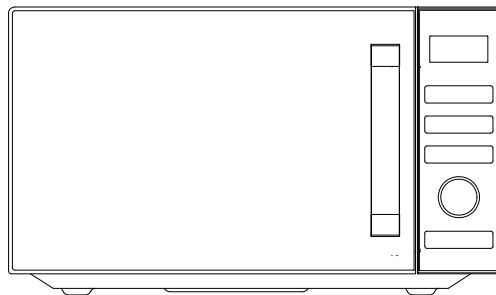




**MODEL: 20BC5**

CONVECTION MICROWAVE OVEN  
User Manual



PLEASE READ THESE OWNERS'S MANUAL INSTRUCTION CAREFULLY BEFORE OPERATION AND KEEP IT FOR FUTURE REFERENCE.

Please record the details of your microwave oven below for future reference:

Serial no: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Warranty: \_\_\_\_\_

Customer copy: \_\_\_\_\_

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## **SPECIFICATIONS**

Power Consumption:	230V/50Hz 1200W(Microwave) 1200W(Grill) 2200W(Convection)
Microwave Power Output:	800W
Operation Frequency:	2450MHz
Outside Dimensions:	262mm(H)×452mm(W)×390mm(D)
Oven Cavity Dimensions:	210mm(H)×315mm(W)×329mm(D)
Oven Capacity:	Compact 20 Litres
Net Weight:	Approx. 15.0 kg

### **PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY**

1. Do not attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.
2. Do not place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.
3. Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the
  - a. Door(bent),
  - b. Hinges and latches (broken or loosened),
  - c. Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except properly qualified service personnel.

# IMPORTANT SAFETY INSTRUCTIONS

When using electrical appliance basic safety precautions should be followed, including the following:

**WARNING:** To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

1. Read all instructions before using the appliance and keep for future reference.
2. Use this appliance only for its intended use as described in this manual. Do not use corrosive chemicals or vapors in this appliance. This type of oven is specifically designed to heat, cook or dry food. It is not designed for industrial or laboratory use.
3. Do not operate the oven when empty.
4. Do not operate this appliance if it has a damaged cord or plug, if it is not working properly or if it has been damaged or dropped. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
5. **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.
6. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
7. To reduce the risk of fire in the oven cavity:
  - a. When heating food in plastic or paper container, keep an eye on the oven due to the possibility of ignition.
  - b. Remove wire twist-ties from paper or plastic bags before placing bag in oven.
  - c. If smoke is observed, switch off or unplug the appliance and keep the door closed in order to stifle any flames.
  - d. Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils or food in the cavity when not in use.
8. **WARNING:** Liquid or other food must not be heated in sealed containers since they are liable to explode.
9. Microwave heating of beverage can result in delayed eruptive boiling, therefore care has to be taken when handling the container.
10. Do not fry food in the oven. Hot oil can damage oven parts and utensils and even result in skin burns.
11. 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.
12. Pierce foods with heavy skins such as potatoes, whole squashes, apples and chestnuts before cooking.
13. The contents of feeding bottles and baby jars should be stirred or shaken and the temperature should be checked before serving in order to avoid burns.
14. Cooking utensils may become hot because of heat transferred from the heated food. Potholders may be needed to handle the utensil.
15. Utensils should be checked to ensure that they are suitable for use in microwave oven.
16. **WARNING:** It is hazardous for anyone other than a trained person to carry out any service or repair operation which involves the removal of any cover which gives protection against exposure to microwave energy.
17. This product is a Group 2 Class B ISM equipment. The definition of Group 2 which contains all ISM (Industrial, Scientific and Medical) equipment in which radio-frequency energy is intentionally generated and/or used in the form of electromagnetic radiation for the treatment of material, and spark erosion 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 purpose.

18. 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.
19. Children should be supervised to ensure that they do not play with the appliance.
20. The microwave oven is only used in freestanding.
21. WARNING: Do not install oven over a range cook top or other heat-producing appliance. If installed could be damaged and the warranty would be avoid.
22. The microwave oven shall not be placed in a cabinet.
23. The door or the outer surface may get hot when the appliance is operating.
24. Warning: Accessible parts may become hot during use. Young children should be kept away.
25. During use the appliances becomes hot. Care should be taken to avoid touching heating elements inside the oven, for cooking ranged and ovens.
26. WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person
27. The instructions shall state that appliances are not intended to be operated by means of an external timer or separate remote-control system.
28. The microwave oven is for household use only and not for commercial use.
29. Never remove the distance holder in the back or on the sides, as it ensures a minimum distance from the wall for air circulation.
30. Please secure the turntable before you move the appliance to avoid damages.
31. Caution: It is dangerous to repair or maintain the appliance by no other than a specialist because under these circumstances the cover have to be removed which assures protection against microwave radiation. This applies to changing the power cord or the lighting as well. Send the appliance in these cases to our service centre.
32. The microwave oven is intended for defrosting, cooking and steaming of food only.
33. Use gloves if you remove any heated food.
34. Caution! Steam will escape, when opening lids or wrapping foil.
35. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.
36. If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

# INSTALLATION

1. Make sure that all the packing materials are removed from the inside of the door.
2. **WARNING:** Check the oven for any damage, such as misaligned or bent door, damaged door seals and sealing surface, broken or loose door hinges and latches and dents inside the cavity or on the door. If there is any damage, do not operate the oven and contact qualified service personnel.
3. This microwave oven must be placed on a flat, stable surface to hold its weight and the heaviest food likely to be cooked in the oven.
4. Do not place the oven where heat, moisture, or high humidity are generated, or near combustible materials.
5. For correct operation, the oven must have  
Sufficient airflow. Allow minimum 20cm of free space necessary above the top surface of the oven and 5cm at both sides. The microwave oven rear plate must be placed close to the wall. Do not cover or block any openings on the appliance. Do not remove feet.
6. Do not operate the oven without glass tray, roller support, and shaft in their proper positions.
7. Make sure that the power supply cord is undamaged and does not run under the oven or over any hot or sharp surface.
8. The socket must be readily accessible so that it can be easily unplugged in an emergency.
9. Do not use the oven outdoors.
10. The microwave oven should be operated at the same voltage as that specified on the rating label.

## RADIO INTERFERENCE

Operation of the microwave oven can cause interference to your radio, TV, or similar equipment.

When there is interference, it may be reduced or eliminated by taking the following measures:

1. Clean door and sealing surface of the oven.
2. Reorient the receiving antenna of radio or television.
3. Relocate the microwave oven with respect to the receiver.
4. Move the microwave oven away from the receiver.
5. Plug the microwave oven into a different outlet so that microwave oven and receiver are on different branch circuits.

## GROUNDING INSTRUCTIONS

This appliance must be grounded. This oven is equipped with a cord having a grounding wire

With a grounding plug. It must be plugged into a wall receptacle that is properly installed and

grounded. In the event of an electrical short circuit, grounding reduces risk of electric shock by providing an escape wire for the electric current. It is recommended that a separate circuit serving only the oven be provided. Using a high voltage is dangerous and may result in a fire or other accident causing oven damage.

**WARNING** Improper use of the grounding plug can result in a risk of electric shock.

Note:

1. If you have any questions about the grounding or electrical instructions, consult

a qualified electrician or service person.

2. Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the electrical connection procedures.

The wires in this cable main are colored in accordance with the following code:

**Green and Yellow = EARTH**

**Blue = NEUTRAL**

**Brown = LIVE**

## MICROWAVE COOKING PRINCIPLES

1. Arrange food carefully. Place thickest areas towards outside of dish.
2. Watch cooking time. Cook for the shortest amount of time indicated and add more as needed. Food severely overcooked can smoke or ignite.
3. Cover foods while cooking. Covers prevent spattering and help foods to cook evenly.
4. Turn foods over once during microwaving to speed cooking of such foods as chicken and hamburgers. Large items like roasts must be turned over at least once.
5. Rearrange foods such as meatballs halfway through cooking both from top to bottom and from the center of the dish to the outside.

## BEFORE YOU CALL FOR SERVICE

If the oven fails to operate:

1. Check to ensure that the oven is plugged in securely. If it is not, remove the plug from the outlet, wait 10 seconds, and plug it in again securely.
2. Check for a blown circuit fuse or a tripped main circuit breaker. If these seem to be operating properly, test the outlet with another appliance.
3. Check to ensure that the control panel is programmed correctly and the timer is set.
4. Check to ensure that the door is securely closed engaging the door safety lock system. Otherwise, the microwave energy will not flow into the oven.

IF NONE OF THE ABOVE RECTIFIES THE SITUATION, THEN CONTACT A QUALIFIED TECHNICIAN. CALL ON THE IFB CARE NUMBER MENTIONED ON THE ON PRODUCT STICKER DO NOT TRY TO ADJUST OR REPAIR THE OVEN YOURSELF.

# UTENSIL GUIDE

1. Microwave cannot penetrate metal. Only use utensils that are suitable for use in microwave ovens. Metallic containers for food and beverages are not allowed during microwave cooking. This requirement is not applicable if the manufacturer specifies size and shape of metallic containers suitable for microwave cooking.
2. Microwave cannot penetrate metal, so metal utensils or dishes with metallic trim should not be used.
3. Do not use recycled paper products when microwave cooking, as they may contain small metal fragments which may cause sparks and/or fires.
4. Round /oval dishes rather than square/oblong ones are recommend, as food in corners tends to overcook.
5. Narrow strips of aluminum foil may be used to prevent overcooking of exposed areas. But be careful don't use too much and keep a distance of 1 inch (2.54cm) between foil and cavity.

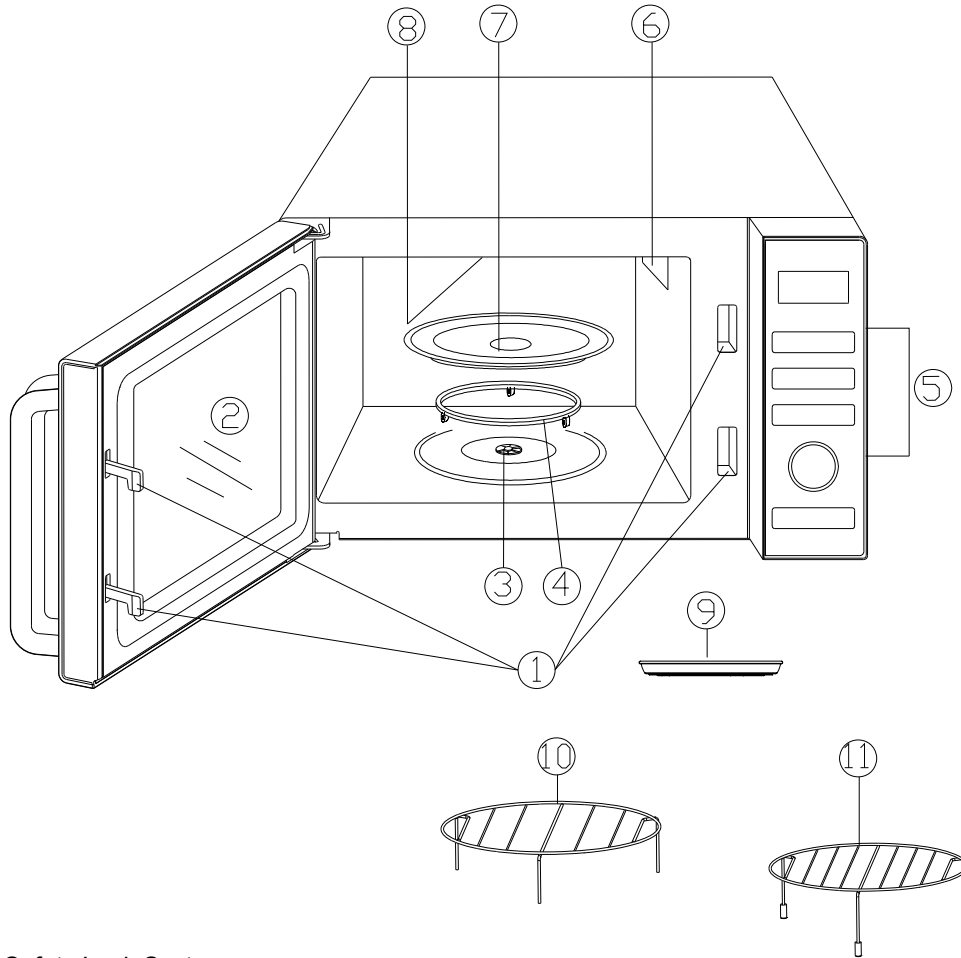
The list below is a general guide to help you select the correct utensils.

