electric shock.

Do not turn the appliance off by unplugging the power plug while an operation is in progress.

- Plugging the power plug into the wall socket again may cause a spark and result in electric shock or fire.

Keep all packaging materials well out of the reach of children, as packaging materials can be dangerous to children.

- If a child places a bag over its head, it may result in suffocation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

- Failing to do so may result in electric shock, burns or injury.

Never use this appliance for purposes other than cooking.

- Failure to do so may result in fire.

Open sealed containers (baby bottles, milk bottles, etc.) and make a hole in food items such as shells or nuts (eggs, chestnuts, etc) with a

knife, before cooking them.

- Failure to do so may result in burns or injury due to the item bursting.

Do not touch the inside of the appliance immediately after cooking, because the inside of the appliance is hot after being heated for a long time or heating a small amount of food.

- Failure to do so may result in burns.

Do not use aluminium foil, metal objects (such as containers, forks, etc.) or containers with golden or silver trims.

- This may result in sparks or fire.

Never heat plastic or paper containers and do not use them with the oven function.

- Failure to do so may result in fire.

Take care that food does not come into contact with the heater when cooking food with the oven.

- This may result in fire.

Do not over-heat food.

- This may result in fire.

Do not heat food wrapped in paper such as magazines or newspaper.

- This may result in fire.

Do not use or place inflammable sprays or objects near the oven.


- This may result in fire or an explosion.

Do not open the door when the food in the cooking compartment is burning.

- If you open the door, an inflow of oxygen occurs and this may result in fire.

Do not insert fingers, foreign substances or metal objects such as pins or needles into the inlet, outlet, water supply cartridge input and output parts, and holes. If foreign substances are inserted into any of these holes, unplug the power plug from the wall socket and contact your product provider or nearest service centre.

- Failure to do so may result in electric shock or injury.

-  NEVER fill the container to the top and choose a container that is wider at the top than at the bottom to prevent the liquid from boiling over. Bottles with narrow necks may also explode if overheated.

NEVER heat a baby's bottle with the teat on, as the bottle may explode if overheated.

DO NOT touch heating elements or interior oven walls until the oven has cooled down.


Do not immerse the power cable or plug in water and keep the power cable away from heated surfaces.

Do not operate this appliance if it has a damaged power cable or plug.

DO NOT operate the microwave oven when it is empty. The power will be cut off automatically for safety. You can operate normally after letting it stand for over 30 minutes. It is best to leave a glass of water inside the oven at all times. The water will absorb the microwave energy if the oven accidentally started.

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

WARNING : Liquids and other foods must not be heated in sealed containers since they are liable to explode.

-  If the appliance is flooded cut the power immediately and please contact your nearest service centre.

- Failure to do so may result in electric shock or fire.


If the appliance generates a strange noise, a burning smell or smoke, unplug the power plug immediately and contact your nearest service centre.

- Failure to do so may result in electric shock or fire.

-  Do not attempt to repair, disassemble, or modify the appliance yourself.

- Since a high voltage current enters the product chassis, it may result in electric shock or fire.
- You may be exposed to electromagnetic waves.
- When repairing the appliance is required, contact your nearest service centre.


WARNING : It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

-  If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.

- Failure to do so may result in electric shock or fire.

If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames;

CAUTION Caution signs for using

-  Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags.
Reason : Electric arcing or sparking may occur and may damage the oven.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition;

Small amounts of food require shorter cooking or heating time. If normal times are allowed they may overheat and burn.

You may notice a Clicking sound during operation (especially when the oven is defrosting).

Reason : This sound is normal when the electrical power output is changing.

- ★ Young children should NEVER be allowed to use or play with the microwave oven. Nor should they be left unattended near the microwave oven when it is in use. Items of interest to children should not be stored or hidden just above the oven.

Children should be supervised to ensure that they do not play with the appliance.

- ☐ Take care as beverages or food may be very hot after heating.
 - Especially when feeding a child, check that it has cooled sufficiently.
 Take care when heating liquids such as water or other beverages.
 - Make sure to stir during or after cooking.
 - Avoid using a slippery container with a narrow neck.
 - Remove the container at least 30 seconds after heating.
 - Failing to do so may result in an abrupt overflow of the contents and cause burns.

Do not hold food or any part there of during or immediately after cooking.

- Use cooking gloves because it may be very hot and you could burn yourself.
- If you pull the ceramic dish or well-being multi-purpose pan forwards, food may spill and this may result in burns.

When the surface is cracked, turn the power switch of the appliance off.

- Failure to do so may result in electric shock.

Do not scratch the glass of the oven door with a sharp object.

- This may result in the glass being damaged or broken.

Do not stand on top of the appliance or place objects (such as laundry, oven cover, lighted candles, lighted cigarettes, dishes, chemicals, metal objects, etc.) on the appliance.

- Items, such as a cloth, may be caught in the door.
- This may result in electric shock, fire, problems with the product, or injury.

Do not operate the appliance with wet hands.

- This may result in electric shock.

Do not spray volatile material such as insecticide onto the surface of the appliance.

- As well as being harmful to humans, it may also result in electric shock, fire or problems with the product.

Do not apply excessive pressure or impact to the door or to the inside of the appliance.

- This may result in deformation to the product or injury due to electric wave leakage.
- Hanging onto the door may result in the product falling and causing injury.
- If the door is damaged, do not use the appliance and contact your nearest service centre.

Do not place the appliance over a fragile object such as a sink or glass object.

- This may result in damage to the sink or glass object.

Use the appliance only after closing the door.


- If you use the appliance when it is contaminated by foreign substances such as food waste, it may result in problems with the appliance.

Take care when removing the wrapping from food that has just been taken out of the appliance.

- If the food is hot, hot steam may be emitted abruptly when removing the wrapping and you may burn yourself.

Do not unplug the appliance by pulling at the power cord, always grip plug firmly and pull straight out from the outlet.

- Damage to the cord may cause short-circuit, fire and/or electric shock.

 Do not put your face or body close to the appliance while cooking or when opening the door just after cooking.

- Take care that children do not come close to the appliance.
- Failure to do so may result in burns from the heat.

Do not place food or heavy objects over the door when opening the door.


- The food or object may fall and this may result in burns or injury.

Do not abruptly cool the door, the inside of the appliance, or the dish by pouring water over it during or just after cooking.

- This may result in damage to the appliance. The steam or water spray may result in burns or injury.

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

WARNING Severe warning signs for cleaning

 Do not clean the appliance by spraying water directly onto it. Do not use benzene, thinner or alcohol to clean the appliance.

- This may result in discoloration, deformation, damage, electric shock or fire.

Before cleaning or performing maintenance, unplug the appliance from the wall socket and remove food waste from the door and cooking compartment.

- Failure to do so may result in electric shock or fire.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

Do not use your microwave oven to dry papers or clothes.

For your safety, do not use high-pressure water cleaners or steam jet cleaners.


during cleaning conditions the surfaces may get hotter than usual and children should be kept away. (cleaning model only)

excess spillage must be removed before cleaning and shall specify which utensils can be left in the oven during cleaning. (cleaning model only)

CAUTION Caution signs for cleaning

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

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

 Take care not to hurt yourself when cleaning the appliance (external/internal).

- You may hurt yourself on the sharp edges of the appliance.

Do not clean the appliance with a steam cleaner.

- This may result in corrosion.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

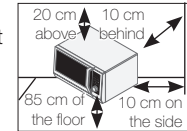
- (a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.
- (b) Do not place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.
- (c) Do not operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:
 - (1) Door (bent)
 - (2) Door hinges (broken or loose)
 - (3) door seals and sealing surfaces
- (d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

This product is a Group 2 Class B ISM equipment. The definition of group 2 which contains all ISM equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and EDM and arc welding equipment. For Class B equipment is equipment suitable for use in domestic establishments and in establishments directly connected to a low voltage power supply network which supplies buildings used for domestic purposes.

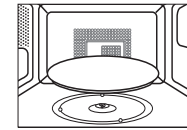
INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safely bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven. Install the roller ring and turntable. Check that the turntable rotates freely.




3. This microwave oven has to be positioned so that plug is accessible.
 - If the supply cord is damaged, it must be replaced by a special cord or assembly available from the manufacturer or its service agent. For your personal safety, plug the cable into a 3-pin, 230 Volt, 50 Hz, AC earthed socket. If the power cable of this appliance is damaged, it must be replaced by a special cable.
 - Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

SETTING THE TIME

Your microwave oven has an inbuilt clock. When power is supplied, “:0”, “88:88” or “12:00” is automatically displayed on the display. Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

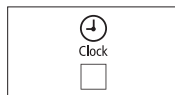
- When you first install your microwave oven
- After a power failure

 Do not forget to reset the clock when you switch to and from summer and winter time.

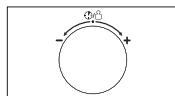
1. To display the time in the... Then press the Clock (🕒) button...

24-hour notation
12-hour notation

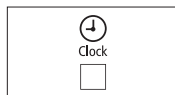
Once
Twice



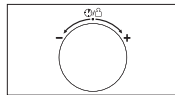
2. Turn the dial knob to set the hour.



3. Press the Clock (🕒) button.

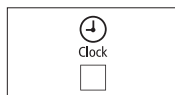


4. Turn the dial knob to set the minute.



5. When the right time is displayed, press the Clock (🕒) button to start the clock.

Result: The time is displayed whenever you are not using the microwave oven.



HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook


Cooking principle.

1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.

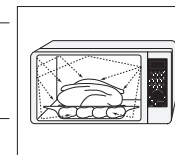
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.

3. Cooking times vary according to the container used and the properties of the food:

- Quantity and density
- Water content
- Initial temperature (refrigerated or not)

 As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food



CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times. If you are in doubt, refer to the section entitled "What to do if you are in doubt or have a problem" on the page.

- ☑ The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum (100 % - 900 W) is used, the water takes longer to boil.

Open the oven door by pulling the handle on the right side of the door. Place a glass of water on the turntable. Close the door.

Press the **Start** (⏪) button and set the time to 4 or 5 minutes, by pressing the **Start** (⏪) button the appropriate number of times.

Result: The oven heats the water for 4 or 5 minutes.
The water should then be boiling.



WHAT TO DO IF YOU ARE IN DOUBT OR HAVE A PROBLEM

Becoming familiar with a new appliance always takes a little time. If you have any of the problems listed below, try the solutions given. They may save you the time and inconvenience of an unnecessary service call.

The following are normal occurrences.

- Condensation inside the oven.
- Air flow around the door and outer casing.
- Light reflection around the door and outer casing.
- Steam escaping from around the door or vents.

The food is not cooked at all.

- Have you set the timer correctly and pressed the **Start** (⏪) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be tripped?

The food is either overcooked or undercooked.

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

Sparking and cracking occur inside the oven (arcing).

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

The oven causes interference with radios or televisions.

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.
 - * Solution: Install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset.
 - * Solution: Disconnect the power plug and reconnect it. Reset the time.

"E-24" message indicates.

- The "E-24" message is automatically activated prior to the microwave oven overheating. Should the "E-24" message be activated, then depress the "Stop/Cancel" key to utilize the initialization mode.

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.

Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

COOKING/REHEATING

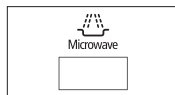
The following procedure explains how to cook or reheat food.

- ☑ ALWAYS check your cooking settings before leaving the oven unattended.

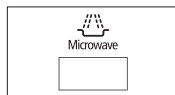
Open the door. Place the food in the centre of the turntable. Close the door. Never switch the microwave oven on when it is empty.

1. Press the **Microwave** (🔊) button.

Result: The following indications are displayed:
🔊 (microwave mode)

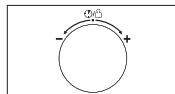


2. Select the appropriate power level by pressing the **Microwave** (🔊) button again until the corresponding output power is displayed. Refer to the power level table below for further details.



3. Set the cooking time by turning the **dial knob**.

Result: The cooking time is displayed.



4. Press the **Start** (▶) button.

Result: The oven light comes on and the turntable starts rotating. Cooking starts and when it has finished:

- The oven beep and flash "0" four times.
The oven will then beep one time per minute.

- ☑ If you would like to know the current Power Level of the oven cavity, press **Microwave** (🔊) button once. If you would like to change the power level during cooking, press the **Microwave** (🔊) button twice or more times to select the desired power level.

Quick Start:

- ☑ If you wish to heat a dish for a short period of time at maximum power (900 W), you can also simply press the **Start** (▶) button once for each 30 seconds of cooking time. The oven starts immediately.



POWER LEVELS AND TIME VARIATIONS

The power level function enables you to adapt the amount of energy dissipated and thus the time required to cook or reheat your food, according to its type and quantity. You can choose between six power levels.

Power Level	Percentage	Output
HIGH	100 %	900 W
MEDIUM HIGH	67 %	600 W
MEDIUM	50 %	450 W
MEDIUM LOW	33 %	300 W
DEFROST	20 %	180 W
LOW	11 %	100 W

The cooking times given in recipes and in this booklet correspond to the specific power level indicated.

If you select a...	Then the cooking time must be...
Higher power level	Decreased
Lower power level	Increased

STOPPING THE COOKING

You can stop cooking at any time so that you can:

- Check the food
- Turn the food over or stir it
- Leave it to stand

To stop the cooking...	Then...
Temporarily	Open the door. Result: Cooking stops. To resume cooking, close the door again and press the Start (↔) button.
Completely	Press the Stop (⊙) button. Result: Cooking stops. If you wish to cancel the cooking settings, press the Stop (⊙) button again.

ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **+30s** button once for each 30 seconds to be added.

- Check how cooking is progressing at any time simply by opening the door
- Increase the remaining cooking time

To increase the cooking time of your food, press the **Start** (↔) button once for each 30 seconds that you wish to add.

- Example: To add three minutes, press the **Start** (↔) button six times.



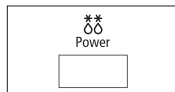
USING THE POWER DEFROST FEATURE

The Power Defrost (❄️) feature enables you to defrost meat, poultry, fish, bread / cake. The defrost time and power level are set automatically. You simply select the programme and the weight.

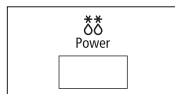
📝 Use only containers that are microwave-safe.

Open the door. Place the frozen food on a ceramic in the centre of the turntable. Close the door.

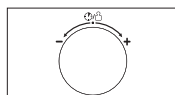
1. Press the **Power Defrost** (❄️) button.



2. Select the type of food that you are cooking by pressing the **Power Defrost** (❄️) button. Refer to the table on the following page for a description of the various preprogrammed settings.



3. Select the size of the serving by turning the **dial knob**.



4. Press **Start** (▶️) button.

Result:

- Defrosting begins.
- The oven beeps through defrosting to remind you to turn the food over.



5. Press the **Start** (▶️) again to finish defrosting.

Result:





When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



📝 You can also defrost food manually. To do so, select the microwave function with a power level of 180 W. Refer to the section entitled "Defrosting" on page 59 for further details.

The following table presents the various Power Defrost programmes, quantities, standing times and appropriate recommendations. Remove all kind of package material before defrosting.

Place meat, poultry and fish on a flat glass plate or on a ceramic plate, arrange bread and cake on kitchen paper.

Code	Food	Serving size (g)	Standing time (min.)	Recommendations
1.	Meat 	200-2000	20-90	Shield the edges with aluminium foil. Turn the meat over, when the oven beeps. This programme is suitable for lamb, pork, steaks, chops, minced meat.
2.	Poultry 	200-2000	20-90	Shield the leg and wing tips with aluminium foil. Turn the poultry over, when the oven beeps. This programme is suitable for whole chicken as well as for chicken portions.
3.	Fish 	200-2000	20-60	Shield the tail of a whole fish with aluminium foil. Turn the fish over, when the oven beeps. This programme is suitable for whole fishes as well as for fish fillets.
4.	Bread / Cake 	125-1000	10-60	Put bread horizontally on a piece of kitchen paper and turn over, as soon as the oven beeps. Place cake on a ceramic plate and if possible, turn over, as soon as the oven beeps. (Oven keeps operating and is stopped, when you open the door.) This programme is suitable for all kinds of bread, sliced or whole, as well as for bread rolls and baguettes. Arrange bread rolls in a circle. This programme is suitable for all kinds of yeast cake, biscuit, cheese cake and puff pastry. It is not suitable for short/crust pastry, fruit and cream cakes as well as for cake with chocolate topping.

USING THE INDIAN FAVORITES FEATURE

The Forty-nine indian favorites features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

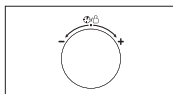
You simply select the programme.

