Dear Customer,

Congratulations! By choosing the IFB Microwave Oven, you have entered the world of smart cooking.

IFB ovens give you a wide range of cooking - right from everyday cooking to those for special occasions. You can now spend MORE time with your FRIENDS and FAMILY, yet serve them steaming hot food.

To give you a wide variety of choice in cooking, IFB presents 100 recipes, from Starters to Desserts, from Veg to Non Veg, from Desi to Continental, all from the International Award Winner, Cookery Expert, Mrs. Nita Mehta.

So, go ahead and try out these recipes! Remember, your feedback is very precious for us, hence do not hesitate in writing your views on our product and recipes and your entire experience in being associated with us.

Heartiest Congratulations once again!

In an endeavour of making life easy…

PRESIDENT & CEO
IFB Industries Limited
Nita Mehta’s
IFB Microwave Cookbook

Nita Mehta
B.Sc. (Home Science), M.Sc. (Food and Nutrition)
Gold Medalist

SNAB Publishers Pvt Ltd
The microwave helps today's women facing time constraints, to prepare a variety of favourite delicacies in a faster and a simpler manner. It leaves her with more time to spend with the family. Microwave makes the cooking simpler as the food does not stick or burn and hence it does not need constant stirring. The food is cooked and served in the same dish, so there is less washing up to do. This efficient equipment not only reheats food but also boils, bakes, thaws and skewers, making cooking interesting and enjoyable. Microwave with its multiple advantages not only makes cooking much more fun, but also helps retain the food's nutritive value.

Cooking with microwave energy, is different from the conventional cooking. Microwaves are a form of high frequency electromagnetic waves which penetrate the food and execute the molecules inside, to vibrate at high speed. This causes friction and heat is produced thereby cooking the food very fast. The vitamins, the natural aroma and juices are retained, which invariably tends to get lost in conventional cooking. As the food is cooked in its own juices, very little oil or fat is used in cooking.

The recipes have been adapted to suit the Indian palate. This book covers a range of vegetarian and non-vegetarian recipes, starting from starters to soups to main course Indian, Continental, Chinese and Thai dishes. A few desserts, some which turn out even better in a microwave than the conventional cooking, like our favourite "Gajar ka Halwah" have been made very simple to cook in a microwave. Look forward to these wonderful recipes and share it with those you love and care about!

Nita Mehta
Contents

Introduction     5
Basics of Microwave Cooking     8
Microwave Tips     9
Interesting Uses of a Microwave     13
Utensils used in the Microwave Oven     15

Snacks & Starters     16

**VEGETARIAN**
Bean Squares     16
Dakshini Crispies     20
Chutney Submarine     24
Tomato-Kaju Idli     26
Pav Bhaji     28
Sesame Gold Coins     31
Italian Mushroom Caps     32
Paneer Tikka     34
Instant Khaman Dhokla     38

**NON-VEGETARIAN**
Chicken Tikka     19
Methi Mahi Tikka     23
Spicy Seekh Pizza     25
Shami Kebab     37
Crispy Chicken     40
Chicken Rolls     42
Chicken Sandwiches     43

**Soups**     44

**VEGETARIAN**
Corn Minestrone     44
Capsicum Soup     47

**NON-VEGETARIAN**
Chicken Mulligatawny     46
Sweet Corn Soup     48

**Indian Curries**     49

**VEGETARIAN**
Palak Paneer     49
Khumb Matar Miloni     50
Carrot Kofta Curry     53
Ghiya-Channe ki Dal     61
Makai-Mirch Salan     63
Water Melon Curry     65
Mixed Veggie Curry     68
Special Sambar     72
Khoya Matar     73
Paneer Pista Haryali     78
Paneer Makhani     80
Stuffed Tomatoes     83

**NON-VEGETARIAN**
Murg Haryali     52
Butter Chicken     54
Punjabi Chicken Curry     56
Chicken Naveli     57
Chicken Degi     58
Mutton Koftas in Creamy Sauce     60
Pista Murg     66
Murg Lahori     70
Badami Seekh Curry     74
Goan Chicken Curry     76
Murg Maskaawala     77
Dum Murg Kali Mirch     79
Chicken Chettinad     82
Indian Dry & Masala

**VEGETARIAN**
- Achaari Khumb Mirch
- Paneer Hara Pyaz
- Dal Maharani
- Anjeeri Gobhi
- Achaari Bhindi
- Baigan ka Bharta
- Crispy Achaari Mirch
- Bharwan Baingan
- Mili-Julj-Subzi
- Grilled Besani Subzi

