Inspire

THE CHEF IN YOU

Samsung Microwave Oven Cookbook
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Introduction

Microwave cooking
The kitchen is the centre of all household activities in a traditional Indian home. This is where the lady of the house reigns supreme, and your new Samsung Microwave Oven is going to make your life easier as well as more exciting.

To start with, your Samsung Microwave Oven does not just reheat food — it also boils, bakes, thaws, skewers and makes everyday Indian cooking interesting and enjoyable. Most importantly, the microwave oven (MWO) ensures that your family gets all the nutrition from the food cooked in it. In conventional cooking, much of the nutrition present in the food in the form of Vitamins C & F is lost due to exposure to the atmosphere. But when you cook in the Samsung Microwave Oven, the food retains all its nutrients. In an MWO, a vacuum tube called “Magnetron” generates microwaves that penetrate the food and agitates the moisture molecules present in the food. This agitation releases heat that spreads to other parts of the food, cooking it evenly, without any loss of element. Consequently, you get healthy, oil-free food and at almost one-third of the time taken by conventional cooking systems. In fact, food cooked in the Samsung Microwave Oven is not only 100 per cent healthy but 100 per cent tasty too.

So go ahead and pamper those you really love! Samsung Microwave Ovens give you the freedom to explore a variety of dishes/menus with ease. Enjoy every moment that Life throws at you.

Samsung Microwaves
The Samsung Microwave Cookbook will show you that cooking is easier done than said. Each recipe has been carefully selected to suit your requirement. Irrespective of the size of your family, the Samsung Microwave Cookbook will help you get familiar with your Samsung Microwave Oven and boost your confidence to experiment with recipes at will.

The Samsung Microwave Oven comes with exciting features, and in different combinations such as the Samsung Combi/Grill Microwave, the Combi/Grill/Convection Microwave and many more.

Enjoy the freedom of hassle-free cooking with Samsung’s innovative Voice Guidance System. You don’t have to flip through the manual to operate your MWO. The Voice Guiding System (voice volume from 0–4) talks you through all the auto-cook menus and helps you master even a new dish the very first time you try it. Simply select a menu and press the button to get your meal underway. With its unique features, Samsung Microwave Ovens offer a quicker and stronger cooking solution so that you can enjoy more nutritious and delicious foods. And do try your hand at the 141 recipes from the auto-cook menu — in the voice guiding model. Auto-cook menus are available in various Samsung Microwave Oven models.
Moreover, Samsung’s Smart Sense technology takes the guesswork out of cooking. The Smart Sensor measures the level of moisture in the food, and adjusts both temperature and time to ensure perfectly prepared dishes — no more tough, dried-out food! And the auto-cook feature lets you choose from eight settings, so you can cook jacket potatoes, warm chilled soup or reheat frozen, ready-made meals — and more — at the touch of a button. With Smart Sense, you can stop worrying about undercooking or overcooking.

Another significant feature of this product is its Ceramic Enamel Cavity. An exceptionally smooth, ceramic interior allows grease and oil to be easily cleaned off the inside walls. You will also find its rust-free, scratch-resistant and bacteria-free features a major plus-point. The enamel cavity comes with a 5-years’ warranty.

**ACCESSORIES**

**Pro-steamer**

Samsung’s Pro-steamer ensures that microwaved food doesn’t become dry — a common complain with MWOs.

The Pro-steamer consists of two parts: a bottom plate and a stainless steel lid. When water is poured in the bottom plate — and the MWO is switched on — the microwave rays penetrate the plate and generate steam. At the same time, the stainless steel lid blocks microwave rays from cooking the food, preventing the food surface from becoming dry. Furthermore, it is large enough to fit big dishes and also features a crusty plate as an additional accessory.

**Crusty Plate**

The Samsung Crusty Plate ensures that you get oil-free, perfectly crunchy pizzas and well-baked cookies. In the grill combi mode, the upper grill heater will bake the upper side of the pizza, while the microwave rays will penetrate through the bottom of the plate, reheating the food inside quickly. Hence, the oven-style browning and crisping to both the top and bottom layers of dishes make the Crusty Plate ideal for baking pastries and quiche, and roasting or grilling meat and fish.

**Power Steam Bowl**

The user-friendly Power Steam Bowl allows you to enjoy an assortment of great food without worrying about everything drying up.

**Multi-spit**

Samsung’s Multi-spit allows you to barbecue without the hassle of cleaning the inside of the MWO. The Multi-spit is excellent for all kinds of skewer-styled cooking, both Western-style food like Roast Chicken and Indian food like tikkas. The spit sits on the glass plate, so that the fat drips down onto the glass plate, and not the oven cavity. Moreover, it has 6 skewers — making it sturdy enough to support a chicken over 2kg in weight.
**Rotisserie**
Rotisseries stem from 15th-century French restaurants specializing in spit-roasted meat and chicken. Skewered meat is roasted on a spit as it revolves over the source of heating. The rotating device cooks the meat evenly and in its own juices, making it tender and juicier. It also allows continuous basting if required. You can enjoy barbecue-style cooking in your very own kitchen and have more choices for great food like kababs and barbecued chicken.

**Grill Rack**
The Grill Rack elevates the food, which brings it closer to the quartz heater element for faster browning that ensures perfectly uniform and faster cooking.

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**COOKING GUIDE**

**Microwaves**
The MWO cooks food through microwave rays. Microwave energy penetrates food, heating water, fat and sugar molecules in food, causing the molecules in the food to move rapidly, creating frictional heat. This cooks the food efficiently. The MWO also defrosts and reheats more quickly than the gas stove, saving both energy and time. Additionally, the MWO never radiates heat outside, so you can cook in far greater comfort in hot weather.

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

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

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

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

To cover the food during cooking is very important, as the evaporated water rises as steam and accelerates the cooking process and moistens the food. Food can be covered with a ceramic plate, plastic cover or microwave-proof plastic wrap.

Standing time

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

Cooking guide for frozen vegetables

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

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

Cooking guide for rice and pasta

Rice: Use a large glass pyrex bowl with lid — rice doubles in volume during cooking. Microwave covered. After the cooking time is over, stir before standing time and add salt and/or herbs and butter. (Remark: The rice may not have absorbed all water after the cooking time is over.)

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

Cooking guide for fresh vegetables

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

Adjust the power level from 900W to 300W, according to the kind of food that you want to reheat. Stir well or turn food over during reheating for best results. When possible, stir again before serving. Avoid overheating (and therefore spoiling) the food. It is wiser to underestimate cooking time and add extra heating time, if necessary.

Reheating

Use the power levels and reheating times given in Table: 04. The time in the table considers liquids with a room temperature of about +18 to +20°C or chilled food with a temperature of about +5 to +7°C. Avoid reheating large items such as joints of meat — they tend to overcook and dry out before the centre is piping hot. It is far better to reheat small pieces.
Heating and standing times

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

Reheating liquids

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, put a spoon or glass stick into the beverages and stir before, during and after heating. Please refer to Table: 04.

Reheating baby food

Baby food particularly needs to be checked carefully before serving to prevent burns. Use the power levels and times in the next table as guidelines for reheating. Please refer to Table: 03.

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

Table: 03

Defrosting

Microwaves are an excellent way of defrosting frozen food in a short period of time. This can be of great advantage, especially when guests show up unexpectedly. It is better to defrost food using a lower power level, in order to defrost the cooking item evenly.
<table>
<thead>
<tr>
<th>FOOD</th>
<th>PORTION</th>
<th>POWER</th>
<th>TIME (MIN.)</th>
<th>STANDING TIME (MIN.)</th>
<th>INSTRUCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drinks (coffee, tea and water)</td>
<td>150 ml (1 cup) 300 ml (2 cups) 450 ml (3 cups) 600 ml (4 cups)</td>
<td>900W</td>
<td>1-1½</td>
<td>1-2</td>
<td>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. Stir well.</td>
</tr>
<tr>
<td>Soup (chilled)</td>
<td>250 gm 350 gm 450 gm 550 gm</td>
<td>900W</td>
<td>2½-3</td>
<td>2-3</td>
<td>Pour into a ceramic bowl. Cover with plastic lid. Stir well after re-heating and again before serving.</td>
</tr>
<tr>
<td>Stew (chilled)</td>
<td>350 gm</td>
<td>600W</td>
<td>4½-5½</td>
<td>2-3</td>
<td>Pour into a ceramic plate. Cover. Stir occasionally during reheating and again before standing and serving.</td>
</tr>
<tr>
<td>Pasta with Sauce (chilled)</td>
<td>350 gm</td>
<td>600W</td>
<td>3½-4½</td>
<td>3</td>
<td>Put pasta (eg, spaghetti or egg noodles) on a ceramic plate. Cover. Stir before serving.</td>
</tr>
<tr>
<td>Filled pasta with Sauce (chilled)</td>
<td>350 gm</td>
<td>600W</td>
<td>4-5</td>
<td>3</td>
<td>Put filled pasta (eg, ravioli, tortellini) in a ceramic plate. Cover. Stir occasionally during reheating and again before standing and serving.</td>
</tr>
<tr>
<td>Plated Meal (chilled)</td>
<td>350 gm 450 gm 550 gm</td>
<td>600W</td>
<td>4½-5½ 5½-6½ 6½-7½</td>
<td>3</td>
<td>Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.</td>
</tr>
<tr>
<td>Cheese Fondue ready-to-serve (chilled)</td>
<td>400 gm</td>
<td>600W</td>
<td>6-7</td>
<td>1-2</td>
<td>Put the ready-to-serve cheese fondue in a glass bowl with lid. Stir occasionally during and after reheating. Stir well before serving.</td>
</tr>
</tbody>
</table>

Table: 04
Frozen poultry must be thoroughly defrosted before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

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

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

**Grill**

The grill-heating element is located beneath the ceiling of the cavity, and it operates while the door is closed and the turntable is rotating. The rotation of the turntable ensures an even browning of the food. Preheating the grill for 4 minutes will make the food brown more quickly.

**Cookware for grilling:** Should be flameproof and may include metal. Do not use any type of plastic cookware, as it can melt.

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

**Cleaning your microwave oven**

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

- **Inside and outside surfaces:** Clean the outside surfaces with a soft cloth and warm, soapy water. Remove any splashes or stains on the inside surfaces or on the roller ring with a soapy cloth. Carefully rinse and dry both the interior and exterior surfaces.

- **Door and door seals:** Take particular care when cleaning the door seals to ensure that no particles accumulate and prevent the door from closing correctly.

- **Turntable and roller rings:** Wash the glass plate whenever necessary.

- **To loosen hardened food particles and remove smells,** place a cup of diluted lemon juice on the turntable and heat for 10 minutes at maximum power.

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

**DO NOT** spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Clean the MWO cavity immediately after each use with a mild detergent solution, but only after the MWO has cooled down, to avoid injury.

The instructions for cooking ranges, hobs and ovens state that a steam cleaner should not be used.
Interesting Usage of the Microwave

MELTING BUTTER

MELTING CHOCOLATE
Put 100gm chocolate on a glass dish. Heat on 450W for 3–5 minutes. Stir once or twice during melting.

MELTING CRYSTALLIZED HONEY
Put 20gm crystallized honey in a glass dish. Heat on 300W for 20–30 seconds.

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

COOKING GLAZE/ICING (FOR CAKES & GATEAUX)
Mix instant glaze (approx. 14gm) with 40gm sugar and 250ml cold water. Microwave on 900W for 3½ to 4½ minutes, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600gm fruits (eg, mixed berries) in a glass bowl. Add 300gm preserving sugar. Stir well. Microwave, covered, on 900W for 10–12 minutes. Stir several times during cooking. Empty directly into small jam jars with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500ml) in a glass bowl, according to manufacturer’s instructions. Stir well. Microwave, covered, on 900W for 6½ to 7½ minutes. Stir well, several times, during cooking.

BROWNING ALMOND SLICES
Spread 30gm sliced almonds evenly on a ceramic plate. Stir several times during browning on 600W for 3½ to 4½ minutes. Let it stand for 2-3 minutes in the MWO.

MAKING GHEE
Keep 1-2 cups of malai (milk topping) in a glass bowl. Microwave on HIGH for 15–20 minutes to get desi ghee. Stir once or twice in-between.

*Use oven gloves while taking out the food from the MWO.
Know Your Ingredients

- Dried fenugreek leaves (Kasuri methi)
- Mace (Javitri)
- Mint leaves (Pudina)
- Peppercorns (Sabut kali mirch)
- Dried mango powder (Amchur)
- Turmeric powder (Haldi)
- Red chilli powder (Lal mirch powder)
- Ground coriander seeds (Dhania powder)
- Cumin seeds (Sabut jeera)
- Fenugreek seeds (Meethi dana)
- Cloves (Laung)
- Saffron (Kesar)
- Coriander seeds (Sabut dhania)
- Nigella (onion seeds) (Kalaunji)
- Mustard seeds (Rai, Sarson)
- White sesame seeds (Safed til)
- Green Cardamom (Chhoti elaichi)
- Cinnamon (Dalchini)
- Asafoetida (Hing)
- Dried Pomegranate seeds (Anardana)
- Black cumin seeds (Shah jeera)
- Black cardamom (Moti elaichi)
- Bay leaves (Tej patta)
- Garlic (Lahsun)
- Green chillies (Hari mirch)
- Curry leaves (Kari patta)
- Coriander leaves (Hara dhania)
- Semolina (Suji, rava)
- Basil (Tulsi)
- Carom Seeds (ajwain)
TOM YAM GOONG - THAI SPICY PRAWN SOUP

PREPARATION TIME: 5 mins
COOKING TIME: 7 mins
SERVES: 4

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

*Frozen prawns are fine. Defrost and pat dry before use. Buy large or jumbo prawns.

INGREDIENTS
3 cups Chicken stock
3 Kaffir lime leaves
3 Lemon grass stalks
5-6 Medium to large prawns, peeled, cleaned and deveined*
15 pcs Button mushrooms, cleaned and cut into 2
5 Green and red bird’s eye chillies (or 3-4 ordinary green chillies)
4 tbsp Lemon juice
½ tbsp Fish sauce
Handful of fresh coriander leaves
Salt to taste

Tip: For cut vegetables, make sure pieces are of equal size for equal cooking.
HOT & SOUR SOUP

PREPARATION TIME: 3 mins
COOKING TIME: 12 mins
SERVES: 4

METHOD

INGREDIENTS
6  Dried Chinese mushrooms
2  Eggs
1 tsp  Sesame oil
1 litre  Stock, veg/non-veg
1½ cups  Tofu (bean curd) cut into thin slices/cubes
2 tsp  Sugar
3 tbsp  Cider vinegar/Chinese vinegar
1 tsp  White pepper
2 tbsp  Soy sauce (dark)
2 tbsp  Cornflour blended with 2 tbsp water
2 tbsp  Spring onion, finely chopped
1 tbsp  Chilli oil

Tip: Use less water as there is less evaporation in the microwave.
TOMATO & BASIL SOUP

PREPARATION TIME: 8 mins
COOKING TIME: 20 mins
SERVES: 4

METHOD

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

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

INGREDIENTS

1 kg Ripe tomatoes, skinned and chopped fine*
1 Onion, chopped
2 cloves Garlic, crushed
250 ml Vegetable stock
½ cup Basil, torn
1 tbsp Tomato purée
¼ tsp Pepper
Salt to taste

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

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QUICK SWEET CORN SOUP

PREPARATION TIME: 2 mins
COOKING TIME: 7 mins
SERVES: 4

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

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

快速甜玉米濃湯

準備時間: 2 分鐘
烹煮時間: 7 分鐘
份量: 4人

方法
將兩種玉米倒入大盤中。加入湯底及薑末。攪勻。以高火微波7分鐘。取出。攪勻, 除去任何結塊。以蔥花作裝飾。趁熱供食, 加以辣椒醋。

配料
1包玉米
1盒奶油甜玉米
1茶匙薑末
2杯蔬菜湯底
1根蔥花, 精細切碎

किच्क स्वीट कोर्न सूप

तैयारी का समय: 2 मिनट
पकाने का समय: 7 मिनट
4 लोगों के लिए

विधि
दोनों कर्न को एक बड़े बर्तन में डालें। टॉप्पिंग और क्रमांक किया हुआ अदरक डालकर अच्छी तरह से मिलाएं। हाइ मोड पर 7 मिनट तक माइक्रोवेव में रखें। धीरे-धीरे तहत तक अल्टिया (लंड) न बनें। हरा प्याज से सजाएं कर विष दस्तका के साथ गर्मी में परोसें।

सामग्री
1 पैकेट कर्न
1 बड़ा टैन क्रीम-स्टाइल स्वीट कर्न
1 ट्यूब ग्रैटेड जीनर
1 ट्यूब वेगेटेबल स्टॉक
1 स्प्रिंग ऑनियन, स्पेशल चिप्स चॉप्पड़
CHINESE CHICKEN & MUSHROOM SOUP

PREPARATION TIME: 15 mins
COOKING TIME: 12 mins  SERVES: 4

METHOD
Soak all the dried mushrooms overnight. Next morning, wash them several times. Slice mushrooms thinly. Take a microwave-proof bowl, add chicken juliennes and 2½ cups of water. Boil in MWO for 2 minutes. Remove chicken and keep it aside. Take another bowl, add all the sliced mushrooms and bokchoy. Add both soy sauces, seasoning and stir well. Add chicken to this. Mix well. Add sesame oil. Microwave for 3 minutes. Top it up with chopped coriander. Serve hot.