1. Press the **Indian Favorites** (🇮🇳) button repeatedly to select category.

- To select “Indian’s best (11)” : Press button once
- To select “South Indian’s Best (13)” : Press button twice
- To select “Best Tikka series (11)” : Press button three times
- To select “Best Starters (6)” : Press button four times
- To select “Best Breads (8)” : Press button five times



2. Select the menu that you’d like to cook by turning the **dial knob**.
(Refer to the ‘indian favorites menu’ table.)



3. Press **Start** (🔼) button.

Result:

The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.



Indian favorites menu

Indian's best (11)		South Indian's Best (13)		Best Tikka series (11)		Best Starters (6)		Best Breads (8)	
1-01	Paneer Methi Palak	2-01	Idli	3-01	Chicken Malai Tikka	4-01	Sesame Toast	5-01	Garlic Bread
1-02	Chicken Biryani	2-02	Sundal	3-02	Fish Tikka	4-02	Baked Chicken balls	5-02	Cheese Bread
1-03	Fish Curry	2-03	Thattai	3-03	Hariyali Kebab	4-03	Cheese crusted Potato scones	5-03	Cheesey Herb Sticks
1-04	Shahi Paneer	2-04	Cabbage Fogoath	3-04	Shammi kebab	4-04	Beans Square	5-04	Green Corn Bread Rolls
1-05	Amritsari Fish	2-05	Drum Sticks in cashew curry	3-05	Tangri Kebab	4-05	Basket Dhokla	5-05	Nutty Bread Ring
1-06	Maharani Dal	2-06	Coconut Rice	3-06	Seekh Kebab	4-06	Potato Fries	5-06	Sweet Platted Loaf
1-07	Laziz Bhindi	2-07	Chettinad Curry	3-07	Tofu Tikka			5-07	Crispy layered bread with cottage cheese
1-08	Mixed Masala Veggies	2-08	Fried Coconut Chutney	3-08	Dahi Kebab			5-08	Spelt Lemon Bread
1-09	Paneer Peshawari	2-09	Tomato Chutney	3-09	Mutton Egg Nets Kebabs				
1-10	Chicken Kaili Mirch	2-10	Tomato Rice	3-10	Chilli Olive Cottage Cheese Skewers				
1-11	Rismis Matar Paneer	2-11	Tamarind Rice	3-11	Mix Veg Kebab				
		2-12	Lemon Rice						
		2-13	Ven Pongal						

The following table presents the various Indian favorites Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size (g)	Ingredients	Recommendations
Indian's Best (11)				
1-01	Paneer Methi Palak	250-300	Chopped Spinach - 3 cups (blanched), Fresh Fenugreek leaves - ¾ cup (blanched), Chopped onion - 1, Chopped Ginger - 15mm piece, Chopped green chillies - 2, Sliced Cottage cheese - 75g, Dry mango powder - ½ tsp, Oil - 3tsp, Salt to taste, Fresh Cream for garnishing	Make fine puree of spinach and fenugreek leaves and keep aside. In a bowl add all the ingredients, stir in the spinach & fenugreek leaves puree. Garnish with 1 tbsp fresh cream after cook.
1-02	Chicken Biryani	700-750	Boneless Chicken - 250 g, Rice - 250 g, Fried Onion - 2, Tomato Puree - 4 tbsp, Garlic Paste - 1 tsp, Ginger Paste - 1 tsp, Red Chili Powder - 1 tsp, Black Pepper Powder - 1 tsp, Turmeric - ½ tsp, Cloves - 3 to 4, Bay Leaves - 2 to 3, Cardamom - 1, Green Cardamom - 2, Black Pepper - 4 to 5, Cinnamon Stick - ½, Oil - 4 tbsp, Coriander to garnish, Water - 500 ml	Mix all the ingredients in rice container stir well and cook. Serve hot with vegetable raita or gravy.
1-03	Fish Curry	600-650	Pomfret - ½ kg, Cumin Seeds - 1 tbsp, Coriander Seeds - 1 tbsp, Coconut scraped - ½ Cup, Ginger Paste - 1 tsp, Garlic Paste - 1 tsp, Tamarind - lemon sized ball, Oil - 4 tbsp, Fried Onion - 2 medium, Tomato Puree - 4 tbsp, Red Chillies - 3 to 4, Green Chillies - 3 to 4, Salt to taste, Water - 200ml	Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chillies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients. Add salt to taste and ½ cup water cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice.

Code	Food	Serving size (g)	Ingredients	Recommendations
1-04	Shahi Paneer	700-750	Cottage Cheese - 100 g, Tomato Puree - 2 tbsp, Pure Ghee - 1 ½ tsp, Garam Masala - ½ tsp, Green Cardamom Powder - ¼ tsp, Cumin Seeds - ½ tsp, Salt to taste, Tomato ketchup - 2 tbsp, Fresh Cream - 1 tsp, Dry Fenugreek leaves - ¼ tsp, Water - 6 tbsp	Cut cottage cheese in 1 inch cubes. Add all the ingredients mix well. Cook and serve hot with assorted Indian bread.
1-05	Amritsari Fish	600-650	Fish - 500 g, Curd - 2 tbsp, Coriander Powder - 2 tsp, Ginger Garlic Paste - 2 tsp, Dried Mango Powder - 2 tsp, Cumin Powder - 2 tsp, Red Chili Powder - 2 tsp, Chicken Colour - 1 pinch, Onion - ½ cup (Chopped), Tomato - ½ cup chopped, Oil - 1 tbsp, Water - 4 to 5 tbsp, Salt to taste	Marinate fish with curd, ginger garlic paste, red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.
1-06	Maharani Dal	100-120	Moong dhuli (Yellow lentils) - ½ Cup, Water - 1 Cup, Ginger Paste - 1 tsp, Oil - 1 tbsp, Salt to taste, Turmeric Powder - ¼ tsp, Red Chili Powder - ¼ tsp, Dry Mango Powder - ½ tsp, Coriander Powder - ½ tsp, Curry Leaves - 3 to 4, Whole Green Chillies, Slit - 1 to 2	In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.
1-07	Laziz Bhindi	220	Okara - 250 g, Tomato - 1, Green Chili - 1, Onion - 1 medium, Chaat Masala - ½ tsp, Garam Masala - ¼ tsp, Sunflower Oil - ¼, Salt to taste, Garlic paste to taste optional, Degi Mirch - ½ tsp	Slit okara from the middle and keep aside. Blend onion, tomato, green chili and garlic paste in to a fine paste add salt, chaat masala, Garam Masala, Oil and degi mirch remove the extra juice of tomatoes, make it a thick paste. Fill okara with paste and place it in a flat microwave safe dish and cover it with clear foil and make a small hole to release the steam.

Code	Food	Serving size (g)	Ingredients	Recommendations
1-08	Mixed Masala Veggies	300-350	Beans - 100 g (diced), Carrot - 4 small (diced), Onion - 2 chopped, Tomato - 2 chopped, Turmeric - ½ tsp, Chilli Powder - ½ tsp, Garam Masala - ½ tsp, Coriander Powder - 1 tsp, Salt to taste, Cloves - 2 (crushed), Khoyaa(Dried residue of boiled milk) - 50 g(graded)	Add all in a bowl, cover with cling foil and make holes to release steam. Cook and serve hot.
1-09	Paneer Peshawari	150-200	Cottage Cheese - ½ cup, Cashewnuts - 1 tbsp, Chopped Ginger - ½ tsp, Chopped Green Chillies - 1 tsp, Mava - 2 tbsp, Cardamoms - 3, Cloves - 2, Onion Paste - 1 tbsp, A pinch white pepper powder, Milk - ½ cup, Cream - 1 tbsp, Sugar - a pinch, Oil - 2 tsp, Salt to taste, Saffron Threads and blanched almonds for garnishing	Add everything in a bowl and cook. Garnish with saffron and almond than serve hot.
1-10	Chicken Kali Mirch	200-225	Boneless Chicken cubes - 1 cup, Cream - 4 tbsp, Milk - 3 tbsp, Oil - 2 tsp, Salt to taste To be ground to a paste : Chopped Onion - ½ cup, Cashewnuts - 3 tbsp, Chopped Garlic - ½ tsp, Ginger - ½ tsp, peppercorns - 2 tsp, Cream for garnishing.	Add everything in a bowl and cook. Garnish with fresh cream and serve hot.
1-11	Rismis Matar Paneer	150	Cottage Cheese - 100 g (diced), Peas - 50 g (frozen), Cream - 1 tbsp, Garam Masala - ½ tsp, Tomato Puree - 50 g, Coriander Powder - ½ tsp, Tomato Ketchup - 1 tbsp, Pure Ghee - 1 tbsp, Water - ¼ cup	Add everything in a bowl and cook. Serve hot.

Code	Food	Serving size (g)	Ingredients	Recommendations
South India's Best (13)				
2-01	Idli	15-20	Semolina - 100 g, Curd - 200 g, Capsicum - ¼ cup (fine chopped), Onion - ¼ cup (fine chopped), Tomatoes - ¼ cup (Fine chopped), Salt to taste, Regular Eno - 1 ½ tsp, Curry Leaves - 3 to 4, Mustered Seeds - ½ tsp, Oil for greasing, Water for steaming	Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the molds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.
2-02	Sundal	400-450	Brown Chick peas - 2 cups(boiled), Oil - 1 tbsp, Mustard Seeds - 1 tsp, Split black gram - 1 tsp, Red Chilli - 1, Asafoetida - ¼ tsp, Raw mangoes - ½ cup, Grated Coconut - 2 tbsp, Green Chilli - 1(chopped), Salt to taste, Lemon Juice - 1 tbsp	Add all the ingredients and cook.
2-03	Thattai	20-25	Dosa mix - 200 g, Green Chillies - 1(chopped), Chilli powder - ½ tsp, Curry leaves - 5, Butter - 1tbsp, Salt to taste	Add everything in dosa mix and knead a smooth a dough. Make small chaklis and place the over greased crusty plate brush them thoroughly with butter and cook and serve hot.
2-04	Cabbage Foogath	200	Oil - 1 ½ tbsp, Mustard Seeds - 1 tsp, Split - black gram - 1 tsp, Curry leaves - 4 to 5, Green Chillies - 2 (chopped), Cabbage - ¾ cup, Green peas - ½ cup, Ginger - 2 tsp (grated), Salt to taste, Fresh Coconut grated - ½ cup	Mix everything and cook. Serve hot.

Code	Food	Serving size (g)	Ingredients	Recommendations
2-05	Drum Sticks in cashew curry	300-350	Coconut oil - 2 tsp, Cumin Seeds - ½ tsp, Ginger - 1" piece chopped, Green Chillies - 2 chopped, Red chillies - 2, Turmeric powder - ½ tsp, Coriander seeds - 1 tsp, Garlic - 5 cloves Other ingredients : Drumstick - 1, Broken cashew nuts - ½ cup, Coconut thick milk - ½ cup, Salt to taste, Oil - 1 tbsp, Mustard Seeds - 1 tsp	Make smooth paste in blender and add to other ingredients. Cook and serve hot.
2-06	Coconut Rice	500-550	Sesame Seeds - 2 tbsp, Freshly Grated coconut - ½ cup, Ghee - 2tsp, Broken Cashew nuts - 3 tbsp, Oil - 2 tsp, Mustard Seeds - 1 tsp, Cumin Seeds - 1 tsp, Split black gram - 1 tsp(roasted), Split Bengal gram - 1 tsp(roasted), Red Chilli - 1, Curry leaves - 8, Asafoetida - ½ tsp, Green Chillies - 2 tsp, Cooked Rice - 2 ½ cup, Salt to taste	Add everything in bowl and cook.
2-07	Chettinad Curry	500	For the Chettinad Masala : Grated Coconut - ½ cup, Coriander Seeds - ½ tsp, Red Chilli - 1, Cardamom - 3, Fennel Seeds - 1 tsp, Cloves - 3, Cinnamon - 25 mm stick, Oil - 1tbsp Other Ingredients : Poppy Seeds - 1 tbsp, Broken Cashew nuts - 2 tbsp, Ginger - 25mm piece, Garlic - 6 cloves, Oil - 3 tbsp, Chopped Onion - ½ cup, Tomatoes Puree - 5 tbsp, Turmeric Powder - ½ tsp, Chilli Powder - ½ tsp, Curry leaves - 5, Boiled Mixed Vegetable - 3 cups (cauliflower, peas, French beans), Coconut milk - ½ cup	For Chettinad Masala Sauté all the ingredients till you get the pleasant aroma. Keep aside. Grind into a smooth paste. In a bowl add all the ingredients and Chettinad Masala. Cook and serve hot.