**NON-VEGETARIAN**
- Murg Masala Korma
- Murg Kadhai Waala
- Palak Keema
- Tikka Masema
- Chicken Bharta
- Murg Amravati
- Chicken Haldighati
- Murg Jalfrezi
- Mutton Keema

VEGETARIAN RICE
- Subz Pullao

Chinese & Thai

**VEGETARIAN**
- Honey Chilli Veggies
- Paneer in Hot Garlic Sauce
- Carrot Pepper Rice
- Corn in Soya Sauce
- Broccoli in Butter Sauce
- Glass Noodles with Sesame Paste
- Veggie Thai Red Curry

**NON-VEGETARIAN**
- Garlic Chicken
- Chicken in Hot Garlic Sauce
- Dry Chilli Chicken
- Stir fried Szechuan Chicken
- Chicken in Tomato Butter Sauce
- Thai Green Curry

Continental & Baked Dishes

**VEGETARIAN**
- Vegetable au Gratin
- Spinach with Cheese
- Stuffed Tomatoes
- Macaroni Alfredo
- Hungarian Paneer
- Bean Casserole
- Rice-Vegetable Ring

**NON-VEGETARIAN**
- Chicken Stroganoff
- Chicken Potato Pie
- Chicken & Sweet Corn

Desserts & Cakes

**WITHOUT EGGS**
- Gajar ka Halwa
- Phirni
- Lychee Pearls in Shahi Kheer
- Eggless Cake with Mocha icing

**WITH EGGS**
- Baked Cheese Cake
- Vanilla Cake
- Chocolate Cake
- Coconut Pudding
- Creme Caramel
- Pina Orange Dome
- Chocolate Ruffle
Basics of Microwave Cooking

**Timing:** Set the timings carefully, foods can become hard and leathery, if overcooked. It is always better to undercook than to overcook in a microwave. The larger the volume of food there is, the more timing is needed to cook it. 4 potatoes cook in 6 minutes, whereas 8 potatoes cook in about 9 minutes. Therefore, if the quantity in a recipe is changed, an adjustment in timing is necessary. When doubling a recipe, increase the cooking time 50% approximately and when cutting a recipe in half, reduce time by about 40%.

**Standing time:** Food continues to cook for sometime, even after it is removed from the microwave. For example, the cake cooked in a microwave looks very moist and undone when removed from the oven after microwaving it for the specified time, but after it is left aside for 8-10 minutes, it turns perfect.

**Covering:** Covers are used to trap steam, prevent dehydration, speed cooking time, and help food retain it's natural moisture. When covering with paper napkins, a good microwave cooking practice, be sure to use a double width that will enable you to tuck the paper under the bottom of the cooking dish. Otherwise, it will tend to rise off the dish due to the air movement. A handy idea to keep in mind; a heatproof china plate is a good substitute for a lid. For shorter cooking time (within 6 minutes) cling films can also be used.

**Stirring:** If necessary, stir from the outside to the center because the outside area heats faster than the center when microwaves are in use. Stirring blends the flavours and promotes even heating. Stir only as directed in the recipes, constant stirring is never required, frequent stirring is rare.
**Arrangement**: The microwaves always penetrate the outer portion of food first, so food should be arranged with the thicker areas near the edge of the dish and the thinner portions near the center. Chicken/Mutton should be so placed that the meaty part is towards the outside. Food such as tomatoes, potatoes and corn should be arranged in a circle, rather than in rows.
<table>
<thead>
<tr>
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<td>4 Coriander Seeds</td>
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<td>5 Coriander Seeds, Ground</td>
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<td>6 Mango Powder</td>
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<td>7 Red Chilli Powder</td>
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<td>11 Cumin Seeds, Black</td>
<td>11 Shah Jeera</td>
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<td>12 Garam Masala - A Spice Blend</td>
<td>Garam Masala</td>
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<td>14 Saffron</td>
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<td>15 Kasoori methi</td>
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<td>16 Fenugreek Seeds</td>
<td>16 Methi dana</td>
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<td>21 Nutmeg</td>
<td>21 Jaiphal</td>
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<td>22 Peppercorns</td>
<td>22 Saboot kali mirch</td>
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<td>23 Cardamom Pods</td>
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<td>24 Cardamom Pods</td>
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<td>27 Hari mirch</td>
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<td>28 Sukhi lal mirch</td>
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<td>29 Ginger</td>
<td>30 Lahsun</td>
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<tr>
<td>30 Garlic</td>
<td>31 Hara dhania</td>
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<tr>
<td>31 Coriander, Fresh</td>
<td>32 Tej patta</td>
</tr>
<tr>
<td>32 Bay Leaves</td>
<td>33 Kari patta</td>
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<tr>
<td>33 Curry Leaves</td>
<td>34 Poodina</td>
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</tbody>
</table>
Microwave Tips

- Never over-cook food as it becomes tough and leathery. Give the dish a little standing time before you test it, to avoid over cooking.

