

*Spice
Secrets*

Microwave Cooking
Gourmet Style

*gourmet recipes
made at home*

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*Savour Fried
Delights
Guilt-free!*



*Tasty &
Healthy*



*Vegetarian
Mains*



*Snacks &
Appetisers*



*Ready for
healthier,
tastier meals?*



*One Mug
Infinite
Possibilities*



*Non Vegetarian
Mains*

*Stressed?
Desserts!*

*On-the-house
Drinks*



 let's
#spiceupyourlife

Cooking is not everyone's cup of tea... *but, it can be!*

With a host of celebrity chefs, online trending recipes and widely popular shows, there are so many things to cook. Get started with these easy-to-follow recipes and handy tips. We've curated a collection of some crowd favourites like Biryani, timeless classics like Apple Pie and quick recipes like Cheese Straws—every dish is possible in our incredible appliances!

Explore the wonders of the culinary world and enjoy the pleasures of cooking at home with IFB Spice Secrets!



Made in an IFB Convection Microwave Oven or Built-in Oven







Snacks & Appetisers

Need a quick bite that's ready in minutes in an IFB Microwave Oven? Or bake some fancy appetisers to impress your guests?

From desi treats such as Pani Puri to international delights like Quiche Lorraine, find recipes from multiple cuisines and cultures.

Made in an IFB Convection Microwave Oven or Built-in Oven



#soplateful

Cheese Straws

Corn on the Cob

Garlic & Rosemary Focaccia

Paneer Tikka

Pani Puri

Pav Bhaji

Tomato & Cheese Grilled Sandwich

Vada Pav

Baked Italian Eggs

Chicken Vol au Vents

Fish Tikka

Linzer Torte

Quiche Lorraine

Cheese Straws



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TEMP
190°C



PREHEAT
TIME
10 min



COOK
TEMP
190°C



COOK
TIME
15 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

1½ cup grated Parmesan cheese
2 sheets of puff pastry (divided)



A milk wash brushed onto the
puff sheets will prevent the
cheese sticks from sticking

COOKING METHOD

- 01 Heat the oven to 190°C. Line 2 baking sheets with parchment paper or silicone baking mats and set aside.
- 02 Sprinkle a work surface with ¼ cup of the cheese.
- 03 Place 1 sheet of the puff pastry on the cheese. If the pastry isn't quite thawed, don't force it. Let it sit on the counter for about 10 min, then try unrolling or unfolding again. Sprinkle ¼ cup of the cheese over the puff pastry. Roll out to 1/8-inch thickness, using a rolling pin. This presses the cheese into the pastry.
- 04 Fold the pastry sheet in half. Top with another ¼ cup of cheese. Roll the pastry out again to 1/8-inch thickness. The exact dimensions don't matter but aim for 6–8-inch long straws.
- 05 Using a knife, cut the pastry straight down (do not saw), into long strips about 1-inch wide.
- 06 Transfer each strip to one of the baking sheets, spaced 1-inch or so apart. As you set them down, twist the ends in opposite directions to give the straws a spiralled look. If they start to untwist, gently press the ends into the parchment to make them stick.
- 07 Refrigerate for at least 10 min or up to 1 hour. This helps firm up the straws and gives them better puff in the oven. While they are chilling, prepare the rest of the straws using the second sheet of puff pastry and the remaining cheese. Bake for 15 min.
- 08 Bake the first sheet of cheese straws until they are puffed and crispy, feel dry to the touch and are a deep golden brown. The exact baking time will depend on the size of the straws. Begin checking the straws after about 15 min.
- 09 Let cool until they are firm enough to lift from the sheet without bending. Transfer to a cooling rack or serving plate.
- 10 Puff pastry straws are best served the same day they are made.



Sprinkle mixed herbs,
chilli flakes, garlic nibs etc
for flavour variations

Cheese straws boost your intake of calcium,
a mineral essential for bone strength as well
as muscle and nerve function



■ *Corn on the Cob*



MODE
Solo



PREP
TIME
5 min



COOK
TIME
3 min



SERVES
UP TO
1



Scan to see video

INGREDIENTS

- 1 whole ear of corn
- 15 g black salt
- 15 g red chilli powder
- 10 g chaat masala
- 1 lemon



Use tender ear of corn

COOKING METHOD

- 01 In a microwave safe kitchen wrap, loosely cover the ear of corn.
- 02 Place it inside the microwave oven and cook on 100% micro power level for 3 min.
- 03 Now, on a flat plate, mix the dry powder masalas. Cut the lemon in half and squeeze it into the powdered masala.
- 04 After the final beep, leave the ear of corn inside the microwave oven for at least 2 min to rest.
- 05 Remove the ear of corn, rub the masalas doused with lemon on the kernels and serve hot.