Code	Food	Serving size (g)	Ingredients	Recommendations
2-08	Fried Coconut Chutney	200-225	Split Bengal Gram - 3 tbsp(roasted), Split Black Gram - 1 ½ tbsp, Red Chilli - 2, Tamarind - 2 tbsp, oil - 1 tbsp, Freshly Grated Coconut - 1 cup, Salt to taste	Add everything and cook.
2-09	Tomato Chutney	200-225	Coconut oil - 2 tsp, Split Bengal Gram - 1 tsp (roasted), Split Black gram - 1 tsp(roasted), Curry leaves - 10, Chopped green chillies - 2 tsp, Chopped Onion - ¼ cup, Chopped Tomatoes - 1 cup, Turmeric Powder - ¼ tsp, Salt to Taste, Oil - 2 tsp, Mustard Seeds - 1 tsp, Red Chilli - 1, Asafoetida - one pinch	Add all and cook.
2-10	Tomato Rice	500-550	For the Masala : Oil - 2 tsp, Red chilli - 6, Coriander seeds - 2 tsp, Split Bengal Gram - 1 tbsp(roasted), Split Balck Gram - 1 tbsp(roasted), Fenugreek seeds - ¼ tsp, Asafoetida - ½ tsp, Dry grated coconut - 2 tbsp Other Ingredients : Tomato Pulp - ¾ cup, Turmeric - ½ tsp, Salt to taste, Oil - 1 tbsp, Ghee - 2 tsp, Mustard seeds - 1 tsp, Peanuts - 3 tbsp(roasted), Curry leaves - 7, Green chillies - 2 tsp, Chopped Onion - ½ cup, Cooked rice - 2 ½ cup	Roast the masala ingredient and grind. Add all the ingredients and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
2-11	Tamarind Rice	500-550	<p>For the Masala : Split Bengal gram - 1 ½ tsp (roasted), Split Black Gram - 1 ½ tsp (roasted), Coriander Seeds - 1 ½ tsp, Red Chilli - 3 to 4, Sesame Seeds - 2 tsp</p> <p>Other ingredients : Oil - 1 tbsp, Peanuts - ½ cup (roasted), Split Bengal Gram - ½ tsp (roasted), Split Black gram - ½ tsp, Curry leaves - 10, Asafoetida - 1 pinch, Turmeric - ¼ tsp, Tamarind Pulp - ½ cup, Cooked rice - 2 ½ cup, Salt to taste</p>	Masala Everything should be roasted and to be ground into a rough powder. Add all in bowl and cook.
2-12	Lemon Rice	500-550	Oil - 1 tbsp, Mustered seeds - ½ tsp, Urad Dal (split black lentils) - ½ tsp, Chana Dal (split Bengal gram) - 1 tsp, Grated Ginger - ½ tsp, Whole Kashmiri Red Chili - 2 (broken into pieces), Curry Leaves - 4 to 5, Turmeric Powder - 1/8 tsp, Cooked Rice - 2 ½ cup, Lemon juice - 1 tbsp, Salt to taste	Add all in a bowl and cook. Serve hot with curd.
2-13	Ven Pongal	200-250	Moong Dal - ¼ cup, Raw Rice - ½ cup, Milk - ¼ cup, Ghee - 1 tbsp, Black pepper corns - ½ tsp, Broken Cashew nuts - 1 tsp, Curry leaves - 4 to 5, Ghee for serving - 1tbsp. Water - 1 ½ cup, Salt to taste	Add all in rice container and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
Best Tikka Series (11)				
3-01	Chicken Malai Tikka	550-600	Boneless Chicken - 500 g, Lemon juice - 2 tsp, Salt to taste, Yogurt - 3 tbsp, Butter - 50 g, Double cream - 2 tbsp, Garlic Paste - 1 ½ tbsp, Green cardamoms seeds - 3 to 4, Ground cumin - 1 tsp, Freshly grated nutmeg - 1/2 tsp, Green finger chillies chopped - 3 to 4, Oil - 2 tbsp, Cheddar cheese - 3 tsp	Sprinkle lemon juice and salt over the chicken pieces, cover and set aside. Mix the yogurt, half the butter, the cream, Ginger Garlic, cardamoms, cumin, nutmeg, chillies, the oil, and cheese and blend into a smooth paste. Pour over the chicken, making sure it is all well coated, and marinate the meat for 1 hour, covered, in the refrigerator. Skewer the chicken and cook.
3-02	Fish Tikka	550-600	Fish pieces of any type - 500 g, Vegetable oil - 3 tbsp, Ajwain (carom seeds) - 1 tsp, Cream - 45 ml, Cumin seeds powder - 2 tsp, Garlic paste - 1 tbsp, Gram flour (besan) - 20 g, Lemon juice - 30 ml, Mint or Coriander chutney - 5 tbsp, white pepper powder - 1/2 tsp, Onion chopped in circles - 1, Curd/plain yogurt - 60 g, Salt to taste, Chili powder to taste	Mix cream garlic paste, ajwain, chili powder, cumin seeds powder, garam masala, lemon juice, salt, mint or coriander chutney, besan flour in yogurt. Add fish pieces to the above mixture and marinate them for about 3 hours. Skewer the fish and cook. Serve fried fish tikka with chopped onions.
3-03	Hariyali Kebab	100	Boiled potato - 1 (medium sized), Boiled spinach puree - 2 tsp, Binger-green chilli paste - 1 tsp, Gram flour (Besan) - 3 to 4 tsp, Chaat masala - 1 tsp, Turmeric powder - ¼ tsp, Red chilli powder - ½ tsp, Coriander leaves - 2 tsp, Lemon juice - 1 tsp, Salt to taste	Mix potato, spinach puree in a mixing bowl. Add ginger paste, chaat masala, salt, lemon juice, turmeric powder, chilli powder and salt. Add gram flour(besan) for binding and mix it properly. Make small balls shapes and Stuff cheese. Make small "Kebab" shapes. Grease the crusty plate & place the kebabs on crusty plate and put few drops of oil on them, and cook. Sprinkle little chaat masala on Kebabs and serve hot with onion rings and green chutney.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-04	Shammi kebab	550-600	Minced chicken - 500 g, Eggs - 2, Chopped Onion (Pyaj) - 1 (medium sized), Green Chilly (Hari Mirch) chopped - 5, Bengal Gram(Chana) soaked overnight - 100 g, Garlic(Lasan / Lahsun) - 10 pods, Cumin Seed (Jeera) - 1 tsp, Cardamoms - 4, Cinnamon (Tuj/Dalchini) - 1" long piece, Ginger (Adrak) - 1" long piece, Pepper corns (Kalimirchi) - 6, Red Chillies, Clarified Butter (Ghee)	Grind meat into a fine paste. Take garlic, cumin seeds, cardamoms, cinnamon, ginger, pepper corns, red chillies and soaked gram dal and grind into a fine paste. Mix both the pastes well. Now mix well beaten eggs and prepare uniform dough. Add finely chopped green chillies and onion to dough and mix well. Shape the dough into small round flattened balls or kebabs. Place the Kebabs on greased crusty plate and pour few drops of oil over the kebabs and cook. Serve hot with sauce or chutney.
3-05	Tangri Kebab	350-400	Chicken - 2 pieces (large leg), Hung Curd - 1/2 cup, Lemon - 1 tbsp, Garam masala powder - 1 tsp, Red chili powder - 1 tsp, Salt to taste, Ginger garlic paste - 1 tsp, Edible orange color - A few drops, Oil - 2 tbsp	Clean and wash the chicken pieces and make random slits on them. Damp with kitchen towel to remove extra water. Mix all the ingredients except salt together. Rub and wrap chicken pieces in it and keep aside for an hour. Now mix in the salt. Cook the chicken on greased crusty plate and pour few drops of oil over it, cook. Sprinkle lemon juice and chat masala and serve with onion rings.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-06	Seekh Kebab	500	Chicken Mince(Keema) - 500 g, Garam Masala - 3/4 tsp, Garlic (Lasun) paste - 1 tsp, Ginger (Adrak) Paste - 1 tsp, Cashewnut (Kaju) - 2 tbsp, Thick Cream (Malai) - 2 tsp, Onion (Pyaj) - 2, Carom Seeds/Thyme (Ajwain) - 2 tsp, Dried Mango Powder (Amchoor) - 2 tsp, Rock Salt (Kala Namak) - 2 tbsp, Cumin Seed (Jeera) - 3 tbsp, Dry Ginger (Saunth) - 1 tsp, Black Pepper (Kali Mirch) - 1 tsp, Nutmeg Powder(Jaiphal) - 1/2 tsp	Wash the keema and put in a strainer and gently press to squeeze out all the water. Mix all the ingredients to the keema and knead well. Keep aside for 1 hour. Take a big ball of the keema mixture and hold a skewer carefully press the mince on to a skewer. Repeat with left over mince on all the other skewers. Place the skewers in the greased crusty plate. When cooked, gently remove the kebabs from the skewers with the help of a napkin. To serve sprinkle some chaat masala and lemon juice on the kebabs.
3-07	Tofu Tikka	250	Tofu - 250 g, Lemon Juice - 2 tbsp, Mix herbs - 2 tsp, Orange Food color - one pinch, Salt to taste, Garlic paste - 1 tsp	Marinate tofu with all the ingredients for half an hour and cook.
3-08	Dahi Kebab	100	Yogurt - 100 g, Corn Flour - 3 tbsp, Salt to taste, Green Chili - 2 (chopped), Ginger - 1 tsp, Black pepper - 1 tsp, Oil - 2 tbsp	In a bowl add 2 tbsp corn flour, and all the ingredients, mix well. Make medium sized balls, coat them in the remaining corn flour and give them desired shape and put them on a greased crusty plate. Brush a little oil over the kebabs and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-09	Mutton Egg Nets Kebabs	6-8 serves	<p>Pressure Cook together : Lamb Mince(keema) -500g, Big Cardamom Seeds - 3, Cinnamon - 2" stick, Salt to taste, Garam Masala - ½ tsp</p> <p>Grind to a paste : Chopped Capsicum - 2, Raw Papaya paste - 1 tsp, Chilli Powder - 1 tsp, Coriander Seeds - 2 tsp, Cumin Seeds - 2 tsp, Ginger - 1" piece, Garlic - 5 to 6 cloves, Thick Cream - 2 tbsp, Eggs - 2, Salt & pepper to taste, Maida - 2 tsp, Oil - 2 tsp</p>	In a cooker add keema, cinnamon, cardamom seeds, salt and garam masala and 4 cups water. Pressure cook till 5 to 6 whistles. Open and dry out the water completely. Blend the mince into smooth paste and keep aside. Grind all the paste ingredients in a blender, strain and reserve the capsicum liquid. In paste add mince and again grind it to get a sticky consistency. Make flat tikkis of the mixture and refrigerate for 30 minutes. Add all purpose flour in the capsicum liquid and coat the tikkis with it. Place the tikkis over a greased crusty plate and pure 2 tsp oil over them thoroughly. Cook and serve hot with mint chutney.
3-10	Chilli Olive Cottage Cheese Skewers	250	Cottage Cheese cubes - 250 g, Black olives - 7 to 8, Chilli flakes - 1 tsp, Olive Oil - 2 tbsp, Salt and pepper to taste, Sweet chilli sauce - 1 tsp	Marinate the cottage cheese and olive will all the ingredients for 1 hour. Thread the cottage cheese and olives in several metal skewers. Place them over a greased crusty plate. Cook and serve hot.
3-11	Mix Veg Kebab	Serves 4	Boiled Mix Vegetables - 2 cups (red bell peppers, potato, mushrooms, French beans, potato, cottage cheese, cabbage etc.), Bread Crumbs - 100g, Cheddar Cheese - 100g, Onion - 1 (chopped), Dried mix herbs - 1tsp, Egg yolk - 1, Seasoned plain flour. Salt & pepper to taste, Oil - 2 tsp	Mash the vegetables and all the ingredients. Make rolls. Coat with egg yolk and place them over greased crusty plate. Cook and serve hot with tomato chutney.

Code	Food	Serving size (g)	Ingredients	Recommendations
Best Starters (6)				
4-01	Sesame Toast	2 toast	Bread slices - 2, Sesame seeds - 1 tbsp, Cottage cheese - ¼ cup, Basil - 1 tsp, Salt and Pepper to taste, Butter - 1tbsp	Spread the butter over the slices. Mix all the ingredients and spread over bread slices and cook.
4-02	Baked Chicken balls	100	Chicken mince - 100g, Onion -1(chopped), Green chillies - 1 tsp, Ginger - 1 tsp(chopped), Cheese cubes - 2, Chilli powder - ½ tsp, Salt to taste, Butter- 1 tbsp, Egg - 1	Blend everything and make balls. Brush them with butter place them on a shallow greased baking dish and cover it with foil.
4-03	Cheese crusted Potato scones	6 scones	Regular flour - 200g, Wheat flour - 25 g, Baking powder - 1 ½ tsp, Butter Cubed - 25 g, Milk - 5 tbsp, Cold mashed potato - 175g, Salt & pepper to taste. To Finish : Milk - 2 tbsp, Cheddar cheese - 40 g, Spring of basil to garnish	Mix everything and knead dough. Roll out to a15 cm/ 6 inch round and transfer to a greased crusty plate. Mark the scones round into six wedges, cutting about half through with a small sharp knife and then sprinkle cheese.
4-04	Beans Square	8 pieces	Cream Cracker Biscuits - 8, Grated cheese - ½ cup, Canned Kidney Beans - 50 g, Tomato Ketchup - 2 tbsp, Red chili powder - ¼ tsp, Green Chillies - 2, Oregano - ½ tsp, Roasted Peanuts for garnishing, Fresh Cream - 2 tbsp(chilled), Hung curd - ½ cup, Lemon - 1 tsp, Salt to taste, White pepper - ¼ tsp	In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chillies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper. Garnish the biscuits with sour cream and a peanut at the top.
4-05	Basket Dhokla	1 basket	Gram flour - 6 tbsp, Suji (semolina) - 1 ½ tbsp, Powdered Sugar - ¼ tsp, Salt to taste, Eno - ½ tsp, Mustered Seeds - ¼ tsp	Cut Capsicum in to basket shape and keep aside. Mix all the ingredients except eno and mustered seeds. Just before pouring the batter into capsicum add eno. Set the batter into capsicum and sprinkle mustered seeds.

Code	Food	Serving size (g)	Ingredients	Recommendations
4-06	Potato Fries	200	Boiled Potato fingers - 200 g, Seasoning - 1 tbsp, Lemon juice - 1 tsp (optional)	Glaze the potato finger with oil thoroughly and place them over a greased crusty plate and cook. Seasoned them with seasoning of your choice and serve hot with ketchup.

Best Breads (8)

5-01	Garlic Bread	6 slices	French Bread - 1 loaf, Softened Butter - 6 tbsp, Mozzarella Cheese - ½ cup (grated), Garlic - 3 to 4 cloves crushed, Black pepper powder - ¼ tsp, Red Chili Flakes - ½ tsp, Oregano - ½ tsp, Salt one pinch	Cut the loaf into diagonal slices. In a bowl add all the ingredients and mix well. Spread the mixture over slices evenly at both the sides. Grease the crusty plate with few drops of olive oil and place the slices. Cook with high rack.
5-02	Cheese Bread	8 slices	French Bread - 1 loaf, Cream Cheese - 6 tbsp, Mozzarella Cheese - ½ cup (grated), Onion - 1 (chopped), Tomato - 1 chopped, Parsley - 1 tbsp (chopped), Black pepper powder - ¼ tsp, Red Chili Flakes - ½ tsp, Oregano - ½ tsp, Salt one pinch	Cut the loaf into diagonal slices. In a bowl add all the ingredients and mix well. Spread the mixture over slices evenly at one side. Grease the crusty plate with few drops of olive oil and place the slices. Cook with high rack.
5-03	Cheesy Herb Sticks	24 sticks	Flaky Pastry - 200g, Eggs - 2, Cheese - 200g (grated), Basil - 1 cup, Salt to taste, Pepper to taste, Sesame seeds for garnishing For the pastry : Butter(frozen) - 110g, Plain flour -175g, Salt - 1 pinch, A little cold water	Sieve the flour two three times. Grate butter into it and rub with finger tips. Make dough with cold water. Refrigerate for 30 minutes. Rollout rectangle shape pastries of 9" X 4". Paper thin. Brush the flaky pastry with beaten egg. Mix the cheese and remaining egg in a bowl and add basil, pepper & salt. Mix well. Cut the pastry into long strips. Brush cheese mix on one strip and cover it another. Twist the strips with in themselves and place them over grease proof paper covered crusty plate, sprinkle sesame seeds and bake.

Code	Food	Serving size (g)	Ingredients	Recommendations
5-04	Green Corn Bread Rolls	Serving 12	Milk - 80 ml, Rye Flour - 200 g, Fresh yeast - 15 g, Butter - 30 g, Sugar - 20 g, Salt - 1 pinch, Egg - ½, Egg yolk - ½, Sesame seeds - 1 tsp, Sunflower seeds - 1 tsp, Mixed herbs - 50 g	Sift the flour in a bowl, make a hollow in the middle, crumble the yeast into it. Pour hot milk over it. Knead everything together and leave to rise in a warm place for approx. 20 min. Knead the butter, sugar, salt, egg and egg yolk into the dough. Roll the dough into a ball, cover and leave to stand until has doubled in size. Knead the seeds and herbs into the dough leave for five minutes. Separate the dough into segments and make small long loaves out of them, scoring diagonally across the top with a knife. Place on a greaseproof paper covered baking tray and bake.
5-05	Nutty Bread Ring	12 rings	Milk - 80 ml, Wheat Flour - 200g, Fresh Yeast - 15g, Butter - 30 g, Sugar - 20g, Salt - 1 pinch, Egg - ½ , Egg yolk - ½ , Spirit - ½ tsp, Linseed - 60 g, Turmeric - 1/2 tsp, Nuts - 60 g, Carrots grated - 50g, Chopped almonds - 50 g, Chopped walnuts - 50g	Sift the flour in a bowl, make a hollow in the middle, crumble the yeast into it. Pour hot milk over it. Knead everything together and leave to rise in a warm place for approx. 20 min. Knead the butter, sugar, salt, egg and egg yolk into the dough. Roll the dough into a ball, cover and leave to stand until has doubled in size. Knead the seeds, grated carrots and chopped almonds, walnuts in different rings leave for 10 minutes. Roll out each dough portion onto a flour covered surface and break off and into small roll sized pieces, press the roll next to each other in a spiral pattern starting from the middle on a grease proof paper covered crusty plate and bake.

Code	Food	Serving size (g)	Ingredients	Recommendations
5-06	Sweet Plaited Loaf	Serves 12	Milk - 80 ml, Wheat Flour - 150g, Fresh Yeast - 15g, Butter - 30 g, Brown Sugar - 20g, Salt - 1 pinch, Egg - ½, Egg yolk - ½, Ground Peanuts - 25g, Ground Walnuts - 50g, Nut liqueur - 2tbsp, Truffle Butter - 2 tbsp, Sesame & Poppy seeds to garnish	Sift the flour in a bowl, make a hollow in the middle, crumble the yeast into it. Pour hot milk over it. Knead everything together and leave to rise in a warm place for approx. 20 min. Knead the butter, sugar, salt, egg and egg yolk, nut liqueur into the dough. Roll the dough into a ball, cover and leave to stand until has doubled in size. Roll out the dough onto a flour working surface and separate into three lengths. Plait together into a loaf. Place the plaited loaf on a greaseproof paper covered crusty plate brush with truffle butter and sprinkle poppy seeds and sesame seeds.
5-07	Crispy layered bread with cottage cheese	400-450	Regular Flour - 200g, Milk - ½ cup, Salt to taste, Olive oil - 5 tbsp, Cottage cheese - 100g, Oregano - 3 tbsp, Enough water to make elastic dough	Combine flour, salt, milk and water and make dough. Roll out paper thin layer of the dough. Brush with olive oil and keep aside. Mix cottage cheese & oregano salt. Grease a microwave proof tin dish and line one layer spread small quantity of cottage cheese mix and pours some olive oil. Repeat the same with other layers and cover the tin with foil and bake.

Code	Food	Serving size (g)	Ingredients	Recommendations
5-08	Spelt Lemon Bread	12 serving	Milk - 80 ml, Wheat Flour - 200g, Fresh Yeast - 15g, Butter - 55 g, Sugar - 60g, Salt - 1 pinch, Egg - ½, Egg yolk - 1, Candied lemon peel - 50 g, Raisins - 25 g, Cashew nuts - 40g, Icing sugar for decorating	Sift the flour in a bowl, make a hollow in the middle, crumble the yeast into it. Pour hot milk over it. Knead everything together and leave to rise in a warm place for approx. 20 min. Knead the 60g of butter, 40g of sugar, salt, egg and egg yolk, candied lemon peel, nuts and raisins into the dough. Roll the dough into a ball, cover and leave to stand until has doubled in size. Knead the lemon peel into the dough, and roll out into a small loaf form on a working surface. Place on a greaseproof paper covered baking tray.