Cookware	Microwave	Grill	Convection	Combination*
Heat-Resistant Glass	Yes	Yes	Yes	Yes
Non Heat-Resistant Glass	No	No	No	No
Heat-Resistant Ceramics	Yes	Yes	Yes	Yes
Microwave-Safe Plastic Dish	Yes	No	No	No
Kitchen Paper	Yes	No	No	No
Metal Tray	No	Yes	Yes	No
Baking plate	No	Yes	Yes	No
Aluminum Foil & Foil Container	No	Yes	Yes	No

\* Combination: applicable for both "microwave + grill", and "microwave + convection" cooking.

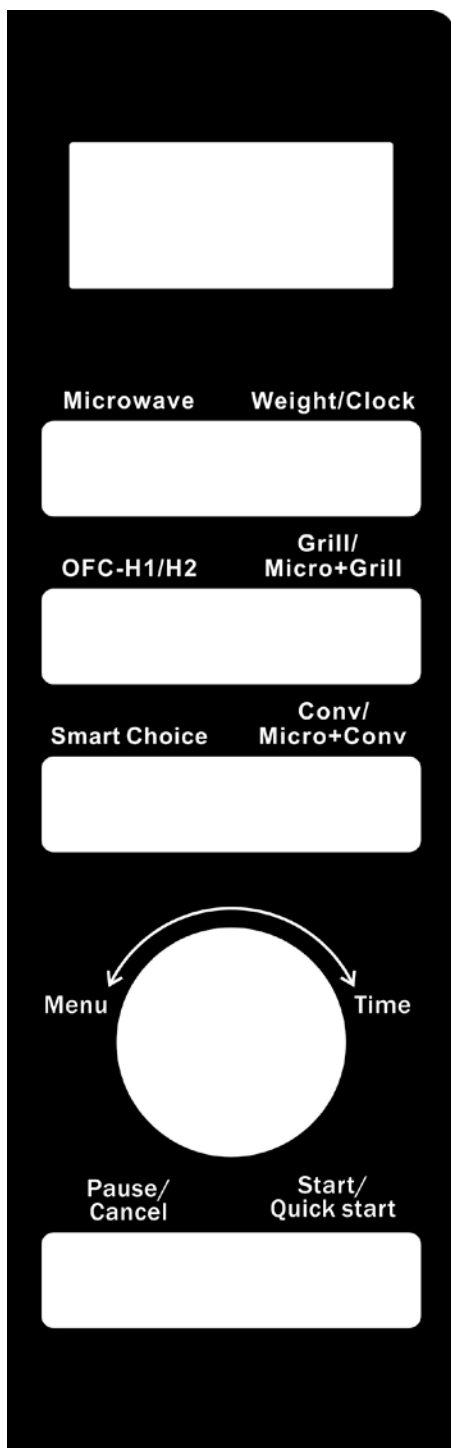


# PART NAMES




1. Door Safety Lock System
2. Oven Window
3. Shaft
4. Roller Ring
5. Control Panel
6. Wave Guide (Please do not remove the mica plate covering the waveguide)
7. Glass Tray
8. Grill Heater
9. Bake Tray
10. Metal Rack 1
11. Metal Rack 2

# CONTROL PANEL



- **MENU ACTIONSCREEN**  
Cooking time, power, action indicators, and clock time are displayed.
- **MICROWAVE**  
Press this button a number of times to set microwave cooking power level.
- **WEIGHT/CLOCK**  
Press to set clock time.  
Press to specify food weights or number of servings.
- **GRILL/MICRO+GRILL**  
Press to set grill program.  
Press to select one of four combination cooking settings.
- **CONV/MICRO+CONV**  
Press to program convection cooking.  
Press to select one of four combination cooking settings.
- **PAUSE/CANCEL**  
Press to cancel setting or reset the oven before setting a cooking program.  
Press once to temporarily stop cooking, or twice to cancel cooking altogether.  
It is also used for setting child lock.
- **SMART CHOICE**  
Use to set keep warm, deodorize, cleaning, ferment, power save and weight defrost program.
- **OFC-H1/H2**  
Use to set ofc-h1/h2function.
- **MENU/TIME (KNOB)**  
Turn the knob to enter time.  
Turn the knob to select an auto-cooking menu.
- **START/QUICK START**  
Press once to start a cooking program.  
Simply press it a number of times to set cooking time and cook immediately at full power level

# HOW TO SET THE OVEN CONTROLS

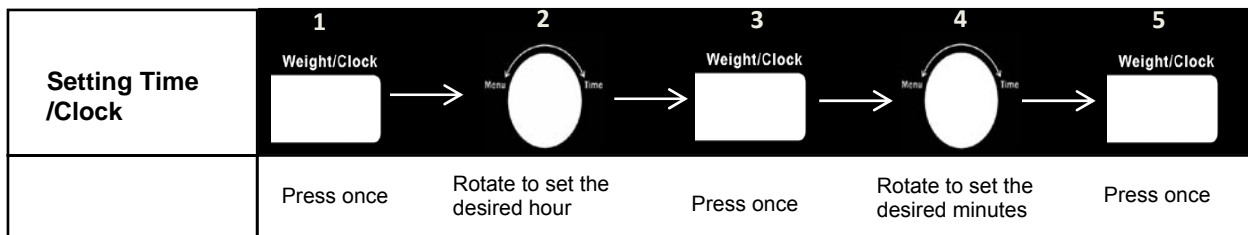
- When the oven first plugged in, beep will sound and the display will show “1:01” and. 
- During cooking, if press PAUSE/CANCEL pad once or if the door is opened, the program will be paused, then press START/QUICK START pad to resume, but if press PAUSE/CANCEL pad twice, the program will be canceled.
- After cooking ends, the screen will display End with sound every two minutes until user presses PAUSE/CANCEL pad or opens the door.
- During the cooking setting process, the system will return to waiting mode if there is not any operation within 25seconds.
- The electronically control system of the microwave oven has the feature of cooling .As for any cooking mode with cooking time above 2 minutes, the oven fan will work about 3 minutes automatically to cool the oven for prolonging the life of the oven.

## SETTING CLOCK TIME

This is a 12 or 24 hour clock. To check the time while the oven is operating, press the WEIGHT/CLOCK button, then the time will be displayed for a while on the display screen.

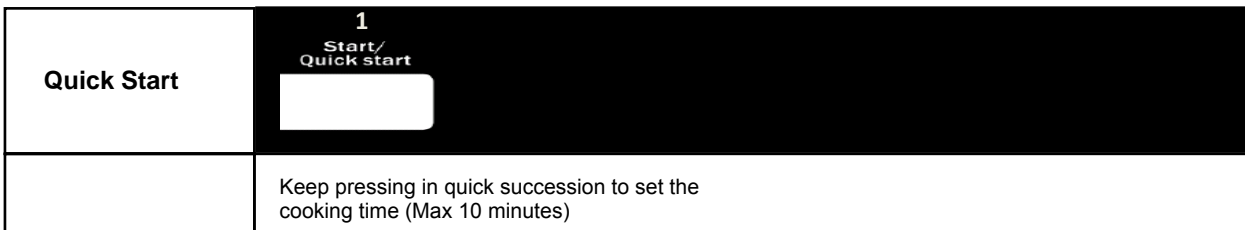
FOR EXAMPLE: Suppose you want to set the oven clock time to 8:30.

1. Press WEIGHT/CLOCK button once or twice to select 12 or 24 hour clock cycle
2. Turn MENU/TIME knob to set hour digit8.
3. Press WEIGHT/CLOCK button once to confirm the hour setting.
4. Turn MENU/TIME to set minute digit30.
5. Press WEIGHT/CLOCK button once to confirm the setting.



## QUICK START

The oven will cook food quickly at HIGH power (100% power output) for quick start cooking program. Just press the START/QUICK START a number of times to set cooking time, the oven starts working automatically at full power. The maximum cooking time you can enter is 10 minutes. To check the power level, just press MICROWAVE pad once.



## MICROWAVE COOKING

For microwave cooking, just press the MICROWAVE button a number of times to select a cooking power level, and then use the MENU/TIME knob to set a desired cooking time. The longest cooking time is 95 minutes. The oven will start cooking after START/QUICK START button is presses.

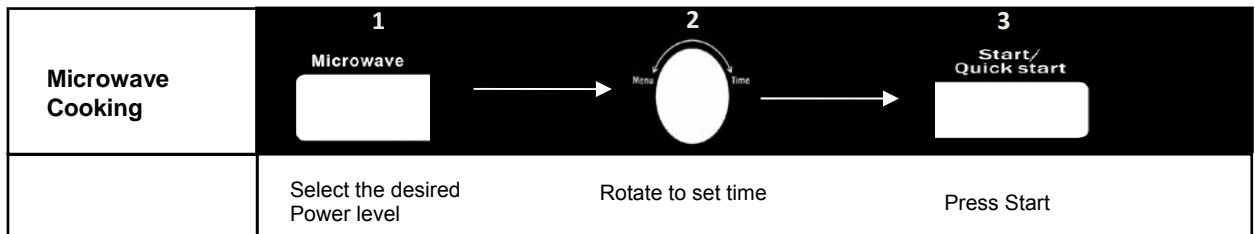
For example, suppose you want to cook for 10 minute at 60% of microwave power.

1. Press MICROWAVE button a number of times to set 60%.

Press MICROWAVE button	COOKING POWER
Once	100%
Twice	80%
3 times	60%
4 times	40%
5 times	20%
6 times	0%

2. Turn MENU/TIME knob to 10:00.
3. Press START/QUICK START.

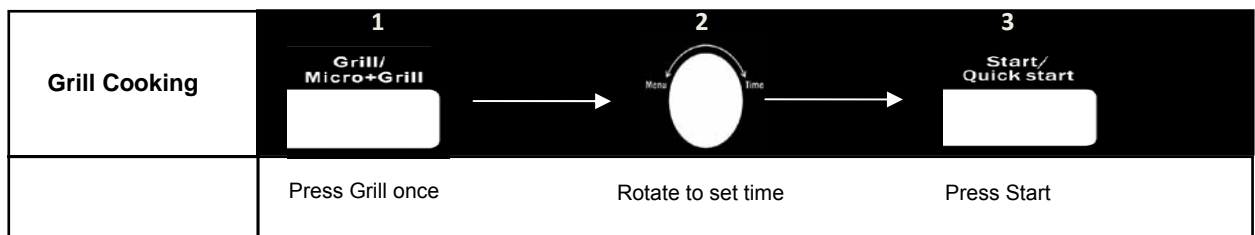
**NOTE:** During cooking, you can check the power level by touching MICROWAVE pad. If you want to cook at full power level, omit the first step.



## GRILL

The oven allows you to defrost food based on the time entered by user. The longest cooking time is 95 minutes.

1. Press GRILL/MICRO+ GRILL button once.
2. Turn MENU/TIME knob to enter cook time.
3. Press START/QUICK START.



## MICROWAVE + GRILL

The longest cooking time is 95 minutes. This feature allows you to combine grill and microwave cooking on two different settings.

**COMBINATION 1 (C1)**

30% of time for microwave cooking, 70% for grill cooking. Use for fish, potatoes or au gratin. Suppose you want to set combination 1 cooking for 25 minutes.

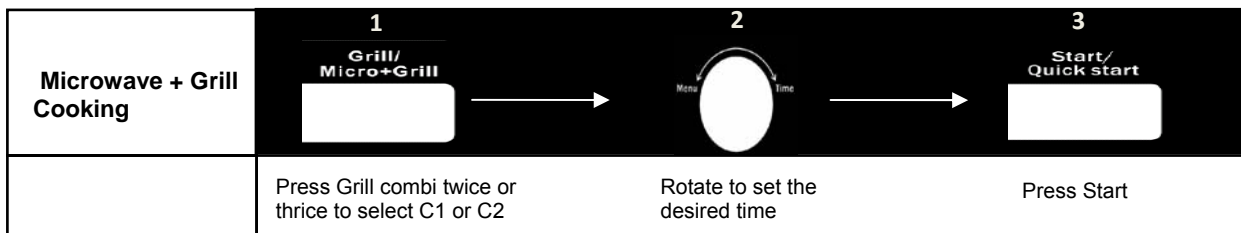
1. Press GRILL/MICRO+ GRILL button twice.
2. Turn MENU/TIME knob to enter cook time.
3. Press START/QUICK START button.

**COMBINATION 2 (C2)**

55% of time for microwave cooking, 45% for grill cooking. Use for pudding, omelets, baked potatoes and poultry.

Suppose you want to set combination 2 cooking for 12 minutes.

1. Press GRILL/MICRO+ GRILL button 3times.
2. Turn MENU/TIME knob to enter cook time.
3. Press START/QUICK START button.



**CONVECTION**

During convection cooking, hot air is circulated throughout the oven cavity to brown and make crisp foods quickly and evenly. This oven can be programmed for ten different cooking temperatures. Max cooking time user can set is 95min.