- Never pile food on top of each other. It cooks better, evenly and quickly when spaced apart.

- Food cooks better in a round container than in a square one. In square or rectangular bowls, the food gets overcooked at the corners.

- Do not add salt at the time of starting the cooking as it leads to increase in the cooking time.

- Do not add more water than required, however a little water must be added to prevent dehydration of the vegetables. When the vegetables get dehydrated, there is a loss of natural juices as well. But addition of extra water increases the cooking time.

- Do not deep fry in a microwave (the temperature of oil cannot be controlled).

- Do not cook eggs in their shells (pressure will cause them to explode).

- Do not cook & reheat puddings having alcohol (they can easily catch fire).

- Do not use containers with restricted openings, such as bottles.

- Use deep dishes to prepare gravies, filling the dish only ¾ to avoid spillage.

- Do not use aluminium foil for covering dishes in the microwave mode. Do not reheat foods (sweets like ladoos, burfi etc.) with silver sheet, as it leads to sparking.

- When using the convec mode put the dish on the wire rack to get even baking.

- Always preheat the oven when you want to use the convec mode. Grilling does not need preheating.

- When making tikkas or other tandoori delicacies cover the plate beneath the rack with aluminium foil to collect the drippings.
Interesting Uses of a Microwave

- Making ghee. Keep 1½ - 2 cups malai (milk topping) in a big glass bowl and microwave on high for 15-20 minutes to get desi ghee without burning your kadhai (wok). Stir once or twice inbetween.
- Blanching almonds to remove skin. Put almonds in a small bowl of water and microwave for 3 minutes or till water just starts to boil. After the water cools, the almonds can be peeled very easily.
- Freshening stale chips, biscuits or cornflakes. Place the chips or biscuits in a napkin, uncovered, for about 1 minute per bowl or until they feel warm. Wait for a few minutes to allow cooling and serve.
- Boiling (actually microwaving) potatoes. Wash potatoes & put them in a polythene bag. Microwave high for 5 minutes for 4 medium potatoes.
- Making khatti mithi chutney. Mix 1 tbsp amchur, 3 tbsp sugar, some water along with spices in a glass bowl. Microwave, stirring in between.
- Warming baby's milk bottle. Do check the temperature of the milk on your inner wrist. The bottle will not become hot, while the milk will.
- Softening too-hard ice cream, cream, cheese and butter.
- Making dry bread crumbs from fresh bread. Crumble the slice of bread and microwave the bits of slices for 2-3 minutes. Mix once and microwave further for another minute or two. Give some standing time to the moist bread to dry out and then grind in a mixer to get crumbs.
- Drying herbs. Fresh parsley, dill (soye), mint (poodina), coriander (dhaniyan), fenugreek greens (methi) — all greens can be dried in a microwave, preserving the green colour. Give them some standing time to turn dry. Use them in raitas and curries.
- Melting chocolate, butter, jam, honey, etc. Dissolving gelatine.
- Sterilizing jars for storing home made jams and pickles.
- Freshening stale bread by placing 2 slices between the folds of a paper and microwaving for 20 seconds. It turns absolutely soft and the stale bread becomes perfect for sandwiches.
To roast 1 tbsp of cashews spread on a microproof plate and microwave for 1 minute to get golden roasted cashews.

To roast papad place 2 papads on a paper napkin and microwave for 1½ minutes. Turn side once inbetween.

To blanch 4 tomatoes, put a cross at the stem end of each tomato. Place tomatoes on a microproof plate and microwave for 2 minutes. Peel after they cool down.

To cook corn, wash a corn on the cob and place in a plastic bag microwaver for 2-3 minutes to get soft corn.