USING THE WORLD'S FAVORITES FEATURE

The Forty-three World's favorites features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

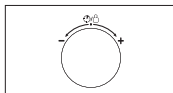
You simply select the programme.

1. Press the **World's Favorites** (🌍) button repeatedly to select category.

- To select "Soups & Salads (9)" : Press button once
- To select "Pizzas & Pastas (7)" : Press button twice
- To select "Cuisines from around the World (11)" : Press button three times
- To select "Cake & Bakes (8)" : Press button four times
- To select "Pastries & Puffs (8)" : Press button five times



2. Select the menu that you'd like to cook by turning the **dial knob**.
(Refer to the 'World's favorites menu' table.)



3. Press **Start** (↔) button.

Result:

The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



World's favorites menu

Soups & Salads (9)		Pizzas & Pastas (7)		Cuisines from around the World (11)		Cake & Bakes (8)		Pastries & Puffs (8)	
1-01	Colourful Mixed Salad	2-01	Peppy Pizza	3-01	Hakka Noodles	4-01	Chocolate Walnut Cake	5-01	Crown Loaf
1-02	China Salad	2-02	Tomato Basil Pasta	3-02	Stuffed Tomatoes	4-02	Vanilla Cake	5-02	Swirls
1-03	Beans Salad	2-03	Pepperoni Pizza	3-03	Stuffed Baked Potato	4-03	Blue Berry Cake	5-03	Chocolate Eclairs
1-04	Tomato & Basil Soup	2-04	Pesto Macaroni	3-04	Sun Dried Tomato Risotto	4-04	Fruit Cake	5-04	Pistachio Pastries
1-05	Chinese Chicken Soup	2-05	Spaghetti Verdi	3-05	Noodles and Vegetables in Curry Sauce	4-05	Strawberry Mini Cakes	5-05	Doughnut
1-06	Hot & Sour	2-06	Pizza Margherita	3-06	Thai Red Curry	4-06	Fresh Fruit sponge cake	5-06	Pineapple Pastries
1-07	Vegetable Soup	2-07	Broccoli Pizza Pie	3-07	Thai Fried Rice	4-07	Apricot Pie	5-07	The kings black forest Pastry
1-08	Sprouts & Vegetable Soup			3-08	Chinese Vegetable in Hot Garlic Sauce	4-08	Honey Bee Chocolate Cake	5-08	Summer time Cream Puffs
1-09	Sweet Corns Soup			3-09	Hong Kong Style Vegetable with steamed rice				
				3-10	Rice Mexicali				
				3-11	Vegetable Lasagna				

The following table presents the various World's favorites Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size (g)	Ingredients	Recommendations
Soups & Salads (9)				
1-01	Colourful Mixed Salad	800-850	Lettuce - 250g, Red Oak leaf lettuce - 100g, Wheat toast - 100g, Butter - 2 tbsp, Cheese - 200g, Black Grapes - 100g, Cherry tomatoes - 250g, Pepper - 1 tsp, Balsamic vinegar - 5 tbsp, Olive oil - 6 tbsp, Mustered - 1 tbsp, Zucchini - 100g	In a bowl add butter, wheat toast, zucchini, cheese and cook. In a bowl add all the cooked and uncooked ingredients and serve.
1-02	China Salad	600-650	Garlic cloves- 1, Spring onion - 4, Zucchini - 2, Red Pepper - 1, Sprouts - 400g, Soy Sauce - 1 tbsp, Chilli Sauce - 2 tbsp, Sugar Powder - 1 tbsp, Vinegar - 1 tbsp, Salt & pepper to taste, Sesame seeds - 1tbsp, Sunflower Oil - 2 tbsp	In a bowl add everything except vinegar and cook. Remove and add vinegar and serve.
1-03	Beans Salad	250-300	White Beans(lobia) - 250 g (boiled), Spring Onion - 1, Lettuce - 4 leaves, Parsley - 3 tbsp (chopped), Black Olives - 12, lemon Juice - 1 tbsp, Olive oil - 150 ml, Salt & Pepper to taste	In a bowl add white beans, spring onion, black olives, olive oil, salt & pepper, lemon juice, mix well and cook. In a serving dish spread lettuce than spread white bean and olive mixture, top with chopped parsley and serve.
1-04	Tomato & Basil Soup	200-250 ml	Ready made Tomato puree - 2 tbsp, Fresh Tomato Puree - 1 cup, Water - 1 cup, Oil - 1 tbsp, Cornflour - 1 ½ tbsp, Sugar powder - 2 ½ tbsp, Salt & Pepper to taste, Basil - 2 tbsp, Butter & soup sticks for serving	Add corn flour in cup and mix with normal water. Add everything in a bowl and cook. Serve hot with butter and soup sticks.

Code	Food	Serving size (g)	Ingredients	Recommendations
1-05	Chinese Chicken Soup	500-600	Boneless chicken - 225g(steamed), Spring onion - 6, Garlic - 1 clove, Ginger - 2.5 cm(grated), Chicken Stock - 150 g, Noodles - 100g, Carrot - 1, Sprouts - 125 g, Soy sauce - 2 tbsp, Fish Sauce - 1tbsp, Coriander - 1tbsp, Salt & Pepper to taste	Shred the steamed chicken and to all the ingredients and cook and serve hot.
1-06	Hot & Sour	250-300 ml	Fresh Tomato Puree - 4 tbsp, Readymade tomato puree - 1 tbsp, Water - 2 cups, Seasoning Cube - 1, Capsicum - 1 tbsp (finely chopped), Cottage cheese - 1 tbsp(finely chopped), Cornflour - 2 ½ tbsp, Vinegar - 1 tsp	Mix cornflour with normal water and add to all the ingredients except vinegar. Cook and serve hot with vinegar.
1-07	Vegetable Soup	400	Boiled Mix vegetables - 2cups (carrot, peas, French beans, cauliflower, Cabbage etc.), Onion - 1(sauté), Butter - 2tbsp, All purpose flour - 1 ½ tbsp, Milk - 4 cups, Salt and pepper to taste	Mix milk and flour together & add to other ingredients and cook.
1-08	Sprouts & Vegetable Soup	700-800	Bean Sprouts - 250 g(boiled), Carrot - 1 (grate), Spring onion - 2 chopped, Cabbage - 100g (shredded), Cottage Cheese - 100g (chopped), Golden Corns - 100g, French Beans - 100g, Corn Flour - 2 ½ tbsp, Vegetable Stock - 3 cups, Salt & Pepper to taste, Butter - 1 tbsp, Soy sauce - 1tsp, Vinegar - 2 tsp	Mix cornflour with normal water and add to all the ingredients. Cook and serve hot.
1-09	Sweet Corns Soup	700-750	Canned Sweet corns - ¾ cup, Onion - 1 (chopped & Sauté), Milk - 3 cups, Maida - 1 ½ tbsp, Butter - 1 tbsp, Salt & pepper	Add everything in a bowl and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
------	------	------------------	-------------	-----------------

Pizzas & Pastas (7)

2-01	Peppy Pizza	1	Pizza Base - 1, Butter - 1 tsp, Tomato Ketchup - 1 tbsp, Cheese - ½ cup (grated), Salt to taste, Pizza sauce - 1 tbsp, Oregano for seasoning, Chilli flakes - ½ tsp, Black pepper - ¼ tsp, Baby Corns - 3 to 4, Onion - 1 (sliced), Tomato - 1 (deseeded & sliced), Mushrooms - 2 to 3	Spread butter at pizza base evenly than pizza sauce, ketchup & toppings, sprinkle salt and pepper than grate cheese evenly. Cook and serve hot with seasoning.
2-02	Tomato Basil Pasta	700-750	Boiled pasta - 3 cups, Tomato pulp - 1 ½ cup, Garlic - 1 tbsp, Onion - 1(chopped), Chilli Powder - 1 tsp, Tomato Purée - 2 tbsp, Sugar - 1 tsp, Fresh Cream - 4 tbsp, Basil Leaves - 12 to 15, Olive oil - 2 tbsp, Salt to taste. Cheese for garnishing.	Combine all and cook. Garnish with cheese.
2-03	Pepperoni Pizza	1	Tomato pizza sauce - 1/2 cup, Mustard - 2 tbsp, Pizza crust - 1, Pepperoni - 1/2 cup sliced, Shredded Mozzarella cheese - 1 ¼ cups	Spread butter at pizza base evenly than pizza sauce, ketchup & toppings, sprinkle salt and pepper than grate cheese evenly. Cook and serve hot with seasoning.
2-04	Pesto Macaroni	800-850	Cooked Macaroni - 3 cups, Zucchini Cubes - ½ cup, Red Capsicum cubes - ½ cup, Green Capsicum cubes - ½ cup, Yellow capsicum cubes - ½ cup, Pesto sauce - 4 tbsp, Fresh Cream - ½ cup, Olive Oil - 1 tbsp, Salt to taste, Cheese - 4 tbsp	Combine all and grate cheese at the top. Cook and serve hot.
2-05	Spaghetti Verdi	800-850	Cooked Spaghetti - 3 cups, Spinach leaves - 4 cup, Spring onion - 1 cup, Garlic - 3 cloves, Red Pepper - ½ cup, Cheese spread - ½ cup, Milk - 1 ½ cups, Butter - 3 tbsp, salt & pepper to taste	Combine all and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
------	------	------------------	-------------	-----------------

2-06	Pizza Margherita	1	Pizza Base - 1, Pizza sauce - 1 tbsp, Fresh Basil - 5 to 6 leaves, Mozzarella Cheese - ½ cup, Olive oil - 1 tsp, Butter for greasing, seasoning	Pizza base spread butter, pizza sauce, basil, top with cheese sprinkle olive oil and bake.
2-07	Broccoli Pizza Pie	1	Pizza base dough for 2 crusts, Pizza Sauce - 1 tbsp, Broccoli - 1 ½ cups(chopped), Onion - 1 (chopped), Garlic - 1 tbsp (chopped), Dried Mix Herbs - ¼ tsp, Cheese - 1 ½ cup, Butter - 1tbsp, Salt & pepper to taste, Butter & milk for glazing	Sauté broccoli, onion & garlic with seasoning. Rollout the dough on of 8" and other of 6". Grease the pie dish and line the 8" crust on the bottom, spread the pizza sauce and broccoli mix over it. Sprinkle cheese and cover with 6" base, glaze with milk and butter.

Cuisines from around the World (11)

3-01	Hakka Noodles	300-350	Hakka Noodles - ¼ Packet, Oil - 2 tsp, Cabbage - ¼ cup, Onion - ¼ cup Sliced, Capsicum - ¼ cup sliced, Carrot Julian - ¼ cup, Soya Sauce - 1tsp, Ajinomoto -¼ tsp, Salt to taste, White Vinegar - ½ tsp	In a microwave safe glass dish add boiled hakka noodles and all the ingredients except vinegar. Cook add vinegar serve hot.
3-02	Stuffed Tomatoes	4	Tomatoes - 4, Cottage Cheese - ½ cup (grated), Onion - ¼ cup (chopped), Capsicum - ¼ cup (chopped), Boiled Peas - ¼ cup, Tomato ketchup - 1 tbsp, Chili sauce - 1 tbsp, Garam masala - ¼ tsp, Cheese - 50g, Dried Mango Powder - ½ tsp, Salt to taste	Cut the tomatoes in to two halves and keep aside. In a bowl add all the ingredients except cheese and mix well. Stuff the tomatoes with cottage cheese mixture and grate cheese over it. Place the tomatoes in a glass dish and cook
3-03	Stuffed Baked Potato	4 shell	Boiled Potato - 4 (for shell), Cottage Cheese - ½ cup (grated), Mozzarella - 2 tbsp (grated), Peas - 2 tbsp (blanched), Sweet Corns - 2 tbsp, Chili Flakes - ½ tsp, Black Pepper - ½ tsp, Oregano - ½ tsp, Pure Olive Oil - 1 tbsp, Salt to taste	Cut the boiled potatoes into to equal portions vertically. Scoop out the potatoes to make shells. In a bowl add all the ingredients except cheese and mix well. Fill the potatoes with mixture and grate cheese, cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-04	Sun Dried Tomato Risotto	400-500	Rice - 1 cup, Garlic - 2 cloves, Onion - 1(chopped), White wine - ½ cup, Seasoning cube - 1 cup, Broccoli - 1 cup, Sun dried tomatoes - ¼ cup, Oregano - 1 tsp, Chilli Flakes - 1 tsp, Grated Cheese - ¼ cup, Cream - 4 tbsp, Butter - 2tbsp, Salt to taste	Add everything and cook.
3-05	Noodles and Vegetables in Curry Sauce	500- 550	For the noodles and vegetables : Boiled Rice Noodles - 1 ½ cup, Boiled Bean Sprouts - ½ cup, Blanched Broccoli - ¾ cup For the Curry Sauce : Coconut Milk - 1 cup, Red Curry paste - 1 ½ tbsp, Tamarind paste - 1 tsp, Sugar - 1tsp, Roasted Peanuts - 1 tbsp, Onion - 1 (chopped), Salt to taste	Red Curry Paste : Red Chillies - 10 (soaked in warm water), Onion -1(chopped), Garlic - 4 cloves, Ginger - 1 tbsp(graded), Lemon grass - 2 stalks, Coriander - 6 stalks, Coriander Seeds - 1 tbsp, Ground Cumin - 2 tsp, White pepper - ½ tsp, Salt to taste. Grind everything into a small paste. Add everything and cook.
3-06	Thai Red Curry	500- 600	Red curry paste - 7 tbsp, Coconut milk - 2 cups, Corn flour - 1 tbsp(mixed in water), Soya Sauce - ½ tsp, Basil leaves - 15, Baby Corns - ½ cup(diced), Brinjals - 2(diced), Broccoli - 1 cup, Mushrooms - 1 cup, Oil - 1 tbsp, Salt to taste	Red Curry Paste : Red Chillies - 10 (soaked in warm water), Onion -1(chopped), Garlic - 4 cloves, Ginger - 1 tbsp(graded), Lemon grass - 2 stalks, Coriander - 6 stalks, Coriander Seeds - 1 tbsp, Ground Cumin - 2 tsp, White pepper - ½ tsp, Salt to taste. Grind everything into a small paste. Add everything in a bowl and cook.
3-07	Thai Fried Rice	700-800	Cooked Rice - 3 cups, Baby corns - 6(sliced), Capsicum - 1 (sliced), Red curry paste - 2 tbsp, Green Chillies - 2(chopped), Spring Onion - 6(chopped), Soya Sauce - 2 tbsp, Oil - 1 tbsp, Salt & Pepper to taste	Add everything and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-08	Chinese Vegetable in Hot Garlic Sauce	400- 500	Parboiled Mix vegetables(cauliflower, carrots, green peas, cabbage, baby corns & French beans) - 2 cups, Capsicum Sliced - 1, Ajinomoto - 1 pinch, Ginger - 2 tsp, Garlic - 2 tsp, Green Chillies - 2 tsp, Corn flour - 2 tsp(mixed with water), Tomato Puree - ½ cup, Oil - 2 tbsp, Salt to taste	Mix everything and cook.
3-09	Hong Kong Style Vegetable with steamed rice	700-750	Parboiled Vegetables - 3 cups(cauliflower, carrots, French Beans, baby corns), Capsicum - 1(diced), Chopped ginger - 2 tsp, Chopped Garlic - 1 tsp, Dry Red Chillies - 2, Vinegar - 4 tsp, Chilli Sauce - 2 tsp, Vegetable Stock - 2 cups, Corn flour - 2tbsp(mixed with water), Sugar - a pinch, Oil - 2 tbsp, Salt & Pepper to taste	Add everything and cook. Serve hot with steamed rice.
3-10	Rice Mexicali	400-450	Cooked Rice - 2 cups, Onion - 1(rings), Tomatoes -1(rings), Beans - ¼ cup, Cabbage - 1 cup, Soy Sauce - 2 tsp, Chilli Sauce - 4 tsp, Lemon Juice - 1 tbsp, Oil - 4 tbsp, Spring Onion - 4 tbsp, Cheese - ¼ cup, Capsicum - 1(rings), White vinegar - 2 tbsp, Salt to taste	Mix everything and grate cheese over it and cook.
3-11	Vegetable Lasagna	300-350	Lasagna sheets - 8 (boiled), White Sauce - ½ cup, Vegetables - Onion, Mushroom, Zucchini, Capsicum, carrot (chopped and sauté), Tomato Ketchup - 2 tbsp, Oregano	In a bowl mix all the ingredients except cheese and keep aside. In a greased baking dish set 2 lassgana sheets, pour a little mixture with the help of a spoon, cover with other 2 lasagna sheets and repeat the process and make layers. Grate cheese and bake.