INGREDIENTS
50 gm  Chicken juliennes
10 gm  Shiitake mushroom
10 gm  White fungus, in small pieces
10 gm  Straw mushroom, sliced
10 gm  Fresh mushroom, sliced
10 gm  Bokchoy/Chinese cabbage
2 gm  Ginger juliennes
2 gm  Coriander leaves
2 ml  Soy sauce (light)
2 ml  Soy sauce (dark)
2 gm  Seasoning
5 ml  Sesame oil
2 gm  Black pepper
2 gm  Salt
LEEK & POTATO SOUP

**METHOD**

Put leeks, potatoes and butter into a large microwave-proof bowl. Cover with plastic wrap. Pierce the wrap several times. Microwave on HIGH for 10 minutes. Add milk, stock, thyme, bay leaf, salt and pepper. Microwave on HIGH for another 7 minutes. Allow to cool slightly. Remove bay leaf. Pour soup into a blender or food processor and purée until smooth. Place mixture back into the bowl. Microwave on HIGH for 3 minutes more. Garnish with chives and sour cream, if desired. Serve hot.

**INGREDIENTS**

- 3 leeks, thinly sliced
- 3½ cups potatoes, diced
- 3 tbsp butter
- 2 cups milk
- 1½ cups chicken stock
- 1 bay leaf
- ¼ tsp thyme
- Salt and pepper to taste
- Chopped chives (hara pyaz), optional
- Dollop of sour cream, optional

**PREPARATION TIME:** 10 mins  
**COOKING TIME:** 25 mins  
**SERVES:** 4

**LEEK और पोटेटो सूप**

**सामग्री**

- 3 लीक (हरे प्याज) बारीक कटे हुए
- 3½ घनांक चमच भाज्य
- 3 बटर
- 2 लीटर दूध
c- 1½ लीटर चिकन स्टॉक
c- 1 बेलीज़
c- ¼ टीस्पून थमिय
c- नमक और काली मिच्च बादामियासार
- बारीक कटे हुए प्याज (वेडियाक)
- चोटी क्ककटी मलाई (वेडियाक)

**विधि**

हरे प्याज, आलू और भाज्य को एक बड़े माइक्रोवेल—सुरक्षित कटोरे में डालें। प्लास्टिक के ढक्कन से दंग कर इसमें कई छोटे कर लें। इसे हाई मोड पर 10 मिनट तक माइक्रोवेल करें। इसमें दूध, चिकन स्टॉक, अज्जब्जाड़, रेजपता, नमक और काली मिच्च डालकर 'हाई' मोड पर 7 मिनट तक माइक्रोवेल करें। अब इसे थोड़ा ठंडा होने के लिए रखें। इसमें से रेजपता निकाल लें। तैयार किए गए सूप को ब्लेंडर या फूड प्रोसेसर में डालें और इसका चिकना शोरवा तैयार कर लें। इसे पुनः कटोरे में डालें और 'हाई' मोड पर 3 मिनट तक माइक्रोवेल करें। इसे बारीक कटे हुए हरे प्याज और खट्टी मलाई से सजाएं और गरमागर परोसें।
SPLIT PEA SOUP

PREPARATION TIME: 15 mins
COOKING TIME: 55 mins
SERVES: 4

METHOD
Combine all ingredients except ham in a deep casserole. Microwave on HIGH for 45 minutes, stirring at least 2 or 3 times during cooking. Add hot water if necessary, during cooking. Chop ham and stir into soup. Microwave for 3 minutes longer. Let set for 5 minutes. Serve hot with croutons, if desired.

INGREDIENTS
1 or 2 slices Ham, ¼" thick
1 cup Split peas, washed and drained
¼ cup Celery, chopped
1 Medium-sized carrot, scrubbed and sliced thin
1 Small-sized onion, chopped
½ tsp Salt
¼ tsp Pepper
6–8 cups Hot water

SPLIT मटर सूप

tैयारी का समय: 15 मिनट
पकाने का समय: 55 मिनट
4 लोगों के लिए

सामग्री
1 या 2 टुकड़ा हेम, ¼ इंच मोटा
1 कप पीले मटर की दाल, पुंछी और पानी निकाली हुई
¼ कप अम्ल, कलरे हुए
1 मक्खने आकार की गाजर, अच्छी तरह छील कर बारीक कटी हुई
1 छोटा प्याज, बारीक कटा हुआ
½ छोटी चमच नमक
¼ छोटी चमच काली मिर्च
6-8 कप गर्म पानी
Starters/Snacks/Salads
KHAMAN (Yellow) DHOKLA

PREPARATION TIME: 20 mins
COOKING TIME: 15 mins
SERVES: 4

METHOD

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

INGREDIENTS

- 2 cups Chana Dal
- ½ tsp Soda bicarbonate
- 2 cups Water
- ¼ tsp Asafoetida (hing)
- 4 Green chillies, made into paste
- ½" pc Ginger
- 5 tbsp Oil
- Salt to taste

FOR TEMPERING

- ¼ tsp Mustard seeds (sarson)
- 8 Curry leaves (kari patta)

FOR GARNISHING

- ½ cup Coriander leaves, chopped
- ½ cup Coconut, grated

INGREDIENTS

- 2 cups Chana Dal
- ½ tsp Soda bicarbonate
- 2 cups Water
- ¼ tsp Asafoetida (hing)
- 4 Green chillies, made into paste
- ½" pc Ginger
- 5 tbsp Oil
- Salt to taste

FOR TEMPERING

- ¼ tsp Mustard seeds (sarson)
- 8 Curry leaves (kari patta)

Serving suggestions

- ½ cup Dhanvi patti
- ½ cup Coriander, grated
- ½ cup Coconut, grated

KAMHAN (Píla) Dókla

Táyári ka samay: 20 minit
Pákána ka samay: 15 minit
4 lógaños ke liye

SAMAPRI

- 2 kóp chana nóla
- ¼ chórito chambá sódha rápakáánê
- 2 kóp pání
- ¼ chórito chambá híng
- 4 hársi mírìh
- ½" ádárkó oka dórka
- 5 bórí chambá tél

Námk chádánúnsár

LÁDÁKÉ ke liye

- ¼ chórito chambá sársó nó kaájó
- 8 kári pátí

Sójáñáne ke liye

- ½ kóp dhanívá pátti
- ¼ kóp náriyál

VIĐHI

Dála ko rát bhá páñí nó mígó dhé. Súbhíhóhó hóhó dórda páñí mô tá pírsó. Dé kár ek rát órí rúk dhé. Jáb dál nó bówíí wèda hó jhá jhó tóhó kómó dórda tél nó áhám sísta, námñó, híngó, hársi mírìh, ádárkó órí sódha rápakáánê thóhó páñí nó kómó sámró. Ákár bár fír óchóí kárá tóhó fáñé.

Máiókóóvé oáogg nóhó upóyog kité jháñóh Nóhó dék kár bórí páatra (2" éch gááhó) ko dóróórá só tél dhóál kár chikááníyukárá káré.

Máió dí bósók kómó 1" nó móóórá dhé thó náláán. Gám páñí nó dássó rént nóhó mín páatra nó ráko órí dák kár 600 vânté pár 12 mínitó dhé kité máiókóóvé káré. Dóróókóna bón gám kómó náíhó, basóhó jácánóhó dhé kité nháchó kómó náláán, nháchó bólóhó hó bólóhó tón kântó uáám nóhó sámró níkál náógá.

ALOO KAND CHAAT

PREPARATION TIME: 10 mins
COOKING TIME: 15 mins
SERVES: 4

METHOD
Combine the potatoes, kand and butter in a bowl. Add 1 tsp of water. Mix well. Microwave on HIGH for 6 minutes. Stir once in-between after 3 minutes. Take out and let it cool. When potatoes and yam are cooled, add onions, coriander, mint and the mixed masala. Mix well. Garnish with fresh coriander leaves. Serve.

INGREDIENTS
- 1 cup Potatoes, peeled and cubed
- 1 cup Purple yam (kand), peeled and cubed
- ¼ cup Chopped onions
- ¼ cup Chopped coriander
- 2 tbsp Chopped mint leaves
- 1 tsp Butter

MIX INTO A MASALA
- ½ tsp Chilli powder
- 1 tsp Roasted cumin seeds (jeera) powder
- ½ tsp Dried mango powder (amchur)
- ½ tsp Black salt
- ½ tsp Sugar

आलूकंड चाट

tैयारी का समय: 10 मिनट
पकाने का समय: 15 मिनट
4 लोगों के लिए

सामग्री
- 1 कप आलू, छिलके उतारे कर एक समान टुकड़े किए हुए
- 1 कप कंड, छिलके उतारे कर बारिश करने के लिए हुए
- ¼ कप प्याज, बारिश किए हुए
- ¼ कप धनिया, बारिश करने के लिए हुआ
- 2 बड़ी मसाला पुदीना पत्ती, कटी हुई
- 1 छोटी मसाला मक्खन

मसालों का मिश्रण तैयार करने की सामग्री
- ½ छोटी मसाला निंच पाउडर
- 1 छोटी मसाला मुना हुआ जीरा पाउडर
- ½ छोटी मसाला सुखा अम्बरुर
- ½ छोटी मसाला काला नमक
- ½ छोटी मसाला चीनी

विधि
एक कटोरे में आलू, कंड और मक्खन डालें। अब इसमें एक मसाले पानी का ढालकर अच्छी तरह मिलाएं। ‘टैप’ मोड पर 6 मिनट तक माइक्रोवेव करें। इसे 3 मिनट पर बीच में जरूर चलाएं। माइक्रोवेव से बाहर निकालकर इसे ठंडा होने के लिए छोड़ दें। जब आलू और कंड ठंडे हो जाएं तो इसमें प्याज, धनिया, पुदीना और मसालों का मिश्रण डाल दें। इसे ताजा धनिया पत्ती से सजाकर परोसें।
POHA

PREPARATION TIME: 25 mins  
COOKING TIME: 30 mins  
SERVES: 4

INGREDIENTS
- 100 gm Flattened rice (chewra)
- 20 gm Green peas
- 15 gm Peanuts
- 15 gm Cashew nuts (kaju)
- 3 gm Mustard seeds
- 2 gm Cumin seeds
- 20 gm Chopped onion
- 5 gm Curry leaves
- 2 gm Ginger
- 2 gm Green chillies
- 2 gm Coriander
- 1 Lemon, squeezed
- 20 gm Grated coconut
- 2 gm Red chilli powder
- 2 gm Turmeric powder
- 20 ml Refined oil
- 20 ml Coconut oil
- Salt to taste

METHOD

SPECIAL NOTES: While heating oil, the bowl becomes very hot. Please be careful and always use oven gloves for holding the bowls.
IDLI

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

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

INGREDIENTS
2 cups "Boiled" rice
1 cup Dhuli Urad Dal
Salt to taste

Alternatively, you can use a ready-made mix that is available in the market. Mix according to instructions on the packet and follow cooking instructions below.

IDLI

印度

PREPARATION TIME: 10 分
COOKING TIME: 20 分
SERVES: 4

METHOD
浸泡米和豆类，分别在水中浸泡过夜。第二天早上，将米和豆类磨得很细，混合时，面糊会像厚实的蛋奶冻一样。加盐。将面糊放在大碗中发酵6小时。面糊会发酵并膨胀到原来的两倍体积。要烹饪时，用小的玻璃碗/微波炉防溢出的idli支架轻轻抹上油。将碗放入微波炉中，以HIGH档位微波6分钟，可做6个idlis。要将面糊放入圆圈状的微波炉转台上。你将需要分批制作idlis。

INGREDIENTS
2杯“煮熟”的米
1杯dhuli urad dal
盐适量

也可以使用市场上可买到的预拌面糊。根据包装上的说明混合，然后按照下面的烹饪说明进行。

IDLI

印地语

PREPARATION TIME: 10 分
COOKING TIME: 20 分
SERVES: 4

METHOD
浸泡大米和黄豆分别浸泡过夜。第二天早上，磨成匀浆混合。加入盐。将面糊放在大碗中发酵6小时。面糊会发酵并膨胀到原来的两倍体积。要烹饪时，用小的玻璃碗/微波炉防溢出的idli支架轻轻抹上油。将碗放入微波炉中，以HIGH档位微波6分钟，可做6个idlis。将碗放在微波炉转台上。要将面糊放入圆圈状的微波炉转台上。你将需要分批制作idlis。

INGREDIENTS
2杯“煮熟”的米
1杯dhuli urad dal
盐适量

也可以使用市场上可买到的预拌面糊。根据包装上的说明混合，然后按照下面的烹饪说明进行。

IDLI

印地语

PREPARATION TIME: 10 分
COOKING TIME: 20 分
SERVES: 4

METHOD
浸泡大米和黄豆分别浸泡过夜。第二天早上，磨成匀浆混合。加入盐。将面糊放在大碗中发酵6小时。面糊会发酵并膨胀到原来的两倍体积。要烹饪时，用小的玻璃碗/微波炉防溢出的idli支架轻轻抹上油。将碗放入微波炉中，以HIGH档位微波6分钟，可做6个idlis。将碗放在微波炉转台上。要将面糊放入圆圈状的微波炉转台上。你将需要分批制作idlis。

INGREDIENTS
2杯“煮熟”的米
1杯dhuli urad dal
盐适量

也可以使用市场上可买到的预拌面糊。根据包装上的说明混合，然后按照下面的烹饪说明进行。
CHICKEN 65

PREPARATION TIME: 15 mins
COOKING TIME: 20 mins
SERVES: 4

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

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

INGREDIENTS

| 500 gm | Chicken thighs, boneless, skinless, cut into 1” pieces |
| 1 tsp  | Garam masala powder |
| 1 1/2 tsp | Garlic paste |
| ¼ cup  | Oil |
| 2 1/2 tsp | Salt |
| 1 1/2 tsp | Ginger paste |
| 2 1/2 tsp | Red chilli powder (or red chilli paste)* |
| 2 tsp  | Cornflour |
| 1 cup  | Curd, whisked |
| 2      | Green chillies, slit |
| 3 tsp  | Lemon juice |
| ½ cup  | Curry leaves |
| 2      | Onions, cut into rounds |

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

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

* Jyada achar laal rang ka liye, jo Chicken 65 ka visheshata hai, kuch kashmiri mirch ka 7 minut ka lie gugunu ne pani me mein. 2 mirch ka laal laal mirch ka achar karte hain. 1 minut ka lie 650 watt par achar karte hain. Achar karte hain, laal laal mirch ka 1 minut ka lie 650 watt par achar karte hain. Achar karte hain, laal laal mirch ka achar karte hain. Achar karte hain, laal laal mirch ka achar karte hain.
VEGGIE MAYO ROLLS

PREPARATION TIME: 10 mins
COOKING TIME: 5 mins
SERVES: 4

METHOD

Take a mixing bowl and add all vegetables except asparagus. Sprinkle olive oil. Take a microwave-proof bowl and microwave this vegetable mix for 1 minute. Remove. Keep the mixture in a perforated tray to remove moisture. Spread mayonnaise on the pita bread. Arrange vegetable mix lengthwise. Crumble Feta cheese. Place the asparagus lengthwise and sprinkle basil leaves. Now roll it tightly. Microwave it again for 30 seconds. Cut this roll in rounds. Arrange in a platter. Serve with spicy sauce.

INGREDIENTS

- 20 gm Cabbage, cut in juliennes
- 50 gm Red bell pepper, cut in juliennes
- 50 gm Yellow bell pepper, cut in juliennes
- 50 gm Capsicum, cut in juliennes
- 50 gm Carrot, cut in juliennes
- 10 Olives (zaitoon), cut in rounds
- 10 Gherkins, chopped
- 20 gm Jalapeño peppers, chopped
- 4 pcs Asparagus
- 10 Basil leaves
- 20 gm Green onion
- 2 gm Black pepper
- 10 ml Olive oil
- 30 gm Feta cheese
- 30 gm Vegetarian mayonnaise
- 2 Thin pita bread, 10” size, ready-made
- Salt to taste

Tip: Always start off with the shortest cooking time listed in the recipe. This way vegetables will not be overcooked. You can always cook it for some more time if required.
MINI PARATHAS (PANEER & GREEN PEAS)

PREPARATION TIME: 15 mins
COOKING TIME: 10 mins
SERVES: 2

METHOD
In a large bowl, take wheat flour and a pinch of salt. Add water. Knead the dough till medium tight consistency. Cover dough for 5 minutes with wet cloth. Divide it into small balls of 70gm (approx. 5 tbsp). In a bowl, mix all the stuffing ingredients. Stuff the mixture in the dough. Make into balls. Preheat the MWO on MEDIUM mode. Roll the balls into parathas with a rolling pin and place on a tray. Turn it after 3 minutes. Pour ½ tbsp ghee or butter. Repeat the same process again by turning it and adding butter or ghee. Cook till golden brown. Serve hot parathas with curd and your favourite chutney or with pickle.