To boil ½ kg arbi wash and put in a plastic bag. Microwave for 11 minutes, turning once inbetween.
# Utensils used in the Microwave Oven

<table>
<thead>
<tr>
<th>MODE</th>
<th>CAN USE</th>
<th>DO NOT USE</th>
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<tbody>
<tr>
<td><strong>Microwave</strong></td>
<td>China, Pottery (earthenware), Heatproof glass dishes like pyrex, borosil etc., Paper and cloth napkins as covers, Plastic or cling wrap can be used as cover for short durations, Wooden skewers and toothpicks, Plastic or polythene cooking bags.</td>
<td>China or any other utensil with gold or silver lining, Very delicate glass dishes, Metal cake tins or any other metal, Aluminium foil as covers, Metal skewers</td>
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<td></td>
<td><strong>Convection</strong></td>
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<td>Metal cake tins or any other metal utensil, Heat proof glass dishes like pyrex of borosil, Metal skewers, Aluminium foil as covers</td>
<td>Delicate glass dishes which are not heatproof, Wooden skewers, Paper and cloth napkins or plastic wraps</td>
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<tr>
<td></td>
<td><strong>Grill</strong></td>
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<td></td>
<td>All as given for convec mode</td>
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<tr>
<td></td>
<td><strong>Combination (Micro+Oven) (Micro+Grill)</strong></td>
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<tr>
<td></td>
<td>Heat proof glass dishes like pyrex or borosil, Use a glass microproof and heatproof glass plate as cover</td>
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<tr>
<td></td>
<td><strong>Combination (Grill+Oven)</strong></td>
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<td>All as given for convec mode</td>
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**Combination (Grill+Oven)**: Utensils must be heatproof as well as heatproof for both the combination modes.
Bean Squares
A quick Mexican starter - crackers topped with cheesy beans and roasted peanuts.

Serves 4
8 cream cracker biscuits
½ cup grated cheese
½ cup boiled rajmah (red kidney beans)
2 tbsp tomato sauce
½ tsp salt, ¼ tsp red chilli powder
2 green chillies - deseeded, finely chopped
½ tsp oregano, ½ tsp salt
a few roasted peanuts

1 Mix cheese, boiled rajmah, tomato sauce, salt, red chilli powder and chopped green chillies.
2 Mix gently and spread 1 tbsp full of the filling on each biscuit in a heap, leaving the edges clean.
3 Place a paper napkin on the glass plate in the microwave.
4 Keep all the cream cracker biscuits together on it and microwave at 60% power for 3 minutes.
5 Serve each biscuit with a blob of sour cream & then top with a peanut.

SOUR CREAM
2 tbsp fresh cream - chilled
½ cup thick yogurt (dahi) - hang for 15 minutes and squeeze lightly
½ tsp lemon juice, ¼ tsp salt, or to taste
¼ tsp pepper, preferably white pepper

1 Beat curd till smooth. Gently mix lemon juice, cream, salt and pepper.
2 Keep in the refrigerator till serving time.

SNACKS & STARTERS
Chicken Tikka

Chunks of marinated chicken cooked in the microwave to give soft and succulent tikkas.

Serves 4

INGREDIENTS

350 gm boneless chicken - 1" pieces
some chaat masala and lemon juice
2 tbsp melted butter - to baste

MARINADE (MIX TOGETHER)
1 cup curd - hang in a cloth for 20 min
2 tbsp thick malai or cream or oil
2 tsp ginger-garlic paste
¾ tsp tandoori masala (optional)
¼ tsp black salt (kala namak)
½ tsp garam masala powder
½ tsp red chilli powder
1 tsp salt
2-3 drops of tandoori red colour

METHOD

1 Hang curd in a muslin cloth for 20 minutes to drain out the liquid.
2 Cut chicken into 1" pieces. Wash chicken and pat dry on a napkin.
3 Marinate the pieces in the marinade for atleast 2-3 hours or longer and keep in the fridge till serving time.
4 Set the microwave oven at 180°C using the oven (convection) mode and press start to preheat oven.
5 Grease the wire rack or grill rack. Put the tikkas on the greased rack and place it in the hot oven.
6 Re-set the preheated oven again at 180°C for 20 minutes. Cook the tikkas for 15 minutes. Spoon some melted butter on the tikkas and cook further for 5 minutes or until cooked. Remove from oven.
7 Sprinkle chat masala & lemon juice. Serve hot.
Dakshini Crispies

Enjoy the South Indian style topping on crisp pieces of bread.