Just a brush of
melted butter
can be used

Corn is rich in vitamin C, an antioxidant that helps protect your cells from damage and wards off diseases like cancer and heart disease

Garlic & Rosemary Focaccia



MODE
Convection



PREHEAT
TEMP
180°C



PREHEAT
TIME
10 min



COOK
TEMP
180°C



COOK
TIME
25 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

- 1 $\frac{1}{2}$ cup warm water (about 45°C)
- 2 tsp sugar
- 1 $\frac{1}{2}$ tsp active dry yeast
- 2 $\frac{1}{2}$ cups all purpose flour
- $\frac{1}{4}$ cup extra virgin olive oil,
plus more for drizzling
- 1 tsp salt, plus extra for sprinkling
- 3 sprigs fresh rosemary
- 5 cherry tomatoes, slit half
- 1 small onion, sliced



*Baste focaccia with olive oil
once baking is completed to
make it more soft and fluffy*



*You can replace garlic and
rosemary completely with
cherry tomatoes and basil*

*Rich in healthy monounsaturated fats,
has large amounts of antioxidants and
anti-inflammatory properties*

COOKING METHOD

- 01 Add warm water and sugar to the bowl and combine. Sprinkle the yeast on top of the water. Give the yeast a quick stir to mix it in with the water.
- 02 Then let it sit for 5-10 min until the yeast is foamy. Gradually add flour, olive oil and salt to the above yeast ferment. Knead the dough continuously for 15 min and stretch to make it more spongy. Remove dough from the mixing bowl, and shape it into a ball. Grease the mixing bowl with olive oil, then place the dough back in the bowl and cover it with a damp kitchen towel. Place the bowl in a microwave oven, select Keep Warm/Ferment mode and press START.
- 03 Turn the dough onto a floured surface and roll it out into a large rectangle until it is about $\frac{1}{2}$ -inch thick. Cover the dough again with the damp kitchen towel and let it continue to rise for another 20 min in the Keep Warm/Ferment mode.
- 04 Select the program and preheat the oven at 180°C. Transfer the dough to a rectangular oven safe glass bowl/casserole. Use your fingers to poke deep dents all over the surface of the dough.
- 05 Drizzle a tbsp or two of olive oil evenly all over the top of the dough, and sprinkle evenly with the fresh rosemary, salt, cherry tomatoes, sliced garlic and sliced onions.
- 06 Place the bread in the oven and bake for 25 min, or until the focaccia is slightly golden and cooked through.
- 07 Remove from the oven and drizzle with a little more olive oil if desired. Once slightly warm, slice and serve.



Paneer Tikka



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TEMP
220°C



PREHEAT
TIME
10 min



COOK
TEMP
220°C



COOK
TIME
20 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

For paneer tikka

400 g cottage cheese
1 medium onion cut into 1-inch cubes
1 capsicum, deseeded and cut into 1-inch cubes
1 tomato, deseeded and cut into cubes
Chopped coriander
Lime juice, for topping

For the marinade

¼ cup besan (chickpea flour), pre-roasted
3 tbsp mustard oil
½ tbsp ginger and garlic paste
½ cup hung curd
2 tsp Kashmiri red chilli powder
½ tsp turmeric powder
1 tbsp coriander powder
1 tsp chaat masala powder
½ tsp garam masala powder
1 tsp kasuri methi (crushed)
Salt, to taste
Ghee, for brushing



Use malai paneer, if available or soak paneer in warm water for 15 min prior to cooking



Paneer can be replaced with chicken, tofu, mushroom, vegetables or potatoes

COOKING METHOD

- 01 Mix all the ingredients for the marinade into a bowl. Add the paneer and diced vegetables to it. Toss the paneer in the marinade till the cubes are coated well.
- 02 Soak the shashlik sticks in water for 30 min. Preheat the oven at 220°C. Place a cooling rack over a roasting pan and set aside.
- 03 Skewer the paneer cubes, alternating with onions, capsicum and tomato. This should make about 4–5 shashlik sticks. Place the baking tray on the lower rack position.
- 04 On the upper rack position, place the grill rack (3rd rack position) and roast the paneer tikkas for 10 min. Brush with ghee every 5 min.
- 05 Turn and continue baking for 10 min until well charred and roasted with a tandoori appearance.
- 06 Top with chopped coriander and squeeze lime juice on them.
- 07 Serve immediately with sliced onions.

Reduces the risk of cancer, builds better bones and teeth, an essential component in weight loss



Pani Puri



MODE
Solo



PREP
TIME
40 min



COOK
TIME
13.5 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

1 pack ready to make
pani puris/golgappas
3 medium sized, diced potatoes
1 tsp salt
1 tsp red chilli powder
1 tsp roasted jeera
100 g sprouted boiled moong
1 tsp chopped ginger
1 tsp chopped green chillies
200 ml imli chutney
100 g yellow sev
100 g mint leaves
100 g coriander leaves
4 tbsp jaggery powder
1 green chilli
½-inch ginger
2 tbsp tamarind paste



Use ice cubes to keep the
pani puri water chilled



Fresh fruit juice can be used
instead of regular water

High in antioxidants and may reduce the risk
of chronic disease. Antioxidants, vitexin and
isovitexin, may prevent heat stroke.