Code	Food	Serving size (g)	Ingredients	Recommendations
Cake & Bakes (8)				
4-01	Chocolate Walnut Cake	500	Regular Flour (Maida) - 100 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Cocoa Powder - ¼ cup, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Walnut - 2 tbsp	Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well, transfer to big, greased deep dish of 9" inch diameter. Let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve.
4-02	Vanilla Cake	500	Regular Flour (Maida) - 120 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tbsp	Sift regular flour with soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Mix well, transfer to big, greased deep dish of 9" inch diameter. Let it cool. Let it stand for 4-5 minutes. Let it cool till it leaves the sides of container. And serve.
4-03	Blue Berry Cake	500	Regular Flour - 1 ¾ cup, Baking Powder - 1 ½ tsp, Soda bi carb - ¾ tsp, Butter - 60 g, Powdered Sugar - ¾ cup, Milk - ½ cup, Orange Squash - ¼ cup, Blue berry jam - ½ cup	In a bowl strain regular flour baking. Powder and soda bi carb with the help of flour strainer. In a bowl beat butter & sugar till it gets fluffy than gradually add blue berry jam, flour, milk and orange squash. Set the mixture in a greased microwave safe container and cook as standing time.

Code	Food	Serving size (g)	Ingredients	Recommendations
4-04	Fruit Cake	500	Regular Flour (Maida) - 120 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Fruit Essence - 1 tbsp, Dried Desired Fruits - 50 g	Sift regular flour with soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add Fruits, Mix well, transfer to big, greased deep dish of 9" inch diameter. Let it stand for 4-5 minutes. Let it cool till it leaves the sides of container. And serve.
4-05	Strawberry Mini Cakes	3 min	Regular Flour (Maida) - 120 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Condensed Milk - ½ tin, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Strawberry Essence - 1 tbsp, Fresh strawberries - 1 cup, Canned strawberries - ½ cup(chopped)	Sift regular flour with soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light, add fresh strawberries crushed and chopped canned strawberries. Mix well, transfer to greased small plastic muffin tray; fill only 1 tbsp in each mould. Let it cool. Let it stand for 4-5 minutes. Let it cool till it leaves the sides of container. And serve. For Icing : Beat fresh cream with icing sugar until stiff, add fresh crushed strawberries and mix well.

Code	Food	Serving size (g)	Ingredients	Recommendations
4-06	Fresh Fruit sponge cake	500	Regular Flour (Maida) - 120 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Fruit Essence - 1 tbsp, Canned Fresh Fruits - 1 cup	<p>Sift regular flour with soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add Fruits, Mix well, transfer to big, greased deep dish of 9" inch diameter. Let it cool. Let it stand for 4-5 minutes. Let it cool till it leaves the sides of container. And serve.</p> <p>For Icing : Beat fresh cream with icing sugar until stiff. Cut the sponge cake for middle into to equal layers. Spread cream on the bottom layer and place some canned fruits, cover with upper layer and repeat the process.</p>
4-07	Apricot Pie	Serves 6	Wheat flour - 125 g, Butter - 65 g, Milk - ½ tbsp, Sugar - 50 g, Egg yolk - 1, Salt - 1 pinch, Apricots - 300 g, Egg - 1 (to brush), Icing sugar to decorate	<p>Mix together flour, sugar, egg yolks, milk, salt and butter and knead smooth dough. Wrap the dough in cling foil and leave to stand in refrigerator for 1 hour. Grease the pie dish with butter. Divide the dough in to 2 portions in the ratio 2:1. Roll out the bigger portion on flour covered working surface. Cover the pie dish with rolled dough till the edges cut excess dough. Cover the dough with washed and slit apricots. Roll out the second half and place it over the apricots. Seal the edges. Beat an egg and brush it over the dough. Pierce the dough several times with fork. And bake.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
4-08	Honey Bee Chocolate Cake	500	Regular Flour (Maida) - 100 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Cocoa Powder - ¼ cup, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Sweetened Chocolate - 1 cup, Honey - 100 g	<p>Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light add melted chocolate and honey. Mix well, transfer to big, greased deep dish of 9" inch diameter. Cook and let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve</p> <p>For Icing : In a pan add grated sweetened chocolate, honey and ½ cup water. Stir continuously to get sticky consistency and do the icing of the honey be cake.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
Pastries & Puffs (8)				
5-01	Crown Loaf	8 to 10	<p>Regular Flour (maida) - 1 ½ cup, chilled butter - 2 tbsp (cut in to small pieces), Salt - ½ tsp, Active Dry yeast - 7 g, Milk - ½ cup, Egg - 1</p> <p>For the filling : Butter - 4 tbsp, Brown Sugar - ¼ cup, Chopped Hazelnut - 2 tbsp, Preserved ginger - 1 tbsp, Candied orange & lemon peel - 1/3 cup, Dark rum or Cognac - 1 tbsp</p> <p>For the frosting : Icing Sugar - 1 cup, Lemon Juice - 2 tbsp</p>	<p>Sift the flour and salt in to a bowl. Rub in the butter with your finger tips so that it resembles the fine bread crumbs. Add the milk and egg and mix to form dough. Place the dough in a greased bowl, cover and stand in warm place for 40 minutes until doubled in size. Punch down the dough lightly for 1 minute. Roll out the dough to a rectangle, measuring 12 X 9 inches/ 30 X 23 cm.</p> <p>To make the filling cream together butter and sugar until light and fluffy. Stir in the other ingredients of filling. Mix well and spread the mix over the dough, leaving 1 inch/ 2.5 cm border. Roll up the dough, starting from one of the long edges, into a sausage shape. Cut the slices at 2 inch/5cm intervals. Grease the crusty plate and place, cut side down, in a circle on the crusty plate with the slices just touching. Cover and stand in warm place for 30 min and cook. Mix the lemon juice and icing sugar to for a thin frosting. Let the loaf cool slightly before drizzling with frosting.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
5-02	Swirls	8 to 10	<p>Regular Flour (maida) - 1 ½ cup, chilled butter - 2 tbsp (cut in to small pieces), Salt - ½ tsp, Active Dry yeast - 7 g, Milk - ½ cup, Egg - 1, Maple syrup for glazing</p> <p>For the filling : Butter - 4 tbsp, Ground Cinnamon - 2 tsp, Brown Sugar - ¼ cup, Currants - 1/3 cup</p>	<p>Sift the flour and salt in to a bowl. Rub in the butter with your finger tips so that it resembles the fine bread crumbs. Add the milk and egg and mix to form dough. Place the dough in a greased bowl, cover and stand in warm place for 40 minutes until doubled in size. Punch down the dough lightly for 1 minute. Roll out the dough to a rectangle, measuring 12 X 9 inches/ 30 X 23 cm. To make the filling cream together butter and sugar until light and fluffy. Stir in the other ingredients of filling. Mix well and spread the mix over the dough, leaving 1 inch/ 2.5 cm border. Roll up the dough, starting from one of the long edges, into a sausage shape. Cut the slices at 2 inch/5cm intervals. Grease the crusty plate and place, cut side down, on the crusty plate . Cover and stand in warm place for 30 min. and bake. Glaze with the maple syrup.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
5-03	Chocolate Eclairs	4 Eclairs	<p>For the Éclair : Butter - 5 tbsp (cut into small pieces), Water - 2/3 cup, Regular Flour - ¾ cup (sifted), Eggs - 2</p> <p>For the Cream : Eggs - 2 (beaten lightly), Icing Sugar - ¼ cup, Cornstarch - 2 tbsp, Milk - 1 ¼ cups, Vanilla Essence - ¼ tsp</p> <p>For the frosting : Butter - 2 tbsp, Milk - 1 tbsp, Unsweetened cocoa - 1 tbsp, Icing Sugar - ½ cup</p>	<p>In a sauce pan pour the water, butter and heat gently until the butter melts. Bring to a rolling boil, remove the pan from the heat and add the flour all at once, beating well until the mixture leave the sides of the pan and forms a ball. Let cool slightly, and then gradually beat in the eggs to form a smooth, glossy mixture. Spoon the mixture into a piping bag fitted with a ½ inch/1 cm plait tip. Sprinkle the crusty plate with a little water. Pipe éclairs 3inches/7.5cm long, spaced well apart bake.</p> <p>CREAM : Whisk the eggs and sugar until thick and creamy, then fold in the cornstarch. Heat the milk until almost boiling and pour onto the eggs, whisking. Transfer to pan and cook over low heat, stirring until thick. Remove the pan from the heat and stir in the vanilla extract. Cover with parchment paper and let cool.</p> <p>FROSTING : To make frosting melt the butter with the milk in a pan, remove from the heat and stir in unsweetened cocoa and sugar. Split the éclairs length wise and pipe in the pastry cream. Spread the frosting over the top of the éclair.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
5-04	Pistachio Pastries	20	Butter - 4 tbsp, Filo pastry sheets - 10 For the filling : Pistachio - ½ cup, Granulated sugar - 2 tbsp, Rose Water - 1 tbsp, Semisweet chocolates - 55g (grated), Icing sugar for dusting	<p>FOR FILO PASTRY SHEETS : Regular Flour - 2 2/3 cup, Salt - 1 tsp, Warm water - ½ cup, Olive Oil - 2 tbsp</p> <p>Mix and make dough. Roll out the paper thin sheets with help of a roller pin and make big rectangular sheets. Cut the thick edges. Store in deep freezer. Brush a filo sheet with melted butter. Mix filling ingredients and mix well. Spread the mixture over the filo pastry sheet at on short edge and fold in the long edge covering the filling a bit. Rollup the pastry sheet folding the mixture in. Place the rolls over greased crusty plate, placing the open edge underneath and bake. Dust with icing sugar through a sieve and serve.</p>
5-05	Doughnut	-	Regular Flour - 250 g, Baking Powder - ½ tsp, Yeast - ½ tsp, Water - 75 ml, Milk powder - 10g, Sugar powder - 40 g, Butter - 40 g, Salt - ½ tsp, Egg -1 (beaten), Vanilla Essence - ¼ tsp, Lemon Juice - 1 tsp	<p>Sieve the flour with, baking powder, milk powder and salt twice. Dissolve the yeast in 50 ml (water lukewarm), to which the sugar and 1 tbsp flour has been added. Rub the butter into the flour with fingertips. Mix the flour, yeast mixture along with the egg and lemon juice. Knead smooth dough adding the remaining water. Rest the dough for about half an hour. Roll out the dough to ½" thickness and cut with a doughnut cutter. Keep aside again for 15 minutes. Grease the crusty plate and place the doughnut over it brush thoroughly with butter and bake. Take out and brush with butter and drizzle the icing sugar.</p>

Code	Food	Serving size (g)	Ingredients	Recommendations
5-06	Pineapple Pastries	500	Regular Flour (Maida) - 120 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Chaar magaz (melon seeds, chiraunji etc) - ½ cup, Fresh Cream - ¾ cup, Icing Sugar for icing	Sift regular flour with soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add Chaar magaz half of the quantity, Mix well, transfer half of the batter to big, greased deep dish of 9" inch diameter, set and then place 5 pineapple rings, cover with rest of the batter. Cook and let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. For icing : Beat cream with icing sugar until stiff, a Cut the cake in to 5 equal triangles. Cover the whole cake with cream with help of a spatula and sprinkle decorate with remaining chaate magaz and pineapple.

Code	Food	Serving size (g)	Ingredients	Recommendations
5-07	The kings black forest Pastry	500	Regular Flour (Maida) - 100 g, Powdered Sugar - 2 tbsp, Butter - 75 g (preferably unsalted), Milk - ½ cup, Milk Maid - ½ tin, Cocoa Powder - ¼ cup, Soda bi carb - ½ tsp, Baking powder - ½ tsp, Vanilla Essence - 1 tsp, Chocolate chip - ½ cup, Crushed Biscuits - ½ cup, Fresh Cream - ¾ cup, Sweetened chocolate flakes & Icing Sugar for icing	Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add Chocolate Chips, Mix well, transfer to big, greased deep dish of 9" inch diameter. Cook and let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. For icing : Beat cream with icing sugar until stiff, add biscuit crumbs. Cut the cake in to 5 equal triangles. Slit each from the middle stuff cream and cover with second layer. Cover the whole cake with cream with help of a spatula and sprinkle chocolate flakes

Code	Food	Serving size (g)	Ingredients	Recommendations
5-08	Summer time Cream Puffs	8 -10 puffs	<p>For the Puffs : Butter - 5 tbsp (cut into small pieces), Water - 2/3 cup, Regular Flour - ¾ cup (sifted), Eggs - 2</p> <p>For Filling : Black berries - ¼ cup, Fresh Cream - ½ cup, Icing sugar - ¼ cup</p>	<p>In a sauce pan pour the water, butter and heat gently until the butter melts. Bring to a rolling boil, remove the pan from the heat and add the flour all at once, beating well until the mixture leave the sides of the pan and forms a ball. Let cool slightly, and then gradually beat in the eggs to form a smooth, glossy mixture. Spoon the mixture into a piping bag fitted with a ½ inch/1 cm plait tip. Sprinkle the crusty plate with a little water. Make small clumps of the dough using a tbsp and put them on the crusty plate, each about 5cm/2 apart. Spaced well apart and bake.</p> <p>FOR FILLING : Mash the black berries with help of a fork. Beat cream and icing sugar until stiff add crushed black berries. Slit the puffs from middle and stuff the cream. And serve.</p>

USING THE SPECIAL RECIPE FEATURE

The Forty-three Special recipe features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.

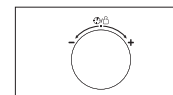
You simply select the programme.

1. Press the **Special Recipe**  button repeatedly to select category.

- To select “Nutrition for kids (11)” : Press button once
- To select “Healthy Cook (8)” : Press button twice
- To select “Easy Cooking for single (10)” : Press button three times
- To select “Diet Corner (6)” : Press button four times
- To select “Deserts & Sweets (8)” : Press button five times



2. Select the menu that you'd like to cook by turning the **dial knob**.
(Refer to the 'Special recipe menu' table.)



3. Press **Start**  button.

- Result:** The food is cooked according to the preprogrammed setting selected.
- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.



Special recipe menu

Nutrition for kids (11)		Healthy Cook (8)		Easy Cooking for single (10)		Diet Corner (6)		Deserts & Sweets (8)	
1-01	Vegetable Pasta	2-01	Pineapple Stir Fry Salad with Sprouts	3-01	Chicken 65	4-01	Vegetable Daliya	5-01	Gajar ka Halwa
1-02	Chana Chaat	2-02	Vegetable Haryali	3-02	Olive & Chilli Mutton Chops	4-02	Indian Style Chicken in Yogurt	5-02	Banarasi Kheer
1-03	Nutrition Noodles	2-03	Lemon Chicken	3-03	Aloo Methi	4-03	Masala Mutton Chops	5-03	Sooji Seera
1-04	Wheat Bread Cones with potato filling	2-04	Garlic Green Fish	3-04	Omelet	4-04	Aloo Chaat	5-04	Quick Bread & Butter Pudding With Tangy Sauce
1-05	Burger	2-05	Exotic Tomatoes	3-05	Poha	4-05	Spicy Chicken Wings	5-05	Berry Berry Crumble
1-06	Veggie Mayo Rolls	2-06	Steamed Vegetables	3-06	Tuna Sandwich	4-06	Tropical Rice Salad	5-06	Zafrani Meetha Rice
1-07	Pasta Salad	2-07	Garlic Prawns	3-07	Chilli Cheese Potato			5-07	Ras Malai
1-08	Chessy Corn & Spinach Pizza	2-08	Chilli Honey Veggies	3-08	Maggie			5-08	Phirnee
1-09	Green Peas and Paneer mini parathas			3-09	Stir Fry Baby Corns				
1-10	Mixed Vegetable Tikkis			3-10	Luxury Cheese Burger				
1-11	Chilli Cheese Frisbees								

The following table presents the various Special recipe Programmes, quantities, standing times and appropriate recommendations.