INGREDIENTS

FOR DOUGH
200 gm Wheat flour (atta)
A pinch of salt

100 gm Grated paneer (cottage cheese)
30 gm Green peas
1 Onion, chopped
20 gm Coriander leaves, chopped
5 gm Ginger, grated
10 gm Green chillies, chopped
5 gm Red chilli powder
3 gm Garam masala powder
3 gm Cumin powder
5 gm Chaat masala
20 gm Ghee/Butter

Salt to taste

FOR DOUGH
200 gm Wheat flour (atta)
A pinch of salt

100 gm Grated paneer (cottage cheese)
30 gm Green peas
1 Onion, chopped
20 gm Coriander leaves, chopped
5 gm Ginger, grated
10 gm Green chillies, chopped
5 gm Red chilli powder
3 gm Garam masala powder
3 gm Cumin powder
5 gm Chaat masala
20 gm Ghee/Butter

Salt to taste

METHOD
एक बड़े कटोरे में गेहूँ का आटा ले कर छोटी भर नमक डाल दे। उसमें पनीर डाल कर तब तक गूंगे, जब तक वह मक्खन डाइट अवस्था में न आ जाए और फिर उसको 5 मिनट के लिए गीले कपड़े से डक दे। इसे 70 ग्राम (लगभग 5 बड़ी चमच) की छोटी-छोटी लोड़ों में बांट ले। भरने वाली सादी समग्री को एक कटोरे में मिला कर मिश्रण को लोड़ों में भर ले। ऑवन को ‘मिश्रित’ गोड पर शी-शीट करें और पराते बेल कर ट्रे पर रख दे। 3 मिनट के बाद पलटें और आग का बमाब धी में मक्खन डालें। इसे पलट कर धी में मक्खन डालने की यही प्रक्रिया एक बार फिर आगाएं। सुनहरा मुस्कुराहट तक पकाएं। परातों को दही और अपनी पसंदीदा चटनी या अचार के साथ गरमागरम परोंसे।
CHANA CHAAT

PREPARATION TIME: 10 mins
COOKING TIME: 20 mins
SERVES: 2

INGREDIENTS
- 100 gm Chana (white chickpeas)
- 1 Onion, chopped
- 20 gm Chopped tomatoes
- 10 gm Coriander leaves, chopped
- 5 gm Ginger, grated
- 10 gm Red chillies, chopped
- 5 gm Green chillies, chopped
- 5 gm Dried mango powder
- 3 gm Cumin powder
- 5 gm Chaat masala
- 3 ml Lemon juice
- 5 gm Baking soda
- Salt to taste/black salt to taste

METHOD
Soak chana overnight in a bowl with baking soda and salt. Wash it thoroughly. Microwave on LOW till it is soft and tender. Drain. Cool it in the refrigerator. In a large bowl, take the chana. Add chopped tomatoes, onions and green chillies. Add all the dry spice powders and black salt. Mix well. Add lemon juice to the chaat. Garnish with coriander leaves and spring onion.
TOMATO CHUTNEY

PREPARATION TIME: 5 mins
COOKING TIME: 10 mins
SERVES: 3

METHOD
In a bowl, pour oil. Add the dals and curry leaves. Microwave on LOW for 3 minutes. Remove. Add onions. Microwave for another 3 minutes till they turn translucent. Add the chopped tomatoes, green chillies, turmeric powder and salt. Microwave for 2 more minutes. Allow to cool completely. Purée the mixture for a few seconds in a blender to get coarse, chunky chutney.

INGREDIENTS
200 gm Tomatoes
50 gm Chopped onions
10 gm Green chillies, chopped
3 gm Chana Dal
3 gm Urad Dal
3 gm Curry leaves
4 gm Turmeric powder
5 gm Red chilli powder
2 Whole green chillies
15 ml Refined oil
Salt to taste

Tip: Food continues to cook when removed from the microwave, by the heat generated within it. So always take into account standing time. Large or dense vegetables and fruit need standing time rather than more microwave time.
**MURGH TANGRI KABAB**

**PREPARATION TIME:** 15 mins  
**COOKING TIME:** 20 mins  
**SERVES:** 4

**METHOD**  
Wash drumsticks well and prick them to allow the marinade to seep through. Add all the ingredients (except melted butter) and grind to a smooth paste in a blender. Marinate the drumsticks with the ground paste. Keep in the refrigerator for 3-4 hours. Preheat the crusty plate using the CRISP mode for 3 minutes with the turntable rotating. To GRILL the drumsticks, remove them from the marinade and place them on the crusty plate. Set the timer at 3 minutes, then turning the sides of the drumsticks set the timer for another 3 minutes. Turn the sides of the drumsticks once again to ensure even cooking and browning and set the timer for another 3 minutes. Baste the drumsticks with the melted butter and serve hot along with Mint and Coriander Chutney and onion roundels.

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Chicken drumsticks</td>
</tr>
<tr>
<td>½ cup</td>
<td>Hung curd</td>
</tr>
<tr>
<td>15</td>
<td>cloves Garlic, peeled</td>
</tr>
<tr>
<td>2&quot;</td>
<td>pc Ginger, peeled</td>
</tr>
<tr>
<td>4</td>
<td>Green chillies</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Fresh coriander leaves</td>
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<tr>
<td>¼ tsp</td>
<td>Turmeric powder</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>Mace (javitri) powder</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Black pepper powder</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Cumin powder</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>Lemon juice</td>
</tr>
<tr>
<td>1½ tsp</td>
<td>Salt</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Oil</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>Gram flour powder</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>Cream</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Butter, melted</td>
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**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>8</td>
<td>चिकन ड्रमस्टिक्स</td>
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<tr>
<td>½ कप</td>
<td>गन्दा दही</td>
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<td>15</td>
<td>लहसून, छिल्लें उतारे हुए</td>
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<tr>
<td>2&quot;</td>
<td>अदरक का टुकड़ा, छिल्ला उतारा हुआ</td>
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<tr>
<td>4</td>
<td>हरी मिर्च</td>
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<tr>
<td>¼ कप</td>
<td>ताजा धनिया बटर</td>
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<tr>
<td>¼ कप</td>
<td>छोटी चमचांत हल्दी पाउडर</td>
</tr>
<tr>
<td>¼ कप</td>
<td>छोटी चमचांत जावित्री पाउडर</td>
</tr>
<tr>
<td>1</td>
<td>छोटी चमचांत काली मिर्च पाउडर</td>
</tr>
<tr>
<td>1</td>
<td>छोटी चमचांत जीरा पाउडर</td>
</tr>
<tr>
<td>3</td>
<td>बड़ी चमचांत नींदू का रस</td>
</tr>
<tr>
<td>1½ त्वारिया</td>
<td>बड़ी चमचांत नमक</td>
</tr>
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<td>बड़ी चमचांत तेल</td>
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<td>3</td>
<td>बड़ी चमचांत जीम्स</td>
</tr>
<tr>
<td>¼ कप</td>
<td>मक्खन, पिस्तला हुआ</td>
</tr>
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</table>
GARLIC PRAWNS

METHOD
Peel and devein prawns, leaving tails intact. Marinate the prawns with all the ingredients except chopped parsley. Put prawns into a microwave-proof dish. Microwave on HIGH for 5 minutes, stirring occasionally. Garnish with chopped parsley. Serve with crusty bread and lemon wedge on side.

INGREDIENTS

500 gm Prawns (raw)
1/3 cup Peanut oil
2 cloves Garlic, crushed or minced or 2 tsp from jar
2 tbsp Spring onions, white part finely chopped
2 tbsp Dry sherry
1 dash Tabasco sauce
25 gm Parsley, chopped
2 Lemons
Salt and pepper to taste

Tip: Choose a microwave container slightly larger than the dish required for cooking the recipe in a conventional oven. Make sure your container is labelled for microwave use.
**PANEER TIKKA**

**PREPARATION TIME:** 15 mins  
**COOKING TIME:** 10 mins  
**SERVES:** 4

**METHOD**

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

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**INGREDIENTS**

- **500 gm Paneer chunks, cut into 2”**
- **FOR MARINADE**
  - 250 gm Hung curd
  - 1 tbsp Dry fenugreek leaves (kasuri methi)
  - 1 tsp Cumin powder
  - 1 tsp Coriander powder
  - 1 tsp Chilli powder
  - 1 tsp Garam masala powder
  - 1 tsp Turmeric powder
  - 1-2 tsp Salt
- **FOR SKEWERS**
  - 1 Capsicum, cut into 2” dice
  - 2 Tomatoes, cut and halved, seeds removed
  - 1 tsp Oil
  - 2 tbsp Butter, melted
  - 1 tsp Chaat masala

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**SAAMPIRI**

- **500 ग्राम पनीर भन्दा, 2” के आकार में कटे हुए**
- **मरिनेड के लिए**
  - 250 ग्राम हंग कर्ड
  - 1 बडी धाम्माड चतुर्दी भन्दी
  - 1 छोटी धाम्माड जीरा पाउडर
  - 1 छोटी धाम्माड धनिया पाउडर
  - 1 बडी धाम्माड मिर्च पाउडर
  - 1 छोटी धाम्माड गरम मसाला पाउडर
  - 1 छोटी धाम्माड हल्दी पाउडर
  - 1-2 छोटी धाम्माड नमक
- **सीख (स्त्वयुक्त) में लगाने के लिए**
  - 1 शिमला मिर्च, 2” के चौकोर टुकड़ों में कटी हुई
  - 2 टमाटर, दो टुकड़ों में कटे हुए और बीज निकाले हुए
  - 1 छोटी धाम्माड तेल
  - 2 बड़ी धाम्माड पिघला हुआ मक्खन
  - 1 छोटी धाम्माड चाट मसाला
THAI-STYLE CHICKEN SALAD

PREPARATION TIME: 25 mins
COOKING TIME: 5 mins
SERVES: 4

INGREDIENTS

4 Chicken breasts, skinless, boneless

FOR MARINADE

¼ cup Lemon juice, fresh
2 tbsp Thai fish sauce
2 cloves Garlic, crushed
1 tbsp Brown sugar or jaggery (gur)
2 tbsp Fresh coriander, finely chopped

FOR DRESSING

1 tbsp Thai sweet chilli sauce
1 tbsp Balsamic vinegar
2 tbsp Sesame oil
1 tbsp Soy sauce

FOR THE PLATTER

1 Red bell pepper, seeds and membrane removed, cut in julienes
2 Carrots, cut in julienes
1 Cucumber, cut in julienes
2 Green spring onions, sliced and curled
1 cup Fresh coriander sprigs
1 cup Thai basil, optional
3 tbsp Sesame seeds, roasted

METHOD

Flatten chicken fillets slightly and cut each lengthwise into two. Combine all marinade ingredients in a shallow bowl. Mix well. Add chicken. Toss to coat. Set aside, covered in a plastic wrap in the refrigerator overnight or at room temperature for several hours. Combine all the dressing ingredients in a small bowl. Whisk well. Spread red bell pepper, carrot, cucumber, green spring onions and herbs on a large serving platter. Heat sesame oil in the MWO for 1 minute until hot. Pour over the chicken. Microwave on HIGH for 4 minutes. Remove and place on the platter of vegetables. Drizzle on the dressing and sprinkle the roasted sesame seeds. Garnish with spring onion curls or chilli curls. Serve immediately.

THAI-STYLE CHICKEN SALAD

ไทย-สไตล์ นิวชัน สลัด

ต็อปเปอร์ การทำ: 25 นาที
ต่อนำไปที่: 5 นาที
4 ผู้บริโภค ที่ใช้

ส่วนผสม

4 ชิ้นเนื้อไก่ สับ ผิวและหัวและแกมเพลช เสนกิ้ด 25 นาที และมิเนอเต้ เสนกิ้ด 5 นาที

สำหรับมาแตรนด์

¼ แก้ว น้ำเลมอน,สด
2 ช้อนส่วน ซอสปลากี๊ก
2 ช้อนส่วน กระเทียมผ่าใบ
1 ช้อนส่วน น้ำตาลและเจออาเจ้น (กูร)
2 ช้อนส่วน ใบกิ้งต้ามะกรูด ผัด

สำหรับดราสซิ่ง

1 ช้อนส่วน ปลากี๊กผักชีสด
1 ช้อนส่วน ซอสกิ้วซีเครท
2 ช้อนส่วน น้ำมันชี มาย๊ย
1 ช้อนส่วน ผัดนิวชันส์

สำหรับข้าวติ่มยา

1 คำนิวชัน เลิฟเนส, ผักจุ๊บและผักชีสด เสนกิ้ด 25 นาที และผักจุ๊บ 5 นาที
2 คำนิวชัน เลิฟเนส, ผักจุ๊บ 25 นาที
1 คำนิวชัน เลิฟเนส, ผักจุ๊บ 5 นาที
2 คำนิวชัน เลิฟเนส, ผักจุ๊บ 25 นาที
1 คำนิวชัน เลิฟเนส, ผักจุ๊บ 5 นาที
1 คำนิวชัน เลิฟเนส, ผักจุ๊บ 25 นาที
3 คำนิวชัน เลิฟเนส, ผักจุ๊บ 5 นาที

วิธีทำ

ไก่ทั้งหมดตัดกลับ ตัดขามขาม สับ ผิวและหัวและแกมเพลช เสนกิ้ด 25 นาที และมิเนอเต้ เสนกิ้ด 5 นาที

มาแตรนด์ เสนกิ้ด 25 นาที

สำหรับข้าวติ่มยา เสนกิ้ด 5 นาที
PAIRING WINE WITH INDIAN FOOD

Indian food has loads of personality with a myriad of textures and flavours working at the same time. Rather than seeking specific wines for specific foods, it is easier to think of Indian cuisine broadly in terms of flavour groups. The emphasis should be on trying to match the overall intensity and strength of flavour of the dish, keeping in mind the method of cooking which, in turn, influences the weight of the dish.

SPICE
Spices such as cardamom, cinnamon, cumin, coriander seeds, star anise, cloves, onions, garlic, etc, commonly known as Garam Masala, make Indian dishes full of rich spice and flavour but not necessarily chilli hot or spicy. A classic preparation like the Biryani is an example of a flavourful dish which must be paired with a wine that is equally flavourful.

Served best with: Seagram’s Nine Hills Viognier

SPICY
Spicy Indian food sets your taste buds on fire. This is a difficult flavour to try and pair effectively with wine, the reason being your tasting equipment — your tongue — is set ablaze making assessment and appreciation, both go out of the window! Reach for ripe fruit forward, off-dry (slightly sweet); un-oaked, refreshing whites with crisp acidity to counter balance the spiciness.

Served best with: Seagram’s Nine Hills Shiraz Rose

SOUR
Dishes that use a lot of tamarind, vinegar, lemon or tomatoes have sourness as the predominant flavour, like Goan Sorpotel, Vindaloo, Lemon Rice and other vegetable/meat dishes that are cooked in a tomato-based gravy. The sourness in these dishes must be balanced off by pairing it with a wine having mouth-watering acidity levels. The high-acidity levels of the food will make the high-acidity wine taste sweeter, bringing out the fruit and, hence, will taste better.

Served best with: Seagram’s Nine Hills Sauvignon blanc
SMOKY
Tandoor items like meat tikkas and kababs are cooked on slow fire in clay oven, and have a smoky flavour which best complements wines with pronounced oak characteristics.

Served best with: Seagram’s Nine Hills Reserve Shiraz

CREAMY
Creamy curries have a cashew nut–saffron–onion, coconut or yoghurt base, often laced with dollops of butter. Where there is a creamy component in a dish, the main food consideration is the texture, flavour and consistency of the curry and the choice of wine must support this feature.

Served best with: Seagram’s Nine Hills Chenin blanc

FRIED/OILY
Foods that are pan-fried or deep-fried must be paired with high-acidity wines, making the mouth water that helps cut through the grease and cleanse the palate, thereby making the dish enjoyable.

Served best with: Seagram’s Nine Hills Sauvignon blanc

SWEET
Indian sweets are usually rich with ghee and sugar, and very difficult to pair. But dessert wines can be paired with those Indian desserts that are made of cottage cheese and those which are semi-sweet.