COOKING METHOD

- 01 Place the ready to fry pani puris/golgappas on the glass turntable lined with a paper towel. Microwave for 30 sec on 100% micro power level. Subsequently microwave every 5 sec, until done.

For filling

- 01 Boil the potatoes for 8 min in a microwave safe glass bowl on 100% micro power level with just enough water to cover the potatoes.
- 02 Now mash the potatoes, sprinkle with salt, red chilli powder and jeera. Cook the moong sprouts with 100 ml of water along with some jeera, ginger and green chillies on 100% micro power level for 5 min.

For the pani

- 01 Grind 6 ice cubes, the mint leaves, coriander leaves, ½-inch ginger, 4 tbsp tamarind pulp, 4 tbsp jaggery powder, ½ tsp black salt and 1 small green chilli, into a smooth paste. Add 500 ml of cold water and refrigerate.

For assembling

- 01 Crack open 1 pani puri/golgappa at the top, add a spoonful of mashed potato, sprouted moong mixture, imli chutney and yellow sev.
- 02 Add the pani and serve immediately.

Pav Bhaji



MODE
Solo



PREP
TIME
40 min



COOK
TIME
31 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

- 4 tbsp salted butter
- 1 large onion, finely diced
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 1 tbsp grated ginger
- 1 tbsp minced garlic
- 3 cups 1-inch cauliflower florets
- 2 large potatoes, peeled and cut into cubes
- 3 tomatoes, diced
- ½ cup frozen green peas
- 1 cup water
- 4 tbsp tomato purée
- 2 tbsp pav bhaji masala
- 1 tbsp Kashmiri red chilli powder
- ½ tsp turmeric
- ½ cup fresh coriander leaves, finely chopped
- 6 pavs
- 1 medium red onion, finely diced
- 1 lime



Use Kashmiri red chilli powder for better colour

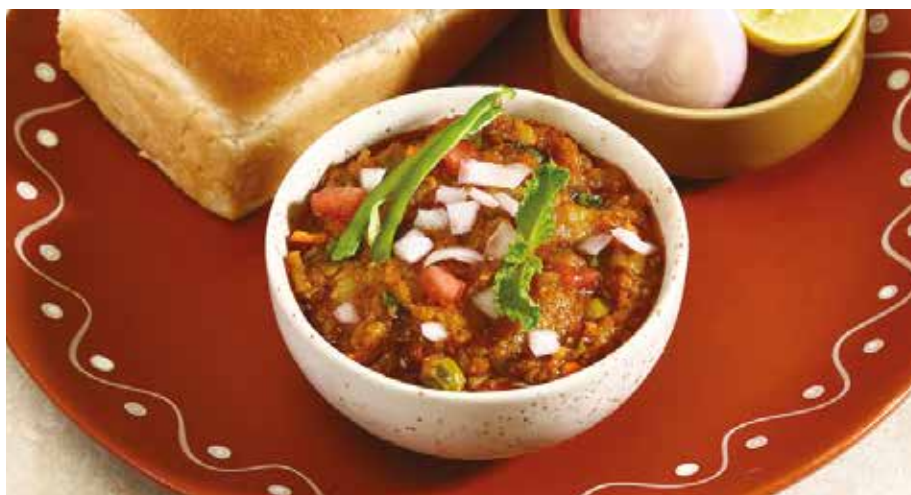


Pav bhaji can also be consumed without mashing it. This is known as khada pav bhaji.

Different vegetables add vitamin and minerals to the pav bhaji while also making it high in fibre

COOKING METHOD

- 01 In a microwave safe glass bowl, add the butter, onions, ginger, garlic and bell peppers. Cook for 5 min on 100% micro power level. Now add the cauliflower, potatoes, tomatoes, peas and 2 tsp salt; pour in the water and cook for another 8 min on 100% micro power level.
- 02 After 3 min, mash the mixture with a potato masher and continue cooking.
- 03 Now, stir in the tomato purée, pav bhaji masala, red chilli powder and turmeric followed by 2 tbsp butter. Mash this mixture and continue cooking on 100% micro power level for 2 min.
- 04 Cover the pot with a glass lid as the bhaji will start to splatter and cook until heated through. Continue cooking for 5 min. Taste and adjust the seasoning with salt, pav bhaji masala, coriander leaves and chilli powder. Cook again for 1 min on 100% micro power level.
- 05 Coat each pav with butter. Preheat the baking tray at 180°C for 6 min. Add the buttered pavs and toast each side for 4 min at 180°C, until golden brown.
- 06 Spoon the bhaji onto the plate, sprinkle with red onions, coriander and a dollop of butter.
- 07 Serve hot with toasted pavs and lime wedges.