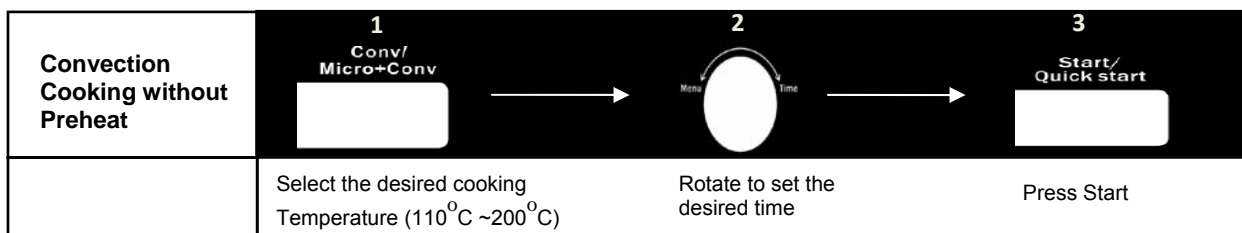
**To Cook with Convection**

To cook with convection, presses CONV/MICRO+CONV pad to enter the desired convection temperature (110°C~200°C).

Suppose you want to cook at 180°C for 40 minutes.

1. In waiting mode, place food into oven, and close it.
2. Press CONV/MICRO+CONV pad to indicate convection temperature.
3. Turn MENU/TIME knob to enter cooking time.
4. Press START/QUICK START button.

**NOTE:** During cooking you can check the cooking temperature by touching CONV/MICRO+VONV 3 button.

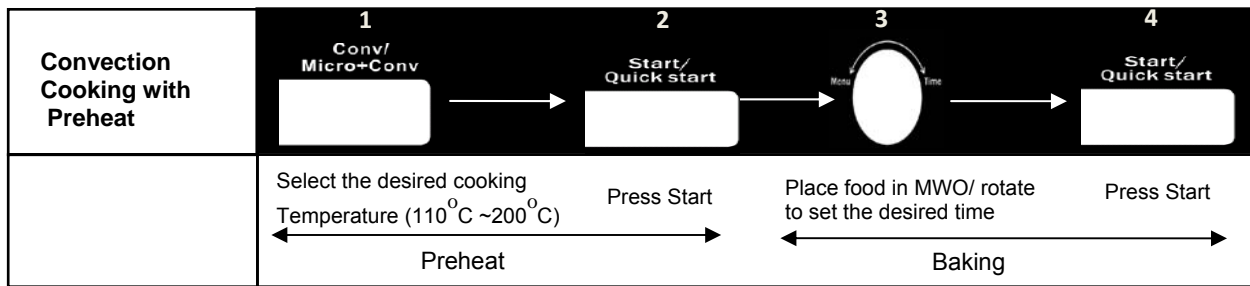


**To Preheat and Cook with Convection**

Your oven can be programmed to combine preheating and convection cooking operations.

Suppose you want to preheat to 170°C and then cook 35 minutes.

1. In waiting mode, press CONV/MICRO+CONV pad to indicate convection temperature.
2. Press START/QUICK START button.
3. When oven reaches the designated temperature, it “beep” per 5 sec to remind user.



4. Open the door and place container of food at the center of the turntable.
5. Turn MENU/TIME knob to enter cooking time.
6. Press START/QUICK START button.

**NOTE:** The longest preheat time is 30 minutes, and the preheat time cannot be set.

#### MICROWAVE + CONVECTION

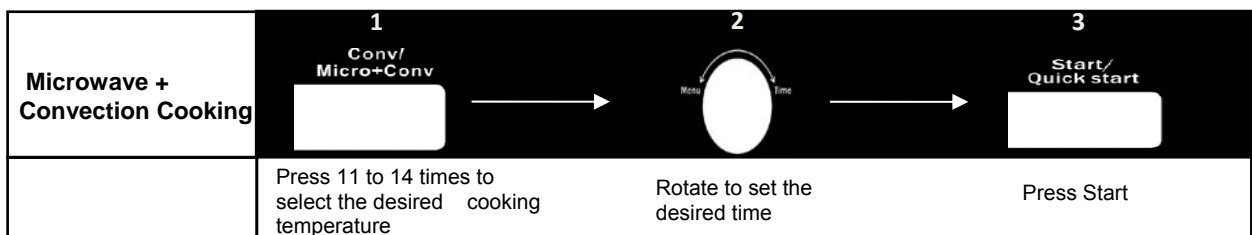
This oven has four pre-programmed settings that make it easy to cook with both convection heat and microwave automatically. Max cooking time user can set is 95 min

Press CONV/MICRO+CONV button 11~14 times to choose convection temperature (200°C → 170°C → 140°C → 110°C).

Suppose you want to cook at 140°C for 30 minutes.

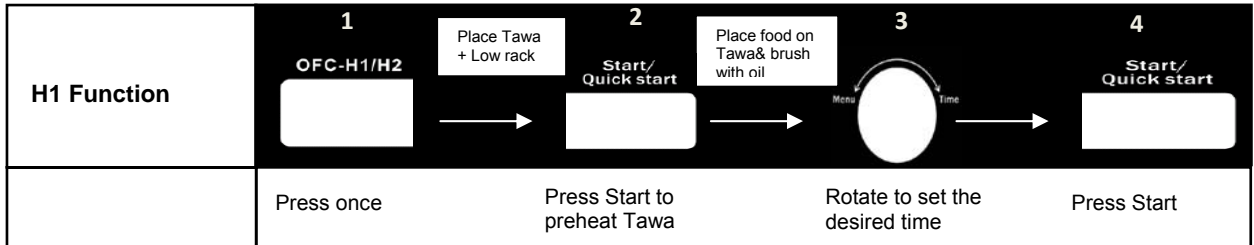
1. In waiting mode, place food into oven, and close it.
2. Press CONV/MICRO+CONV button to 13 times to indicate convection temperature..
3. Turn MENU/TIME knob to enter cooking time.
4. Press START/QUICK START button.

**NOTE:** During cooking, you can check the convection temperature while cooking is in progress by pressing the CONV/MICRO+CONV button.



### Setting H1 function

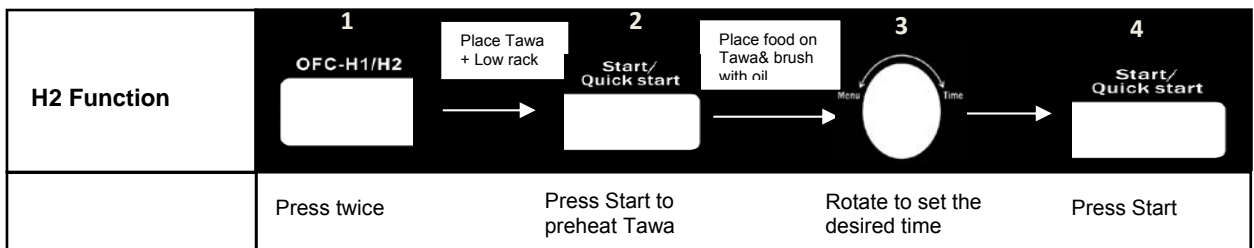
1. In waiting mode, press OFC-H1/H2 button once, and the display will show "H-1".
2. Press START/QUICK START button to confirm. The oven will start to preheat 2 minutes at 100% microwave power level. After preheat, beep will sound and "0:00" will show on the display.
3. Turn MENU/TIME dial to enter cooking time. The longest cooking time you can set is 95 minutes.
4. Press START/QUICK START to confirm. The oven will start cooking with grill power level.



### Setting H2 function

1. In waiting mode, press OFC-H1/H2 button twice, and the display will show "H-2".
2. Press START/QUICK START button to confirm. The oven will start to preheat 2 minutes at 100% microwave power level. After preheat, beep will sound and "0:00" will show on the display.
3. Turn MENU/TIME dial to enter cooking time. The longest cooking time you can set is 95 minutes.
4. Press START/QUICK START to confirm. The oven will start cooking at convection power level with 200°C temperature.

**NOTE:** After preheating, the buzzer emits two beeps every 10 seconds for 1 minute. If there is not any Operation within 1 minute, the buzzer will sound four beeps and the oven will return to standby mode.



### SMART CHOICE

#### Keep warm

1. In standby mode, press SMART CHOICE button once
2. Press START/QUICK START. The display will show "30:00" and the oven start countdown.

#### Deodorize

1. In standby mode, press SMART CHOICE button twice.
2. Press START/QUICK START. The display will show "5:00" and the oven start countdown.

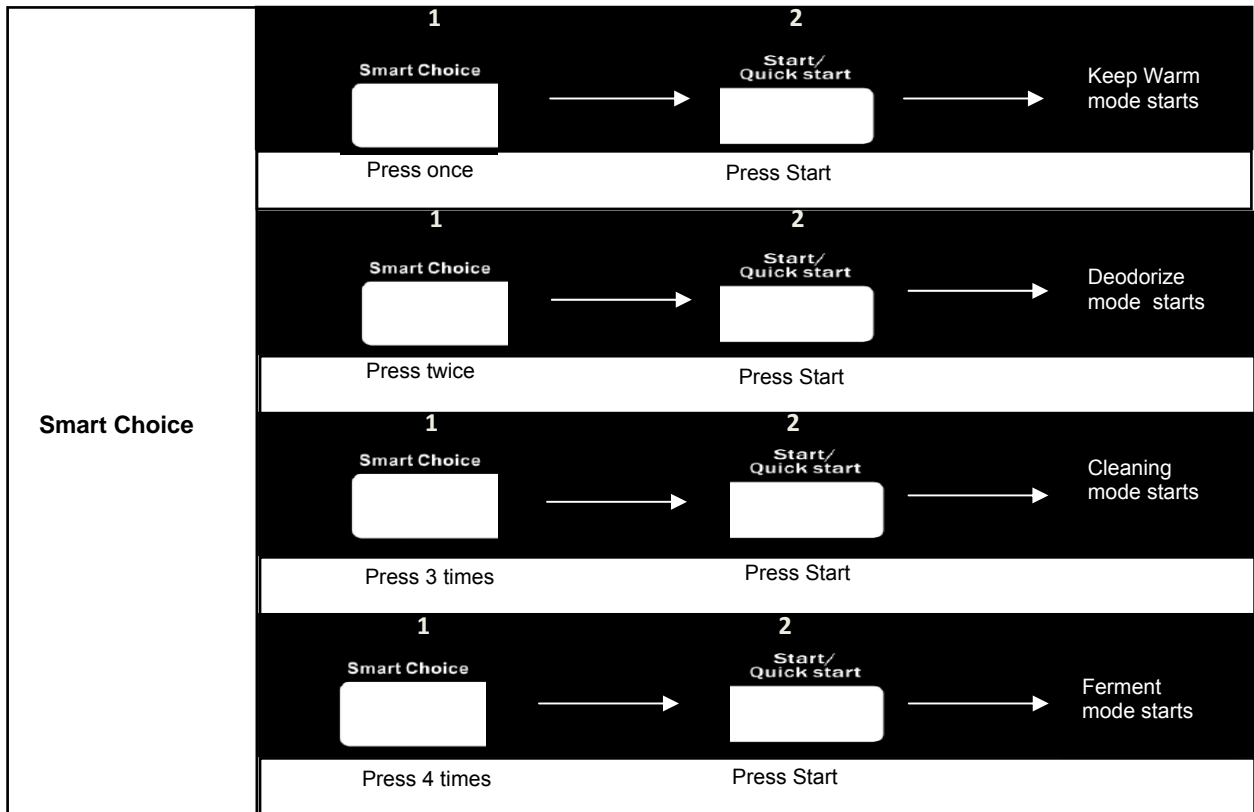
#### Steam Cleaning

1. In standby mode, press SMART CHOICE button 3 times.
2. Press START/QUICK START. The display will show "5:00" and the oven start countdown.

#### Ferment

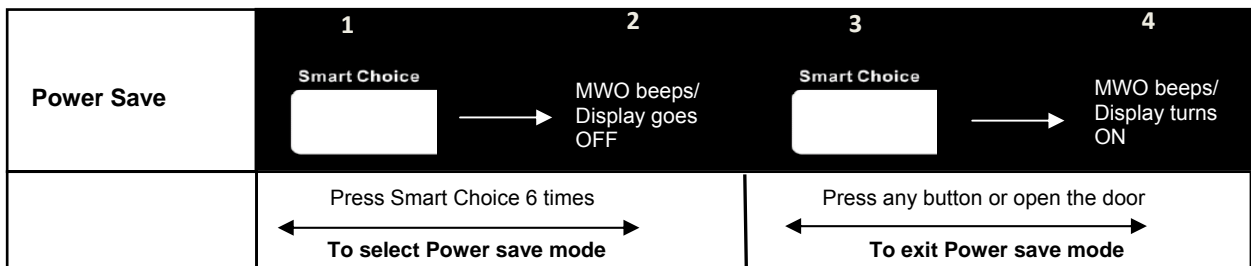
1. In standby mode, press SMART CHOICE button 4 times.