**Serves 4**

**INGREDIENTS**

3 bread slices  
1 potato  
2 tbsp suji (semolina)  
½ tsp salt, or to taste  
¼ tsp pepper, or to taste  
½ onion - very finely chopped  
½ tomato - cut into half, deseeded and chopped finely  
2 tbsp curry leaves - chopped  
½ tsp rai (small brown mustard seeds)

**METHOD**

1. Wash potato. Put in a plastic bag and microwave for 3 minutes. Peel and mash coarsely.
2. To the potato, add onion, tomato, curry leaves, salt and pepper. Mix.
3. Add the suji and mix lightly.
4. Spread potato mixture carefully on bread slices, keeping edges neat.
5. Sprinkle some rai over the potato mixture, pressing down gently with finger tips.
6. Keep the bread slices in the microwave oven on the combination mode (convec+grill) and cook for 15 minutes or till the bottom of the slice gets crisp.
7. Cut each toast into 4 triangular or square pieces. Serve with tomato ketchup or mustard sauce.
Methi Mahi Tikka

The healthy fish tikkas made more delicious with mint and fenugreek.

Serves 4-6

INGREDIENTS

500 gm boneless fish - cut into 2” cubes
3 tbsp gram flour (besan)
1 tbsp lemon juice

1ST MARINADE
2 tbsp vinegar or lemon juice
¼ tsp red chilli powder, ½ tsp salt

GRIND TO A FINE PASTE
1 tbsp mint leaves, 1 tbsp kasoori methi
1” piece of ginger, 5-6 flakes garlic

2ND MARINADE
¼ cup thick cream
½ cup curd - hang in a muslin cloth for ½ hr
3 tbsp cheese - finely grated
½ tsp green cardamom (illaichi) pd.
2 tbsp cornflour, 1 tbsp oil
3 cloves (laung) - crushed
1 tsp salt, 1 tsp red chilli powder

METHOD

1 Rub the fish well with besan and lemon juice. Keep aside for 15 minutes. Wash and pat dry on a kitchen towel. Marinate fish with all ingredients of the 1st marinade. Keep aside ½ hour.

2 Drain, wash & pat dry with a towel.

3 Grind all ingredients of paste.

4 Rub the tikkas thoroughly with the paste. Keep aside for ½ hour.

5 Mix ingredients of 2nd marinade.

6 Add tikka pieces to this marinade and coat well. Keep aside for 3 hrs.

7 Brush grill rack of the oven with oil.

8 Place the tikka pieces on it and put them in the microwave oven on the combination mode (micro+grill) and cook for 15 minutes till coating turns dry and golden brown.
**Chutney Submarine**

Mango chutney spread on a loaf of bread and topped with some salad and paneer roundels.

**Serves 4-5**

**INGREDIENTS**

1 long French bread - cut lengthwise  
2 tbsp butter - softened  
2 tbsp sweet mango chutney  
1 cucumber - cut into round slices without peeling  
2 firm tomatoes - cut into round slices  
a few poodina (mint) leaves to garnish  
400 gm paneer, 2 tbsp oil  
¼ tsp haldi, ½ tsp chilli powder  
½ tsp salt, 1 tsp chaat masala powder

**METHOD**

1 Cut paneer into ¼” thick slices and then into round pieces with a biscuit cutter or bottle cover or into squares.
2 Sprinkle paneer on both sides with some chilli powder, salt, haldi, chaat masala and oil. Grill for 10 minutes.
3 Spread butter on the cut surface of both the pieces of french bread, as well as a little on the sides.
4 Set your microwave oven at 180°C using the oven (convection) mode and press start to preheat oven.
5 Place bread on grill rack in the hot oven. Re-set the preheated oven at 180°C for 12 minutes. Cook till bread turns crisp.
6 Apply 2 tbsp chutney on the buttered side.
7 Sprinkle some chaat masala on the cucumber and tomato pieces.
8 Place a piece of paneer, then cucumber, then tomato and keep repeating all three in the same sequence so as to cover the loaf. Place them slightly overlapping. Insert fresh mint leaves in between the vegetables, so that they show. Serve at room temperature.
Spicy Seekh Pizza
A quick and crisp pizza made by using readymade seekh kebabs.