■ Tomato & Cheese Grilled Sandwich

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 10 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

8 bread slices
(whole wheat, brown or multi-grain)
1 medium to large tomato (thinly sliced)
1 cup grated Cheddar cheese

As required

Dried oregano

Dried basil

Crushed black pepper or black
pepper powder

Red chilli flakes

Butter



Cucumber, lettuce, cheese
slice, potatoes etc can
be used as a filling



Apply butter on the outer side
of the bread for even browning



COOKING METHOD

- 01 Spread butter on both sides of the bread slices.
- 02 Place 3 to 4 tomato slices on half of the bread slices. Sprinkle herbs and black pepper or red chilli flakes. Sprinkle some salt. Top with grated cheese. Cover with remaining half of the bread slices.
- 03 Select the program and preheat the oven.
- 04 Apply additional butter on the top side of the bread.
- 05 Place grill rack on the baking tray and place the prepared sandwiches on grill rack.
- 06 Place the tray on 3rd rack position.
- 07 Grill for 10 min till the top is golden and crusty.



Vada Pav

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREP TIME 40 min	 COOK TEMP 180°C	 COOK TIME 23 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

3 (300 g) boiled potatoes
 ½ cup (60 g) chickpea flour
 2–3 tbsp green coriander, finely chopped
 1 tbsp oil
 ⅛ tsp carom seeds
 ¼ tsp cumin seeds
 ½ pinch asafoetida
 ¼ tsp turmeric powder
 ½ tsp coriander powder
 1–2 green chillies, finely chopped
 ½ tsp ginger paste
 ½ tsp red chilli powder
 Salt, to taste
 1 pinch baking soda
 4 pavs

For accompaniment

Mint chutney
 Imli chutney



Bake the vada pav for
 5 additional min at 200°C
 for extra crispiness

COOKING METHOD

- 01 Take chickpea flour in a bowl, add water in small portions and stir to make a batter of pouring consistency.
- 02 Add the salt, ¼ tsp red chilli powder, half of ¼ tsp turmeric powder, carom seeds and mix well.
- 03 Add 1 pinch baking soda and mix. Keep aside for 10 min to puff up.
- 04 To make the stuffing, take the boiled potatoes, peel and crumble them.
- 05 Preheat the greased baking tray at 180°C. In a separate bowl add the cumin seeds, asafoetida, turmeric powder, coriander powder, finely chopped green chillies, ginger paste and cook for 3 min on 100% micro power level.
- 06 Add the mashed potatoes, red chilli powder, coriander leaves and mix well. Heat this mixture for 2 min on 100% micro power level.
- 07 Grease your hands with oil. Pick up stuffing, make a ball, flatten it and place on the plate.
- 08 Coat the flattened vada with the chickpea flour batter.
- 09 Place the vadas on the preheated tray and cook at 180°C for 18 min.
- 10 Slit the pavs and add mint and imli chutney. Place the vada in the middle and serve hot.



Use breadcrumbs
 on the outer coating
 for a crispy vada pav

Potatoes are a good source of fibre,
 which can help you lose weight
 by keeping you full longer



Baked Italian Eggs

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 10 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- 1 French baguette bread, halved and sliced lengthwise (1.5 cm thickness)
- 1½ tbsp extra virgin olive oil
- 150 g Mozzarella, grated
- 10 chicken sausages
- 1½ cup chopped onions
- 3 garlic cloves, chopped
- 200 ml tomato purée
- 1½ tsp fresh oregano, plus more for serving
- ¾ tsp salt
- 4 large eggs
- 2 tbsp olive oil
- ¼ tsp black pepper



Reduce the cooking duration by 5 min for softer and runnier eggs

COOKING METHOD

- 01 Select the program and preheat the oven at 180°C. Place the baguette slices on a baking tray; brush with oil and top with grated mozzarella. Bake until the cheese is bubbly and light golden brown, about 12 min at 180°C.
- 02 Meanwhile, heat a large heatproof glass tray with olive oil in a microwave oven on 100% micro power level for 2 min.
- 03 Add the chopped sausages and cook, stirring with a wooden spoon on 100% micro power level for 2 min. Add the onions and garlic and cook, stirring, until the onion is translucent, about 3 min on 100% micro power level.
- 04 Stir in the tomato purée, oregano and salt. Bring to a simmer while cooking for 3 min on 100% micro power level.
- 05 Break the eggs into the sauce, leaving space between them. Sprinkle with pepper. Transfer the glass tray to oven and place on the 3rd rack position. Bake for 8 min at 180°C, until the whites are set and the yolks are still soft.
- 06 Top with oregano and serve in bowls with the Mozzarella toast.



Mixed frozen vegetables can be added instead of sausages

Contains high-quality protein, selenium, phosphorus, choline, vitamin B12 and antioxidants



Chicken Vol au Vents

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 30 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the filling

- 100 g chicken, cubed
- 2 cloves of garlic, minced
- 1 small onion, chopped
- ½ tsp crushed black pepper
- 1 tsp dry mix herbs
- ½ tsp chilli flakes
- Salt, to taste
- 1 tbsp all-purpose flour
- ½ cup cooking cream

For the pastry shells

- Puff pastry sheets
- Egg wash of 1 egg whisked with 2 tbsp milk
- 2 round cutters, one slightly smaller than the other



Drizzling a handful of cold water on the puffs and tray helps improve the quality of the puffs