2. Press START/QUICK START. The display will show "30:00" and the oven start countdown.



**Power save**

In standby mode, press SMART CHOICE button 6 times, turn off the display screen. The ovens enter power save mode. Press any button to lit the display screen exit power save mode.



**WEIGHT DEFROST**

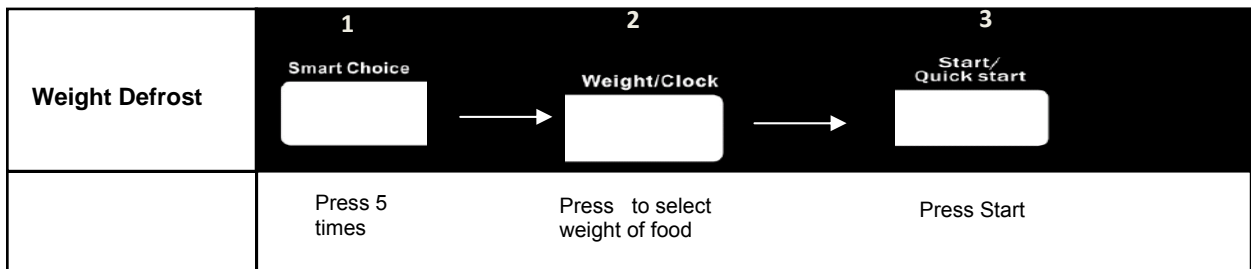
The oven allows you to defrost food based on the weight entered by user. The defrosting time and power level is automatically set once the food category and the weight are programmed. The frozen food weight ranges from 100g to 1800g.

1. In waiting mode, press SMART/CHOICE button 5times.
2. Press WEIGHT/CLOCK to select weight of food to be defrosted.
3. Press START/QUICK START.

**NOTE:** The oven stops during defrosting to let the user to turn food over for uniform defrosting and then



press START/QUICK START to defrost for the remaining time.



### MULTI-STAGE COOKING

Your oven can be programmed for up to 3 automatic cooking sequences. Suppose you want to set the following cooking program.

Microwave cooking  
↓  
Convection cooking

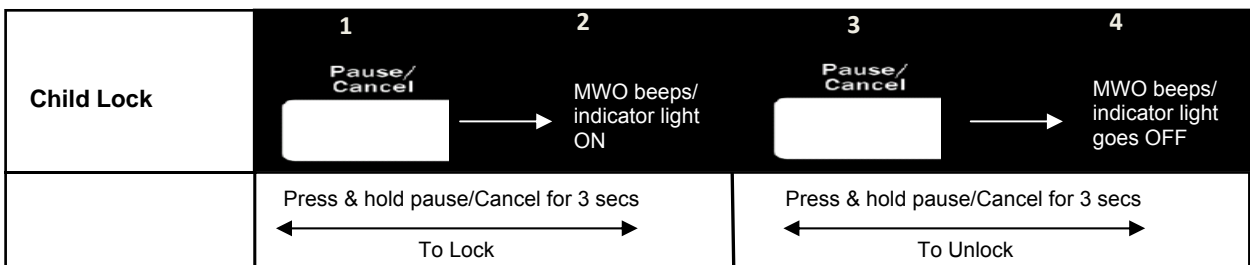
1. In waiting mode, place food into oven, and close it.
2. Input Microwave cooking program. Do not touch START/QUICK START button.
3. Input Convection cooking program.
4. Press START/QUICK START button.

**NOTE:** Weight defrost and auto cook cannot be set in the multistage cooking program.

### CHILD LOCK

Use to prevent unsupervised operation of the oven by little children. The CHILD LOCK indicator will show up on display screen, and the oven cannot be operated while the CHILD LOCK is set.

1. To set the CHILD LOCK: Press and hold the PAUSE/CANCEL button for 3 seconds, a beep sounds and lock indicator lights.
2. To cancel the CHILD LOCK: Press and hold the PAUSE/CANCEL button for 3 seconds until lock indicator on display turns off.



## PROTECTION

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### **OVERHEATING PROTECTION**

When the system enters into super high temperature protection status, the digital display shows “E01” and continues to beep until troubleshooting, then press “PAUSE/CANCEL”, the system comes back to normal standby mode.

### **SENSOR MALFUNCTION PROTECTION**

The system enters into protection mode when the system sensor is Short Circuited. The display shows “E03” and continues to beep until press “PAUSE/CANCEL”, the system comes back to normal standby mode.

### Recipe Guide

Cooking times of the auto cook menu are approximate. Factors that may affect cooking are the Starting temperature, volume, size and shape of food as well as the cookware used. As you become familiar with your IFB Microwave Oven, you will be able to adjust the cooking times.

### Cooking Techniques

Arrange food carefully with the thickest areas towards the outside of dish.

Watch the cooking time. Cook for the shortest amount of time indicated and increase the duration as required. Extremely overcooked food can smoke or even ignite.

Cover food while cooking, preventing spattering and helping it to cook evenly.

Turn food over once to speed cooking of items such as chicken and hamburgers. Larger items like roasts must be turned over at least once.

Rearrange items such as meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.

We suggest to Bake cake at 130 degree Celsius. Preheat the oven at 130 degree Celsius for 3 minutes before setting the baking time.

### Auto Cook Menu Programs

For convection menu, when the oven reach the preheat temperature, two beeps will sound and the display will show countdown for 10 minutes, and the oven will continue sound beep every 10 seconds during 10 minutes countdown until user open the door and put food into the oven. Close the door and press START/QUICK START button. The oven will return waiting mode, if there is not any operation for 10 minutes.

When cooking menu, with 2 or 3 stage cooking time, The oven will sound beep every 10 seconds after each stage of cooking until you press START/QUICK START pad to start the next stage of cooking.

After a cooking program, the display will start 5 seconds countdown, if you open and close the door once, the oven will return to time setting interface. You can adjust the cooking time as per your choice.

### Auto Cook Menu

It is not necessary to program the duration and cooking power for Auto Cook Menus. It is sufficient to indicate the type of food, its weight or quantity

#### Steps

1. In waiting mode, turn the MENU/TIME dial anti-clockwise to select food code. The order of change in this cycle is "bC:" "bF:" "PA:SA" "SP:" "CS:" "AF:" "rd:" "ld:" "HC:".
2. Press START/QUICK START to confirm.
3. Turn MENU/TIME dial to select submenu code.
4. Press WEIGHT/CLOCK button a number of times to indicate the desired weight.
5. Press START/QUICK START button.

### Bake Counter: bC

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:01	Chocolate Cake	0.325 kg.	Baking cake tin	<b>Ingredients</b>	<b>Wt 325gms</b>	
				Refined flour	115 gms.	
				Margarine or Butter	55 gms.	
				Eggs	2 Nos.	
				Powdered Sugar	85 gms.	
				Baking Powder	1 tsp.	
				Soda Bi-carb	1/2 tsp.	
				Milk	as required	
				Cocoa Powder	2 tbsp.	
				Chocolate essence	1 tsp.	
				<b>Cooking Method</b> 1 .Sieve the flour with the baking powder, cocoa powder and soda bicarbonate. Whisk the butter and sugar until light and fluffy. Add eggs and beat well. Add the essence and fold in the refined flour with sufficient milk to make a soft consistency. Pour in a greased and lined 6" baking round cake tin. 2 .Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on glass turntable and press START. 3. After baking, cool the cake on a wire rack. Cut and serve.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:02	Crème Caramel	400ml	Tawa+Small pudding moulds-6nos	<b>Ingredients</b>	<b>Wt 400ml</b>	
				Milk	2 & 1/2 Cup	
				Sugar	8tsp/2 tbsp for caramel	
				Milk Powder	1tsp	
				Vanilla Essence	1tsp	
				Vanilla Custard Powder	1tsp	
				Eggs	3nos	

				<p><b>Cooking Method</b></p> <p><b>1. Milk egg mixture preparation method:</b> Mix sugar, custard powder in milk. Pour the milk mixture in a deep microwave proof bowl and microwave at PHI for 10 minutes. Beat eggs and essence together and add to the cooled milk mixture.</p> <p>2. Melt sugar (2tbsp) and pour in 6 small heat proof metal bowls and let set for 5 minutes.</p> <p>3. Pour egg mixture in the moulds. Place the moulds on tawa.</p> <p>4. Select the program and press START. The microwave oven will preheat. After preheating, place the tawa along with custard moulds on glass turntable and press START.</p> <p>5. Upon beep, cool, refrigerate &amp; Serve Chilled.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
				Ingredients	Wt 520gms	
bC:03	Eggless cake	0.520 Kg.	Baking cake tin	Maida	150 gm	
				Butter	100 gm	
				Milk	100ml	
				Baking Powder	1 tsp	
				Vanila essence	1 tsp	
				Condense milk	200 gms.	
				<b>Cooking Method</b>		
				<p>1. Sieve the Maida with baking powder and keep it aside. Whisk the butter and condensed milk until creamy. Add the vanilla essence and mix. Fold in the maida, alternatively adding milk till the batter achieves the right consistency.</p> <p>2 Grease a round baking tin (7.25inch) with butter and pour the cake batter in it.</p> <p>3 Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the glass turntable and press START.</p> <p>4 After baking, cool the cake on a wire rack. Cut and serve.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
				Ingredients	Wt 450gms	
bC:04	Marble cake	0.45 Kg.	Baking cake tin	Refined flour	150 gms	
				Eggs	3nos	
				Butter	100 gms	
				Sugar	150gms	

				Baking Powder	1 tsp	
				Vanilla essence	1 tsp	
				Cocoa Powder	2 tbsp	
				Milk or water	100ml or As required	
				<b>Cooking Method</b> 1 Whisk the butter and sugar. Gradually add eggs and beat the mixture. Add the sieved maida and baking powder. Add the essence. Add water as required to bring it to dropping consistency. 2 Divide the mixture in two parts. Add the cocoa powder in one part. Pour the vanilla batter and cocoa batter alternately in a greased baking square cake tin (6.25inch). Run a spoon through the batter once. 3 Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the glass turntable and press START. 4 After baking, cool the cake on a wire rack. Cut and serve.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:05	Chocolate Cake Muffins	0.45 Kg.	Heat resistant Muffin moulds	<b>Ingredients</b>	<b>Wt 450gms</b>	
				Refined flour	100 gms	
				Eggs	2nos	
				Butter	100 gms	
				Sugar	100gms	
				Baking Powder	½ tsp	
				Vanilla essence	1 tsp	
				Cocoa Powder	1 tbsp	
				Milk or water	1tbsp or As required	
				<b>Cooking Method</b> 1 Whisk the butter and sugar. Gradually add eggs and beat the mixture. Add the sieved Maida and baking powder. Add the essence & Cocoa powder. Add water as required to bring it to dropping consistency. 2 Pour the batter in a greased muffin moulds.  3 Select the program and press START. The microwave oven will preheat. After preheating, place the muffin moulds on the glass turntable and press START. 4 After baking, cool the muffins on a wire rack and serve.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:06	Orange Muffins	0.450 Kg.	Heat resistant Muffin baking tray or muffin moulds	<b>Ingredients</b>	<b>Wt 450gms</b>	
				Refined flour	100 gms	
				Butter	60 gms.	
				Eggs	2 No.	
				Orange Juice,	50 ml	
				Sugar	100gms	
				Orange Rind	2tbsp.	
				Baking Powder	1/4 <sup>th</sup> tsp.	
				Milk or water	30 ml.	
				<b>Cooking Method</b>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:07	Pineapple upside down cake	0.350 Kg.	Baking Cake tin	<b>Ingredients</b>	<b>Wt 350gm</b>	
				Maida	100 gm.	
				Powdered Sugar	100 gms.	
				Baking Powder	1tsp.	
				Eggs	2 Nos.	
				Pineapple Essence	1 tsp.	
				Butter	100gms	
				Pineapple pieces cut into rounded shape	2Nos.	
				Yellow colour	1/4 <sup>th</sup> tsp.	