Makes 2

INGREDIENTS
2 readymade chicken seekhs - cut into ¼” thick slices and then mix with 1½ tbsp oil
2 ready-made pizza bases
150 gm pizza cheese - grated (1½ cups)
½ onion - chopped, 1 tomato - chopped
1 small capsicum - chopped
½ tsp each of salt, oregano & chilli flakes

TOMATO SPREAD
4 flakes garlic - crushed
½ cup ready made tomato puree
2 tbsp tomato sauce
¼ tsp salt, ¼ tsp pepper to taste
½ tsp red chilli powder, ½ tsp oregano

METHOD
1 To prepare tomato spread, put 2 tbsp oil, garlic, tomato puree, sauce, salt, pepper, red chilli powder and oregano in a microproof bowl. Mix well. Microwave for 4 minutes.
2 Mix onion, capsicum, tomato, salt, pepper and oregano in a bowl.
3 Spread tomato spread on each pizza base. Spread ½ the chopped vegetables on each base. Sprinkle ½ of the cheese on each base. Top each with ½ of the seekh slices. Sprinkle red chilli flakes on the seekhs.
4 Set microwave oven at 180°C using oven (convection) mode and press start to preheat the oven.
5 Re-set the preheated oven again at 180°C for 12 minutes. Put the pizza on the wire rack in the preheated oven & then cook for 12 minutes or more, till the base gets crisp.
Tomato-Kaju Idli

The regular South Indian idlis made more appetising!

Makes 6 idlis

INGREDIENTS
1 cup suji (rawa)
1½ tbsp oil, 1 cup curd
½ cup water, approx., ½ tsp soda-bicarb
¾ tsp salt

OTHER INGREDIENTS
1 firm tomato - cut into 8 slices
4-5 cashews - split into halves
8-10 curry leaves

METHOD
1 In a dish put 1½ tbsp oil. Microwave for 1 minute.
2 Add suji. Mix well. Microwave high uncovered for 2 minutes.
3 Add salt. Mix well. Allow to cool.
4 Add curd and water. Mix till smooth.
5 Add soda-bicarb. Mix very well till smooth. Keep aside for 10 minutes.
6 Grease 6 small glass katoris or plastic idli boxes. Arrange a slice of tomato, a split cashew half and a curry leaf at the bottom of the katori.
7 Pour 3-4 tbsp mixture into each katori.
8 Arrange katoris in a ring in the microwave and microwave uncovered for 3½ minutes.
9 Let them stand for 5 minutes. Serve hot with sambhar and chutney.

विधि

1 1½ बड़ा च. तेल डिश में डालें। 1 मिनट के लिए माइक्रोवेव करें।
2 सूजी डालकर अच्छे से मिलाएं। बिना डुंके 2 मिनट के लिए माइक्रोवेव करें।
3 नमक डालें। अच्छे से मिलाएं। ठंडा करें।
4 बड़ी और पानी डालकर अच्छे से मिलाएं।
5 मीठा सोडा डालें और अच्छे से मिलाकर 10 मिनट के लिए अलग रखें।
6 6 काँच की कटोरी या प्लास्टिक इडली बॉक्स चिकने करें। इस पर टमाटर के स्लाइस, आधा काजू टुकड़ा और कारी पत्ते कटोरी के अंदर बाली सतह पर लगायें।
7 3-4 बड़े च. मिश्रण प्रत्येक कटोरी में डालें।
8 कटोरियों को माइक्रोवेव में रखकर बिना डुंके 3½ मिनट के लिए माइक्रोवेव करें।
9 अंचन से निकालें और 5 मिनट के लिए रख छोड़ें। सांभर और चटनी के साथ परोंसें।
Pav Bhaji

Mixed vegetables flavoured with a fragrant spice blend. Enjoy it as a snack or for dinner.

Serves 4

INGREDIENTS

- 3 onions - chopped finely
- 3 potatoes
- 2 carrots - peeled and chopped
- ½ cup peas
- 1½ cups chopped cauliflower
- 1 cup chopped cabbage
- 3 tbsp oil
- 3 tbsp butter
- 2 tsp ginger-garlic paste
- 2½ tbsp pav bhaji masala
- ¼ tsp haldi (turmeric powder)
- 1½ tsp salt
- 3 tomatoes - chopped
- 1 tbsp chopped coriander

METHOD

1. Wash potatoes. Put in a plastic bag and microwave for 5 minutes. Peel and mash coarsely.

2. In a deep microproof bowl, put carrots, peas, cauliflower, and cabbage. Add ½ cup water. Mix and microwave for 8 minutes. Let it cool. Blend roughly in a mixer for 1-2 seconds. Do not make it into a paste.

3. In a microproof dish add oil, onions, ginger-garlic paste, 2 tbsp pav bhaji masala and haldi. Mix well. Microwave for 6 minutes.

4. Add tomatoes and the roughly mashed vegetables. Mix well. Add 2 tbsp butter, 1½ tsp salt. Cover and microwave for 10 minutes. Stir once in between.