COOKING METHOD

- 01 In a microwave safe glass bowl add all ingredients for filling except flour and cream. Cook the mixture for 7 min on 100% micro power level.
- 02 Combine the cream and flour in a small bowl and add to the cooked chicken filling mixture. Heat the filling mixture for 3 min on 100% micro power level, till it turns semi dry.
- 03 Take a frozen puff pastry sheet (don't thaw it) and cut rounds out of it. On a baking tray lined with parchment paper, place these rounds with some distance between them. This is the base of the vol au vent shells.
- 04 Cut some more rounds of the same size by using a slightly smaller cutter. Cut out the inner portion so you are left with an outer ring. If you have 10 bases, you need 20 outer rings; 2 for each puff pastry base.
- 05 Brush the base with an egg wash and place one outer ring on the edges. Prick the middle of the base 2–3 times to prevent it from puffing up. Brush with egg wash and place second ring. Give a final brush of egg wash and repeat for all rounds.
- 06 Refrigerate these pastries for 15 min. Bake in a preheated oven at 200°C for 20 min until golden and puffy.
- 07 Remove and spoon some of the chicken filling inside. Garnish with chives and serve.



Mushrooms, zucchini and tofu can easily replace chicken

Chicken is an excellent low-calorie and low-fat source of high-quality protein

Fish Tikka



PROGRAM
Grill Mode



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



COOK
TIME
20 min



SERVES
UP TO
4



Scan to see video



INGREDIENTS

350 g Basa fish fillet chunks (4 cm x 4 cm)
 ½ cup hung curd
 4 tbsp oil
 2 tbsp onion paste
 1 tsp ginger paste
 1 tsp garlic paste
 1 tsp lemon juice
 ½ tsp turmeric
 1 tsp coriander powder
 1 tsp cumin powder
 ¼ tsp ajwain
 1 tbsp red chilli powder
 Salt, to taste
 Fresh coriander,
 for garnish



Baste the fish every 5 min
to keep it juicy

COOKING METHOD

- 01 In a large bowl, add all the marinade ingredients and whisk to a smooth paste.
- 02 Now add the powdered spices and mix everything evenly.
- 03 Wash the fish chunks and add them to the marinade; using your hand, evenly coat all sides.
- 04 Cover the bowl with a lid and refrigerate for an hour.
- 05 Skewer the fish and put some coriander on it. Place the fish on a grill rack.
- 06 Select Grill mode and heat for 20 min. For convection mode and built in oven use 190° C as pre-heat and roasting temperature.
- 07 Serve hot with green chutney.



Kingfish can be used
instead of Basa fillet

Basa fish is rich in Omega-3 fatty acids and can
significantly reduce the risk of stroke or heart attack

▲ Linzer Torte

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 170°C	 PREHEAT TIME 10 min	 COOK TEMP 170°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

2 g powdered cinnamon
210 g almonds
135 g brown sugar
2 g baking powder
5 ml vanilla essence
160 g hazelnuts
260 g refined flour
1 g orange zest
2 g salt
100 ml milk
195 g unsalted butter
2 egg yolks

For the filling

150 g mixed fruit jam



Bake crust by using kidney beans to filled the mould, they avoid pastry from puffing up

COOKING METHOD

- 01 Preheat the oven to 170°C. Place the almonds on a baking sheet and bake for about 10 min or until lightly browned and fragrant.
- 02 Place the hazelnuts on a baking sheet and bake for 10 min or until fragrant and the outer skins begin to flake and crack.
- 03 Remove from oven and place on a wire rack to cool. Once the almonds and hazelnuts have cooled, place in a food processor and process along with ½ cup of flour, until finely ground.
- 04 Add the remaining flour, brown sugar, orange zest, ground cinnamon, salt and baking powder and combine evenly.
- 05 Add butter until the mixture looks like fine crumbs. Add the 2 egg yolks and vanilla essence. Put this mixture in a piping bag and pipe this mixture in the moulds. Fill with mixed fruit jam and pipe the remaining mix in a lace pattern on top of the jam. Bake at 170°C for 25 min.
- 06 Once it is baked, let it cool and then glaze it with a little butter for shine.



You may use orange marmalade instead of mixed fruit jam

Contains lots of healthy fats, fibre, protein, magnesium and vitamin E and helps lower blood sugar levels



Quiche Lorraine

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 170°C	 PREHEAT TIME 10 min	 COOK TEMP 170°C	 COOK TIME 45 min <i>for final baking</i>	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the short crust base

180 g flour
60 g butter
2–3 tbsp chilled water

For the filling

200 g chicken sausages
(chopped into ½-inch pieces)
½ onion (diced)
1 cup shredded Cheddar cheese
½ cup whole milk
1 cup fresh cream
4 large eggs
½ tsp salt
¼ tsp finely ground black pepper
¼ tsp paprika chilli flakes
⅛ tsp ground nutmeg
A few sprigs of parsley (chopped)
1 egg white
(for brushing the
inside of the tart)



*Do not open the oven
door while the pastry base
is baking*



*In case Cheddar cheese is not
available, use cheese slices*

COOKING METHOD

Prepare the pie crust

- 01 Rub flour and hard butter with finger tips till it turns crumbly. Add water just to bind the dough.
- 02 Roll out 1 pie crust to 12" on a lightly floured surface or between two pieces of parchment paper, then transfer to the tart pan. Press the pastry dough into the pan with your fingers to mould to the pan. Prick the surface of crust with fork. Place a crumb sheet of butter paper add kidney beans. Freeze for about 30 min; meanwhile, preheat the oven to 170°C with the rack in the middle.
- 03 Pre-bake the crust with raw kidney beans.
- 04 Brush the inside of the baked tart with a whisked egg white. This will prevent the crust from becoming soggy from the filling.