Served best with: Seagram’s Nine Hills Chenin blanc
Main Course
STUFFED BAKED POTATOES

PREPARATION TIME: 5 mins
COOKING TIME: 15 mins
SERVES: 4

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

INGREDIENTS
4 Large potatoes, scrubbed
4 Knobs of butter
1 Capsicum, finely diced
1½ cups Grated cheese

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

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

OPTION: CHEESY CORN
3 cups Fresh/frozen corn niblets
¼ cup Water
1½ tsp Salt
1½ tsp Sugar
¾ cup Plain cheese spread
1 tbsp Dried mixed herbs
¼ cup Milk
**METHOD**

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

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**INGREDIENTS**

- 2 tbsp Olive oil
- 1 Large onion, chopped
- 2 cloves Garlic, crushed
- 1 Carrot, chopped
- 1 Red bell pepper, chopped
- 1 Large aubergine (baingan), cut into half vertically and sliced into rounds
- 2 tbsp Olive oil for cooking aubergine
- 600 gm Pasta sauce
- 225 gm Lasagne sheets (6–8 sheets)
- 600 ml Bechamel sauce
- 1½ cups Cheddar cheese
- Salt and pepper to taste

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**SAMĀRĪ**

2 बड़ी चम्मच जंटून का तेल (ऑलिव ऑयल)
1 बड़ा प्याज, छोटे-छोटे टुकड़ों में कटा हुआ
2 लहसुन, कुचले हुए
1 गाजर, छोटे-छोटे टुकड़ों में कटी हुई
1 लाल शिमला मिर्च, छोटे-छोटे टुकड़ों में कटी हुई
1 बड़ा बैगन, दो भागों में लंबवता काटकर गोलाकार टुकड़ों में कटा हुआ
2 बड़ी चम्मच जंटून का तेल, बैगन पकाने के लिए
600 ग्राम पास्ता सॉस
225 ग्राम लासाङ्गा शीट (६-८)
600 मिली. बेकमेल सॉस
1½ कप चेयर दीज
नमक और काली मिर्च स्वादानुसार

---

**VİDİ**

एक कटोरे में तेल डाल कर लहसुन और प्याज मिलाएं। 'हाई' मोड पर 4 मिनट तक माइक्रोवेयव करें। ¼ कप प्याज के साथ गाजर अर्द लाल मिर्च मिलाएं। 'हाई' मोड पर 4–5 मिनट तक माइक्रोवेयव करें ताकि यह मुक्तापन हो जाएं। पास्ता सॉस का ज्यादातर हिस्सा डाल कर चलाएं। नमक और काली मिर्च के साथ छोंक लगाएं। कस्टी प्लेट को प्री-हिट करें। जंटून तेल के साथ चार मिनट के लिए बैगन के टुकड़ों को ‘मिल’ करें, ताकि यह परस्पर सामान्य करें। भीषण छिड़क कर 15 मिनट के लिए ‘कन्वेक्शन’ मोड पर माइक्रोवेयव करें ताकि लासाङ्गा आलूवाकिर्क गर्म हो जाए और पूरी तरह पक जाए। परस्पर से पहले 5 मिनट के लिए छोड़ दें।
STUFFED TOMATOES

PREPARATION TIME: 8 mins
COOKING TIME: 15 mins
SERVES: 4

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

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

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**MATAR PANEER**

**PREPARATION TIME:** 10 mins  
**COOKING TIME:** 18 mins  
**SERVES:** 4

**METHOD**

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

**INGREDIENTS**
- 3 tbsp Oil
- ½ tsp Cumin seeds
- 1 tsp Coriander powder
- 1 tsp Red chilli powder
- 2 Onions, chopped
- 1 tsp Ginger paste
- 1 tsp Garlic paste
- 4 Large tomatoes, skin removed and puréed*
- 1½ cups Frozen peas
- 3 cups Paneer, cubed
- ½ tsp Garam masala powder
- A pinch of turmeric powder
- Salt to taste

**Tip:** Round dishes give more even cooking results than squares or rectangles.
ALOO METHI

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

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

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

INGREDIENTS
3 Medium-sized potatoes, cut into 1" pieces
1 cup Water
6 Tomatoes, skin removed*
3-4 Green chillies, slit
2 cups Fresh fenugreek leaves (methi)
1 tbsp Vegetable oil
1 tsp Cumin powder
6-8 cloves Garlic, crushed
Salt to taste

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

PREPARATION TIME: 10 mins  
COOKING TIME: 10 mins  
SERVES: 2

**INGREDIENTS**
- 150 gm Medium-sized lady fingers
- 1 Medium-sized onion, cut in rings
- 30 ml Kasundi (Bengali mustard sauce)
- 5 gm Red chilli powder
- 30 ml Mustard oil
- 2 gm Ginger, cut in juliennes
- 2 gm Green chillies, cut in juliennes
- 2 gm Salt

**METHOD**
Wash and slit the lady fingers from the centre. Fill the slit with salt and red chilli powder. Heat oil in a microwave-proof container for 2 minutes. Take out the bowl. Add lady fingers. Microwave on HIGH for 2 minutes. Remove lady fingers from the bowl, keep on a plate and pour the Kasundi. Mix it with a spoon while it is still hot. Put onion, green chillies and ginger in the remaining oil of fried lady fingers. Microwave for 30 seconds. Arrange the lady fingers in a circular pattern. Top it up with onion garnish.

**INGREDIENTS**
- 150 gm मिंदी, मधम आकार की
- 1 प्याज, मधम आकार का, गोलाकार 
- 30 ml कासूंडी (बंगाली सरसों चटनी)
- 5 gm लाल मिर्च पावडर
- 2 gm धानिया, लंबे पतले तुकड़ों में कटा हुआ
- 2 gm हरी मिर्च, लंबे पतले तुकड़ों में कटी हुई
- 2 ग्राम नमक

**विधि**
मिंदी को घों गर मधम बीच से चीरे। चीरे को नमक और लाल मिर्च पावडर से भरे। किसी माइक्रोवेय्व टरेल पर 2 मिनट तक टेल गर्म करें। टरेल को निकाल कर मिंदी मिलाएं। तेल को हाई गोर्ड पर माइक्रोवेय्व रखें। मिंदी को टरेल से निकाल कर किसी लोक पर रखें और उसमें कसूंडी डालें। उसके गर्म रहते ही उसे किसी चमच से मिला लें। तभी हाई गोर्ड के बाद तेल में प्याज, हरी मिर्च और अदरक ढाल कर 30 सेकंड तक माइक्रोवेय्व करें। नमक बोलाकर रख कर ऊपर से प्याज से सजाएं।
SIMPLE THAI RED CURRY

PREPARATION TIME: 10 mins
COOKING TIME: 15 mins
SERVES: 4

METHOD

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

INGREDIENTS

4 cups Coconut milk
3 tbsp Thai red curry paste
3 cups Baby corn (roughly chopped), mushrooms (halved) and broccoli (cut into florets)
2 tsp Sugar
1 tsp Salt
6 Kaffir lime leaves, halved
2 Fresh red chillies, each sliced lengthwise into 8 pieces
½ cup Thai basil leaves, optional

Tip: Covering food with a plastic wrap can help foods retain moisture and cook more evenly. Remember to allow a small gap between the food and the wrap, and leave one corner open to allow steam to escape.
**METHOD**


**INGREDIENTS**

- ½ cup Paneer, cut into ½” cubes
- 1 tbsp Cashew nuts
- ½ tsp Chopped ginger
- 1 tsp Finely chopped green chillies
- 2 tbsp Mawa (khoya)
- 3 Cardamoms
- 2 Cloves
- 1 tbsp Onion paste
- ½ cup Milk
- 1 tbsp Cream
- 2 tsp Oil
- A pinch of sugar
- Salt to taste
- A pinch of white pepper powder

**FOR GARNISHING**

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

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**PANEER PESHAWARI**

**PREPARATION TIME:** 15 mins  
**COOKING TIME:** 6 mins  
**SERVES:** 4

**METHOD**


**INGREDIENTS**

- ½ cup Paneer, cut into ½” cubes
- 1 tbsp Cashew nuts
- ½ tsp Chopped ginger
- 1 tsp Finely chopped green chillies
- 2 tbsp Mawa (khoya)
- 3 Cardamoms
- 2 Cloves
- 1 tbsp Onion paste
- ½ cup Milk
- 1 tbsp Cream
- 2 tsp Oil
- A pinch of sugar
- Salt to taste
- A pinch of white pepper powder

**FOR GARNISHING**

- 4 strands Saffron (kesar), diluted in 1 tsp of water
- 2 tsp Almond (badam) slivers
**MAHARANI DAL**

**PREPARATION TIME:** 5 mins  
**COOKING TIME:** 50 mins  
**SERVES:** 4

**METHOD**

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

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**INGREDIENTS**

1 cup Black Urad Dal, whole  
3 cups Water  
1 tsp Salt  
½ cup Butter  
2½ tsp Ginger paste  
3½ tsp Garlic paste  
1 tsp Kashmiri chilli powder  
1 cup Fresh tomato purée  
¾ cup Cream  
½ tsp Garam masala powder

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**Tip:** A microwave cooks food using its own moisture, so reduce the liquid used by almost half the normal quantity.
BABY CORN HARA MASALA

PREPARATION TIME: 10 mins
COOKING TIME: 15 mins
SERVES: 4

METHOD
In a glass bowl, add the oil and the prepared paste. Microwave on HIGH for 1 minute. Add baby corn, salt and 2 tbsp of water. Mix well. Microwave, covered, on HIGH for 6 minutes. Add lemon juice and sugar. Mix well. Garnish with sliced tomatoes and lemon wedges. Serve hot.

INGREDIENTS
1 cup Baby corn, cut into 4 lengthwise
1 tsp Lemon juice
1 tsp Sugar
2 tbsp Oil
Salt to taste

TO BE GROUND TO A PASTE
1 cup Chopped coriander
½" pc Ginger
2 cloves Garlic
1 Green chilli
1 Onion, chopped
1 tsp Cumin seeds

FOR GARNISHING
1 tbsp Sliced tomatoes
4 Lemon wedges

베비 코رن 하라 마살라

태이가기 시간: 10 분
요리시간: 15 분
주문: 4

방법
구이 그릇에 오일과 고추가루를 넣고, 1분간 높으로 뛰어다니기. 베이비 코론, 소금, 2시방분의 물을 더해 섞어 놓고, 높으로 6분간 뛰어다니기. 레몬 주스와 설탕을 넣고, 잘 섞어 놓는다. 소다주스와 레몬 웨지로 장식한 뒤, 따뜻하게 담는다.

재료
1컵 캔코인, 4개로 나머지
1큰술 레몬즙
1큰술 설탕
2큰술 기름
소금

아재로 비무게
1컵 채소판 코리안더
½인치 생강
2쪽 마늘
1쪽 녹치
1개 채소
1작은술 쵸민

장식
1큰술 슬라이드 토마토
4개 레몬 웨지
BADAMI PANEER

PREPARATION TIME: 10 mins
COOKING TIME: 10 mins
SERVES: 4

METHOD

Combine paneer, turmeric powder, ¼ tsp chilli powder, 1 tsp oil and salt in a microwave-proof plate. Mix well. Microwave on HIGH for 40 seconds. Keep aside. Combine the remaining oil and the prepared paste in a microwave-proof bowl. Microwave, covered, on HIGH for 3 minutes, stirring once in-between after 1½ minutes. Add tomato purée, remaining chilli powder, garam masala, cumin powder, coriander powder and salt. Mix well. Microwave on HIGH for 2 minutes. Add paneer, cream/milk and sugar. Microwave on HIGH for 1 minute. Garnish with ginger and coriander. Serve hot.

INGREDIENTS

- ¾ cup Paneer, cut into ½” cubes
- ¼ cup Tomato purée, ready-made
- ½ tsp Chilli powder
- ¼ tsp Garam masala
- ¼ tsp Cumin powder
- ¼ tsp Coriander powder
- 1 tbsp Cream/milk
- 3 tbsp Oil
- A pinch of turmeric powder
- A pinch of sugar
- Salt to taste

TO BE GROUND TO A SMOOTH PASTE

- 10 Almonds
- 2 Whole dry Kashmiri red chillies
- ¼ cup Roughly chopped onions
- ½” pc Ginger
- ½ tsp Roughly chopped garlic

FOR GARNISHING

- ½ tbsp Ginger juliennes
- ½ tbsp Chopped coriander
**METHOD**

Slice zucchini in ¼ cm thickness. Slice the tomatoes. In a mixing bowl, add sliced zucchini, add half of grated Parmesan, crushed black pepper, chopped basil leaves, olive oil. Mix gently. Take a baking dish, apply soft butter. Arrange the zucchini slices in a circular pattern, green and yellow alternately, with tomato slices placed in-between them. Sprinkle ¼ of the Parmesan. Microwave for 2 minutes. Check cooking after 1 minute and rotate the baking dish. Take out the baking dish. Sprinkle the rest of the Parmesan and a few fresh basil leaves. Dot with tomato sauce and tomato ketchup.
AUBERGINE TIAN

PREPARATION TIME: 10 mins  
COOKING TIME: 15 mins  
SERVES: 2

METHOD
Wash and dry aubergine. Cut it into round slices of ½ cm. Apply salt, red chilli powder and rub mustard oil on the slices. Leave for 10 minutes to rest, for the oil to soak into the aubergine slices. Add onion, green chillies, ginger, coriander, cumin powder, dry coriander seeds and crushed red chilli in the hung curd. Add salt. Take a microwave-proof plate and arrange all aubergine slices separately. Microwave each side on HIGH for 45 seconds by turning the slices. Take a soaking paper and put aubergine slices on it, one by one. Now take one slice of aubergine, spread some curd filling. Arrange another slice on top, apply filling again and make a tower of 5-6 slices. Make a quenelle of remaining curd dip and put on top. Garnish it with mint leaf. Decorate it with a few cut cherry tomato.

SPECIAL NOTES: The paper will absorb the excess oil from the aubergine slices. The curd should be hung overnight to get good hung curd.

INGREDIENTS

100 gm Medium-sized aubergine  
50 ml Mustard oil  
2 gm Red chilli powder  
2 gm Salt  
75 gm Hung curd  
25 gm Chopped onion  
5 gm Chopped green chillies  
5 gm Chopped ginger  
2 gm Chopped coriander leaves  
2 gm Roasted cumin powder  
2 gm Crushed and roasted coriander seeds (dhania)  
1 Whole red chilli, crushed  
2 Cherry tomatoes  
1 sprig Mint leaves

SPECIAL NOTES:

The paper will absorb the excess oil from the aubergine slices. The curd should be hung overnight to get good hung curd.
STIR-FRIED VEGETABLES

**PREPARATION TIME:** 13 mins  
**COOKING TIME:** 10 mins  
**SERVES:** 4

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

**INGREDIENTS**
- 2 tbsp Oil, preferably groundnut
- 2 tsp Fresh ginger, finely chopped
- 2 tsp Spring onions, finely chopped
- 2 tsp Garlic, finely chopped
- 3 cups Button mushrooms, carrots, bok choy and broccoli, all diced
- ¼ cup Chicken stock/water
- 2 tsp Schezwan sauce
- 2 tsp Dry sherry/rice wine
- 2 tsp Soy sauce (dark)
- ½ tsp Sugar
- ½ tsp Salt
- 2 tsp Sesame oil

**स्टर-फ्राइड वेजिटेबल्स**

**तैयारी का समय:** 13 मिनट  
**पकाने का समय:** 10 मिनट  
**4 लोगों के लिए**

**विधि**
एक माइक्रोवॉवेल—सुरक्षित डंपों में तेल डाल कर उसमें अदरक, प्याज और लहसुन मिलाएं और लगभग 2 मिनट तक माइक्रोवेल करें। इसमें सभी मिला कर 4 मिनट तक माइक्रोवेल करें। तिल के तेल के अलावा इसमें बाकी सामग्री मिला कर अच्छी तरह से चला लें। फिर 3 मिनट तक हाई मिला पर माइक्रोवेल करें ताकी मशरूम ठीक से पक जाएं और इसमें सभी सामग्री एवं मसाले ठीक से मिल जाएं। परोसने से पहले तिल का तेल मिलाएं। इसे फिर से 1 मिनट के लिए माइक्रोवेल कर गरमागर परोसें।
MASALA MUSHROOMS

PREPARATION TIME: 5 mins
COOKING TIME: 10 mins
SERVES: 4

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

INGREDIENTS
½ cup Olive oil
6 cloves Large garlic, lightly crushed
4 cups Button mushrooms, cleaned and cut into halves
1 tsp Oregano
1 tsp Cumin seeds
4 Kashmiri chillies, broken
1 tsp Sea salt (mota namak)
Dash of lemon juice

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CORN IN CREAMY MILK

PREPARATION TIME: 15 mins
COOKING TIME: 17 mins
SERVES: 4

METHOD

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

INGREDIENTS

- 4 Fresh sweet corn cobs, each broken into 3
- 2 cups Water
- 1 tsp Salt
- ½ tsp Sugar
- ½ cup Coconut cream (thick coconut milk)
- 1 tbsp Refined oil
- 4 Green chillies
- 4 tbsp Fresh coriander, chopped
- 1” pc Ginger
- 2 tsp Mustard seeds
- 8 Curry leaves
- 2 tbsp Curd, whipped
- ½ cup Coriander, chopped, to garnish

Tip: After cooking, lift container lids and wraps carefully and facing away from you, so that hot steam is released safely. Be careful not to burn yourself.
BROCCOLI BENGALI STYLE

PREPARATION TIME: 10 mins
COOKING TIME: 6 mins
SERVES: 4

METHOD

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

*Panch phoran is a 5-spice mix of black mustard seeds, onion seeds (kalonji), cumin seeds, fennel seeds (saunf) and fenugreek seeds.