5. Add 1 cup water. Mix & microwave for 5 minutes.

6. Add 1 tsp pav bhaji masala, 2 tbsp chopped coriander and 1 tbsp butter. Mix and serve.
Sesame Gold Coins

Sesame seeds and vegetables on golden brown bread, dotted with some tomato ketchup.

Servings 12

INGREDIENTS
- 6 bread slices, 1 tbsp oil butter enough to spread
- 2 potatoes
- 1 small onion - chopped finely
- 1 carrot - grated
- 1 capsicum - chopped finely (diced)
- ½ tsp soya sauce, 1 tsp vinegar
- ½ tsp pepper, ¼ tsp chilli powder
- salt to taste
- sesame seeds (til) - to sprinkle
- chilli garlic tomato sauce to dot

METHOD
1. Wash potatoes. Put in a plastic bag and microwave for 4 minutes. Peel and mash coarsely.
2. In a dish microwave onion & oil for 3 min. Add vegetables. Microwave for 2 minutes.
3. Add potatoes, soya sauce, vinegar, salt, pepper and chilli powder. Microwave for 2 minutes.
4. With a cutter or a sharp lid, cut out small rounds (about 1½” diameter) of the bread. Butter both sides of each piece lightly.
5. Spread some potato mixture in a slight heap on the round piece of bread, leaving the edges clean. Press. Sprinkle sesame seeds. Press.
6. Set your microwave oven at 180°C using the oven (convection) mode and press start to preheat oven.
7. Place gold coins on grill rack.
8. Re-set the preheated oven at 180°C for 12 minutes. Cook till bread turns golden on the edges and turns crisp from the under side. Serve, dotted with chilli-garlic sauce.

Sesame Gold Coins

Sesame seeds and vegetables on golden brown bread, dotted with some tomato ketchup.
Italian Mushroom Caps
Mushroom stuffed with a filling flavoured with Italian dressing.

Serves 4

INGREDIENTS

- 200 gm mushroom
- 1 tbsp olive oil
- ½ onion - finely chopped
- 1 bread slice - remove sides and churn in a mixer to get fresh crumbs
- 1 tbsp chopped coriander
- 1 tbsp grated pizza cheese
- salt & pepper to taste

WHISK TOGETHER

- 2 tbsp olive oil, 1 tbsp vinegar
- ½ tsp garlic paste, ¼ tsp salt, ¼ tsp pepper

METHOD

1. Wash mushroom and hollow out the mushroom by removing the stem. Scoop out a little more with a melon scooper. Pat dry on a kitchen towel.
2. Whisk olive oil, vinegar, garlic, salt & pepper. Rub this flavoured oil on the inside and outside of each mushroom.
3. Chop the mushroom stems finely & mix in the left over flavoured olive oil mix.
4. Microwave 1 tbsp olive oil, chopped stems and onion for 2 minutes.
5. Add bread and coriander. Mix well. Add salt, pepper to taste.
6. Fill each mushroom with this filling, forming a little heap.
7. Pierce a wooden toothpick from the side of each mushroom. Keep aside till serving time.
8. To serve microwave stuffed mushrooms for 4 minutes.
9. Sprinkle mozzarella cheese and again microwave for 30 seconds or till cheese melts slightly.
Paneer Tikka
The universal Indian delight, now made more delicious!

Serves 4

INGREDIENTS
300 gm paneer - cut into 2” squares
1 large capsicum - cut into 1” pieces or rings
1 onion - cut into 4 pieces
1 tomato - cut into 8 pieces

MARINADE
1 cup dahi - hang in a muslin cloth for 20 minutes
3 tbsp thick malai or thick cream
a few drops of orange colour or a pinch of haldi (turmeric)
1½ tbsp oil, 1 tbsp cornflour
½ tsp amchoor ½ tsp black salt
½ tsp red chilli powder, ¾ tsp salt
1 tbsp tandoori or chicken masala
1 tbsp ginger-garlic paste

METHOD
1 Mix all ingredients of the marinade in a bowl. Add paneer. Mix well.
2 Grease wire or grill rack. Arrange paneer on the greased wire rack. After all the paneer pieces are done, put capsicum, onions and tomato together in the left over marinade & mix well to coat the vegetables. Place vegetables also on rack.
3 Set your microwave oven at 200°C using the oven (convection) mode and press start to preheat.
4 Put the tikkas in the hot oven.
5 Re-set the preheated oven again at 200°C for 20 minutes. Cook the tikkas for 15 minutes.
6 Spoon some melted butter on the tikkas and cook further for 5 minutes. Remove from oven. Sprinkle chat masala & lemon juice. Serve hot.
Shami Kebab
Small patties of mince meat, grilled in the microwave to perfection.