Make the savoury egg filling

- 01 While the pie is pre-baking, in a microwave safe glass bowl, add chopped sausages, diced onions and cook for 4 min.
- 02 In another large bowl, whisk 4 eggs. To this, add milk, cream, ½ tsp salt, ¼ tsp pepper, ¼ tsp paprika and ⅛ tsp nutmeg and whisk together for about 1 min to mix a little bit of air into the custard.
- 03 Stir in the cheese, prepared sausage and onions, then pour the filling into the pre-baked crust.
- 04 Bake the Quiche Lorraine in a preheated oven at 170°C for about 45 min, or until a knife inserted comes out clean and the centre jiggles slightly. The quiche will continue cooking after it is removed from the oven.
- 05 Cool slightly, garnish with parsley and serve.

Quiche benefits your health by providing essential vitamin and minerals. Eggs contain vitamin B-12, a nutrient that helps maintain the health of your nervous system







One Mug Infinite Possibilities

Cook up a variety of tasty meals in your IFB Microwave. With easy and healthy mug recipes, you'll find a nourishing single serve meal ready in minutes!

Made in an IFB Microwave Oven



#QuickMugMeals

Carrot Cake Oatmeal
Gingerbread Mug Cake
Hot Chocolate Overnight Oats
Mug Dhokla
Mug n Cheese
Mugizza/Pizza in a Mug
Mugrubble/Apple Crumble in Mug
Mugzone/Calzone in a Mug
Orange Pop Tart

Chicken Chickpea Soup
Chocolaty Cookie Mug
Funfetti Cheesecake
Loaded Baked Potato Soup
Molten Chocolate Mug Cake
Mugnut/Doughnut in a Mug
Mugrrito/A Burrito in a Mug
Mugyani/Biryani in a Mug
Oatmeal Mug Muffin
Pepper Omelette Mug
Savoury French Toast
Spanish Potato Omelette
Spicy Pumpkin Chicken Loaf

Carrot Cake Oatmeal



MODE
Solo



POWER
High



COOK
TIME
3 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready



INGREDIENTS

25 g grated carrot
½ cup milk
1 tbsp maple syrup
¼ tsp cinnamon powder
¼ tsp ginger powder
2 tbsp almonds, soaked and sliced
Ground nutmeg to taste
A pinch of sea salt
25 g oats
1 tsp vanilla extract
¼–½ tsp fresh lemon juice

Topping

Whipped cream, raisins, cinnamon powder

COOKING METHOD

- 01 Mix all of the ingredients together in the microwave safe mug in which you will cook the cake. Make sure to stir down to the bottom to fully incorporate the ingredients.

Tip—There's no need to grease the mug. Do use a mug with a capacity of approximately twice the size of the amount of batter to prevent overflow.

- 02 Wipe the rim of the mug if it gets a little messy while mixing.
- 03 Keep the mug in the microwave, select 100% micro power level for 3 min and press START.
- 04 Once done let the mug rest inside the oven for 30 sec, remove and top it up with a scoop of whipping cream. Garnish with some raisins and a light sprinkle of cinnamon powder.



Use a tsp of almond flour or refined flour to add better body and structure to this cake



Replace oats with regular millet flours like ragi, jowar or bajra if you want a homely version of this recipe

Oats are rich in soluble fibre, particularly beta-glucan, which can help lower cholesterol levels and improve heart health. They are also a good source of essential vitamins, minerals and antioxidants, supporting overall health and boosting the immune system.

Gingerbread Mug Cake



MODE
Solo



POWER
High



COOK
TIME
1.2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

4 tbsp all-purpose flour
¼ tsp baking powder
1 tbsp dark brown sugar
¼ tsp ground ginger
⅛ tsp ground cinnamon
3 tbsp milk
1 tbsp vegetable oil
½ tsp jaggery powder
A dollop of whipped cream
(optional)

COOKING METHOD

- 01 Mix all the ingredients of gingerbread cake into a smooth batter in a microwave safe mug.
- 02 Place the mug in the microwave, select 100% micro power level for 1 min 20 sec and press START.
- 03 Serve the cake with a dollop of whipped cream.



*Use 1/4 tsp grated ginger
juice for better flavour*



*For a vegan variant, replace
milk with maple syrup*

Ginger is known for its anti-inflammatory properties, which can help reduce joint pain and inflammation. It aids digestion by promoting gastric motility and easing nausea and indigestion.