Code	Food	Serving size (g)	Ingredients	Recommendations
Nutrition for kids (11)				
1-01	Vegetable Pasta	550-600	Butter - 2 tsp, Chopped Garlic - 2 tsp, Chopped onions - 1/4 cup, Chopped capsicum - 1/4 cup, Broccoli florets - 1/4 cup, Carrot Julian - 1/4 cup, Chopped Tomatoes - 1/2 cup, Penne Pasta - 2 cups, Milk - 3/4 cup, Mozzarella cheese - 3 tbsp, Salt to taste, Black pepper - 1/2 tsp	In a glass bowl add all the ingredients except salt. Cook and add salt after removing from the microwave
1-02	Chana Chaat	400-450	Butter - 1 tbsp, Cumin Seeds - 1/2 tsp, Boiled Kabuli Chana - 1 cup, Boiled Potato - 1 cup, Cottage Cheese - 1/2 cup, Chopped tomatoes - 1/2 cup, Mint and Coriander sweet & sour chutney - 1/4 cup, Salt to taste, Lemon Juice - 1/2 tsp, Chopped Coriander - 2 tbsp	Mix all and except lemon juice and fresh coriander. Cook and add lemon juice and coriander before serving.
1-03	Nutrition Noodles	500-550	Boiled Rice Noodles - 200 g, Oil - 1 tbsp, Garlic paste - 2 tsp, Chopped Spring Onions - 1/4 cup, French Beans - 1/4 cup, Carrot Julian - 1/4 cup, Sliced Mushrooms - 1/4 cup, Blanched Bean Sprouts - 1/4 cup, Roasted Peanuts - 1/4 cup, Soya Sauce - 2 tsp, Sugar - 1 tsp, Lemon Juice - 1 tbsp, Salt to taste, Black Pepper to taste	Mix all in a glass bowl except lemon juice. Cook and add lemon juice to serve.

Code	Food	Serving size (g)	Ingredients	Recommendations
1-04	Wheat Bread Cones with potato filling	6 cones	<p>For the Cones : Butter - 1tsp, Whole wheat bread slices - 6</p> <p>For the Filling : Oil - 2tsp, Cumin Seeds - ½ tsp, Boiled Chick peas - ½ cup, Chopped onion - ¼ cup, Tomatoes - ¼ cup, Chopped Mint Leaves - 1 tbsp, Chopped Coriander - 1 tbsp, Grated Mozzarella cheese - 1 tbsp, Salt to taste</p>	<p>Cut the edges of the bread slices. Roll out the slice with the help of a roller pin and make them thin. Brush the bread slices with butter from both the sides and make cones of bread slices and put a toothpick for safety. Bake the cone. Sauté all the ingredients and mix well. Add the filling in cones and serve hot with tomato ketchup.</p>
1-05	Burger	4	Cracked Wheat (Daliya) - 1/3 cup (soaked), Carrots - 2 tbsp, French Beans - 2 tbsp, Sweet Corns - 2tbsp, Boiled Potatoes - 2, Bread Slices - 1, Green Chillies - ½ tsp (optional), Pepper - ¼ tsp, Coriander leaves - 1 tbsp, Oil for greasing, Lettuce - 4 leaves, Onion rings - 1, Tomato rings - 1, Cucumber rings - 1, Butter & Ketchup - 2 tbsp, Salt to taste. Buns - 4, Cheese slices - 4	Soak daliya in water for 1 hour and keep aside. In a bowl add daliya, carrot, French beans, sweet corns, potatoes, bread slices, green chillies, pepper, coriander & salt. Mash everything with the help of a folk and make tikkis. Grease the crusty plate and place the tikkis over it, brush the tikkis with remaining oil and cook. Slit the buns from middle, spread the butter on lower portion than place 1 onion ring, cheese slice, tikki, tomato and cucumber spread ketchup on the upper bun from inside and place it over the and serve hot.
1-06	Veggie Mayo Rolls	4	Hot Dog rolls - 4, Boiled Mix Veg - ½ cup (beans, carrots, peas, potatoes, cauliflower, Sweet Corns), Celery - 2 tbsp, Walnuts - 1 ½ tbsp, Mayonnaise - ½ cup, Salt & Pepper to taste	In a bowl add mix vegetable, walnuts, mayonnaise, salt & Pepper. Slit the hot dog rolls from the middle, place the chopped celery in between, than spread the mixture over the celery, bake with low rack.

Code	Food	Serving size (g)	Ingredients	Recommendations
1-07	Pasta Salad	250-300	Boiled Bow Pasta - ½ cup, Broccoli - ¼ cup, Chopped Pineapple - ¼ cup, Chopped black grapes - ¼ cup, Shredded Cabbage - 2 tbsp, Corns - 2 tbsp, Carrot Julian - 2 tbsp, Almonds - 2 tbsp, Salt and pepper to taste	Add all the ingredients except pineapple and grapes. Cook and add pineapple and grapes and serve.
1-08	Cheesy Corn & Spinach Pizza	6	Wheat Flour - ½ cup, Sweet Corns - ¼ cup, Spinach - ¼ cup, Wheat germ - 2 tbsp, Pizza Sauce - 2 tbsp, Oregano - ½ tsp, Salt to taste, Butter for greasing, Cheese - 2 tsp	In a bowl add everything except, pizza sauce, oregano and butter. Knead a smooth dough and keep aside for 20 minutes. Make small pizza, bases spread butter and pizza sauce and grate cheese over it. Place the pizza on greased crusty plate and place it over the low rack and bake. Serve hot and sprinkle oregano over it.
1-09	Green Peas and Paneer mini parathas	10 parathas	Whole wheat flour - ½ cup, Soya Flour - ¼ cup, Fresh Green peas - ½ cup (boiled & crushed), Cottage Cheese - ¼ cup (grated), Green Chillies - 1 ½ tsp, Chopped Coriander - 2 tbsp, Salt to taste, Oil - ¼ tsp, Ghee - 1 tbsp	Combine all except ghee and make a smooth dough. Roll out 10 mini parathas and place them over a greased crusty plate. Brush the Ghee over the parathas thoroughly and cook.
1-10	Mixed Vegetable Tikkis	5 tikkis	Boiled Mix Vegetables - 1 cup (carrots, cabbage, cauliflower, peas potatoes, cottage cheese and French beans etc), Powdered roasted peanuts - 1 ½ tbsp, Chopped coriander - 2tbsp, Sugar - 1 tsp, Chilli Powder - ½ tsp, Sesame seeds - 2 tsp, Salt to taste, Bread Slices - 2	Add all the ingredients in bowl and mash them with the help of a masher. Make 5 tikkis and place them over greased crusty plate. Brush the remaining oil thoroughly over the tikkis and cook. Serve hot with ketchup.
1-11	Chilli Cheese Frisbees	6 frisbees	Whole wheat flour - ½ cup, Cooking cheese - 2 ½ tbsp, Chilli powder - ¼ tsp, Sesame seeds - 1 tsp, Wheat bran - 2 tsp, Oil - 1 tsp, Salt to taste	Knead everything into smooth dough and make six Frisbees out of it. Place the Frisbees over greased crusty plate and cook. Cool and store in air tight container.

Code	Food	Serving size (g)	Ingredients	Recommendations
Healthy Cook (8)				
2-01	Pineapple Stir Fry Salad with Sprouts	500-550	Canned Pineapple - ½ cup (Diced), Fresh Pineapple Juice - ½ cup (Blanched & Diced), Carrot - ½ cup (Blanched & Diced), Zucchini - ½ cup (Blanched & Diced), Baby Corns - ½ cup (Blanched & Diced), Beans Sprouts - ½ cup (Blanched & Diced), Cabbage - ½ cup (shredded), Red & Yellow Bell Pepper - ½ cup (diced), Spring Onion - (white part)-½ cup (sliced), Spring Onion (Green part) - ½ cup (chopped), Oil - 2 tbsp, Soya Sauce - 2 tsp, Red chili flakes - 1 tsp, Powdered Sugar - 1 tsp, Salt to taste	Mix all and cook.
2-02	Vegetable Hariyali	300-320	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower -¼ cup, Peas - ¼ cup, Baby Corns - ¼ cup, Coriander - ½ cup, Garlic - 1 tsp, Green Chillies - 1 tsp, Coconut Milk - ½ cup, Milk - 2 tbsp, Butter - 1 tsp, Oil - 1 tsp, Lemon Juice - ½ tsp, Salt to taste	In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time.
2-03	Lemon Chicken	210	Boneless chicken - 200g (cubes), Roasted Coriander seeds crushed - 2 tbsp, Chili Flakes - 1 tbsp, Oil - 2 tsp, Lemon Juice - 5 tbsp, Onion - 1 (rings), Salt to taste	Mix all and cook and garnish with fresh mint leaves.

Code	Food	Serving size (g)	Ingredients	Recommendations
2-04	Garlic Green Fish	500	Fish - ½ kg, Ginger - ½ inch long, Garlic - 8 to 10 cloves, Green Chillies - 2 to 3, Coriander - 1 ½ cup, Onion - 1 (big), Turmeric - 1 tsp, Dried mango powder - 1 tsp, Cumin powder - 1 tsp, Coriander powder - 1 tsp, Oil - 1 tbsp	Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbsp oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container and serve hot.
2-05	Exotic Tomatoes	4 pieces	Tomatoes - 4 (big), Cottage Cheese - 1 cup (grated), Boiled Peas - ¼ cup, Golden corns - ¼ cup (blanched), Coriander Leaves - 1 tbsp, Mix herbs - ¼ tsp, Salt to taste	Cut the tomatoes in to two equal halves horizontally and keep aside. In a bowl add grated cottage cheese and all the ingredients and mix well. Stuff the tomatoes with the mixture and cook in a glass dish and serve hot and garnish with fresh mint leaves.
2-06	Steamed Vegetables	200	Mix Vegetables - 1 cup (peas, cauliflower, carrot, Beans, Sweet corns etc), Lemon Juice - 1 tbsp, Black Pepper - ½ tsp, Rock Salt - ½ tsp, Salt as required, Water - ½ cup	Pour water in the power steam bowl and place the vegetables on strainer, cover and cook. Add all the ingredients and serve hot.
2-07	Garlic Prawns	250	Mini prawns - 250 g, Garlic - 6 cloves(crushed), Tobasco sauce - 2 tbsp, Chilli flakes - ½ tsp, Oil - 1 tsp, Salt to taste	Marinate the prawns with all the ingredients for 20min. Prick two to three prawns in one tooth pick and place them over greased crusty plate. Cook and and serve hot.

Code	Food	Serving size (g)	Ingredients	Recommendations
2-08	Chili Honey Veggies	350-400	Carrot - 1 (diced), Mushrooms - 8 to 10 (sliced), Baby Corns - 8 to 10 (cut into two halves), Broccoli - 1, Onion - 1 (diced), Dried Red Chili - 1 to 2 (whole), Oil - 4 tbsp, Capsicum - 1 (diced), Ajinomoto - 1 pinch, Salt to taste, Vinegar - 1 ½ tsp, Pepper - ¼ tsp, Soya Sauce - 1 tsp, Ketchup - 2 ½ tsp, Chili Sauce - 2 tsp, Honey - 4 tsp, Corn flour - 3 tbsp, Water - ½ cup, Seasoning cube - 1	In ½ cup water add seasoning cube and corn flour, mix well and keep aside. In a microwave safe container add all the ingredients except vinegar than corn flour and seasoning mix. Cook and add vinegar, serve hot with steamed rice.

Easy Cooking for single (10)

3-01	Chicken 65	250	Boneless Chicken - 250 g, Salt to taste, Ginger Garlic Paste - 1 tsp, Orange food colour - one pinch, Fried Onion - 1 cup chopped, Chicken Masala - 1 tbsp, Coriander powder - 1 tsp, Coriander leaves - 1 tbsp, Cheese - ½ cup grated	Grind fried onion, ginger garlic paste, coriander powder, chicken masala, in to fine paste. In a bowl mix all the ingredients with chicken and onion paste. Cook and garnish with coriander leaves.
3-02	Olive & Chilli Mutton Chops	6 chops	Mutton Chops - 6, Green Olives - 8 to 10(rings), Red chilli flakes - ½ tbsp, Olive oil - 2 tbsp, Salt to taste	Marinate the chops with all the ingredients for 3 hours. Place the over a greased crusty plate and thoroughly brush with extra olive oil.
3-03	Aloo Methi	100-150	Boiled Potato - 1 large, Dried Fenugreek leaves - 4 tbsp (washed), Salt to taste, Fresh Tomato Puree - 4 tbsp, Coriander Powder - ½ tsp, Chili Powder - ¼ tsp (Degl Mirch), Khoyaa (Dried residue of boiled milk) - 15 g (grated), Oil - 1 tbsp	Mix all the ingredients in a microwave safe glass dish and cover with clear foil, make few holes to release the steam. Cook and serve hot.
3-04	Omelet	1	Egg - 2, Chopped Onion - ½ tbsp, Chopped Capsicum - ½ tbsp, Chopped Mushroom - ½ tbsp, Grated Cream Cheese - ½ tbsp, Salt to taste, Black Pepper powder - ¼ tsp, Oil - 2 tsp	Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the glass dish evenly and spread the mixture evenly. Cook and serve hot.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-05	Poha	300-350	Flaked Rice (Poha) - 200 g, Onion - 1 (chopped), Boiled Peas - ½ cup, Green chillies - 2 to 3 (chopped), Curry Leaves - 5 to 6, Mustered Seeds - 1 tsp, Oil - ½ tbsp, Asafetida (hing) - 1 pinch, Turmeric - ¼ tsp, Roasted Peanuts - 1 tbsp, Roasted Almonds - 1 tbsp, Pepper - 1 tsp, Salt to taste	Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a container mix all the ingredients well and cover it with clear foil, make a small hole to release steam. Cook and serve hot with mint chutney.
3-06	Tuna Sandwich	8 sandwich	Canned Tuna - 200g, Garlic Mayonnaise - 2 tbsp, Tabasco Sauce - 1 tbsp, Lettuce leaves - 8, Brown Bread Slices - 8	Add everything and spread over bread slices and cook.
3-07	Chili Cheese Potato	4	Boiled Potato - 4 (for shell), Cream Cheese - 2 Cubes (grated), Mozzarella - 2 tbsp (grated), Chilli Flakes - ½ tsp, Black Pepper - ½ tsp, Oregano - ½ tsp, Pure Olive Oil - 1 tbsp	Cut the boiled potatoes into to equal portions vertically. Scoop out the potatoes to make shells. In a small bowl add pure olive oil, chilli flakes, salt, oregano mix well. Coat the potatoes with mixture and fill potatoes with grated cream & mozzarella cheese, sprinkle black pepper and cook.
3-08	Maggie	200	Maggie - 1 packet, Water - 2 cups	Crush the Maggie and add taste maker and water. Cook.
3-09	Stir Fry Baby Corns	250-300	Baby Corns - 200 g, Capsicum - 1 (fingered), Onion - 1 large (sliced), Tomato - 1 (fingered), Green Cardamom - 2 (crushed), Ajwain (carom seeds) - ¼ tsp, Turmeric - ¼ tsp, Garam Masala - ¼ tsp, Chili Powder - ¼ tsp, Salt to taste, Oil - 2 tbsp	Mix all ingredients and cook.

Code	Food	Serving size (g)	Ingredients	Recommendations
3-10	Luxury Cheese Burger	4 burgers	Cheese - 55g, Lamb mince - 450g, Onion - 1(chopped), Celery - 1 stick(chopped), Garlic - 2 cloves(chopped), Salt & Pepper to taste, Buns - 4, Lettuce - 4 leaves, Sliced tomatoes - 1	Add mince, onion, celery, garlic, cheese, salt & pepper make round patties and place them over greased crusty plate, brush with oil thoroughly and cook. Slit the buns from the middle and make burger with prefer sauce or mayonnaise and serve.

Diet Corner (6)

4-01	Vegetable Daliya	200-250	Cracked Wheat (Daliya) - 100 g, Carrot - 1 (diced), Peas - ¼ cup, Salt to taste, Red Chili Powder - ¼ tsp, Garam Masala - ¼ tsp	Mix all the ingredients in a microwave safe glass dish and Cook and serve hot.
4-02	Indian Style Chicken in Yogurt	250-300	Chicken pieces - 250g, Yogurt - 400 g, Ginger - ½" piece(ground), Garlic - 2 cloves, Oil - 1 tbsp, Butter - ½ tbsp, Onions - 1(rings), Cloves - 2 to 3, Salt & Pepper to taste, Green Chillies - 1 tbsp	Marinate chicken in yogurt with all other ingredients for 1 hour. Cook and serve.
4-03	Masala Mutton Chops	600-700	Mutton Chops - 500 g, Yogurt - ½ cup, Ginger garlic paste - ½ tbsp, Green Chillies - 1 tbsp, Oil - 4 tbsp, Cream - 2 tbsp, Garam Masla - ½ tsp, Turmeric - ¼ tsp, Ready made bhuna masala - 6 tbsp, Water- 1 cup, Coriander seeds powder - ½ tsp, Cumin powder - ½ tsp, Bay leaf - 2, Cloves - 3 to 4, Big Cardamom - 2, Fresh Coriander for Garnishing	Add everything and cook and serve hot.
4-04	Aloo Chaat	150-200	Boiled Potatoes - 2, Rock Salt - ¼ tsp, Salt a pinch, Chaat Masala - ½ tsp, Red Chili Powder - a pinch, Lemon Juice - 1 tbsp	Mix all the ingredients and cook in crusty plate.