				<p><b>Cooking Method</b></p> <p>1 Whisk the butter and sugar. Gradually add eggs and beat the mixture. Add the sieved maida and baking powder. Add the essence and colouring.</p> <p>2 Take a 6" baking tin and arrange the pineapple pieces on it. Pour the cake mixture in it.</p> <p>3 Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the glass turntable and press START.</p> <p>4 After baking, cool the cake on a wire rack. Cut and serve with fresh cream.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:08	Sponge cake	0.325 Kg.	Baking cake tin	<b>Ingredients</b>	<b>Wt 325 gms</b>	
				Refined flour	100 gm	
				Butter	50 gm	
				Eggs	2 nos.	
				Powdered Sugar	100 gm	
				Baking Powder	1 tsp	
				Vanila essence	1 tsp	
				<b>Cooking Method</b>		
<p>1 Sieve the flour with the baking powder thrice and keep aside. Whisk the butter and powdered sugar until light and fluffy. Beat eggs, essence and add to the creamed mixture little by little, beating thoroughly between each addition. Fold in the flour a little at a time. Pour the cake batter in greased baking tin (6inch).</p> <p>2 Select the program and press START. The microwave oven will preheat. After preheating, place the baking tin on the glass turntable and press START.</p> <p>3 After baking, cool the cake on a wire rack. Cut and serve.</p>						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:09	Coconut Cookies	0.160 kg	Tawa	<b>Ingredients</b>	<b>Wt 270gms.</b>	
				Maida	110 gm	
				Butter	75 gm	
				Powder Sugar	50 gm	
				Desiccated Coconut	35 gm	



				Vanilla Essence	½ tsp	
				Baking Powder	1/8 tsp	
				<b>Cooking Method</b> 1 Sieve the maida and baking powder together. Whisk the butter and sugar powder until creamy. Add the vanilla essence and remaining ingredients. 2 Make a soft dough and divide the dough into balls. Arrange them on a greased tawa. 3 Select the program and press START. The microwave oven will preheat. After preheating ends, place the tawa with cookies on the glass turntable of the microwave oven and press START. 4 After baking, cool the cookies on a wire rack.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:10	Almond Cookies	0.240 kg	Tawa	<b>Ingredients</b>	<b>Wt.240gms.</b>	
				Maida	100gm	
				Butter	55 gm	
				Powder Sugar	35 gm	
				Chopped Almonds	30 gm	
				Vanilla Essence	1 tsp	
				Baking Powder	¼ tsp	
			<b>Cooking Method</b> 1 Sieve the maida and baking powder together and keep aside. Whisk the butter and sugar powder till fluffy. Add the essence and remaining ingredients and make soft dough. 2 Make small balls and arrange on the tawa. 3 Select the program and press START. The microwave oven will preheat. After preheating ends, place the tawa with cookies on the glass turntable of the microwave oven and press START. 4 After baking, cool the cookies on a wire rack.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:11	Chocolate Cookies	0.150 kg.	Tawa	<b>Ingredients</b>	<b>Wt.150 gms.</b>	
				Refined flour	65 gms.	
				Butter	40 gms.	
				Powder sugar	35 gms.	
				Vanilla essence	1 tsp.	
				Baking	½ tsp.	

				powder		
				Cocoa powder	1tbsp.	
				Golden syrup	1tbsp	
				<b>Cooking Method</b> 1 Sieve the flour with cocoa and baking powder and keep aside. Whisk the margarine and sugar until light and creamy. Add the vanilla essence and golden syrup and beat well. Add the flour to the mixture and mix well. 2 Shape the biscuit as desired. Arrange them on the tawa. 3 Select the program and press START. The microwave oven will preheat. After preheating, place the tawa with cookies on the glass turntable of the microwave oven and press START. 4 After baking, cool the cookies on a wire rack.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:12	Kesar Nankatai	0.140kg.	Tawa	<b>Ingredients</b>	<b>Wt.140 gms.</b>	
				Refined flour	50 gms.	
				Powdered sugar	35 gms.	
				Ghee	35 gms.	
				Semolina	2tsp	
				Cardamom powder	<sup>1</sup> / <sub>2</sub> tsp	
				Nutmeg powder	1 tsp.	
				Fresh curd	1 tsp	
				Saffron	<sup>1</sup> / <sub>4</sub> tsp	
				Milk	1 tsp	
				<b>Cooking Method</b> 1 Sieve the flour and keep aside. Whisk the ghee and sugar until light and creamy. Add the cardamom and nutmeg powder and cream it again. Dissolve the saffron in 1 tsp of milk. Add the fresh curd in saffron. Mix well in the ghee and sugar mixture. Add the flour and semolina and knead well. 2 Make small round shapes. Arrange them on a Tawa. 3 Select the program and press START. The microwave oven will preheat. After preheating, place the Tawa with nankatai on the glass turntable of the microwave oven and press START. 4 After baking, cool the nankatais on a wire rack. Serve with tea or coffee.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:13	Cheese Straw	0.06 kg.	Tawa	Ingredients	Wt.180 gms.	
				Maida	100 gms	
				Butter	50 gms	
				Grated cheese	25 gms.	
				Cold water	as required	
				pepper powder	<sup>1</sup> / <sub>4</sub> tsp,	
				Baking Powder	1/8 tsp.,	
				chili powder	<sup>1</sup> / <sub>4</sub> tsp	
				salt	<sup>1</sup> / <sub>4</sub> tsp	
				<b>Cooking Method</b>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:14	Cashew Cookies	0.150 kg.	Tawa	<b>Ingredients</b>	<b>Wt.150 gms.</b>	
				Refined flour	70 gms.	
				Butter	45 gms.	
				Powder sugar	55 gms.	
				Vanilla essence	1 tsp.	
				Baking powder	<sup>1</sup> / <sub>2</sub> tsp.	
				Cashew nuts pieces	2tbsp.	
				<b>Cooking Method</b>		

				preheating, place the tawa with cookies on the glass turntable of the microwave oven and press START. 4 After baking, cool the cookies on a wire rack.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bC:15	Pizza	0.185 kg.	Low Rack /Tawa	Ingredients	185 gms.	
				Pizza base (precooked)	80 gms.	
				Pizza spread or sauce	2 tbsp	
				Mix vegetables (Onion, Tomato, Capsicum)	5 tbsp	
				Finely chopped salt, kalimirch, oregano, chilli flakes	As per your taste.	
				Grated cheese	3 tbsp	
				Oil	1tsp	
				<b>Cooking Method</b>		
<p>1 Apply pizza spread or sauce on pizza base. Arrange mixed vegetables on pizza. Sprinkle salt, black pepper, oregano, chilli flakes and grated cheese on it.</p> <p>2 Place low rack on glass turntable, place Tawa on low rack, select the program and press START. (Preheat tawa)</p> <p>3 Upon beep, place the pizza on the tawa, press START to resume cooking.</p>						

## Breakfast: bF

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method			
bF:01	Kadak Chai	300ml 620ml	MWS safe glass bowl	Ingredients	Wt 300 ml.	Wt 620 ml	
				Tea Leaves	2 tsp.	5 tsp	
				Milk	250ml	500ml	
				Sugar	3 tsp	6 tsp	
				Water	50ml	120ml	
				Tea Masala	As per your taste		
				Ginger			
				Elaichi			
<b>Cooking Method</b>				1. In a microwave safe glass bowl add all ingredients, Select the menu and press START. 2. Sieve and serve hot.			

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method			
bF:02	Bread sandwich Twist	0.120Kg	High rack	Ingredients	Wt 120gms		
				Sandwich Bread Slices	4nos		
				Mayonnaise	4tbsp		
				Grated carrot	3tbsp		
				chicken shredded(optional)	50gms		
				Butter	1tbsp		
				Pepper powder	1/4tsp		
				<b>Cooking Method</b>			

				8 Press start. Upon beep serve hot.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:03	Potato Poha	0.6 kg.	MWS glass bowl	Ingredients	Wt.600gms.	
				Poha (wash and drain water)	150 gms.	
				Onion Chopped	1 Nos.	
				Boiled and diced potatoes	200gms	
				Green Chili	2-1/2	
				<u>For Tempering :</u> Mustard, cumin, asafetida, turmeric, Curry leaves	As required	
				Oil	1tbsp	
				Salt and sugar	As per taste	
				<u>For Garnishing :</u> Grated Coconut & Coriander	As per your taste	
				Roasted peanuts	3tbsp	
				Lemon juice	1 tbsp	
				<b>Cooking Method</b>		
				<p>1 Add the oil, mustard, cumin and green chilies in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, add the onions, turmeric powder, curry leaves, replace the bowl in the microwave oven and press START.</p> <p>3 Upon beep, add the washed poha, potato salt, 2tbsp water and sugar to taste, mix well, and replace the bowl in the microwave oven and press START. Garnish with coconut coriander and peanuts. Squeeze lemon &amp; Serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:04	Sweet Poha	0.4 kg.	MWS glass bowl	Ingredients	Wt.400gms.	
				Poha	2 ½ cup	
				Jaggery	90gms	
				Cardamom powder	1/4tsp	
				Fresh coconut grated	1cup	
				Almonds chopped	6-7nos	
<b>Cooking Method</b> 1 Wash and drain water from Poha and keep aside. 2 Add Jaggery,cardamom powder, fresh coconut, Almonds and 2tbsp of water in microwave safe heat resistant glass bowl , place the bowl in the microwave oven and press START. 3 Upon beep, add the washed poha, add 2tbsp water, mix well, and replace the bowl in the microwave oven and press START. Serve hot.						

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
bF:05	Seviya Kheer	0.150 Kg	Microwave Safe Glass Bowl	Ingredients	Wt.150 g	
				Seviya	100 g	
				Ghee	1 tbsp	
				Water + Milk	½ cup +1cup	
				Sugar	50 g	
				Elaichi Powder	To taste	
				Dry Fruits	To taste	
<b>Cooking Method</b> 1 In a microwave safe glass bowl add the ghee and seviya together, place it in the microwave oven, select the program and press START. 2 Upon beep, add all other ingredients and water. Stir, replace the bowl in the microwave oven and press START. Serve hot.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:06	Dhokla_	0.450 Kg	MWS flat dish	Ingredients	Wt 450 gm	
				Dhokla Mix	180 gm	
				Warm Water	As instructed on	

					packaging (reference: 235ml)	
				Oil	2tbsp	
				Grated coconut & coriander	As required	
				<b>Cooking Method :</b> Grease the MWS flat dish, with little oil. Mix dhokla mix, , water & oil. Pour the mixture in greased dish, Place the dish in microwave oven. Select menu and press START. Cut it into pieces, garnish with grated coconut and coriander and serve with sauce or chutney.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:07	Idli	0.25 Kg	Microwave Safe Idli steamer	Ingredients	Wt 250 gm	
				Instant Idly Mix	200gms	
				Oil	1tbsp	
				Water	320ml or as instructed on packaging	
				<b>Cooking Method</b> 1 Mix all the ingredients to make idli batter and pour into a greased microwave idli stand. 2 Add ¼ cup of water in the steamer, place the idli stand in it, cover and place it in the microwave oven. 3 Select the program and press START. Allocate 2 minutes standing time. Serve hot with chutney and sambar.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:08	Cornflakes Porridge	0.250 Kg.	MW safe Glass Bowl	Ingredients	Wt 250 gms.	Wt
				Cornflakes	50 gms.	
				Milk	1 cup	
				Sugar	As per your choice	
				<b>Cooking Method</b> 1 Add all the ingredients in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.		



Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method					
bF:09	Egg bhurjee	0.15 Kg.	MW safe Glass Bowl	Ingredients	Wt 150gm				
				Egg	2 nos.				
				Chopped tomato	2 tbsp.				
				Chopped medium sized onion	1no.				
				Salt	To taste				
				Oil	1 tbsp.				
				Turmeric powder	1/8 <sup>th</sup> tsp				
				Finely Chopped Green chilli	1-2				
				Ground pepper	1/4tsp				
				Water	1tbsp				
				<b>Cooking Method</b>					
				1 Add the oil, turmeric powder, finely chopped green chillies, chopped tomato and chopped onion in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.					
				2 Upon beep, add the beaten egg, pepper, salt, water and press START. After cooking, scramble the mixture with the back of the spoon. Serve hot with roti.					