■ Hot Chocolate Overnight Oats



MODE
Solo



POWER
High



COOK
TIME
3 min

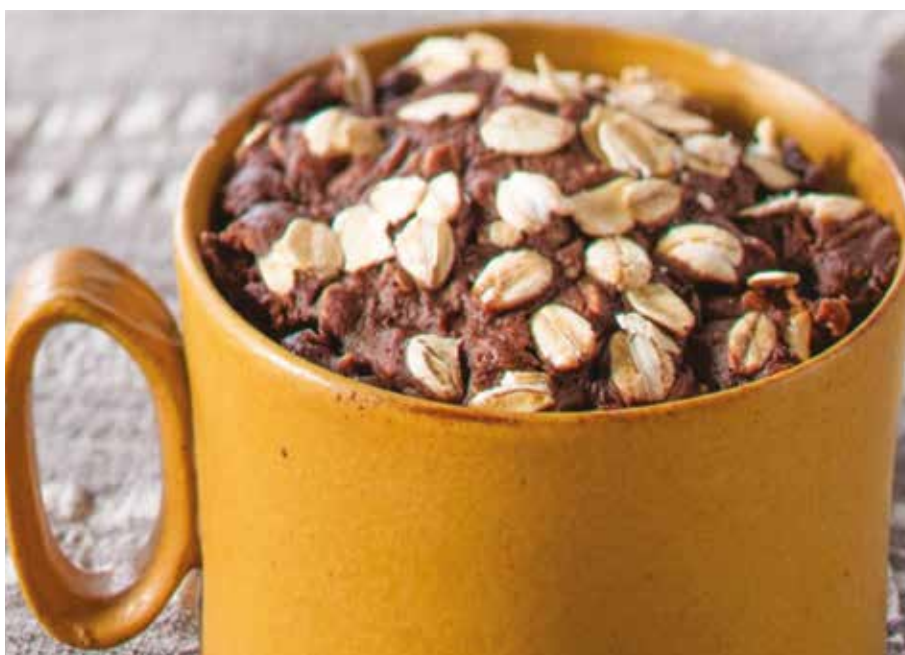


PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

- 50 g rolled oats
- 1 tbsp chia seeds
- 1 tbsp unsweetened cocoa powder
- A pinch of salt
- 1 cup vanilla almond milk
- 1 tbsp maple syrup
- 1 tbsp milk cream
- A few marshmallows (optional)
- Some chocolate shavings (optional)



*Instead of maple syrup
use jaggery powder for
better sweetness*

COOKING METHOD

- 01 Add oats, chia seeds, unsweetened cocoa powder, ½ cup almond milk and a pinch of salt in a microwave safe mug. Place the mug in the fridge overnight.
- 02 Add ½ cup vanilla almond milk and maple syrup in the mug before cooking.
- 03 Keep the mug in the microwave, select 100% micro power level for 3 min and press START.
- 04 Upon beep, top with milk cream and any additional toppings of choice, marshmallows, chocolate shavings and serve.



*To avoid overnight
soaking use 1 tsp of curd*

Chocolate is rich in antioxidants, particularly flavonoids, which can improve heart health by lowering blood pressure and enhancing blood flow. It also contains minerals like iron, magnesium, and zinc, supporting overall health and well-being.

Mug Dhokla



MODE
Solo



POWER
High



COOK
TIME
4 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready

INGREDIENTS

75 g instant dhokla mix batter

For tempering

1 tsp oil

½ tsp mustard seeds

¼ tsp asafoetida

1 tsp red chilli powder

6 curry leaves



Crumble the ready mug dhokla and mix with nylon sev, chopped tomatoes and onions for an instant Ameri khaman

COOKING METHOD

- 01 Make the instant dhokla mix as per the manufacturer's instructions and put in a microwave safe mug.

Tip—There's no need to grease the mug. Use a mug with a capacity of approximately twice the size of the amount of batter to prevent overflow.

- 02 Wipe the rim of the mug if it gets a little messy.
- 03 Keep the mug in the microwave, select 40% micro power level for 4 min and press START.
- 05 Microwave the tempering at 100% micro power level for 1 min and pour on the dhokla before serving.



Put the mug into the microwave for cooking, the moment your batter is mixed

Chickpea flour, also known as gram flour or besan, is rich in protein, supporting muscle repair and growth. It is gluten-free and high in dietary fibre, aiding digestion and promoting satiety.



Mug n Cheese



MODE
Solo



POWER
High



COOK
TIME
1.5 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

- ½ cup Macaroni pasta, cooked
- 1 tbsp pasta sauce
- 4 tbsp milk
- ¼ tsp flour
- 1 tbsp cheese spread
- 1 tbsp butter
- 1 tbsp Parmesan cheese
- A pinch of mixed herbs



For loaded Mug n Cheese use
2 tbsp of grated Mozzarella
cheese in place of Parmesan

COOKING METHOD

- 01 Add milk, flour, cheese spread and cheese in a microwave safe mug. Mix well and place it in the microwave. Select 100% micro power level for 1 min and press START.
- 02 Upon beep, add boiled pasta, butter, mixed herbs and the pasta sauce and mix well.
- 03 Place the mug in the microwave, select 100% micro power level for 30 sec and press START.
- 04 Serve hot.