Makes 15 kebabs

INGREDIENTS

½ kg mutton mince (keema)
1 onion - sliced
10 flakes garlic - chopped
2” piece ginger - chopped
2 tsp saboot dhania (coriander seeds)
1 tsp cumin seeds (jeera)
3-4 cloves (laung)
seeds of 2 green cardamom (illaichi)
seeds of 1 black cardamom
½” stick cinnamon (dalchini)
4-5 whole peppercorns
2-3 dry, whole red chillies
salt to taste, ½ cup water
1-2 green chillies - chopped
1 egg, 4 tbsp besan (gramflour)
1 tbsp kasoori methi
1 tbsp chopped coriander

METHOD

1 Wash the mince in a strainer & press well to drain out the water well through the strainer.
2 Except egg, besan, kasoori methi & coriander, add all ingredients to the mince in a shallow microproof dish & mix very well. Microwave at 70% power for 10 minutes.
3 Grind mince in a mixer without adding any water till smooth.
4 Mix egg, besan, kasoori methi and coriander.
5 Take a ball of the mixture, shape into a ball and flatten it to give a shape of a kebab/disc with oiled hands.
6 Grill for 20 minutes on the rack. After 10 minutes, overturn the kebabs and pour ½ tsp oil on each kebab and grill for another 10 minutes. Serve hot with hari chutney.
Instant Khaman Dhokla

This light Gujarati snack is quick to make in a microwave.

Serves 6

INGREDIENTS

1 ½ cups besan (gram flour)
1 cup water, 1 tbsp oil
½ tsp haldi (turmeric)
1 tsp green chilli paste, 1 tsp ginger paste
1 tsp salt, 1 tsp sugar
¼ tsp soda-bi-carb (mitha soda)
1 ½ tsp eno fruit salt, 2 tsp lemon juice

TEMPERING

2 tbsp oil, 1 tsp rai (mustard seeds)
2-3 green chillies - slit into long pieces
¼ cup white vinegar
¾ cup water, 1 tbsp sugar

METHOD

1 Grease a 7” diameter round, flat dish with oil. Keep aside.
2 Sift besan through sieve to make it light and free of any lumps.
3 Mix besan, water, oil, turmeric powder, salt, sugar, chilli paste, ginger paste and water to a smooth batter.
4 Add eno fruit salt and soda-bi-carb to the batter and pour lemon juice over it. Beat well for a few seconds.
5 Immediately pour this mixture in the greased dish. Microwave uncovered for 6 minutes. Remove from oven & keep aside.
6 To temper, microwave oil, green chillies, rai, water, sugar and vinegar for 4½ minutes. Pour over the dhokla and wait for ½ hour to absorb it and to turn soft.
7 Cool and cut into 1½” pieces.
8 Sprinkle chopped coriander. Serve.
Crispy Chicken

Serves 4

INGREDIENTS
400 gms chicken drumsticks (small legs)

MARINADE
4 tbsp oil or melted butter
1½ tsp garlic paste, 1½ tsp chilli pd.
1 tsp jeera (cumin seeds) - powdered
2 tsp dhania powder (coriander powder)
2” stick dalchini (cinnamon) - powdered
1 tbsp maida (flour), 1½ tsp salt

OTHER INGREDIENTS
2 eggs - beat well
½ cup dry bread crumbs

METHOD
1 Wash chicken, pat dry on a cloth napkin. Prick with a fork all over.
2 Mix all the ingredients written under marinade in a flat bowl.
3 Add the chicken & let it marinate for 4 hours or overnight in the fridge. (The longer the marination time, the more flavourful your chicken).
4 Beat eggs lightly. Add ¼ tsp salt and ¼ tsp red chilli powder. Mix well.
5 Spread bread crumbs in a flat plate.
6 Dip each chicken leg in egg and roll it in the bread crumbs.
7 Set your microwave oven at 200°C using the oven (convection) mode and press start to preheat.
8 Place chicken in a baking dish, pour 1 tbsp oil or melted butter on the pieces and place in the hot oven.
9 Re-set the hot oven again at 200°C for 40 minutes. First, bake for 20 minutes. Then overturn the pieces and sprinkle 1 tbsp of butter on the legs. Bake for the remaining 20 minutes or till chicken is cooked.

Chickens coated with bread crumbs and grilled till soft and succulent.