INGREDIENTS

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

Tip: A tight cover is ideal for foods that have little or no added water, like when steaming vegetables. Use a dish with a tight lid or cover with cling film.
CHINESE GREENS WITH OYSTER SAUCE

PREPARATION TIME: 10 mins
COOKING TIME: 7 mins
SERVES: 4

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

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

Tip: The MWO is very useful for steaming green leafy vegetables.
AMRITSARI FISH

PREPARATION TIME: 45 mins
COOKING TIME: 15 mins
SERVES: 4

METHOD
Clean, wash and cut fish into 1½" size cubes. Apply salt, lemon juice, ginger paste, garlic paste and red chilli powder. Keep aside for 20 minutes. Make a batter of gram flour, curd, egg, carom seeds, salt and water. Marinate fish pieces in this batter for 15 minutes. Place the fish fillets in a microwave-proof dish. Apply some oil. Microwave on HIGH for 4 minutes. Turn and microwave for another 3 minutes till fish becomes golden brown. Sprinkle with chaat masala and lemon wedges. Serve hot.

INGREDIENTS
- 8 Fish fillets
- 200 gm Gram flour
- 1 tbsp Garlic paste
- 1 tbsp Ginger paste
- 1 tsp Carom seeds (ajwain)
- 1 tbsp Red chilli powder
- 1 tbsp Lemon juice
- 1 Egg
- 100 gm Curd
- Oil for deep-frying
- Salt to taste

Tip: Turning is necessary to ensure even distribution of microwaves through the food.
**SALMON WITH CREAMY TOMATO DILL SAUCE**

**PREPARATION TIME:** 10 mins  
**COOKING TIME:** 15 mins  
**SERVES:** 4

**METHOD**

In a casserole dish, combine butter, shallots and garlic. Microwave, covered, on HIGH for 2 minutes to soften. Add tomato. Microwave, covered, on HIGH for 2-3 minutes or until tomato is sauce-like. In a small bowl, blend cornstarch with 1 tsp cold water. Stir into casserole dish along with cream and dill. Set aside.

Arrange salmon in baking dish. Pour wine over top. Cover with plastic wrap and turn back one corner to vent. Microwave on MEDIUM for 4–7 minutes or until fish is opaque. Drain liquid from dish into tomato mixture. Season with salt and pepper to taste. Keep salmon covered while finishing sauce.

Microwave sauce, uncovered, on HIGH for 2-3 minutes, stirring once, until it comes to a boil and thickens slightly. Place salmon fillets on serving plates. Spoon sauce over fillets.

**INGREDIENTS**

- 1 tbsp Butter  
- ¼ cup Finely chopped shallots  
- 1 clove Garlic, finely minced  
- 1 Large ripe tomato, seeded and diced  
- 1 tsp Cornstarch  
- ¼ cup Whipped cream, lightly beaten  
- 2 tbsp Chopped fresh dill  
- 4 Salmon fillets (each 5 oz/150 g), skins removed  
- ½ cup White wine/stock  
Salt and freshly ground black pepper to taste

**Tip:** Not all plastic wraps are micro-safe. If you are using plastic wrap in the MWO, be sure that it is marked as micro-safe.
**DUM KA MURGH**

**PREPARATION TIME:** 50 mins  
**COOKING TIME:** 30 mins  
**SERVES:** 4

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste
- 1 tbsp Garlic paste
- 1 cup Curd, whipped
- 1 tsp Red chilli powder
- 4-5 strands Saffron
- 1" pc Ginger, cut in julienes
- 2 Lemons
- 1 tsp Rose water
- 2 tbsp Oil
- Salt to taste
- Mint leaves, for garnish
- Garam masala to taste
- 1 cup Curd, whipped
- 1 tsp Red chilli powder
- 4-5 strands Saffron
- 1" pc Ginger, cut in julienes
- 2 Lemons
- 1 tsp Rose water
- 2 tbsp Oil
- Salt to taste
- Mint leaves, for garnish
- Garam masala to taste

**METHOD**

Crush together cinnamon, green cardamoms, cloves and black cardamoms. Soak poppy seeds, cashew nuts and sunflower seeds in warm water and then grind to a fine paste. Grind browned onions, 2-3 green chillies, mint leaves and water to a fine paste. Take whipped curd and add cashew nut paste, ginger and garlic pastes. Mix well. Add salt, red chilli powder and onion paste. Mix again. Add chicken pieces. Mix well. Add saffron dissolved in water, finely chopped coriander leaves, ginger julienes, lemon juice, and garam masala. Mix. Add rose water. Mix. Let it marinate for 30 minutes. Transfer into a microwave-proof glass bowl. Cover with a lid or plastic wrap. If you are using the latter, make 2-3 holes in it. Microwave on HIGH for 10 minutes. Lower the power to half and cook for another 10 minutes. Serve hot.

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste
- 1 tbsp Garlic paste
- 1 cup Curd, whipped
- 1 tsp Red chilli powder
- 4-5 strands Saffron
- 1" pc Ginger, cut in julienes
- 2 Lemons
- 1 tsp Rose water
- 2 tbsp Oil
- Salt to taste
- Mint leaves, for garnish
- Garam masala to taste

**METHOD**

Dushm ka murgh, hara ilaayyadi, loong and kari ilaayyadi ko pheesae. Khuras,  
kaju, orh chirajji ko garm paani mein  
migo de aur chhod diye baa phees  
ka mahiin peest bana le. Lehke  
baida puna  
pajaw, 2-3 harri mirch aur pudhe de  
ka mahiin peest tayyur ka  
le. Dahi mein  
kaju, peest, aur  
abadkay-lahsyan  
peseta melana.  

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste

**METHOD**

Dalabhi, hara ilaayyadi, loong aur  
kali ilaayyadi ko pheesae. Khuras,  
kaju, orh chirajji ko garm paani mein  
migo de aur chhod diye baa phees  
ka mahiin peest bana le. Lehke  
baida puna  
pajaw, 2-3 harri mirch aur pudhe de  
ka mahiin peest tayyur ka  
le. Dahi mein  
kaju, peest, aur  
abadkay-lahsyan  
peseta melana.  

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste

**METHOD**

Dalabhi, hara ilaayyadi, loong aur  
kali ilaayyadi ko pheesae. Khuras,  
kaju, orh chirajji ko garm paani mein  
migo de aur chhod diye baa phees  
ka mahiin peest bana le. Lehke  
baida puna  
pajaw, 2-3 harri mirch aur pudhe de  
ka mahiin peest tayyur ka  
le. Dahi mein  
kaju, peest, aur  
abadkay-lahsyan  
peseta melana.  

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste

**METHOD**

Dalabhi, hara ilaayyadi, loong aur  
kali ilaayyadi ko pheesae. Khuras,  
kaju, orh chirajji ko garm paani mein  
migo de aur chhod diye baa phees  
ka mahiin peest bana le. Lehke  
baida puna  
pajaw, 2-3 harri mirch aur pudhe de  
ka mahiin peest tayyur ka  
le. Dahi mein  
kaju, peest, aur  
abadkay-lahsyan  
peseta melana.  

**INGREDIENTS**
- 1 kg Chicken
- 2 sticks Cinnamon
- 6 Green Cardamoms
- 6 Black Cardamoms
- 4 Cloves
- 1 tbsp Poppy seeds (khus khus)
- 1 tbsp Cashew nut
- 1 tbsp Sunflower seeds (chironji)
- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste

**METHOD**

Dalabhi, hara ilaayyadi, loong aur  
kali ilaayyadi ko pheesae. Khuras,  
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kali ilaayyadi ko pheesae. Khuras,  
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- 1 cup Onion, browned
- 3 Green chillies
- 1 tbsp Mint leaves
- 1 tbsp Ginger paste
**MURGH KI CHAPLI KABAB**

**PREPARATION TIME:** 10 mins  
**COOKING TIME:** 12 mins  
**SERVES:** 2

**METHOD**

Take the minced chicken in a mixing bowl. Add all the spices. Add cream. Mix it well with a fork. Keep this mixture in the fridge for 10 minutes. Take a baking tray and apply melted ghee. Remove the chilled mince. Apply ghee on the palm of your hands and divide the mince into balls of 25gm each (approx. 2tbsp). Flatten it to 2.5” diameter and put it on the greased tray. Pour some ghee on each kabab. Put the tray in the MWO and microwave for 1 minute. Remove tray and turn the kababs. Microwave again for 1 minute. Serve with Mint Chutney and onion roundels.

**Tip:** Round-shaped bowls are, in fact, the best for cooking foods which cannot be stirred during microwave cooking.

**INGREDIENTS**

- 200 gm Chicken mince
- 50 gm Chopped onion
- 5 gm Chopped ginger
- 5 gm Chopped green chillies
- 5 gm Green coriander, chopped
- 5 gm Roasted and crushed coriander seeds
- 3 gm Red chilli flakes
- 50 ml Cream
- 50 ml Desi ghee, melted
- 1 gm Green cardamom powder
- 1 gm Cinnamon powder
- Salt to taste

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**मुर्ग की चपली कबाब**

**तैयारी का समय:** 10 मिनट  
**पकाने का समय:** 12 मिनट  
**सेव:** 2

**विधि**

चिकन के कीमा को कटोरे में डालें। इसमें सभी मसाले मिलाएं। कीमा डालें और इसे मिलाएं। इस मिश्रण को 10 मिनट तक क्रिज में रखें। बेकिंग ट्रे से और इस पर ढंग लगाएं। अब ठंडे कीमा को निकालें और घड़ी पर ढंग लगा कर इसे 25 ग्राम की गोलियों में फिला करें। 2.5 इंच के आकार में इसे चिकनी ट्रे में रखें। प्रत्येक कबाब पर कुछ घड़े डालें। ट्रे को 1 मिनट तक माइक्रोवेयर करें। ट्रे निकालें और कबाब को पलटें। फिर से 1 मिनट माइक्रोवेयर करें। पुदीना चटनी और प्याज के साथ परोसें।

**सामग्री**

- 200 ग्राम चिकन खाना
- 50 ग्राम प्याज, बारिशक कटा हुआ
- 5 ग्राम अदरक, बारिशक कटा हुआ
- 5 ग्राम हरी मिर्च, बारिशक कटी हुई
- 5 ग्राम धनिया पतली, बारिशक कटी हुई
- 5 ग्राम सांतुर धनिया, मूंग कर पिसा हुआ
- 3 ग्राम कुटी लतल मिर्च पाउडर
- 50 मिली, कीमा
- 50 मिली, देशी घी, पिघला हुआ
- 1 ग्राम हरी इलायची पाउडर
- 1 ग्राम दालचीनी पाउडर
- नमक स्वादानुसार
**CHICKEN ENCHILADAS**

**PREPARATION TIME:** 10 mins  
**COOKING TIME:** 7–10 mins  
**SERVES:** 2

**METHOD**

In a microwave-proof bowl, add 20ml olive oil, add garlic and chopped onion. Microwave for 1 minute. Remove. Add raw chicken and remaining olive oil. Microwave for 1 minute. Add all the vegetables. Microwave for 1 minute. Add half the cheese, jalapeño peppers, salt, Tacos pre-mix and 10ml of tomato sauce. Spread the mixture in even quantity on both the breads and fold them to half-moon. Arrange the folded half-moon on a microwave-proof plate. Sprinkle the cheese and pour the tomato sauce. Microwave for 1 minute. Remove. Serve with lettuce and sour cream.

**SPECIAL NOTES:** If your MWO has a GRILL mode, use it to give colour. Garnish with herbs.

**INGREDIENTS**

- 2 Tortilla bread, 6" diameter
- 100 gm Diced chicken
- 50 gm Diced colour peppers
- 20 gm Chopped onion
- 5 gm Chopped garlic
- 50 gm Sliced mushroom
- 10 gm Chopped jalapeño peppers
- 10 gm Tacos spices, pre-mix
- 20 ml Tomato sauce, ready-made
- 30 ml Olive oil
- 25 gm Cheddar cheese
- 25 gm Scarmoza cheese
- Grate and mix together both the cheese
- 2 gm Salt and crushed black pepper
- 30 gm Iceberg lettuce
- 2 gm Chopped parsley

**SPECIAL NOTES:** If your MWO has a GRILL mode, use it to give colour. Garnish with herbs.

**INGREDIENTS**

- 2 टॉर्टिल्ला रोटी, 6 इंच व्यास के
- 100 ग्राम चिकन, चीली टुकड़ों में कटे हुए
- 50 ग्राम चीनी शिमला मिर्च, कटी हुई
- 20 ग्राम प्याज, बांटक कटा हुआ
- 50 ग्राम लहसुन, बांटक कटा हुआ
- 50 ग्राम मशरप, कटा हुआ
- 10 ग्राम जलपेनो मिर्च, बांटक कटी हुई
- 10 ग्राम टैकोज़ मिश्रण, प्री-मिश्र
- 20 मिली. टॉमेटो सॉस, रेडियोमेड
- 30 मिली. जैल्फून का तेल
- 25 ग्राम चेडर चीज
- 25 ग्राम स्कार्मोजा चीज़
- 2 ग्राम नमक और पीसी हुई कोली मिर्च
- 30 ग्राम अइसबर्ग लेट्सेल
- 2 ग्राम अज़मोट, बांटक कटा हुआ

**SPECIAL NOTES:** If your MWO has a GRILL mode, use it to give colour. Garnish with herbs.

**INGREDIENTS**

- 2 टॉर्टिल्ला रोटी, 6 इंच व्यास के
- 100 ग्राम चिकन, चीली टुकड़ों में कटे हुए
- 50 ग्राम चीनी शिमला मिर्च, कटी हुई
- 20 ग्राम प्याज, बांटक कटा हुआ
- 50 ग्राम लहसुन, बांटक कटा हुआ
- 50 ग्राम मशरप, कटा हुआ
- 10 ग्राम जलपेनो मिर्च, बांटक कटी हुई
- 10 ग्राम टैकोज़ मिश्रण, प्री-मिश्र
- 20 मिली. टॉमेटो सॉस, रेडियोमेड
- 30 मिली. जैल्फून का तेल
- 25 ग्राम चेडर चीज
- 25 ग्राम स्कार्मोजा चीज़
- 2 ग्राम नमक और पीसी हुई कोली मिर्च
- 30 ग्राम अइसबर्ग लेट्सेल
- 2 ग्राम अज़मोट, बांटक कटा हुआ

**SPECIAL NOTES:** If your MWO has a GRILL mode, use it to give colour. Garnish with herbs.
ALLEPPEY CURRY WITH PRAWNS

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

INGREDIENTS
- 500 gm Medium-sized prawns, peeled, cleaned and deveined
- ¼ cup Coconut oil
- 1 tsp Turmeric powder
- ½ tsp Coriander powder
- ½ tsp Red chilli powder
- ½ tsp Black mustard seeds
- 10–12 Curry leaves
- 3 tsp Ginger, chopped
- 4 tsp Garlic, chopped
- 3-4 Green chillies, slit
- 1 Large raw mango, peeled and cut into 2” pieces
- 2½ cups Thick coconut milk
- 1½ tsp Salt

METHOD


Tip: Mustard seeds do not splutter in the MWO, so do not be surprised if they continue to look the same when you are preparing the tempering.
FISH TIKKA

PREPARATION TIME: 20 mins
COOKING TIME: 8 mins
SERVES: 4

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

INGREDIENTS
600 gm Rawas/Beckti, fresh, cut in 1½” cubes
2 tbsp Butter, melted

FOR THE FIRST MARINATION
3 tsp Ginger paste
2 tsp Garlic paste
1 tsp Salt
3 tsp Lemon juice

FOR THE SECOND MARINATION
½ cup Curd
½ cup Cheese spread
4 tbsp Cream
1 Egg
1 tbsp Gram flour
¼ tsp Garam masala powder
½ tsp Caraway seeds (shahi jeera)
A pinch of turmeric powder

Tip: Arrange evenly sized pieces of food in a circle for more even cooking

Tip: Arrange evenly sized pieces of food in a circle for more even cooking
**CURRY LEAF CHICKEN**

**PREPARATION TIME:** 15 mins  
**COOKING TIME:** 9 mins  
**SERVES:** 4

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

**INGREDIENTS**
- 1 cup Curry leaves  
- 500 gm Boneless chicken, cut into 1½” pieces  
- 2 tbsp Tamarind paste  
- 3 tbsp Jaggery  
- 2 tbsp Black pepper, coarsely crushed  
- 1 tsp Salt  
- 4 tbsp Oil

**Tip:** A cover holds in the steam to tenderize the food, keep it moist and shorten cooking time.

**카리 림프 치킨**

**타이아를 씨알:** 15 분  
**프로케이션:** 9 분  
**영단:** 4

**방법**
치킨에 반을 뺏고 후추와 1 브레스 올리브유를 넣으면 넣은 올리브유를 그릇에 담고 식사 후 3분 동안 마이크로파에 둔 무게 마그네슘과 태마린을 적당한 물로 해서 잎을 넣고 담다. 마이크로파, 태마린, 고속으로 6분 동안 담다. 소금을 간한다. 잔은 찍고 카리 잎을 더 넣고 담다. 각과 묻어 담다.