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method					
bF:10	Seviya Upma	0.2 Kg	Microwave Safe Glass Bowl	Ingredients	200 g				
				Seviya	100 g				
				Onion (Chopped)	1no. medium				
				Salt and Sugar	To taste				
				Ghee	1 tbsp				
				Water	1 cup				
				Lemon Juice	½ tsp				
				Curry Leaves	2-3				
				<b>For Tempering</b>					
				Oil	½ tbsp				
				Mustard Seeds (Roasted)	½ tsp				
				Asafotida	¼ tsp				
				Turmeric Powder	½ pinch				
				Finely Chopped Green	1-2				

				Chillies		
				<b>Cooking Method</b> 1 Add the ghee and seviya in a microwave safe glass bowl, place it in the microwave oven, select the program and press START to roast the seviya. 2 Add the oil, asafetida, mustard seeds, turmeric powder, finely chopped green chillies, curry leaves and chopped onion in a second microwave safe glass bowl and place it in the microwave oven and press START. 3 Upon beep, add the water, salt, sugar and fried seviya and press START. Add lemon juice and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:11	Sheera	0.200 Kg.	MW safe Glass Bowl	Ingredients	Wt 200 gms.	
				Semolina/Rava/Suji	80 gms.	
				Milk	½ cup	
				Water	½ cup	
				Sugar	45gms	
				Ghee	2tbsp	
				Cardamom powder	A pinch	
				Dry fruits	As per your taste	
				<b>Cooking Method</b> 1 In a microwave safe glass bowl, add the suji and ghee, select the program and press START. 2 Upon beep, stir the suji ,add all the other ingredients and press START 3 Upon beep, mix well and press START. 4 Serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
bF:12	Oats Porridge	0.1 kg	MWS glass bowl,	Ingredients	Wt.100 gms.	
				Oats	50 gms.	
				Sugar	50 gms.	
				Milk	100 ml.	
				Ilaichi	as per your taste	

				<p><b>Cooking Method</b></p> <p>1 In a microwave safe glass bowl add the oats, sugar and milk, mix well, place it in the microwave oven, select the program and press START.</p> <p>2 Upon beep, mix the iliaichi powder and serve hot.</p>
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method					
				Ingredients	Wt 200 gm				
bF:13	Paneer bhurjee	0.2 Kg.	MW safe Glass Bowl	Paneer (crumbled)	150 gms.				
				Chopped tomato	2 tbsp.				
				Chopped onion	2 tbsp.				
				Salt	To taste				
				Oil	1 tbsp.				
				Mustard seeds	1/2 tsp.				
				Asafetida	1/4 tsp.				
				Turmeric powder	1 pinch				
				Finely Chopped Green chilli	1-2				
				<b>Cooking Method</b>			1 Add the oil, asafetida, turmeric powder, finely chopped green chillies, chopped tomato and chopped onion in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.		
							2 Upon beep, add the crumbled paneer, salt and press START. Serve hot with roti.		

**Pasta/Sauces: PA:SA**

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
				Ingredients	Wt 200 gm	
PA:01	Italian Pasta (Boil)	0.2 Kg.	MW safe Glass Bowl	Penne Pasta	200 gm	
				Oil	1tbsp.,	
				Salt	As per taste	
				Water	4 1/2 cups	

				<b>Cooking Method</b> 1 Add the pasta, water and oil in a microwave safe glass bowl and place it in the microwave oven. 2 Select the program and press START. 3 Upon beep, drain the water from the pasta.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:02	Fusilli Pasta (Boil)	0.2 Kg.	MW safe Glass Bowl	Ingredients	Wt 200 gm	
				Fusilli Pasta	200 gm	
				Salt	As per taste	
				Water	2½ cups	
				Oil	1tbsp	
				<b>Cooking Method</b>		
1 Add the pasta, water and oil in a microwave safe glass bowl and place it in the microwave oven. 2 Select the program and press START. 3 Upon beep, drain the water from the pasta.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:03	Spaghetti Pasta (boil)	0.150 Kg.	MW safe Glass Bowl	Ingredients	Wt 150 gm	
				Spaghetti Pasta	150 gm	
				Oil	1tbsp.,	
				Water	2 1/2 cups	
				<b>Cooking Method</b>		
1 Mix together the pasta, water and oil in a microwave safe glass bowl and place it in microwave oven. 2 Select the program and press START. 3 Upon beep, drain the water from the pasta. Add it to a soup or serve with stirfried vegetables.						

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:04	Balsamic Mushroom Pasta	0.500 Kg.	MW safe Glass Bowl	Ingredients	Wt 500 gm	
				Fettuccine Pasta (Boiled)	200 gm	
				butter	2tbsp.,	
				Olive oil	2tbsp	
				Shallot	¼ cup	

				Garlic cloves minced	1/2tsp	
				Mushrooms (sliced)	200gms	
				Balsamic vinegar	¼ cup	
				Milk cream	¼ cup	
				Parmesan Cheese(grated)	¼ cup +2tbsp for garnishing	
				Parsley (chopped)	1tbsp	
				Salt	To taste	
				Black pepper powder	½ tsp or as per taste	
				<b>Cooking Method</b>		
				1 In a large microwave safe cookware, add butter, olive oil, shallots and garlic and place it in microwave oven.		
				2 Select Program and press START.		
				3 Upon beep, add sliced mushrooms, soya sauce, lemon juice, honey and press START.		
				3 Upon beep, pour cream, Parmesan cheese, and boiled pasta and toss to combine. Add salt as per taste.		
				4 Press START to continue cooking. Upon beep sprinkle 2 tbsp Parmesan, Black pepper powder and parsley and serve.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
PA:05	Asian Peanut Spaghetti	0.250 Kg.	MW safe Glass Bowl	Ingredients	Wt 250 gm	
				Spaghetti (Boiled)	150 gm	
				Peanut butter	1tbsp.,	
				Crushed Roasted Peanuts	75gms	
				Mix vegetables (Julienne carrot, green peas, cauliflower-small florets)	100gms	
				Pasta Sauce	3tbsp	
				<b>Cooking Method</b>		

				<p>1 In a large microwave safe cookware, add peanut butter, mix vegetables, pasta sauce and place it in microwave oven.</p> <p>2 Select Program and press START.</p> <p>3 Upon beep, add Spaghetti and press START.</p> <p>4 Upon beep, Garnish with crushed peanuts and serve.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SA:01	White Sauce	0.250 Kg	Microwave Safe Glass Bowl	Ingredients	250 g	
				Butter	2 tbsp	
				Maida	2 tbsp	
				Milk	1 cup	
				Salt	To taste	
				Freshly cracked pepper	To taste	
				Ground Nutmeg( optional)	To taste	
				<b>Cooking Method</b>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SA:02	Salsa Sauce	0.2 Kg	Microwave Safe Glass Bowl	Ingredients	200 g	
				Tomatoes(chopped)	2	
				Onion(chopped)	1	
				Capsicum(chopped)	1	
				Tomato Sauce	2 tbsp	
				Red Chilli Powder	1 tsp	
				Oregano	1 tsp	
				Pepper	1/4 <sup>th</sup> tsp	
				Oil	2 tbsp	
				Fresh milk cream	2 tbsp	
Salt	To taste					

				<p><b>Cooking Method</b>  1 Mix all the ingredients except cream in a microwave safe glass bowl.  2 Select the program and press START.  3 Upon beep, add cream and serve with Nachos or chips.</p>
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**Soups: SP**

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
SP:01	Corn Soup	500ml	Microwave Safe Glass Bowl	Ingredients	500ml	
				Sweet Corn	150 g	
				Salt, Pepper and Sugar	To taste	
				Water	3 ½ cup	
				Oil	2 tsp	
				Cornflour	1tbsp	
				Onion, Chopped	2 tbsp	
				Green Chillies, Chopped	1	
				Milk Cream	2tbsp	

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:02	Chicken soup	500 ml	MW safe Glass Bowl	Ingredients	Wt 500 ml	
				Boneless chicken (shredded)	70 gms.	
				Ginger paste	1 tsp.	
				Garlic paste	1 tsp.	
				Salt & pepper powder	To taste	
				Corn flour paste	1 ½ tbsp. dissolve in ¼ cup of	

					water	
				Oil	1 tbsp.	
				Chicken Stock	500 ml.	
				<b>Cooking Method</b> 1 In a microwave safe glass bowl mix together the oil, shredded chicken, ginger paste, garlic paste, corn flour paste and chicken stock. 2 Place it in the microwave oven and press START. 3 Upon beep, stir and press START. 4 Upon beep, stir well, add pepper & salt. Serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:03	Mix Veg. Soup	500ml	MW safe Glass Bowl	Ingredients	Wt 500ml	
				Veg puree		
				Carrot	1/2 medium size	Boil veggies and prepare puree
				Chopped cauliflower	25 gms.	
				Chopped onion	1/2 tbsp.	
				Green peas	¼ cup	
				Butter	1/4 tbsp	
				Milk cream	1/4 cup	
				Salt & pepper	as per your taste	
				Veg stock	500ml	
				<b>Cooking Method</b> 1 Mix together veg puree in a microwave safe glass bowl with vegetable stock. Place it in the microwave oven. 2 Select the program and press START. 3 Upon beep, add butter, salt & pepper, replace the bowl in the microwave oven and press START. 4 Upon beep, add milk cream and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:04	Manchow soup	0.350 ml	MWS safe Glass Bowl	Ingredients	Wt 350ml	
				Ginger, Garlic, Green chili - small pieces	1/2 tbsp.,	
				Salt & pepper powder	as per your taste	
				Corn flour paste	1 tbsp. + dissolve in 1/2 cup of	



					vegetable broth	
				Steamed Mix Veg. (Carrot, capsicum, cauliflower)	1 cup	
				Vinegar	1/2 tsp.	
				Chili sauce	1/4 tsp	
				Soya sauce	1/4 tsp	
				Oil	1 tbsp.	
				Vegetable stock	300 ml	
				<b>Cooking Method</b> 1 Add the oil, mixed vegetables, ginger, garlic and green chillies in a microwave safe glass bowl. 2 Select the program and press START. 3 Upon beep, add the cornflour paste, chilli sauce, soya sauce, vinegar and vegetable broth, mix well. Replace the bowl in the microwave oven and press START. 4 Upon beep, add salt and pepper and press START. 5 Stir well and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
SP:05	Tomato Soup	0.2 kg.	MW safe Glass Bowl	Ingredients	Wt 200 gm	
				Tomato puree	200gms	
				Garlic	3-4 cloves	
				Carrot	1/2 small	
				Celery	1 stick	
				Onion	1/2 medium size	
				Pepper powder	1/4tsp	
				Oil	1/2 tbsp.,	
				Butter	1/2 tbsp,	
				Cream	2 tbsp	
				Salt & sugar	as per your taste	
				Water	2cups	
				<b>Cooking Method :</b> 1) Wash & chop garlic, wash: peel & cut carrots in rounds, wash & chop celery, wash & slice onion & crush pepper corns. In MWS glass bowl put oil onion, carrot, celery, and garlic & add 2 cups of water & press START. 2) Upon beep, stir & press START. 3) Let it cool & then blend in blender & strain it in MW safe bowl. Add butter & tomato puree, salt & sugar & press START.		

				Add cream & serve it hot.
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**Cooking Secrets: CS**

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
CS:01	Potato boil	0.2 Kg/.4kg	MW safe Glass Bowl	Ingredients	Wt 200 gms.	Wt 400 gms
				Potato	200gms	400gms
				Water	500ml	600ml
				<b>Cooking Method</b> 1 In a microwave safe glass bowl pour water. Wash and cut the potatoes into 8 pcs each, and place them in the bowl with the water. 2 Place the bowl in the microwave oven, select the program and press START.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:02	Garlic Peel	0.1 Kg	Microwave Safe Glass Bowl	Ingredients	100 g	
				Garlic Cloves	100 g	
				<b>Cooking Method</b> 1 In a microwave safe glass bowl, spread the garlic cloves evenly, place it in the microwave oven, select the program and press START. The garlic will now be easy to peel.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
CS:03	Blanching Tomatoes	0.2 Kg	Microwave Safe Glass Bowl	Ingredients	200 g	
				Tomatoes	200 g	
				<b>Cooking Method</b> 1 Arrange the tomatoes properly in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
CS:04	Ghee	0.5 kg.	MWS heat resistant glass bowl	Ingredients	500 gms.	
				Milk thick Cream	500 gms.	
				<b>Cooking Method</b> 1 Take the milk cream in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.		