Code	Food	Serving size (g)	Ingredients	Recommendations
4-05	Spicy Chicken Wings	250	Chicken wings - 250 g, Oil - 2 tbsp, Chicken masala - 2 tbsp, Lemon juice - 2 tbsp, Salt to taste	Marinate for ½ an hour and cook.
4-06	Tropical Rice Salad	600-650	Boiled Rice - 1 cup, Salt & pepper to taste, Spring Onion - 4, Canned Pineapple - 225 g, Sweet corns - ½ cup(boiled), Red & yellow pepper - 2, Soy Sauce - ½ tsp, Garlic - 1, Ginger - 1 tsp, Olive oil - 1 tsp	Add everything cover and cook.

Deserts & Sweets (8)

5-01	Gajar ka Halwa	500-550	Carrot - 500 g, Milk - 1 ½ cup, Sugar - 80 g, Khoya 100 g, Desi Ghee - 2 tbsp, Chopped Nuts - 2 tbsp	In a microwave safe glass dish add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream.
5-02	Banarasi Kheer	100-150	Milk - 200 g, Boiled rice - 1/3 cup (crushed), Condensed Milk - 4 tbsp, Cardamom Powder - ¼ tsp, Kewra Essence - 2 drops, Badam paste - 1 tbsp, Cottage Cheese - ½ cup (grated), Saffron - 4 strings, Pista to garnish	In a microwave safe glass bowl mix all the ingredients and cook and chill for 1 hour. Garnish with chopped pistachio and serve chilled.
5-03	Sooji Seera	400-500	Semolina - ½ cup(roasted), Milk - ½ cup, Sugar - 6 tbsp, Ghee - 3 tbsp, Water- 1 ½ cup, Cardamom powder- ¼ tsp	Add everything and cook.
5-04	Quick Bread & Butter Pudding With Tangy Sauce	400-450	Fresh Bread Slices - 2, Milk - 2cups, Sugar - 10 tsp, Vanilla Essence - 5 to 6 drops, Butter - 4tsp For the Sauce : Marmalade - 4 tbsp, Lemon juice - 5 to 6 drops	Grease a shallow dish and place the bread slices. Mix Milk, Sugar and essence and pour it over the bread and top with remaining butter. Cook and keep aside. Mix marmalade and lemon juice together and pour over the pudding and serve.

Code	Food	Serving size (g)	Ingredients	Recommendations
5-05	Berry Berry Crumble	200-250	Regular Flour - 50 g, Oats - 50 g, Sugar - 85 g, Honey - 4 tbsp, Almonds - ¼ cup, Strawberry - 5 to 6, Red Grapes - 5 to 6, Berries - 5 to 6, Cinnamon Powder - 1 pinch, Butter - 1tbsp	Cut the berries and grapes in to two halves and keep aside. In a bowl add honey, berries, almonds, grapes and cinnamon powder. In another bowl add regular flour, oats, and rub in the butter until the mixture resembles fine bread crumbs. Add in the sugar and mix well. In a greased shallow dish set berries cover with oat and flour mixture and set, cover with aluminum foil and bake. Refrigerate for half an hour and serve.
5-06	Zafrani Meetha Rice	100-150	Rice (Basmati) - 100 g (soaked), Water - 200 g, Saffron - 4 to 5 sticks, Edible Colour - 1 pinch, Sugar - 6 tbsp, Ghee - 1 tbsp, blanched and sliced almonds - ¼ cup	Mix all and cook and garnish with blanched and chopped almonds.
5-07	Ras Malai	400-450	Milk - 400 g, Powder Sugar - 200 g, Saffron - 5 to 6 threads, White Rasgullas - 150 g, Pistachios - 2 tbsp	Add everything and cook.
5-08	Phirnee	200-250	Milk - 400 g, Condensed milk - 3tbsp, Sugar powder - 150 g, Rice - ½ cup (soaked), Saffron - 5 to 6 strings, Cashew nuts - 1 tbsp, Pistachios - 1 tbsp	Blend the soaked rice in blender. Add everything and cook




USING THE DEODORIZE FEATURE

Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior.

First clean the oven interior.

Press the **Deodorize** button after you have finished cleaning. You will hear four beeps.

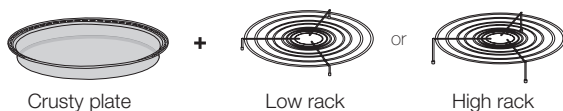


-  The deodorization time has been specified as 5 minutes.
-  You can also adjust **Deodorize** time by pressing the +30s button.
-  The maximum deodorization time is 15 minutes.

USING THE MANUAL CRUSTY COOK FUNCTION

Normally when cooking in microwave oven, using grill or microwave mode in grill/convection ovens, foods like pastries and pizza become soggy from bottom side. Using the Samsung Crusty plate helps to gain a crispy cookde result of your food.

The Crusty plate can also be used for bacon, eggs, sausages, etc.



1. Preheat the Crusty plate, as described above.

☞ Before using the Crusty plate, preheat it by selecting the combination mode for 3 to 5 minutes:

- Combination of convection (250 °C) and microwaves. (600 W power level)
- Combination of grill and microwaves. (600 W power level)

☞ Use oven gloves at all times as the Crusty plate will become very hot.

2. Brush the plate with oil if you are cooking food, such as bacon and eggs, in order to brown the food nicely.

☞ Please note that the Crusty plate has a teflon layer which is not scratch-resistant. Do not use any sharp objects like a knife to cut on the Crusty plate.

☞ Use plastic accessories to avoid scratches on the surface of the Crusty plate or remove the food from the plate before cutting.

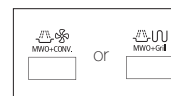
3. Place the food on the crusty plate.

☞ Do not place any recipients on the Crusty plate that are not heat-resistant (plastic bowls for example).

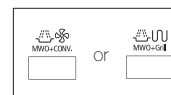
4. Place the crusty plate on the metal rack (or turntable) in the microwave.

☞ Never place the crusty plate in the oven without the turntable.

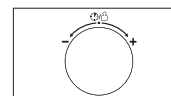
5. Press the **Combi** (☞ or ☞) button.



6. Select the appropriate power level by pressing the **Combi** (☞ or ☞) button.



7. Set the cooking time by turning the **dial knob** until the appropriate cooking time is displayed.



8. Press **Start** (☞) button.

Result:

Cooking starts.

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



☞ **How to clean the Crusty Plate**

Clean the Crusty plate with warm water and detergent and rinse off with clean water.

☞ Do not use a scrubbing brush or a hard sponge otherwise the top layer will be damaged.

☞ **Please note**

The Crusty plate is not dishwasher-safe.

We recommend to preheat crusty plate directly on the turntable.
Preheat crusty plate with the 600 W + Grill-function or 600 W + Convection (250 °C)-function for 5 Min. and follow the times and instructions in the table.


Food	Quantity	Preheat time (min.)	Cooking mode	Cooking time (min.)	Recommendations
Bacon	4-6 slices (80 g)	3	600 W + Grill	3-4	Preheat crusty plate. Put slices side by side on crusty plate. Put crusty plate on high rack.
Grilled tomatoes	200 g	3	300 W + Grill	3-4	Preheat crusty plate. Cut tomatoes in halves. Put some cheese on top. Arrange in a circle on crusty plate and set on high rack.
Omelette	300 g	3-4	450 W + Grill	3½-4½	Beat 3 eggs, add 2 tbsp. milk, herbs and spices. Cut one tomato in cubes. Preheat crusty plate, put tomato pieces on plate, add beaten eggs and 50g grated cheese evenly. Set plate on high rack.
Grilled vegetables	250 g	3-4	450 W + Grill	7-8	Preheat crusty plate and brush with 1 tbsp. oil. Put fresh sliced vegetables on plate e.g. pieces of pepper, onions, courgette slices and mushrooms. Set crusty plate on high rack.

Food	Quantity	Preheat time (min.)	Cooking mode	Cooking time (min.)	Recommendations
Frozen mini spring rolls with topping	250 g	2-3	1st stage: 300 W + 250 °C 2nd stage: Grill only	1st stage: 5-6 2nd stage: 4-5	Preheat crusty plate. Distribute spring rolls evenly on plate. Put plate on low rack.
Frozen pizza	350 g	4-5	600 W + Grill	6-8	Preheat crusty plate. Put the frozen pizza on crusty plate. Put crusty plate on high rack.
Frozen baguettes (frozen)	250 g	3-4	300 W + 220 °C	10-12	Preheat crusty plate. Put the two frozen baguettes with topping (e.g. vegetables, ham and cheese). Put crusty plate on low rack.
Chicken nuggets (frozen)	250 g	4	600 W + Grill	6-7	Preheat crusty plate. Brush plate with 1 tbsp. oil. Put chicken nuggets on crusty plate. Put crusty plate on the high rack. Turn over after 4-5 minutes.

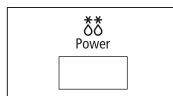
MULTISTAGE COOKING

Your microwave oven can be programmed to cook food in up to three stages (the Convection, Microwave+Convection and Fast Preheat mode can not be used in Multistage cooking). Example: You wish to Power defrost food and cook it without having to reset the oven after each stage. You can thus defrost and cook a 1.8 kg chicken in three stages:

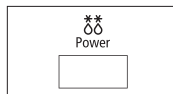
- Defrosting
- Microwave cooking for 30 minutes
- Grill for 15 minutes

 Defrosting must be the first stage. Combination and Grill can only be used once during the remaining two stages. However microwave can be used twice (at two different power levels).

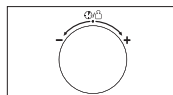
1. Press the **Power Defrost** (🔥🔥) button.



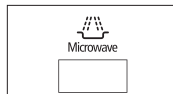
2. Select the type of food that you are cooking by pressing the **Power Defrost** (🔥🔥) button.



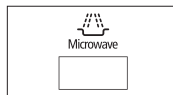
3. Set the weight by turning the **dial knob** the appropriate number of times. (1800 g in the example)



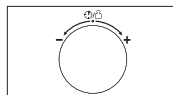
4. Press the **Microwave** (🔥🔥) button.



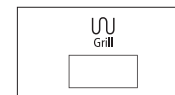
5. Set the microwave power level by pressing the **Microwave** (🔥🔥) button to select the appropriate Power Level. (450 W in the example)



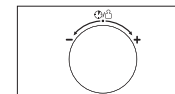
6. Set the cooking time by turning the **dial knob**. (30 minutes in the example)



7. Press the **Grill** (🔥) button.



8. Set the cooking time by turning the **dial knob**. (15 minutes in the example)



9. Press **Start** (▶) button.



Result: Cooking starts:

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

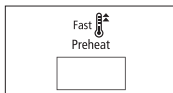
FAST PREHEATING THE OVEN

For convection cooking, it is recommended that you preheat the oven to the appropriate temperature before placing the food in the oven. When the oven reaches the requested temperature, it is maintained for approximately 10 minutes; it is then switched off automatically.

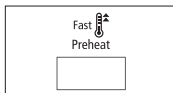
Check that the heating element is in the correct position for type of cooking that you require.

1. Press the **Fast Preheat** (fast ) button.

Result: The following indications are displayed:
250 °C (temperature)




2. Press the **Fast Preheat** (fast ) button one or more times to set the temperature.





3. Press the **Start** (⏻) button.

Result: The oven is preheated to the requested temperature.

- Upon arrival at the preset temperature, the oven beeps 6 times and the temperature is kept for 10 minutes.
- After 10 minutes, the beeps 4 times and the operation stops.


 In case the inner temperature has reached the preset temperature, the beeps 6 times when temperature and the preset temperature is kept for 10 minutes.

 If you would like to know the current temperature of oven cavity, press **Fast Preheat** (fast ) button.



COOKING BY CONVECTION

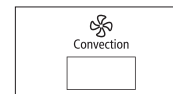
The convection mode enables you to cook food in the same way as in a traditional oven. The microwave mode is not used. You can set the temperature, as required, in a range varying from 40 °C to 250 °C in eight preset levels. The maximum cooking time is 60 minutes.

-  If you wish to Fast Preheat the oven, see page 48.
 - Always use oven gloves when touching the recipients in the oven, as they will be very hot.
 - You can get better cooking and browning, if you use the low rack.

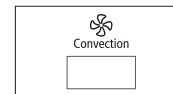
Check that the heating element is in the horizontal position and that the turntable is in position. Open the door and place the recipient on the low rack and set on turntable.

1. Press the **Convection** (🌀) button.

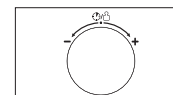
Result: The following indications are displayed:
🌀 (convection mode)
250 °C (temperature)



2. Press the **Convection** (🌀) button once or more times to set the temperature.
(Temperature : 250, 220, 200, 180, 160, 140, 100, 40 °C)



3. Set the cooking time by turning the **dial knob**.





4. Press the **Start** (⏻) button.

Result: Cooking starts:

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



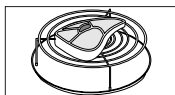
 If you would like to know the current temperature of oven cavity, press **Fast Preheat** (fast ) button.

GRILLING

The grill enables you to heat and brown food quickly, without using microwaves.

- Always use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can get better cooking and grilling results, if you use the high rack.

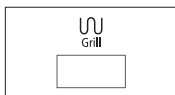
1. Open the door and place the food on the rack.



2. Press the **Grill** (U) button.

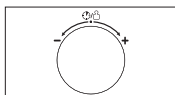
Result: The following indications are displayed:
U (grill mode)

- You cannot set the temperature of the grill.



3. Set the grilling time by turning the **dial knob**.

- The maximum grilling time is 60 minutes.



4. Press the **Start** (D) button.

Result: Grilling starts.

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.

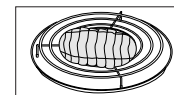


CHOOSING THE ACCESSORIES

Traditional convection cooking does require cookware. You should, however, use only cookware that you would use in your normal oven.

Microwave-safe containers are not usually suitable for convection cooking; don't use plastic containers, dishes, paper cups, towels, etc.

If you wish to select a combined cooking mode (microwave and grill or convection), use only recipients that are microwave-safe and oven-proof. Metallic cookware or utensils may damage your oven.



- ☞ For further details on suitable cookware and utensils, refer to the Cookware Guide on page 53.

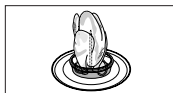
SPIT-ROASTING

The barbecue spit is useful for grilling, as you do not need to turn the meat over. It can be used for combined microwave and Convection cooking.

- ☞ Make sure that the weight of the meat is evenly distributed on the spit and that the spit rotates evenly.

Always use oven gloves when touching the recipients in the oven, as they will be very hot.


1. Push the roasting spit through the centre of the meat.



Example: Push the spit between the backbone and breast of a chicken. Place the spit on its upright on the glass bowl the glass bowl and the glass bowl onto the turntable. To help brown the meat, brush it with and spices oil.

2. Press the **Microwave + Convection** () button.

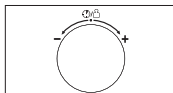


3. Select the temperature by pressing the **Microwave + Convection** () button.



4. Set the cooking time by turning the **dial knob**.

- The maximum grilling time is 60 minutes.



5. Set the appropriate power level by pressing the **Microwave + Convection** () button.



6. Press the **Start** () button.

Result: Cooking starts:

- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



7. When the meat has been fully cooked, carefully remove the spit, using oven gloves to protect your hands.



USING THE VERTICAL MULTI-SPIT

MULTI-SPIT FOR KEBAB

Using the multi-spit with 6 kebab skewers you can easily barbecue meat, poultry, fish, vegetables (like onions, peppers or courgettes) and fruit which have been cut into pieces.

You can prepare the above food with the kebab skewers by using convection or combination mode.




Coupler Kebab,
Skewer

Multi-Spit


Barbecue Spit

Glass Bowl

USE OF THE MULTI-SPIT WITH KEBAB SKEWERS


1. For preparing kebabs with the multi-spit use the 6 skewers.
 2. Put the same amount of food on each skewer.
 3. Place the roasting-spit into the glass bowl and insert the multi-spit into it.
 4. Put the glass bowl with the multi-spit in the centre of the turntable.
-  Make sure that the grill heating element is in the right position at the back wall of the cavity and not at the top before starting the grilling process.