**재료**
- 1 컵 카리 잎  
- 500 그램 무시킨 치킨, 1½” 크기로 재단  
- 2 브레스 태마린 패스  
- 3 브레스 잡리  
- 2 브레스 블랙 페퍼, 까발게 압축  
- 1 테이블스푼 소금  
- 4 브레스 올리브유

**브이디**
치킨은 카리 잎 1 분 압축 땡겨 넣고 1 분 동안 담다. 잔은 찍고 물에 담가 사용한다. 3 분 동안 마이크로파에 채워서 담가 담다. 6 시간 동안 올리브유를 희고 태마린을 1 분 동안 채워서 담다. 이는 미카와 카리라 시내에서 강한 향이 나며, 카리 잎을 넣고 담다. 이는 찍어 담다.
KALI MIRCH TANGRI CHICKEN

PREPARATION TIME: 15 mins
COOKING TIME: 18 mins
SERVES: 4

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

INGREDIENTS
8 Chicken drumsticks (or 4 full chicken legs), cleaned
2 tbsp Lemon juice
1 cup Hung curd
1½ tbsp Ginger paste
1½ tbsp Garlic paste
½ tsp Turmeric powder
2½ tbsp Coarsely ground pepper
4–6 Green chillies, chopped fine
2 tbsp Chopped fresh coriander
2 tsp Chaat masala powder
3 tbsp Oil
Salt to taste
Lemon wedges for garnishing

Tip: Food continues to cook when removed from the microwave, by the heat generated within it. So always take into account standing time.
Breads/Pizza/Pasta
CRISPY LAYERED BREAD WITH PANEER

PREPARATION TIME: 90 mins
COOKING TIME: 30 mins
SERVES: 6

METHOD
Sift the flour, salt and yeast into a bowl. Break the butter in small chunks. Add the butter chunks to the bowl. Rub these by hand. Make a well in the bowl. Pour in the cold water, mixing until you have firm, rough dough, adding extra water if needed. Cover with a plastic wrap. Leave to rest for 20 minutes in the refrigerator. Turn out into a lightly floured board. Knead gently and form into a smooth rectangle. Roll the dough in one direction only, until three times the width, about 20 x 50cm. Keep edges straight and even. Don’t overwork the butter streaks; you should have a marbled effect. Fold the top third down to the centre, then the bottom third up and over that. Give the dough a quarter turn (to the left or right) and roll out again to three times the length. Fold as before, cover with a plastic wrap. Chill for at least 20 minutes before rolling to use. Take out dough from the refrigerator. Roll it to 4" thickness. Next, cut it into 2" squares. Place in a greased baking tray. Keep it for rising in room temperature for 1½ hours. Set MWO on HIGH. After it has grown in size, grate paneer over the bread. Put the baking tray in the MWO for 20 minutes. Check the colour of the bread. Once golden brown, remove. Serve hot or cold as desired.

INGREDIENTS

500 gm Refined flour
10 gm Salt
15 gm Fresh yeast
300 ml Water
200 gm Soft butter
200 gm Paneer (cottage cheese)

500 ग्राम मेंः
10 ग्राम नमक
15 ग्राम ताजा खमीर
300 मिली. पानी
200 ग्राम मूलाम मक्खन
200 ग्राम पनीर

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**GARLIC BREAD**

**METHOD**
Finely chop the garlic and parsley. Put some butter in a bowl and heat in the MWO on MEDIUM for 30 seconds. Take out the butter. Mix in the garlic and parsley. Cut the French loaf as wedges. You can do this by cutting 2cm thick pieces. While cutting, remember not to cut down straight, but to cut diagonally. Apply the butter mix on the wedges. You could also add some cheese on the top and put it in the MWO. Microwave on HIGH for 2 minutes. Serve hot.

**INGREDIENTS**
- 1 French loaf
- 5-6 cloves Garlic
- 100 gm Butter
- 15 gm Parsley

**PREPARATION TIME:** 5 mins  
**COOKING TIME:** 10 mins  
**SERVES:** 2  

**गार्लिक ब्रेड**

**विधि**
लहसुन और पार्सली को बारीक काटें। एक बर्तन में थोड़ा मक्खन डालें और उसे 30 सेकंड के लिए ‘मीडियम’ मोड पर माइक्रोवेव करें। अब मक्खन को लहसुन और पार्सली के साथ मिलाएं। प्रेंच पाव में चीस दे। आप इसे 2 सेंटीमीटर के गोदें, दिखाए टुकड़ों में भी काट सकते हैं। अब इसके बाहरी हिस्से पर मक्खन लगाएं। इसके ऊपरी हिस्से पर चीज भी लगा सकते हैं। इसे 2 मिनट तक ‘हाई’ मोड पर माइक्रुवेव कर गर्मीमंडल परोसें।
CHEESE BREAD

PREPARATION TIME: 10 mins
COOKING TIME: 40 mins
SERVES: 4

METHOD
Combine flour, sugar, salt and yeast in a large mixing bowl. Add water and oil to the dry ingredients. Gently mix together using your fingers. Knead the dough until soft, for about 6-7 minutes. Place in a lightly greased bowl. Cover with plastic wrap. Leave aside for 45 minutes to rise. Put in MWO on CONVECTION mode on LOW setting for 4-5 minutes. Remove. Let it rise again till it doubles in size. Remove dough from the bowl. Knead slightly. Shape into a loaf. Fill in the pre-made filling. Again give it a loaf shape. Gently place in the greased bread pan. Cover with plastic wrap or a moist cloth. Let it rise outside for 40 minutes. Preheat the MWO in CONVECTION mode on HIGH setting. Brush the top of the loaf with milk. Sprinkle grated cheese. Place the loaf pan in the MWO. Bake on CONVECTION setting on HIGH for 23–25 minutes. Check if the bread is cooked by tapping the crust. If you hear a hollow sound then the bread is cooked and ready. Leave aside for 2 minutes to de-mould. Let it cool before using.

INGREDIENTS
For the Dough
6 cups Baking Flour
1½ cups Lukewarm water
2 tsp Dry yeast
½ cup Milk
2 tsp Sugar
1 tsp Salt
1 tbsp Oil
1 tbsp Cheese, grated

For the Filling
50 gm Cheese, grated
1 tsp Paprika powder
½ tsp Oregano, dry

For the Filling
50 gm Cheese, grated
1 tsp Paprika powder
½ tsp Oregano, dry

CHÉESE BREAD

तैयारी का समय: 10 मिनट
पकाने का समय: 40 मिनट
4 लोनों के लिए

सामग्री
लोई के लिए
6 कप बेकिंग फ्लावर/मैदा
1½ कप गर्म पानी
2 छोटी चमच चूंका खमीर
½ कप दूध
2 छोटी चमच चीनी
1 छोटी चमच नमक
1 बड़ी चमच तेल
1 बड़ी चमच पनीर, कसा हुआ
भरने के लिए
50 ग्राम पनीर, कसा हुआ
5 छोटी चमच काली मिर्च पाउडर
½ छोटी चमच ओरीजिनेल
**SWEET PLAITED LOAF**

**METHOD**

In a bowl, balloon whisk milk, 2 eggs, castor sugar, sugar, melted butter and salt until all ingredients are well combined. Pour the liquid mixture into the bread machine’s bread pan. Place the flour on top of the milk mixture. Sprinkle yeast evenly over the top. Set the bread machine to mix/knead the dough. Keep it for rising period to about 1 hour. When this time is up, the dough will have visually at least doubled in size. Punch the dough down for a minute or so, and then allow rising for another hour. After the second rising, remove the dough from the machine. Knead on a flat surface until its stickiness subsides. Preheat the MWO to MEDIUM with the middle rack in place. If including raisins, flatten the dough out with your hands. Sprinkle the raisins over the top and knead into the dough. Divide the dough into three equal portions, shaping each into a sausage shape of equal length (40–50cm). Grab the ends of the three pieces and securely press together. Plait the dough, ensuring to join the other end securely as well. Lift the plait onto a baking, paper-lined tray. Whisk the remaining egg and brush all over the top of the loaf. Sprinkle a thick coating of sugar over the top, if desired. Bake for 30–40 minutes, until golden.

**INGREDIENTS**

- 550 gm Refined flour
- 250 ml Milk
- 20 gm Castor sugar
- 80 gm Sugar
- 45 gm Butter, unsalted
- 3 Eggs
- 5 gm Salt
- 10 gm Fresh yeast
- 75 gm Raisins

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**स्वीट प्लेटेड लोफ**

**सामग्री**

- 550 ग्राम मैदा
- 250 मील, दूध
- 20 ग्राम कैस्टर शुगर
- 80 ग्राम शुगर
- 45 ग्राम बटर, असल्टेड
- 3 अंडे
- 5 ग्राम नमक
- 10 ग्राम ताजा खमीर
- 75 ग्राम किशमिश

**विधि**

एक कपों में दूध, दो अंडे, कैस्टर शुगर, खमीर, फिराक्के हुए मक्खन और नमक को अच्छे से फंटें ताकि सारी सामग्री अच्छी तरह मिल जाए। इस मिश्रण को ब्रेड ग्लसीन के ब्रेड पैन में डालें। ग्लसीन को इस मिश्रण के ऊपर रख कर ऊपरी सतह पर खमीर को एक समान रूप से छिड़कें। ब्रेड ग्लसीन को लोड को मिलाएं/भाजने के लिए सेट करें। इसे फूलने के लिए करीब एक घंटे तक उसमें रखें। एक घंटे के बाद लोड लड़ कर कम से कम दोगुनी हो जाएगी। लोड को एक मिनट या उससे ठोस ज्यादा गुंभे। और फिर अगले एक घंटे के लिए फूलने दें। दूसरी बार फूलने के बाद लोड को मशीन से निकालें और एक सपट सतह पर तब तक माइंड, जब तक कि इसका शिकारिपात कम न हो जाए। मिल्ड ऑवन रेंक को सही जगह पर रखने हुए ऑवन को “मीडियम” गोड पर प्री-हिट करें। एगर किशमिश को शामिल कर रहे हैं तो लोड को अपने हाथों से चीरस करें और उसके ऊपर किशमिश छिड़क कर लोड में गुंभे। लोड को तीन स्तर टुकड़ों में विभाजित करें ताकि प्रत्येक टुकड़ा सांरों की आकृति में समान लंबाई (40–50 सेमी) का हो जाए। तीनों टुकड़ों के छोरे को पकड़ें और सुरक्षित तरीके से एक साथ दबाएं। इसके बाद लोड को तह करें और यह सुनिश्चित करें कि दूसरा छोर भी सुरक्षित तरीके से मिल जाए। इस लोड को बेकिंग पेपर पर लगे एक ट्रेन पर रख लें। बाकी बाकी अंडे को फंटें और पादरों की ऊपरी सतह पर पूरी तरह ब्रश करें। ऊपरी सतह पर खमीर की मोटी पत्ता का छिड़काव कर सकते हैं। 30-40 मिनट तक बेक करें ताकि चुनार हो जाए।
**METHOD**

In a large bowl, cream butter and sugar until light and fluffy. Beat in the eggs, lemon juice and zest. Combine the flour, baking powder and salt. Gradually stir this into the creamed mixture alternately with milk, beating well after each addition. Pour into a greased 8” x 4” loaf mould. Bake on MEDIUM for 35 minutes or until a toothpick inserted near the centre comes out clean. Combine glaze ingredients. Remove bread from pan and immediately drizzle with glaze. Cool on the wire rack. Serve warm.
**METHOD**

Heat the milk but do not boil. Sprinkle yeast and sugar over it. Sieve flour in a bowl. Add salt, eggs, raisins, mawa, double cream and half the ghee with the yeast mixture. Mix well. Knead to a smooth dough. Add the essence. If the dough is stiff, sprinkle a little extra milk. Knead again. Cover with damp cloth. Keep in a warm place to rise for 8 hours or overnight for best results. Punch the dough and knead it again. Divide dough into 8 equal parts. Roll out each part into a round thick circle. Leave aside for 20 minutes until it becomes double the size. Prick the roti all over with a fork, leaving 1" margin around. Brush melted ghee or butter and saffron solution. Sprinkle poppy seeds. Grease a microwave-proof plate with butter and place sheermal on it. Microwave on HIGH for about 7 minutes. Sprinkle a little cold milk over it when half done. Put sheermal back into the MWO for a few minutes more. Remove. Sprinkle cold milk well over both sides, as this makes it soft. Wrap with foil or butter paper. Keep aside until required.

**INGREDIENTS**

- 450 gm Plain flour
- 4 tsp Yeast
- 40 gm Castor sugar
- 2 Eggs, beaten, optional
- 1 cup Warm milk
- 2 cups Mawa, mashed
- 25 gm Seedless raisins
- 100 gm Double cream
- 2 tbsp Poppy seeds
- ½ tsp Kewra water
- 4-5 Saffron, soaked in 1 tbsp milk
- 1 tsp Milk, extra, as required
- 225 gm Ghee/butter
- A pinch of salt

**INGREDIENTS**

- 450 ग्राम मैदा
- 4 छोटी चम्मच खीरी
- 40 ग्राम कैसर सुगर
- 2 अंडे, फूंटे हुए (वैकैल्फिक)
- 1 कप गुगुना दूध
- 2 कप माता (होला), मसाला हुआ
- 25 ग्राम बीजरहित किशिशिस
- 100 ग्राम डबल क्रीम
- 2 छोटी चम्मच खस्तखस्त
- ½ छोटी चम्मच केंद्र के पानी
- 4-5 कंसर्ट के रेते, एक छोटी चम्मच दूध में मिली हुई
- 1 छोटी चम्मच अतिरिक्त दूध आवश्यकतानुसार
- 225 ग्राम धी/मक्खन
- नमक स्वादस्वादनुसार

**METHOD**

दूध को गुगुना कर उससे खमीर और दीनी फ़िड़क़। मैदा को छान कर नमक के साथ एक कंटर में डाले और अंडे, फिस्मिश, खॉया, दड्डल क्रीम और आधा धी को खमीर के मिश्रण के साथ मिलाए। अंधी तरह से मिलाए और मुग्गल गुंघो जाने तक मांगें। अर्क मिलाएं। अगर गुंधा हुआ मैदा सल्ख है तो फिर इस पर थोड़ा अँजा फ़िड़क़ और फिर से मांगें। गीले कपड़े से डक कर 8 घंटे (या रात रह) के लिए एक गर्म स्थान पर रख दें ताकि वह ठीक से पूल जाए। गुंधा हुए आटे को मिले से मांगें तथा 8 सयहर हिस्सों में विभाजित कर लें। हर हिस्से को एक गोले गोले तुच्च के रूप में बेल लें और 20 मिनट के लिए एक किनारे छोटे दें, जब तक कि वे आकार में दोगुने न हो जाएं। रोटी में बारा सर्फ कांटे की सहायता से छेद कर लें और हर दो छेदों के बीच में करीब एक इंच का फालता छोड़ें। फिल्मे हुए धी या मक्खन और कंसर्ट के घोल को ब्राश करें तथा खस्तखस फ़िड़क़ें। मक्खन ढाल कर थोड़ा ढाल मिश्रित बनाएं और उसके ऊपर शीरमाल को डाल दें तथा कशीब 7 मिनट तक हाई मोड पर माइक्रोवेव करें। उससे थोड़ा ठंडा दूध फ़िड़क़ कर कुछ और मिनट के लिए ऑवन में रख दें। ऑवन से निकाले और दोनों तरफ अंधी तरह ठंडा दूध फ़िड़क़, क्योंकि इससे रोटी मुग्गल हो जाती है। फ़ोड़ता या बटर पेयर में लपेटे और जब तक जलजल न हो तब तक के लिए किनारे रख दें।
**MISSI ROTI**

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

**METHOD**
Make a soft dough of all the ingredients except oil/butter/ghee for cooking. Make medium-sized balls. Roll out into chapatis of medium thickness. Grease a microwave-proof plate with butter. Place missi roti in it. Microwave on HIGH for about 12–14 minutes. Turn and apply butter every 5 minutes. Serve hot.