				<p>2 Upon beep, take out the bowl and let it cool, then sieve to get pure ghee. Store in a glass jar.</p> <p><b>Note:</b> Select the power level P40 and add cooking time if cream needs to cook further to ease extract ghee.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method						
CS:05	Chocolate Melt	0.2 Kg	Microwave Safe Glass Bowl	<table border="1"> <tr> <td>Ingredients</td> <td>200 g</td> <td></td> </tr> <tr> <td>Chocolate Slab</td> <td>200 g</td> <td></td> </tr> </table> <p><b>Cooking Method</b></p> <p>1 In a microwave safe glass bowl, add the chocolate slab pieces, select the program and press START.</p> <p>2 Stir well and use as desired.</p>	Ingredients	200 g		Chocolate Slab	200 g	
Ingredients	200 g									
Chocolate Slab	200 g									

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method									
CS:06	Chicken Boil/Stock	500ml	Microwave Safe Glass Bowl	<table border="1"> <tr> <td>Ingredients</td> <td>500ml</td> <td></td> </tr> <tr> <td>Chicken (Curry Pieces)</td> <td>200 g</td> <td></td> </tr> <tr> <td>Water</td> <td>500ml</td> <td></td> </tr> </table> <p><b>Cooking Method</b></p> <p>1 In a microwave safe glass bowl pour water, add the chicken pieces, select the program and press START.</p> <p>2 Use the chicken stock for soups or gravies.</p>	Ingredients	500ml		Chicken (Curry Pieces)	200 g		Water	500ml	
Ingredients	500ml												
Chicken (Curry Pieces)	200 g												
Water	500ml												

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method						
CS:07	Bread Crumbs	0.05kg	Microwave Safe Glass plate	<table border="1"> <tr> <td>Ingredients</td> <td>Approx.50-75gms</td> <td></td> </tr> <tr> <td>Bread Slices</td> <td>2-3nos</td> <td></td> </tr> </table> <p><b>Cooking Method</b></p> <p>1 To make the breadcrumbs in the food processor, place chunks of bread into the processor or blender jar. Pulse to desired crumb size, approximately the size of grains of rice.</p> <p>2 Spread the crumbs on microwave safe glass plate and keep it in microwave oven.</p> <p>3 Select menu and press START.</p> <p>4 Upon beep, cool the breadcrumbs and keep it in airtight jar.</p>	Ingredients	Approx.50-75gms		Bread Slices	2-3nos	
Ingredients	Approx.50-75gms									
Bread Slices	2-3nos									

### All Time Favorite: AF

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:01	Popcorn ( Ready to pop in microwave proof bags) <i>2 packs of 33gms each</i>	0.066 Kg	Microwave Safe Popcorn Packaging	Ingredients	Wt 66 g	
				Corn in microwave safe packing	66 g	
				<b>Cooking Method</b> 1 Remove the plastic wrap and unfold bag, read all instructions on the packaging, place it in the microwave oven, select the program and press START. 2 Upon beep, carefully remove the bag from microwave; pour popcorn in bowl & Enjoy.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:02	Instant Noodles	0.3 Kg	Microwave Safe Glass Bowl	Ingredients	Wt 300 g	
				Noodles	70 g	
				Water	260ml	
				<b>Cooking Method</b> Mix the tastemaker in water. Add the noodles, select the program and press START. Serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:03	Corn Chaat	0.2 Kg	Microwave Safe Glass Bowl	Ingredients	200 g	
				Sweet Corn	200 g	
				Salt, Sugar, Butter, Chaat Masala, chilli powder,Pepper Powder	To taste	
				Lemon juice	1tbsp	
				<b>Cooking Method</b> 1 In a microwave safe glass bowl add the sweet corn, chaat masala, salt, pepper powder, chilli and butter, place it in the microwave oven, select the program and press START. 2 Upon beep, add lemon juice and serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
AF:04	Chicken Breast bake (boneless)	0.480 Kg	Tawa	Ingredients	Wt.480gms	
				Chicken Breast	300 g	
				Hung Curd	150 g	
				Lemon Juice	1 tsp	

				Salt	To taste	
				Red Chilli Powder	1 tsp	
				Ginger-Garlic Paste	2 tbsp	
				Cornflour	1 tbsp	
				Chopped Coriander	2 tbsp	
				Dry Fenugreek Leaves	2 tsp	
				<p><b>Cooking Method</b></p> <p>1 In a bowl, add hung curd, ginger-garlic paste, lemon juice, salt, red chilli powder, fenugreek leaves and cornflour and marinate the chicken with all these ingredients and put it in refrigerator for half an hour.</p> <p>2 When the chicken is marinated, put it on the Tawa and place it in the microwave oven.</p> <p>3 Select the program and press START.</p> <p>4 Upon beep, turn the chicken breast over and press START. Serve hot. Garnish with coriander and lemon slices.</p>		

#### Rice Dishes: rd

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:01	Chicken Pulao	0.7 Kg	Microwave Safe Glass Bowl	Ingredients	700 g	
				Basmati Rice (Soaked for 15 min)	2cups	
				Boneless Chicken Pieces	300gms	
				Onions, Chopped	3nos	
				Cloves	3-4nos	
				Cinnamon	2"	
				Black Cardamom	2	
				Ghee	1-1/2 tbsp	
				Tomatoes Chopped	2nos	
				Green Chillies	3long	
				Salt	Top taste	
				Red Chilli Powder	1tsp	

				Garlic Paste	1/2 tsp	
				Ginger Paste	1/2 tsp	
				Turmeric powder	1tsp	
				Bay leaf	1no.	
				Dry Mint powder	1tbsp	
				Water	4 cups	
				<p><b>Cooking Method</b></p> <p>1 Mix together the ghee, onion, green chillies, cloves, cinnamon and black cardamom, add rice and marinated chicken with spice powder (red chilli, ginger garlic paste, turmeric, dry mint) in a microwave safe bowl. Place the bowl, in the microwave oven, Select the program and press START.</p> <p>3 Upon beep, add tomatoes, salt and water, mix well and press START. Serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:02	One Dish Italian Chicken and Rice	0.5 Kg	Microwave Safe Glass Bowl	Ingredients	500 g	
				Basmati Rice (Soaked for 15 min)	1cups	
				Boneless Chicken Pieces	250gms	
				Pepper powder	½ tsp	
				Garlic powder	1tsp	
				Onion powder	1tsp	
				Vinegar	1tbsp	
				Oregano	1/2 tsp	
				Oil	3tbsp	
				Tomatoes ,diced	2nos.	
				Fresh Spinach leaves (cut lengthwise strips)	160gms	
				Chicken Broth	2 cups	
				Mozarella Cheese -grated	1/2 Cup	
				Salt	To taste	
				<p><b>Cooking Method</b></p> <p>1 Mix together the chicken, oil, salt, pepper, garlic powder, onion powder, vinegar, tomatoes, and oregano in microwave safe bowl. Place the bowl in the microwave oven ,Select the program and press START.</p> <p>3 Upon beep, add Spinach, rice and chicken broth, mix well and press START. Sprinkle Cheese and Serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method					
rd:03	Veg Pulao	0.3 Kg	Microwave Safe Glass Bowl	Ingredients	300 g				
				Basmati Rice(Soaked for 15 min)	200 g				
				Onions (Sliced Thin)	2				
				Mixed Vegetables (Cauliflower, Peas, Carrots, Beans)	75 g				
				Cloves	2				
				Cinnamon	1/2"				
				Black Cardamom	2				
				Ghee	1 tbsp				
				Salt	To taste				
				Water	2 cups				
				Coriander (for Garnishing)	1tbsp				
				Ginger Garlic paste	1tsp				
				<b>Cooking Method</b>			<p>1 Mix together the ghee, ginger garlic paste, onion, black cardamom, cloves, cinnamon and mixed vegetables in a microwave safe glass bowl. Place the bowl in microwave oven, Select the program and press START.</p> <p>2 Upon beep, add rice, salt and water, mix well and press START.</p> <p>3 Garnish with chopped coriander and serve hot.</p>		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
rd:04	Rice	0.2 Kg/0.4 Kg	Microwave Safe Glass Bowl	Ingredients	200 g	400gms
				Sona Masuri Rice(Soaked for 15 min)	200 g	400 g
				Salt	To taste	To taste
				Water	2 cups	4 Cups
				<b>Cooking Method</b>		

## Indian Daily Menu: Id

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method					
Id:01	Red Lentil Dal/Masoor Dal	0.250 Kg	Microwave Safe Glass Bowl	Ingredients	250gms				
				Masoor Dal (Soaked)	1 cup				
				Finely Chopped Green Chillies	2 tsp				
				Onion – finely chopped	1no				
				Garlic	4 cloves				
				Cumin Seeds	½ tsp				
				Turmeric powder	1/4 tsp				
				Salt	To taste				
				Water	As required (2 ½ to 3 cup)				
				Oil	1tbsp				
				Fresh Coriander Leaves for Garnishing	1 tbsp				
				<b>Cooking Method</b>			<p>1 Mix dal, the finely chopped green chillies, onion, garlic, and water in a microwave safe bowl, select the program and press START.</p> <p>2 Check the water in between cooking and add more if required. Then gently mash the dal with a masher or back of a ladle.</p> <p>3 Mix together oil, cumin seeds, turmeric powder in another microwave safe glass bowl and press START.</p> <p>4 Upon beep, add the cooked dal, mix well and press START. Garnish with coriander and serve hot.</p>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:02	Chicken Jalfreji	0.5 Kg.	MW safe Glass Bowl	Ingredients	500 g	
				Chicken (Cut into Medium Size Pieces)	400 g	
				Onion (Chopped)	1	
				Garlic (Chopped)	4-5 flakes	
				Tomato	1/2 cup	



				Puree		
				Grated Ginger	1 tsp	
				Garam Masala	1 tsp	
				Cumin Powder	1 tsp	
				Red Chilli Powder	1 tsp	
				Lemon Juice	1/2 tsp	
				Turmeric Powder	1 /2 tsp	
				Oil	3 tbsp	
				Chopped Capsicum	1 No	
				Milk cream	1/2 cup	
				Salt	To taste	
				<b>Cooking Method</b>		
				1 Mix together the oil, onion, ginger, garlic, turmeric powder and chicken in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.		
				2 Upon beep, add capsicum and all the other ingredients except the cream. Mix well and press START. Upon beep, add the cream, mix well and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:03	Mix veg. Masala	0.2 kg.	MW safe glass bowl	<b>Ingredients</b>	<b>200 g</b>	
				Mixed Vegetables— Cluster Beans, White Ash Gourd, White Pumpkin, Red Pumpkin, Raw Banana, Carrots (Peeled and Chopped)	150 g	
				Fresh Coconut	1/2 cup	
				Finely Chopped Green Chillies	1-2	
				Salt and Sugar	To taste	
				Cumin	1/4 tsp	
				Curry Leaves	5-6	
				Turmeric	a pinch	
				Yogurt	1 tbsp.	

				Coconut oil	1/2 tsp	
				<b>Cooking Method</b>		
				1 Grind the coconut, green chillies and cumin with a little water and keep aside.		
				2 In a microwave safe glass bowl add all the vegetables with some water, place it in the microwave oven, select the program and press START.		
				3 Upon beep, add coconut oil, curry leaves and turmeric powder, in another microwave safe cookware, place it in microwave oven and press START.		
				4 Upon beep, add yogurt, salt, sugar and coconut paste, mix well and press START. Serve hot with roti or rice.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
Id:04	Sambhar	0.5 Kg	Microwave Safe Glass Bowl	<b>Ingredients</b>	<b>500 g</b>	
				Aarhar Dal (soaked)	200 g	
				Oil	4 tbsp	
				Onion (Chopped)	1	
				Tomato (Finely Chopped)	1	
				Tomato Puree	4 tbsp	
				Sambar Masala	2 tsp	
				Red Chilli Powder	1/2 tsp	
				Salt	To taste	
				Curry Leaves	4	
				Fenugreek Seeds	1 tsp	
				Small Pieces of Bottle Gourd	3 tbsp	
				Drum Stick Pieces	7-8	
				Tamarind Extract or lemon juice	1 tbsp	
				Jaggery	1 tsp	
				Salt	To taste	
			1 Mix together the soaked dal, bottle gourd, drumsticks, and water (3cups) in a microwave safe glass bowl, place it in the microwave, select the program and press START. (Check in between and add more water if required.)			

				<p>2 Upon beep, remove the bowl and keep it aside. Add the oil; curry leaves, onion, tomato and fenugreek seeds in a second microwave safe glass bowl and press START.</p> <p>3 Upon beep, add the tomato puree, boiled dal, sambar masala, red chilli powder, salt, tamarind extract and jaggery, replace the bowl in the microwave oven (add water to adjust consistency) and press START. Serve hot.</p>
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Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method				
Id:05	Goan Fish Curry	0.5 Kg	Microwave Safe Glass Bowl	Ingredients	500 g			
				Fish	200 g			
				Lemon Juice	1 tbsp			
				Salt	To taste			
				Oil	4 tbsp			
				Water	1 cup			
				Green Chillies (Dedeseed and sliced)	2			
				Onion (Finely Chopped)	1 no			
				Salt	To taste			
				Water to Grind	2-3 tbsp			
				<b>To be ground</b>				
				Turmeric	1/2 tsp			
				Jeera	1/2 tsp			
				Kashmiri chillies	3-4 nos.			
				Coriander seeds	1tbsp			
				Grated Coconut	100gms			
				Tamarind (soaked )	1 1/2 lump			
				Fresh Chopped Coriander	1tbsp			
				<b>Cooking Method</b>				
				1 Marinate the fish with salt and lemon juice for 10 minutes. Grind all the ingredients listed to be Ground.				
				2 Add the oil, onion and green chillies and turmeric powder in a microwave safe glass bowl, place it in the microwave oven, select the program and press START.				
				3 Upon beep add the ground paste. Mix well, add one cup of water, replace the bowl in the microwave oven and press START.				
4 Upon beep, add the fish, salt and press								

				START. 5 Garnish the fish curry with fresh chopped coriander and serve hot with rice.
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
Id:06	Lazeez Bhindi	0.250 Kg.	MWS Glass Bowl	Ingredients	250 gms.	
				Bhindi (Cut into Pieces)	200 gms.	
				Onion (Chopped)	1 No.	
				Tomato (Chopped)	1 No.	
				Ginger-Garlic Paste	1 tbsp.	
				Coriander Powder, Cumin Powder, Turmeric, Red Chilli Powder, Garam Masala, Salt	1/4tsp each	
				Oil	1tbsp	
				Milk Cream	2 tbsp.	
				Salt	To taste	
				<b>Cooking Method</b>		