REMOVING THE MULTI-SPIT FROM THE OVEN AFTER GRILLING

1. Use oven gloves for taking for glass bowl with the multi-spit out of the oven, because it will be very hot.
 2. Remove multi-spit out of the spit stand by using oven gloves as well.
 3. Carefully remove the skewers and use a fork for removing the food pieces from the skewers.
-  The multi-spit is not suitable for cleaning in the dishwasher. Therefore clean it with warm water and washing up liquid by hand. Remove the vertical multi-spit from the oven, after use.

COMBINING MICROWAVES AND THE GRILL

You can also combine microwave cooking with the grill, to cook quickly and brown at the same time.

-  ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly.
- ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot.
- You can improve cooking and grilling, if you use the high rack.

Open the door. Place the food on the rack best suited to the type of food to be cooked. Place the rack on the turntable. Close the door.

1. Press the **Microwave + Grill** (微波+烧烤) button.

Result: The following indications are displayed:

微波+烧烤 (microwave & grill combi mode)

600 W (output power)



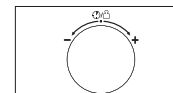
2. Select the appropriate power level by pressing the **Microwave + Grill** (微波+烧烤) button until the corresponding output power is displayed (300-600 W).

- You cannot set the temperature of the grill.



3. Set the cooking time by turning the **dial knob**.

- The maximum cooking time is 60 minutes.



4. Press the **Start** (启动) button.

Result:


- Combination cooking starts.
- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.



COMBINING MICROWAVES AND CONVECTION

Combination cooking uses both microwave energy and convection heating. No preheating is required as the microwave energy is immediately available. Many foods can be cooked in combination mode, particularly:


- Roast meats and poultry
- Pies and cakes
- Egg and cheese dishes

 ALWAYS use microwave-safe and oven-proof cookware. Glass or ceramic dishes are ideal as they allow the microwaves to penetrate the food evenly. ALWAYS use oven gloves when touching the recipients in the oven, as they will be very hot. You can get better cooking and browning, if you use the low rack.


Open the door. Place the food on the turntable or on the low rack which should then be placed on the turntable. Close the door. The heating element must be in the horizontal position.

1. Press the **Microwave + Convection** () button.

Result: The following indications are displayed:

-  (microwave & convection combi mode)
- 600 W (output power : Switches to the following temperature mode in 2 seconds)
- 250 °C (temperature)

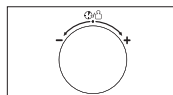



2. Select the temperature by pressing the **Microwave + Convection** () button.
(Temperature : 250, 220, 200, 180, 160, 140, 100, 40 °C)



3. Set the cooking time by turning the **dial knob**.

- The maximum cooking time is 60 minutes.



4. Set the appropriate power level by pressing the **Microwave + Convection** () button until the corresponding output power is displayed (600, 450, 300, 180, 100 W).





5. Press the **Start** () button.

Result:

- Combination cooking starts.
- The oven is heated to the required temperature and then microwave cooking continues until the cooking time is over.
- When cooking has finished, the oven will beep and flash "0" four times. The oven will then beep one time per minute.





 If you would like to know the current temperature of oven cavity, press **Fast Preheat** () button.

SAFETY-LOCKING YOUR MICROWAVE OVEN

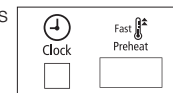
Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally.



The oven can be locked at any time.

1. Press the **Clock** () and **Fast Preheat** () buttons at the same time (about three second).

Result:

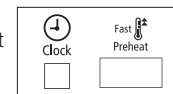
- The oven is locked.
- The follow indication is display "L".



2. To unlock the oven, press the **Clock** () and **Fast Preheat** () buttons again at the same time (about three second).

Result:

The oven can be used normally.



COOKWARE GUIDE

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.

The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-Safe	Comments
Aluminum foil	✓ X	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	X	May catch fire.
• Recycled paper or metal trims	X	May cause arcing.
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.

Cookware	Microwave-Safe	Comments
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	X	May cause arcing or fire.
• Freezer bag twist ties	X	
Paper		
• Plates, cups, napkins and Kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	X	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓ X	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ : Recommended

✓X : Use Caution

X : Unsafe

COOKING GUIDE

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.

The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:

Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

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 microwave oven. 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 chapter with tips, techniques and hints).

Covering during cooking

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

Standing times

After cooking is over food the standing time is important to allow the temperature to even out within the food.

Cooking guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. 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.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Spinach	150 g	600 W	5-6	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300 g	600 W	8-9	2-3	Add 30 ml (2 tbsp.) cold water.
Peas	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Green beans	300 g	600 W	7½-8½	2-3	Add 30 ml (2 tbsp.) cold water.
Mixed vegetables (carrots/peas/corn)	300 g	600 W	7-8	2-3	Add 15 ml (1 tbsp.) cold water.
Mixed vegetables (chinese style)	300 g	600 W	7½-8½	2-3	Add 15 ml (1 tbsp.) cold water.

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 salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

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

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
White rice (Parboiled)	250 g	900 W	15-16	5	Add 500 ml cold water.
	375 g		17½-18½		
Brown rice (Parboiled)	250 g	900 W	20-21	5	Add 500 ml cold water.
	375 g		22-23		
Mixed rice (Rice + wild rice)	250 g	900 W	16-17	5	Add 500 ml cold water.
Mixed corn (Rice + grain)	250 g	900 W	17-18	5	Add 400 ml cold water.
Pasta	250 g	900 W	10-11	5	Add 1000 ml hot water.

Cooking guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbsp.) for every 250 g unless another water quantity is recommended - see table. Cook covered for the minimum time - see table. 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 (900 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 g 500 g	4½-5 7-8	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250 g	6-6½	3	Add 60-75 ml (5-6 tbsp.) water.
Carrots	250 g	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 g 500 g	5-5½ 7½-8½	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250 g	4-4½	3	Cut courgettes into slices. Add 30 ml (2 tbsp.) water or a knob of butter. Cook until just tender.
Egg plants	250 g	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250 g	4-4½	3	Cut leeks into thick slices.
Mushrooms	125 g 250 g	1½-2 2½-3	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Onions	250 g	5-5½	3	Cut onions into slices or halves. Add only 15 ml (1 tbsp.) water.
Pepper	250 g	4½-5	3	Cut pepper into small slices.
Potatoes	250 g 500 g	4-5 7-8	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250 g	5½-6	3	Cut turnip cabbage into small cubes.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take. Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a 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. Reheating small pieces will be more successful.

Power levels and stirring

Some foods can be reheated using 900 W power while others should be reheated using 600 W, 450 W or even 300 W.

Check the tables for guidance.

In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).

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 microwave oven during standing time.

We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food. It is preferable 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 chart.

Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

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.

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.

BABY MILK:

Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as 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: ca. 37 °C.

REMARK:

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

Use the power levels and times in the next table as a guide lines for reheating.

Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power	Time	Standing time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600 W	30 sec.	2-3	Empty into ceramic deep 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 g	600 W	20 sec.	2-3	Empty into ceramic deep 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	300 W	30-40 sec. 1 min. to 1 min. 10 sec.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turntable. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

Reheating liquids and food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Drinks (coffee, tea and water)	150 ml (1 cup) 250 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)	900 W	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 g 350 g 450 g 550 g	900 W	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 g	600 W	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 g	600 W	3½-4½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.

Food	Portion	Power	Time (min.)	Standing time (min.)	Instructions
Filled pasta with sauce (chilled)	350 g	600 W	4-5	3	Put filled pasta (e.g. 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 g 450 g 550 g	600 W	4½-5½ 5½-6½ 6½-7½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.

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, if unexpected guests suddenly show up.

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

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 shield by wrapping very small strips of aluminium 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. Please refer to the table below.

Hint: Flat food defrosts better than thick 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, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced	250 g	6-7	15-30	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
	500 g	10-12		
Pork steaks	250 g	7-8		
Poultry				
Chicken pieces	500 g (2 pcs)	14-15	15-60	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	1200 g	32-34		
Fish				
Fish fillets	200 g	6-7	10-25	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends of fillets and tail of whole fish with aluminium foil. Turn over after half of defrosting time!
Whole fish	400 g	11-13		
Fruits				
Berries	300 g	6-7	5-10	Spread fruit on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls	2 pcs	1-1½	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!
(each ca. 50 g)	4 pcs	2½-3		
Toast/Sandwich	250 g	4-4½		
German bread (wheat + rye flour)	500 g	7-9		

GRILL

The grill-heating element is located underneath the ceiling of the cavity. They operate while the door is closed and the turntable is rotating. The turntable's rotation makes the food brown more evenly. Preheating the grill for 2-3 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 toast with toppings.

Important remark:

Whenever the grill only mode is used, please remember that food must be placed on the high rack, unless another instruction is recommended.

MICROWAVE + GRILL

This cooking mode combines the radiant heat that is coming from the grill with the speed of microwave cooking. It operates only while the door is closed and the turntable is rotating. Due to the rotation of the turntable, the food browns evenly. Three combination modes are available with this model: 600 W + Grill, 450 W + Grill and 300 W + Grill.

Cookware for cooking with microwave + grill

Please use cookware that microwaves can pass through. Cookware should be flameproof. Do not use metal cookware with combination mode. Do not use any type of plastic cookware, as it can melt.

Food suitable for microwave + grill cooking:

Food suitable for combination mode cooking include all kinds of cooked food which need reheating and browning (e.g. baked pasta), as well as foods which require a short cooking time to brown the top of the food. Also, this mode can be used for thick food portions that benefit from a browned and crispy top (e.g. chicken pieces, turning them over half way through cooking). Please refer to the grill table for further details.

Important remark:

Whenever the combination mode (microwave + grill) is used, the food should be placed on the high rack, unless another instruction is recommended. Please refer to the instructions in the following chart. The food must be turned over, if it is to be browned on both sides.

Grill guide for fresh food

Preheat the grill with the grill-function for 2-3 minutes.

Use the power levels and times in this table as guide lines for grilling.

Fresh food	Portion	Power	1. Side time (min.)	2. Side time (min.)	Instructions
Toast slices	4 pcs (each 25 g)	Grill only	3-4	2-3	Put toast slices side by side on the high rack.
Grilled tomatoes	400 g	300 W + Grill	5-6	-	Use small tomatoes. Arrange in a circle in a flat glass pyrex dish. Place it on the high rack. Stand for 2-3 minutes.
Tomato-cheese toast	4 pcs (300 g)	300 W + Grill	4½-5½	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes
Toast hawaii (ham, pineapple, cheese slices)	4 pcs (500 g)	300 W + Grill	6½-7½	-	Toast the bread slices first. Put the toast with topping on the high rack. Stand for 2-3 minutes.
Baked potatoes	500 g	600 W + Grill	7-8	-	Cut potatoes into halves. Put them in a circle on the high rack with the cut side to the grill.
Gratin potatoes / vegetables (chilled)	450 g	450 W + Grill	9-11	-	Put the fresh gratin into a small glass pyrex dish. Put the dish on the high rack. After cooking stand for 2-3 minutes.

Fresh food	Portion	Power	1. Side time (min.)	2. Side time (min.)	Instructions
Baked apples	2 apples (ca. 400 g)	300 W + Grill	6½-7½	-	Core the apples and fill them with raisins and jam. Put some almond slices on top. Put apples on a flat glass pyrex dish. Place the dish directly on the low rack.
Chicken pieces	500 g (2 pcs)	300 W + Grill	9-10	7-8	Brush chicken pieces with oil and spices. Put them in a circle on the high rack. After grilling stand for 2-3 minutes.
Steaks (medium)	400 g (2 pcs)	Grill only	12-13	11-12	Brush the steaks with oil. Lay them in a circle on the high rack. After grilling stand for 2-3 minutes.
Roast fish	400-500 g	300 W + Grill	5½-6½	5-6	Brush skin of whole fish with oil and add herbs and spices. Put two fish side by side (head to tail) on the high rack. After grilling stand for 2-3 minutes.

CONVECTION

Cooking with convection is the traditional and well known method of cooking food in a traditional oven with hot air. The heating element and the fan position is at the back-wall, so that the hot air is circulating.

Cookware for convection cooking:

All conventional ovenproof cookware, baking tins and sheets – anything you would normally use in a traditional convection oven – can be used.

Food suitable for convection cooking:

All biscuits, individual scones, rolls and cakes should be made by this mode as well as rich fruit cakes, choux pastry and soufflés.

MICROWAVES + CONVECTION

This mode combines the microwave energy with the hot air and is therefore reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:

Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

Food suitable for microwave + convection cooking:

All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.



Convection guide for fresh and frozen food

Preheat the convection with the auto pre-heat function to the desired temperature. Use the power levels and times in this table as guide lines for convection cooking.

Use oven gloves when taking out.

Fresh food	Portion	Power	1. Side time (min.)	2. Side time (min.)	Instructions
Pizza Frozen pizza (ready baked)	300-400 g	600 W + 220 °C	9-11	-	Place the pizza on the high rack. After baking stand for 2-3 minutes.
Pasta Frozen lasagne	400 g	450 W + 200 °C	20-23	-	Put into a suitable sized glass pyrex dish or leave in the original packaging (take care that this is suitable for microwaves and oven heat). Put frozen lasagne on the low rack. After cooking stand for 2-3 minutes.
Meat Roast lamb (medium)	1200-1300 g	600 W + 180 °C	19-21	11-13	Brush lamb with oil and spice it with pepper, salt and paprika. Put it on the low rack, first with the fat side down. After cooking wrap in aluminium foil and stand for 10-15 minutes.
Roast chicken	900-1000 g	450 W + 220 °C	16-18	12-15	Brush chicken with oil and spices. Put chicken first breast side down, second side breast side up on the low rack. Stand for 5 minutes.

Fresh food	Portion	Power	1. Side time (min.)	2. Side time (min.)	Instructions
Bread Fresh bread rolls	4 pcs (200 g)	Only 200 °C	13-15	-	Put bread rolls in a circle on the low rack. Use oven gloves while taking out! Stand 2-3 minutes.
Garlic bread (chilled, prebaked)	200 g (1 pc)	180 W + 220 °C	10-12	-	Put the chilled baguette on baking paper on the low rack. After baking stand for 2-3 minutes.
Cake Apple cake (fresh dough)	500 g	Only 180 °C	40-45	-	Put the fresh dough (300 g) in a small round black metal baking dish (diameter 18 cm). Add sliced apples (200 g) on top. Put the cake on the low rack. After baking stand for 5-10 minutes.
Mini muffins (fresh dough)	12 x 30 g (350-400 g)	Only 200 °C	15-18	-	Fill the fresh dough evenly in paper muffin dishes. Put the dishes on the low rack. After baking stand for 5 minutes.
Cookies (fresh dough)	100-150 g	Only 200 °C	9-12	-	Preheat oven including a round metal baking plate or use Crusty plate. Put cookies on the plate. Put plate on low rack.
Frozen cake	1000 g	180 W + 180 °C	18-20	-	Put the frozen cake directly on the low rack. After defrost and warming stand for 15-20 minutes.

SPECIAL HINTS

MELTING BUTTER

Put 50 g butter into a small deep glass dish. Cover with plastic lid. Heat for 30-40 seconds using 900 W, until butter is melted.

MELTING CHOCOLATE

Put 100 g chocolate into a small deep glass dish. Heat for 3-5 minutes, using 450 W until chocolate is melted. Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY

Put 20 g crystallized honey into a small deep glass dish. Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE

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

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)

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

COOKING JAM

Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well. Cook covered for 10-12 minutes using 900 W. 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 using 900 W. Stir several times well during cooking.


BROWNING ALMOND SLICES


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

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

1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice on the turntable and heat for ten minutes at maximum power.
4. 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 microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven 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.


STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.


The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repairs.

 **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:

- Unplug it from the wall socket
- Contact the nearest after-sales service centre

 If you wish to store your oven away temporarily, choose a dry, dust-free place.

- **Reason :** Dust and damp may adversely affect the working parts in the oven.

TECHNICAL SPECIFICATIONS

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Power source	230 V ~ 50 Hz AC
Power consumption	
Maximum power	2700 W
Microwave	1400 W
Grill (heating element)	1250 W
Convection (heating element)	Max. 2050 W
Output power	100 W / 900 W - 6 levels (IEC-705)
Operating frequency	2450 MHz
Dimensions (W x D x H)	
Outside	522 x 539 x 312 mm
Oven cavity	355 x 380.6 x 234 mm
Volume	1.1 Cubic feet
Weight	
Net	21 kg approx.



QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
INDIA	3030-8282 1800-110011 1800-3000-8282 1800-266-8282	www.samsung.com

Code No.: DE68-03833A