**INGREDIENTS**
- 1 cup Wheat flour  
- 1 cup Gram flour  
- ½ tsp Green chilli paste  
- 2 tsp Dry fenugreek leaves, crushed  
- 2 tsp Oil  
- ½ tsp Red chilli powder  
- ½ tsp Turmeric powder  
- A pinch of cumin powder  
- Finely chopped coriander leaves  
- Oil/butter/ghee for cooking  
- Salt to taste

**मिस्सी रोटी**

**तैयारी का समय:** 10 निर्देश  
**पकाने का समय:** 20 निर्देश  
**4 लोगों के लिए**

**सामग्री**
- 1 कप गेहूँ का आटा  
- 1 कप बेसन  
- ½ छोटी चमच दही मिर्च का पेस्ट  
- 2 छोटी चमच करूंगी मेंथी, कुचली हुई  
- 2 छोटी चमच तेल  
- ½ छोटी चमच ताल मिर्च पाउडर  
- ½ छोटी चमच हल्दी पाउडर  
- एक छटो की पीस पाउडर  
- धनियाँ पत्ती, बासिंकी कटी हुई  
- पकाने के लिए तेल/मक्खन/धीरे  
- नमक स्वादानुसार

**विधि**
तेल/मक्खन/धी को छोड़ कर सभी सामग्री को मुलायम गूंज लें। मक्खन आकार की लोही (गोला) बना लें और मक्खन गोटे की रोटी बेल लें। एक माइक्रोवेव-पुरुषित प्लेट पर मक्खन डाल कर उसे विकनाईयुक्त कर रख लें और उसके ऊपर रोटी रख दें। 12–14 मिनट तक ’हाई’ गोड पर माइक्रोवेव करें। हर 5 मिनट पर पलटते रहें और मक्खन लगाएं। गरमगर परसे।
MINI PIZZAS

PREPARATION TIME: 5 mins
COOKING TIME: 1 min
SERVES: 4

METHOD
Apply each pizza base with pizza sauce. Top with cheese. Place on paper plate. Microwave on HIGH for 20 seconds. Turn ¼ turn and cook for 30 seconds more. Garnish with torn basil leaves and a drizzle of olive oil. Serve hot.

INGREDIENTS
Pizza base, ready-made
Small jar/can of pizza sauce
A few basil leaves
Mozzarella cheese, sliced or shredded
15 ml Olive oil

Tip: To reheat, pizzas should be wrapped in paper towels or cloth napkins. The paper or cloth will absorb excess moisture and promote even heating.
Penne Al Norma

PREPARATION TIME: 30 mins
COOKING TIME: 20 mins
SERVES: 4

METHOD
Blanch the pasta in boiling salted water till al dente. Combine chopped onion, chopped garlic and oil in a casserole. Microwave on HIGH for 2 minutes. Stir in tomato paste and tomato sauce, sugar and seasonings. Microwave on HIGH for 3-4 minutes, until bubbly. Stir once, set aside. Cut aubergine into ½” cubes. Arrange cubes in 8 x 8” dish. Cover with waxed paper. Microwave on HIGH for 6-8 minutes, until tender. Drain liquid from aubergine. Sprinkle half the Mozzarella over the aubergine, spoon on sauce. Add blanched pasta. Mix well. Top with remaining Mozzarella and Parmesan cheese. Microwave on HIGH for 4-5 minutes, rotating dish often, until cheese melts. Garnish with basil leaves. Serve hot.

Tip: Round-shaped bowls give more even cooking results than square- or rectangle-shaped bowls.

INGREDIENTS
500 gm Penne pasta (approx. 1 pkt.)
1 Medium-sized onion, chopped
⅛ tsp Garlic, chopped
1 tbsp Oil
6 oz ⅓ of a can Tomato paste
½ cup Tomato sauce, ready-made
2 tsp Sugar
¼ tsp Oregano
¼ tsp Basil leaves
⅛ tsp Pepper
1 Medium-sized aubergine
8 oz Mozzarella, shredded and divided
1 tbsp Grated Parmesan cheese

Tip:
Round-shaped bowls give more even cooking results than square- or rectangle-shaped bowls.
Rice & Noodles
TAMARIND RICE WITH RAITA

PREPARATION TIME: 10 mins
COOKING TIME: 12 mins
SERVES: 4

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

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

INGREDIENTS
1½ cups Rice, cleaned, washed and soaked for 1 hour
3 cups Water
½ cup Oil
4 tbsp Puliyogare rice, ready-made mix

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

Tip: After cooking, to release the hot steam safely, lift container lids and wraps carefully, facing away from you. Be careful not to burn yourself.

Tip: After cooking, to release the hot steam safely, lift container lids and wraps carefully, facing away from you. Be careful not to burn yourself.
**HAKKA NOODLES**

**PREPARATION TIME:** 7 mins  
**COOKING TIME:** 12 mins  
**SERVES:** 4

**METHOD**

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

**INGREDIENTS**

- 200 gm Egg noodles (approx. 1 large pkt.), soaked in warm water for 10 minutes, drained
- 1 Onion, sliced/4 spring onions
- 2 Green chillies, sliced
- 2 cups Bean sprouts
- 1 cup Green peas
- 12 Fresh spinach leaves, torn
- 1 cup Bean curd, sliced (you can substitute this with paneer)
- 2 Eggs, beaten
- ¼ cup Lemon juice
- 3 tbsp Soy sauce
- 2 tbsp Schezwan sauce
- 3 tbsp Tomato ketchup
- ½ cup Oil

**METHOD**

एक बड़ी चमच्चा तेल से और इसे तोफू या पनीर के साथ मिलाएं। 2 मिनट तक ‘हाई’ मोड पर माइक्रोवेयर करें ताकि रंग सुनहरा हो जाए। बारे तेल को एक कड़ी में डालें। प्याज और हरी मिरच मिला कर 4 मिनट में ‘हाई’ मोड पर माइक्रोवेयर करें। मटर, पालक और अंजूलित बीतना मिला कर 2 मिनट में माइक्रोवेयर करें। ताकि पालक चमकिला हरा हो कर मुख्या जाएं। इसे ओवन से निकालें। सोया सॉस, शेजवान सॉस, नींबू का रस और केकबाक मिलाएँ। पानी निकालें हुए नूडल्स और तोफू डाल कर 4 मिनट में ‘हाई’ मोड पर माइक्रोवेयर करें। इसे बाहर निकालें। अंडे और चाकी तेल को मिला कर 1 मिनट में माइक्रोवेयर करें। इसे अच्छी तरह से चलाए और गरमगर परों।
LEMON RICE

PREPARATION TIME: 5 mins
COOKING TIME: 15 mins
SERVES: 4

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

Tip: Add a few drops of lemon juice to the water before boiling rice to make the grains whiter.

INGREDIENTS
1½ cup Rice, cleaned, washed and soaked for 1 hour
3 cups Water
1 tsp Salt
¼ cup Lemon juice
2 tbsp Oil
2 tsp Mustard seeds
2 tsp Dhuli Urad Dal, broken
1 tsp Chana Dal
2 6–8 Dry red chillies, broken
6–8 Curry leaves
¼ tsp Turmeric powder
¼ cup Fresh coriander leaves
A pinch of asafoetida

Tip:
Add a few drops of lemon juice to the water before boiling rice to make the grains whiter.
THAI FRIED RICE

PREPARATION TIME: 20 mins
COOKING TIME: 16 mins
SERVES: 4

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

INGREDIENTS
1½ cups Basmati rice, cleaned, washed and soaked for 1 hour
6 cups Water
4 tbsp Vegetable oil
2 cloves Garlic, finely chopped
1 Medium-sized onion, finely chopped
3 tbsp Dried shrimp, soaked for 5 minutes, drained, optional
150 gm Cooked chicken, diced
4 tbsp Tomato ketchup
1 tsp Sugar
2 Eggs, lightly beaten
1 Tomato, diced
½ Capsicum, chopped
A pinch of salt
Fresh coriander leaves, to garnish

Tip: For foods cooked in liquid, or which create a great deal of juice, make a gap or use special microwave lids, which have slits in them.
**METHOD**


**INGREDIENTS**

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HARA MOONG TADKA

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

METHOD

Combine the Moong Dal, turmeric powder, salt and ¼ cup of water in a microwave-proof bowl. Mix well. Microwave on HIGH for 8 minutes, stirring thrice every 2 minutes. Add the prepared paste and coriander. Mix well. Microwave on HIGH for 3 minutes, stirring twice every 1 minute. Put the ghee in another microwave-proof bowl and microwave on HIGH for 30 seconds. Add cumin seeds, green chillies and ginger. Mix well. Microwave on HIGH for 1 minute. Add the tempering to the dal. Mix well. Microwave on HIGH for 4 minutes, stirring once after 2 minutes. Serve immediately.

INGREDIENTS TO MAKE INTO A PASTE

3 Whole dry Kashmiri red chillies, broken into pieces
1 tsp Coriander seeds
2-3 Cloves
1 tsp Poppy seeds
2 tbsp Freshly grated coconut
2 tbsp Broken cashew nuts
2 tbsp Water

OTHER INGREDIENTS

¾ cup Hara Moong Dal
½ tsp Turmeric powder
¼ cup Finely chopped coriander
2 tbsp Ghee
½ tsp Cumin seeds
1 tsp Finely chopped green chillies
½ tsp Grated ginger
Salt to taste

HAR A मूँग तड़का

तैयारी का समय: 10 मिनट
पकाने का समय: 20 मिनट
4 लोगों के लिए

पेस्ट तैयार करने के लिए सामग्री

3 सबसे सुंदरी कश्मीरी लाल मिर्च, टुकड़ों में कटी हुई
1 छोटी चमच लाल हाईया
2-3 लोंग
1 छोटी चमच खासखास
2 बड़ी चमच नारियल, ताजा करें हुए
2 बड़ी चमच काजू, के टुकड़े
2 बड़ी चमच पानी

अन्य सामग्री

¼ कप हरा मूंग दाल
½ छोटी चमच हल्दी पाउडर
¼ कप धनिया, बारिश कटा हुआ
2 बड़ी चमच भी
½ छोटी चमच जीरा
1 छोटी चमच हरी मिर्च, बारिश कटी हुई
½ छोटी चमच आदरक, कसा हुआ
नमक स्वादानुसार

विधि

माइक्रोवेव-सुरक्षित कटोरी में मूंग दाल, हल्दी पाउडर, नमक और ¼ कप पानी मिला कर 8 मिनट तक ‘हाई’ मोड पर माइक्रोवेव करें। बीच में तीन बार हर 2 मिनट तक चलाते रहें।

तैयार पेस्ट और धनिया डालकर मिलाएं और 3 मिनट तक ‘हाई’ मोड पर माइक्रोवेव करें।

बीच में दो बार हर मिनट पर चलाते रहें। माइक्रोवेव-सुरक्षित दूसरी कटोरी में भी डालें और इसे 30 विदंबंदक तक ‘हाई’ मोड पर माइक्रोवेव करें। फिर इसमें जीरा, हरी मिर्च और आदरक अच्छी तरह मिला कर 1 मिनट के लिए ‘हाई’ मोड पर माइक्रोवेव करें।

इससे दाल में छीक लगाए और अच्छी तरह मिलकर 4 मिनट के लिए ‘हाई’ मोड पर माइक्रोवेव करें। इससे दाल में छीक लगाए और अच्छी तरह मिलकर 4 मिनट के लिए ‘हाई’ मोड पर माइक्रोवेव करें लेकिन हर 2 मिनट पर इसे चलाना न मूले। इसे तूफ़ान पर रोएं।
KEEMA PULAO

PREPARATION TIME: 30 mins
COOKING TIME: 50 mins
SERVES: 4

METHOD
Mix oil, cumin, cinnamon, bay leaves
and the cloves in a deep dish.
Microwave, covered, on HIGH
for 2 minutes. Mix in the
sugar. Microwave, covered,
on HIGH for 1 minute. Mix
in the onion. Microwave,
covered, on HIGH for 10
minutes to a light brown, stirring
twice. Add keema. Microwave,
uncovered, on HIGH for 10 minutes. Add the
tomatoes, half of the purée, salt and garam masala.
Mix well. Microwave, covered, for 5 minutes. Then
microwave, uncovered, on HIGH for 5 minutes,
stirring twice. Mix in the rice, remaining purée
and the water. Microwave, covered, on HIGH for 10
minutes. If the water has not dried up, microwave
some more and serve.

INGREDIENTS
350 gm Keema
2 cups Basmati rice, washed and soaked for
½ an hour
1 tbsp Oil
1 tsp Cumin seeds
¼ tsp Cinnamon, broken
2 Black cardamoms
2 Bay leaves
5 Cloves
1 tsp Sugar
½ cup Onion, chopped fine
½ cup Tomato, chopped fine
1 cup Tomato purée
2 tsp Salt
1 tsp Garam masala
3½ cups Hot water
Browned onion slices, to garnish

83
VEG FRIED RICE

PREPARATION TIME: 10 mins  
COOKING TIME: 15 mins  
SERVES: 4

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

INGREDIENTS
- 1½ cups Basmati rice, cleaned, washed and soaked for 1 hour
- 6 cups Water
- 5 tbsp Groundnut oil
- 4 cloves Garlic, sliced
- 3 Red chillies, seeded and finely chopped
- 2 Onions, chopped
- 1½ cups Chopped button mushrooms
- 1½ cups Broccoli florets
- ½ cup French beans, stalks removed and sliced into 2
- 4 tbsp Soy sauce (light)
- 2 tsp Sugar

Tip: When cooking rice in the MWO, don't add all the water at one go, as it will boil over.
CHICKEN BIRYANI

PREPARATION TIME: 20 mins
COOKING TIME: 20 mins
SERVES: 4

METHOD

Wash rice twice and soak in just enough water to cover for an hour with the cinnamon stick. Drain off water. Keep aside. Wash chicken well. Drain. Beat together curd, salt, coriander, ginger and garlic pastes. Add chicken and marinate for 2 hours. In a bowl, mix ghee, green cardamoms, and onion. Microwave, uncovered, on HIGH for 4 minutes. Mix with chicken in its marinade. Add rice, marinated chicken and chicken stock. Microwave, covered, on HIGH for 15 minutes. Mix the saffron with a little water. Soak for 15 minutes. Microwave on HIGH for 1 minute. Stir and pour on top of biryani. Allow standing time of 5 minutes. Serve.

INGREDIENTS

1½ cups Basmati rice
400 gm Chicken, boneless, diced
1 Medium-sized onion, sliced
½ cup Curd
2 tbsp Ginger paste
2 tbsp Garlic paste
¼ cup Fresh coriander, chopped
1½ tsp Salt
2 tbsp Ghee
3 Green cardamoms
1” stick Cinnamon
½ tsp Black cumin (shah jeera)
1 Bay leaf
3 Cloves
2 Green chillies, finely chopped
3½ cups Chicken stock/water
½ tsp Saffron threads

85
Desserts
### Method

#### For the Dark Chocolate Truffle Icing

In a microwave-proof bowl, add cream and chocolate. Microwave on HIGH for 1 minute. Mix well till there are no lumps and till it resembles a smooth sauce. Stir the truffle over a bowl of ice to cool quickly.

#### For the White Chocolate Truffle Icing

In a microwave-proof bowl, add cream and chocolate. Microwave on HIGH for 45 seconds. Mix well till it resembles a smooth sauce. Stir the truffle over a bowl of ice to cool quickly.

Slice the chocolate cake horizontally into three equal parts. Place one layer of the cake on a serving plate and sprinkle ⅛ of the soaking syrup in order to make the cake moist. Spread half of the dark chocolate truffle icing over the cake layer, sandwich with another layer of the cake. Moisten this cake layer with a little soaking syrup. Spread the white chocolate truffle icing and top of the third cake layer. Moisten this cake layer with the remaining soaking syrup and spread the remaining dark chocolate truffle icing on top and sides. Serve chilled.