### Healthy Cook: HC

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:01	Crunchy Chicken	0.250 Kg.	Low rack/Tawa	Ingredients	250 gms.	
				chicken breasts – wash and pat dry .chill in the freezer for 20 minutes, Cut lengthwise into thin 1/2” broad, long stripes	2nos	
				<b>Marinade</b>		

				olive oil	1-2 tbsp	
				balsamic vinegar	1-2 tbsp	
				crushed garlic	1tbsp	
				mustard paste	1tsp	
				tomato ketchup	1tsp	
				salt and pepper	1/4th tsp each	
				For Coating- Egg white & bread Crumbs	As required	
				<b>Cooking Method</b> 1 Mix all ingredients of the marinade in a bowl. 2 Marinade chicken stripes in the marinade .keep covered in the refrigerator for 1-2 hours or overnight in fridge. 3 Dip the chicken fingers in egg white and coat with dry bread crumbs. 4 Place low rack on the glass turntable. Keep tawa on the low rack. Select the program and press START. 2 Upon beep, Place chicken coated with bread crumbs on hot tawa, replace it in the microwave and press START. 3. Upon beep, Serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:02	French Fries	0.150 Kg	Low rack/Tawa	Ingredients	150g	
				Instant French Fries	150 g	
				Oil	1 tsp	
				<b>Cooking Method</b> 1 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START. 2 Upon beep, Put instant French fries on the greased tawa and brush with oil, and press START. 3 Sprinkle with salt and serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:03	Omelet	0.150 Kg	Tawa /Low rack	Ingredients	150 g	
				Eggs	2	
				Onion (Chopped)	1	
				Tomato (Chopped)	1tbsp	
				Milk	1 tbsp	

				Salt and Pepper	As required	
				Oil	1 tsp	
				oregano	1tsp	
				Chilli flakes	1tsp	
				Grated Paneer	2tbsp	
				Coriander Leaves (chopped)	1tbsp	
				<b>Cooking Method</b>		
				1 Beat the eggs, mix the chopped onions, tomatoes, green chillies (optional), coriander, salt, pepper, milk, oregano, chilli flakes, grated paneer and mix well.		
				2 Place low rack on the glass turntable. Keep oil greased tawa on the low rack. Select the program and press START.		
				3 Upon beep, Pour the egg mixture on tawa, spread it well and press START.		
				4 Upon beep, serve hot.		

Recipe Code	Recipe Name	Weight Range	Utensils	Ingredients and Cooking Method		
HC:04	Stuffed Paratha	0.120 Kg	Tawa /High rack	Ingredients	120 g	
				Maida	1 cup	
				Potato (boiled & Mashed)	1no	
				Paneer (shredded)	4tbsp	
				Coriander Leaves	1tsp	
				Jeera powder	1tsp	
				Garlic powder	1tsp	
				Garam masala	1/2 tsp	
				Salt	As per taste	
				Olive oil	2tsp	
				<b>Cooking Method</b>		
				1 Mix the maida, oil & water into a soft dough.		
				2 <b>For preparing Stuffing:</b> Mix together mashed potato,paneer,coriander,jeera, Garlic, garam masala and salt.		
				Roll out a portion of the dough (70gms)into 4" diameter.		
				Place portion of stuffing at the centre and bring the edges together at the centre to seal tightly.		
				Roll out again into a circle of 6" diameter.		
				3 Place high rack on the glass turntable. Keep oil greased tawa on the high rack. Select the program and press START.		

				3 Upon beep, Place the paratha on tawa, and press START. 4 Upon beep, flip the paratha upside down on the tawa and press START
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:05	Chicken Nuggets (ready to cook)	0.2Kg.	Tawa / Low rack	Ingredients	Wt 200 gm	
				Chicken Nuggets	200 gms.	
				Oil	1 tbsp	
				<b>Cooking Method :</b> 1 Place tawa on low rack in microwave oven. Select program and press START. 3 When beep place the Nuggets on tawa. Brush them with oil and press START 4 Upon beep ,Serve Hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:06	Smilies (ready to cook)	.25kg.	Tawa/low rack	Ingredients	250gms	
				Instant Smilies	10 pieces	
				Oil	1 tsp	
				<b>Cooking Method</b> 1 Place oil greased tawa on low rack in microwave oven. Select program and press START. 3 Upon beep, place the smilies on the tawa, brush with oil and press START. 4 Sprinkle with salt and serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:07	Dosa (soft dosa)	40ml per dosa	Tawa/high rack	Ingredients	160ml	
				Dosa batter (room temp)	160ml	
				Oil	4 tsp	
				<b>Cooking Method</b> 1 Place oil greased tawa on high rack in microwave oven. Select program and press START. 2 Upon beep, pour & spread dosa batter on the tawa and press START. 3. Upon beep remove dosa, keep the high rack along with the oil greased tawa in the mwo and press START to preheat tawa.repeat step 2  <b>Note:</b> You can make 4 dosa by repeating step 3 & Step 2. After first dosa (40ml), the display will show countdown for 10 seconds, open and close the door within the 10 seconds, the system		

				will auto automatic switch over to dosa 2(40ml) and the display will show total cooking time. Press START/QUICK START to start. In this way, the END is displayed directly until cooking to dosa 4(40ml).
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Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:08	Parmesan Cauliflower Bites	.230Kg.	Borosil bowl/Low rack/Tawa	Ingredients	230gms	
				Bread Crumbs	1Cup	
				Parmesan Cheese	¼ cup	
				Cauliflower Florets	4 cups	
				Egg	1no.	
				Paprika, garlic powder, black pepper powder, Onion powder, Oregano and thyme	¼ tsp each	
				Salt	To taste	
				<b>Cooking Method</b>		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:09	Fish tandoor	.250Kg.	High rack/Tawa	Ingredients	Wt 250gm	
				Pomfret	250gms	
				Lemon juice	1tbsp	
				Coriander (fresh leaves)	50gms	



				Green chilli chopped	4nos	
				Garlic	8 flakes	
				Kashmiri Chilli Powder	1tsp	
				Besan flour	1tsp	
				Mustard Oil	4tbsp	
				Tandoori Food Color	A pinch	
				Salt	As per taste	
				<b>Cooking Method</b> 1 Marinade fish with salt and lemon juice for 5 minutes. 2 Grind green chilli, coriander & garlic to fine paste .Add chilli powder, besan, food color and mix well. 3 Apply spice paste to fish and let it marinate for 10 minutes. 4 Place high rack on the glass turntable. Arrange fish on the tawa. Place tawa on high rack. 5 Select the program and Press START. 6 When beep , Turn over fish and press START 7 Serve hot.		

Recipe code	Recipe Name	Weight Range	Utensils	Ingredients & Cooking Method		
HC:10	Bati	0.350 Kg.	Low rack + Tawa	Ingredients	Wt 350gm	Wt
				Wheat flour	300 gms.	
				Gram flour	50 gms.	
				Makai ka atta	50 gms.	
				Salt	As per your taste	
				Water	As required	
				Ghee	1 cup	
				<b>Cooking Method</b>		
				1 Mix the different flours together with as much water as required. Make round balls of 50–60 g each of the dough. Press them slightly to create bati shape.		
				2 Place the tawa on the low rack, keep it in microwave oven.		
3 Select the program and press START.						
4 After preheat, place the bati on tawa and press START.						
5 Brush ghee on bati and keep aside.						
6 Serve bati with dal.						



## CLEANING AND CARE

1. Turn off the oven and remove the power plug from the wall socket before cleaning.
2. Keep the inside of the oven clean. When food splatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. Avoid the use of spray and other harsh cleaners as they may stain, streak or dull the door surface.
3. The outside surfaces should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. Wipe the both sides of the door and window, the door seals and adjacent parts frequently with a damp cloth to remove any spills or splatters. Do not use abrasive cleaner.
5. A steam cleaner is not be used.
6. Do not allow the control panel to become wet. Clean with a soft, damp cloth. When cleaning the control panel, leave oven door open to prevent oven from accidentally turning on.
7. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity condition. And it is normal.
8. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
9. The roller ring and oven floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent. The roller ring may be washed in mild sudsy water or dishwasher. When removing the roller ring from cavity floor for cleaning, be sure to replace in the proper position.
10. Remove odors from your oven by combining a cup of water with the juice and skin of one lemon in a deep microwaveable bowl, microwave for 5 minutes. Wipe thoroughly and dry with a soft cloth.
11. When it becomes necessary to replace the oven light, please consult a dealer to have it replaced.
12. 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.
13. Please do not dispose this appliance into the domestic rubbish bin; it should be disposed to the particular disposal center provided by the municipalities.
14. When the microwave oven with grill function is first used, it may produce slight smoke and smell. This is a normal phenomenon because the oven is made of a steel plate coated with lubricating oil, and the new oven will produce fumes and odor generated by burning the lubricating oil. This phenomenon will disappear after a period of using.

# WARRANTY

IFB Industries Limited ("The Company") warrants to the original domestic purchase of this microwave oven ("Appliances") that it is free from defects in workmanship & materials. During 12 months from the date of purchase of the new microwave oven model, all the parts of the microwave oven and 36 months on Magnetron & Cavity, shall be replaced or repaired free of charge, on intimation to the Company / Company's authorized service centre nearest to the place where the appliance is installed. This warranty is subject to Limitations of Warranty.

## LIMITATIONS OF WARRANTY

1. This warranty is not valid in case of the following events.
  - a) If the warranty card is not fully and properly filled in and signed at the time of purchase in installation by the Company's authorized dealer / service engineer.
  - b) If the completed warranty card is not presented to the authorised personnel at the time of service / repair.
  - c) If the appliance is not used in accordance with manufacturer's instructions given in the Operating Manual.
  - d) If the appliance has been serviced, repaired, opened or tampered by any unauthorized personnel.
  - e) If defects arise / caused by accidents, alteration, misuse, neglect, abuse, substitution of original components with spurious / non-genuine components, attack by household pests / rodents, fire, flood, earth-quake, lightning and / or any other acts of God / natural calamities.
  - f) If damages occur by improper electrical, circuit outside the appliance or by any defective electrical supply thereof.
  - g) If the machine serial number on the appliance is defaced, missing or altered.
  - h) If the appliance is taken out of India.
2. This warranty does not cover any type of painting, plating including rusting etc or defects thereof.
3. This warranty does not cover normal wear and tear of parts.
4. Liability for consequential damages is neither accepted nor implied.
5. Parts replaced or repaired under this warranty are warranted throughout the remaining of the original warranty period.
6. Company is not liable for any delay in servicing due to reasons beyond the control of the company or any of its authorized service center.
7. This warranty is not applicable, if the microwave oven is used for commercial purpose of at places like Institutions, Hotels, Hostels, Hospitals, Community Halls and other similar applications.
8. For any service under this warranty beyond city / town / municipal limits from the Company / authorized service centre, a fixed charge of Rs. 250 /- will be collected from the customer in addition to the actual to and fro charges by the shortest route. Alternatively the customer can bring the appliance to the nearest service centre for carrying out the necessary repairs, at customer's own cost.
9. During the warranty period whenever the appliance is shifted from the original city of purchase to another city / town where service is provided by the company's authorized service agent, a warranty transfer charge of Rs. 300 /- will be collected from the customer by the company's authorized service agent. The above charges also include the reinstallation of the appliance. However in case of transfer to a city where the company provides direct service, a nominal charge of Rs. 250 /- only will be collected from the customer towards reinstallation. The Company, however, shall not undertake the responsibility of shifting/ transferring the appliance from the location where the appliance was originally installed.
10. This warranty is issued subject to the jurisdiction of Kolkata courts, and /or other judicial/quasi judicial forums having jurisdiction over the registered office of the Company.

**Note:** For all types of repairs / maintenance under warranty, the appliance shall be brought to the nearest

**Company service centre or its authorised service agent.**

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# CUSTOMER COPY

Mr./Mrs./Ms -----

Address -----

Telephone No.: -----

Model Name: -----

Serial No.: -----

Date of Purchase: -----

Cash Memo No. -----

Dealer Name & Address: -----

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## Service Station Copy

Mr./Mrs./Ms -----

Address -----

Telephone No.: -----

Model Name: -----

Serial No.: -----

Date of Purchase: -----

Cash Memo No. -----

### Products Owned by the customer:

*(Please tick in the appropriate box)*

Washing Machine    Refrigerator    Color TV    100% Clothes Dryer    Dishwasher

Music System    oven Toaster Grill    2Wheeler    Car    Air Conditioner



**IFB Industries Limited**  
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**Road Kolkata - 700088**