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Chocolate Sponge Cake, 6” diameter</td>
<td></td>
</tr>
<tr>
<td>FOR THE DARK CHOCOLATE TRUFFLE ICING</td>
<td></td>
</tr>
<tr>
<td>1 cup Chopped dark chocolate</td>
<td></td>
</tr>
<tr>
<td>½ cup Cream</td>
<td></td>
</tr>
<tr>
<td>FOR THE WHITE CHOCOLATE TRUFFLE ICING</td>
<td></td>
</tr>
<tr>
<td>½ cup Chopped white chocolate</td>
<td></td>
</tr>
<tr>
<td>¼ cup Cream</td>
<td></td>
</tr>
<tr>
<td>TO BE MIXED INTO A SOAKING SYRUP</td>
<td></td>
</tr>
<tr>
<td>2 tbsp Sugar</td>
<td></td>
</tr>
<tr>
<td>¼ cup Water</td>
<td></td>
</tr>
<tr>
<td>¼ tsp Vanilla essence</td>
<td></td>
</tr>
<tr>
<td>2 tbsp Sugar</td>
<td></td>
</tr>
<tr>
<td>¼ cup Water</td>
<td></td>
</tr>
<tr>
<td>¼ tsp Vanilla essence</td>
<td></td>
</tr>
</tbody>
</table>

### Preparation

- **Preparation Time:** 10 mins
- **Cooking Time:** 5 mins
- **Serves:** 4

### Hindi Translation

#### विधि

##### डार्क चॉकलेट ट्रफल आइसिंग के लिए

एक मैनीफॉर्ड—सूर्खित केकों में जीम और चॉकलेट मिलाएं।
लें इसे 1 मिनट तक ‘हाई’ मोड पर मैनीफॉर्ड करें। इसे
अच्छी तरह मिलाएं ताकि गाढ़े न रह जाएं और
यह ठीक बनेगा।

e. इस ट्रफल को बर्फ के एक केटों के ऊपर रखकर चलाएं ताकि

##### सफेद चॉकलेट ट्रफल आइसिंग के लिए

एक मैनीफॉर्ड—सूर्खित केकों में जीम और

e. इसे 45 सेकंड तक ‘हाई’ मोड पर मैनीफॉर्ड करें।

##### चायशी करने के लिए

2 बड़ी चमच चीनी

e. केक पानी

4 छोटी चमच बनीला एंसेस
GAJAR KA HALWA

PREPARATION TIME: 5 mins
COOKING TIME: 40 mins
SERVES: 4

METHOD

Put the milk and carrots in a large microwave-proof bowl. Microwave on HIGH for 25 minutes. Stir two or three times till all the milk has been absorbed. Timings will vary depending on the moisture in the carrots. Add sugar to the hot carrot mixture. Stir vigorously. Add ghee, cardamoms and half the nuts. Microwave on HIGH for a further 15 minutes. Stir once. Pour into a serving dish. Garnish with raisins and the remaining nuts. Serve.

INGREDIENTS

1½ cup Milk
500 gm Carrots, peeled and grated (red variety)
¾ cup Sugar
3 tbsp Ghee
3-4 tbsp Almonds, blanched and slivered
A few green cardamoms, pounded
A handful of raisins, optional

गाजर का हलवा

तैयारी का समय: 5 मिनट
पकाने का समय: 40 मिनट
4 लोगों के लिए

सामग्री

1½ कप दूध
500 ग्राम लाल गाजर, छिलों और कदूरक की हुई
¾ कप चीनी
3 बड़ी चमच धी
3-4 बड़ी समस्त बादाम, ब्लांच करके पतले टुकड़े 
किए हुए
कुछ हरी इलायची, कुछ हुई
मुद्दी भर किशमिश (इच्छुकलायर)

विधि

एक बड़े माइक्रोवेव—सुरक्षित कटोरे में दूध और गाजर डाल कर 25 मिनट तक ‘हाई’ मोड पर माइक्रोवेव करें। बीच में दो या तीन बार चलाएं, जब तक कि दूध सुख नहीं जाता। इसके बाद पकाने का समय गाजर में उपर्युक्त नमी पर निर्भर करेगा। गरम गाजर के भिक्षण में चीनी डाल कर जोर से चलाएं। धी, इलायची और बादाम के टुकड़ों का आधा हिस्सा डालें। 15 मिनट तक इसे ‘हाई’ मोड पर माइक्रोवेव करें। फिर से चलाएं। पैटे में फ़िकल कर बाकी बादाम एवं किशमिश से सजा कर इसे परोसें।
FRESH FRUIT SPONGE CAKE

PREPARATION TIME: 25 mins
COOKING TIME: 10 mins
SERVES: 4

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

INGREDIENTS
1¼ cup Butter
4 Eggs
¾ cup Castor sugar
¼ tsp Salt
1⅓ cup Plain flour, sifted
1 tsp Baking powder
2 cup Cut fruit (pineapple/kiwi/strawberry)
3 tbsp Sugar
6 tbsp Water
1 cup Cream
½ cup Icing sugar
Butter, for greasing

Tip: Add an extra 2 tbsp (approx.) of milk as the batter should be thinner than the ordinary batter. It should be of a pouring consistency.
**HONEY BEE CHOCOLATE CAKE**

**PREPARATION TIME:** 25 mins  
**COOKING TIME:** 30 mins  
**SERVES:** 4

### INGREDIENTS

<table>
<thead>
<tr>
<th>1 cup</th>
<th>Flour</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp</td>
<td>Castor sugar</td>
</tr>
<tr>
<td>½ cup</td>
<td>Butter (preferably unsalted)</td>
</tr>
<tr>
<td>½ cup</td>
<td>Milk</td>
</tr>
<tr>
<td>200 gm</td>
<td>Sweetened condensed milk</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Cocoa powder</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Soda bicarbonate</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Baking powder</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Vanilla essence</td>
</tr>
<tr>
<td>1 cup</td>
<td>Milk chocolate, melted</td>
</tr>
<tr>
<td>½ cup</td>
<td>Honey</td>
</tr>
</tbody>
</table>

### METHOD

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

### FOR ICING

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

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**हनी बी चॉकलेट केक**

**तैयारी का समय:** 25 मिनट  
**पकाने का समय:** 30 मिनट  
**4 लोगों के लिए**

### सामग्री

| 1 कप मैदा |
| 2 बड़ी चमच चीनी पाउडर |
| ½ कप मक्खन (बेहतर कि बिना नमक का हो) |
| ½ कप दूध |
| 200 ग्राम मीठा गड्ढा दूध (कंडेंस्ड मिल्क) |
| ½ कप चॉकलेट पाउडर |
| ½ छोटी चमच सोडा बाइकार्बोनेट |
| ½ छोटी चमच बेकिंग पाउडर |
| 1 छोटी चमच कनीला एसेंस |
| 1 कप मिल्क चॉकलेट, पिघला हुआ |
| ½ कप शहद |

### विधि

कॉकको, सोडा बाइकार्बोनेट और बेकिंग पाउडर मिलकर मैदे को छान कर एक तरफ रख दें। हनी और मक्खन को फैंट कर मिला लें ताकि वह हल्का और मुलायम हो जाए। अब इसमें गड्ढा दूध का डांडा कर 1 मिनट के लिए फिर से फैंटें। दूध और कनीला एसेंस का डांडा कर 3-4 मिनट तक अच्छी तरह से मिलाएं ताकि मिश्रण रिक्त न हो जाए। पिघले हुए चॉकलेट और शहद डालों का आधा हिस्सा कर अच्छी तरह मिलाएं। इसे 9’’ व्यास वाली बड़ी, विकनाईयुक्त, गहरी तरफरी में रख कर ‘हाई’ मोड पर 5 मिनट तक माइक्रोवॉवेयर करें। अब इसे 4 मिनट तक माइक्रोवॉवेयर में ही रखने दें। टूंड़ा होने पर यह तरफरी के किनारों से अलग हो जाएगा।

### आइसिंग के लिए

एक पैन में बाकी मिल्क चॉकलेट, शहद और आधा कप पानी डालें। इसे अच्छी तरह से चलाएं ताकि वह चिपिया हो जाए। फिर उसे हनी बी केक पर डालें।
BREAD & BUTTER PUDDING

PREPARATION TIME: 20 mins
COOKING TIME: 5 mins
SERVES: 4

METHOD
Apply butter on both sides of the bread slices and cut each slice into 2 diagonally. Grease a 175mm X 125mm (7” x 5”) microwave-proof dish. Arrange the bread slices on the base of the dish. Sprinkle muesli on the bread slices. Pour the custard mixture gently along the sides of the pan, taking care not to pour the mixture on top of the slices. Sprinkle brown sugar on the bread slices. Keep the dish aside for 5–10 minutes to allow the bread to soak in the custard. Microwave on HIGH for 2½ minutes. Allow the pudding to hold for 10–15 minutes. Serve warm.

INGREDIENTS
- 2 slices Bread
- 2 tsp Butter
- 2 tbsp Brown sugar
- 2 tbsp Muesli
- Butter, for greasing

TO BE MIXED TOGETHER FOR THE CUSTARD
- 1 cup Milk
- 1 cup Cream
- 4 tbsp Cornflour
- 5 tbsp Sugar
- ¼ tsp Vanilla essence
- 2 tbsp Raisins

SAMAGRI
- 2 slices Bread
- 2 chotte chhadi makhan
- 2 badhi chhadi braun sugar
- 2 badhi chhadi muesli makhan chiknaai ke liye

KASTADRE KE LIYE SAMAGRI
- 1 cup doot
- 1 cup maitreya
- 4 badhi chhadi kornflour
- 5 badhi chhadi chini
- ¼ chhote chhadi vanilai aasan
- 2 badhi chhadi kiranamish

VIDHI
CHOCOLATE CHIP COOKIES

PREPARATION TIME: 20 mins
COOKING TIME: 16 mins
MAKES: 15–18 pcs

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

INGREDIENTS
- 1¼ cup Butter, at room temperature
- ½ cup Brown sugar
- ⅓ cup White sugar
- 1 tsp Vanilla essence
- ½ tsp Salt
- 1 Egg
- 1½ cup Plain flour, sifted
- ¼ tsp Baking powder, dissolved in 2 tsp hot water
- 1 cup Chopped nuts
- 175 gm Chocolate chips

INGREDIENTS
- 1¼ कप मक्खन, कमरे के तापमान पर
- ⅓ कप ब्राउन शुगर
- ⅓ कप चीनी
- 1 छोटी चमच वनिला एरेंस
- ½ छोटी चमच नमक
- 1 अंडा
- 1⅓ कप मैदा, छता हुआ
- ¼ छोटी चमच बेकिंग पाउडर, 2 छोटी चमच गरस पानी में मिला हुआ
- 1 कप बादाम, कटे हुए
- 175 ग्राम चॉकलेट चिप्स
**CHOCOLATE BROWNIES**

**PREPARATION TIME:** 25 mins  
**COOKING TIME:** 30 mins  
**SERVES:** 6-8

**METHOD**

Preheat the MWO on CONVECTION mode setting on MEDIUM. Grease a baking pan 9"x 9"x 2". In a bowl, beat the butter and sugar till light. Beat in the eggs one at a time. Add the vanilla. Add the cocoa powder, baking powder and salt. Fold in the flour and nuts. Pour into dish. Bake on CONVECTION on MEDIUM for 30 minutes.

**TIP**

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

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

**INGREDIENTS**

- 1 cup Butter
- 2 cups Sugar
- 4 Large eggs
- 2 tsp Vanilla essence
- ¾ cup Cocoa powder
- ½ tsp Baking powder
- ¼ tsp Salt
- 1 cup Flour
- 2 cups Walnut

**SAMBAGRI**

1. कप मक्खन  
2. कप चीनी  
4. बड़े अंडे  
2.छोटी चमच वनिला एसेंस  
¾.कप कोको पाउडर  
½.छोटी चमच बेकिंग पाउडर  
¼.छोटी चमच नमक  
1. कप मैदा  
2. कप अखरोट
**CASHEW BURFI**

**PREPARATION TIME:** 25 mins  
**COOKING TIME:** 25 mins  
**MAKES:** 30 pcs

**METHOD**

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

**INGREDIENTS**

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

**Tip:** Round-shaped bowls give more even cooking results than square- or rectangle-shaped bowls.

---

**KAJU BARKHI**

**TAYYARI KA SAMAY:** 25 minut  
**PANKAN KI SAMAY:** 25 minut  
**30 PIECES**

**SAMAGRI**

- ½ cup pani  
- 2½ cup choor  
- 1 kg chaap et  
- 3 choori chaap eti

**VIDHI**

Ek katora mein pani aur choor dal kast 'hai' goid par maakrodev karay. 2 bar chalay. Dhyan rakh ke, mishan eeban athn aur gadya chandani ban jay. Sushne se teekh phalte dush milaay. Isse aadh prasad se chalay. Kajju pataur aur chhe milaay. Isse fir se 12 minut tak 'hai' goid par maakrodev karay taaki mishen gadya h jay or kajnakaiya alam h jay. Pkane se deeryan chalate reh. ½" gahri terr se pana kajnakaiya alam kar ismin bhar ka mishen dal kar aachh se dhaba. Tanda hona per isse varakar/daamaand akarka me karte. Terr se nikal k prEpoch-Tabloaks me rakh de.

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**Tip:** Round-shaped bowls give more even cooking results than square- or rectangle-shaped bowls.
**CHOCOLATE FUDGE**

**PREPARATION TIME:** 5 mins  
**COOKING TIME:** 11 mins  
**SERVES:** 4

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

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

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**CHOCOLATE FUDGE**

**PRÉPARATION DU TEMPS:** 5 mins  
**TEMPS DE CUISSON:** 11 mins  
**SERTISES:** 4

**MÉTHODE**
CHOCOLATE ÉCLAIRS

PREPARATION TIME: 20 mins
COOKING TIME: 20 mins
SERVES: 4

METHOD
Sieve the flour. Put the margarine, water, salt and vanilla essence in a microwave-proof bowl. Microwave until the butter melts. Add the flour, remove from the MWO. Beat with a wooden spoon until the mixture becomes a smooth ball and leaves the sides of the bowl. Cool the mixture. Beat in eggs, one at a time, beating each time vigorously with a wooden spoon.

FINAL METHOD
Put the choux pastry mixture in a piping bag fitted with about 20mm (¾") plain nozzle. Grease a microwave-proof glass platter. Line it with butter. Pipe the mixture in even lengths on it. Bake at HIGH for 12–15 minutes. Do not open the MWO door before this time. Be sure that the éclairs are cooked until quite crisp on the sides. Slit open the éclair cases with scissors. Beat the cream until stiff. Add the icing sugar. Beat a little. Put the cream in a piping bag fitted with a star nozzle. Fill the éclairs with the cream. Pour chocolate glaze icing over the éclairs.

INGREDIENTS FOR CHOUX PASTRY
55 gm Margarine/butter
150 ml Water
85 gm Plain flour
2 Large eggs
½ tsp Vanilla essence
A pinch of salt

INGREDIENTS FOR ICING
200 gm Fresh cream (approx.)
4 tbsp Icing sugar (approx.)
Chocolate glaze icing

CHÔCOLATE ÉCLAIRS

तैयारी का समय: 20 मिनट
पकने का समय: 20 मिनट
4 लोगों के लिए

मैथड
पौधे को छान दें। मार्जरिन, पानी, जमकर और वनीला एसेंस को एक मैक्रेओवेयर-सुरक्षित कटेंगे में रख कर मैक्रेओवेयर करें ताकि मक्खन पिघल जाए। अब मैं दिल पर ओवन से निकाल लें। एक लकड़ी के चमच से तब तक फंसे जब तक कि मिश्रण एक दिन लेंगे में न तब्दील हो जाए और कटेंगे के इन्हें छोड़ने के लगे। मिश्रण को ठंडा करें। एक-एक कर अंदे डालते हैं और हर बार एक लकड़ी को चमच की सहायता से जोर से फंसे।

मिश्रित मैथड
चोक्स पेस्ट्री को करीब 20 मिनट. (3/4") वाली प्लेन टोंडी से गुलाब पायलिंग बैग में रखें। एक मैक्रेओवेयर-सुरक्षित कांच के प्लेट को विचलन करें। मक्खन लगाएं। प्लेट पर मिश्रण को समान लंबाई में डाल कर ‘हाइ’ मोड पर 12 से 15 मिनट तक सेकंड और इतने समय से पहले ओवन का द्वार नहीं खोलें। यह सुनिश्चित करें कि एकलेवर्स तब तक पक्ते रहें, जब तक कि वे हर तरफ से पूरी तरह करते हों जाएं। केट्स की मदद से काट कर एकलेवर्स केंद्र को खोलें। क्रीम को तब तक फंसे, जब तक कि यह कढ़ा न हो जाए। आइसिंग गुलाब मिला कर योद्धा सा फंसे। क्रीम को स्टार टोंडी से गुलाब एक पायलिंग बैग में रखें। एकलेवर्स को क्रीम से भर कर उसके ऊपर चोकलेट ग्लेस आइसिंग डालें।