**Do not use undercooked
hard pasta**

Parmesan cheese is rich in calcium and phosphorus, vital for maintaining strong bones and teeth. It provides high-quality protein and essential amino acids, supporting muscle growth and repair.

Mugizza/Pizza in a Mug



MODE
Solo



POWER
High



COOK
TIME
1.2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

- 4 tbsp refined flour
- $\frac{1}{8}$ tbsp baking powder
- $\frac{1}{16}$ tbsp baking soda
- $\frac{1}{8}$ tbsp salt
- 3 tbsp milk
- 1 tbsp olive oil
- 1 tbsp pizza sauce
- 1 tbsp Mozzarella cheese, shredded
- $\frac{1}{3}$ tsp Italian herbs
- 2 pepperoni slices, chopped



Use corn and bell peppers
for a vegetarian variant

COOKING METHOD

- 01 Mix the flour, baking powder, baking soda and salt in a microwave safe mug. Add the milk and oil and mix together.
- 02 Spoon the pizza sauce and spread it on the surface of the batter. Sprinkle on the cheese, chopped pepperoni and dried herbs.
- 03 Place the mug in the microwave, select 100% micro power level for 1 min 20 sec and press START.
- 04 Serve right away.



**Do not make a thick
refined flour base**

Mozzarella cheese is rich in calcium and phosphorus, which are vital for maintaining strong bones and teeth. It provides high-quality protein and essential amino acids, supporting muscle growth and repair.



■ *Mugrubble/Apple Crumble in a Mug*



MODE
Solo



POWER
High



COOK
TIME
1.5 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

- 1 apple, chopped
- 1 tsp castor sugar
- 1 tbsp butter, melted
- ¼ tsp vanilla extract
- 3 tbsp flour
- ⅛ tsp baking powder
- 1 tbsp rolled oats
- A pinch of ground cinnamon



*Reduce the time by 50 sec
for a softer crumb variant*

COOKING METHOD

- 01 Mix together the apples, sugar and vanilla extract in a microwave safe mug.
- 02 In a separate mixing bowl, mix together melted butter, flour, baking powder, rolled oats with a fork till it resembles breadcrumbs. Spoon the topping over the apple in the mug. Sprinkle cinnamon powder on top.
- 03 Place the mug in the microwave, select 100% micro power level for 1 min 50 sec and press START.



Chop and marinate the apple with cinnamon powder for extra flavour

Apples are rich in dietary fibre promoting digestive health and aiding in weight management by inducing a feeling of fullness. They contain antioxidants like quercetin and flavonoids, which help reduce oxidative stress and inflammation in the body.

■ *Mugzone/Calzone in a Mug*



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

8 tbsp refined flour
¼ tsp baking powder
6 tbsp milk
2 tbsp oil
3–4 tbsp tomato sauce
4–5 tbsp grated Mozzarella cheese
¼ tsp Italian seasoning
¼ tsp baking soda
Salt to taste
Parsley for garnish



Replace tomato sauce
with pesto for a variation

COOKING METHOD

- 01 In a microwave safe mug combine flour, baking powder, baking soda and salt. Add milk and oil and mix thoroughly to form smooth batter.
- 02 In the centre of the batter, drop a spoonful of tomato sauce, cheese and Italian seasonings.
- 03 Pull the batter over the filling to hide the calzone filling.
- 04 Place the mug in the microwave, select 100% micro power level for 2 min and press START.
- 05 Garnish with parsley and serve hot.



*Use a thin layer of refined
flour base*

Cheese is rich in protein, supporting muscle growth and repair and provides important vitamins like B12 and riboflavin, which help in energy production and maintaining healthy red blood cells. Additionally, Mozzarella contains probiotics that promote healthy gut microbes and improves digestion.



Orange Pop Tart



MODE
Solo



POWER
High



COOK
TIME
1.5 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready



INGREDIENTS

- 1 tbsp butter
- 1 tbsp icing sugar
- 2 tbsp milk
- 4 tbsp refined flour
- 1 tbsp orange jam
- 1 cup icing sugar
- A few sprinkles



Replace with strawberry jam
for a different flavour

COOKING METHOD

- 01 Mix the butter and sugar together in a microwave safe mug.
- 02 Stir in flour and milk and mix until all ingredients are fully combined.
- 03 Make a well in the batter and spoon in the jam. Gently smooth the batter over the jam so it's well covered.
- 04 Keep the mug in the microwave, select 100% micro power level, for 1 min 30 sec and press START.
- 05 Set it aside to cool. Dust with icing sugar and then decorate it with sprinkles.



Use all ingredients icy cold
for best results

Oranges are high in vitamin C, which boosts the immune system, enhances skin health and aids in collagen production. They contain antioxidants and flavonoids that help reduce inflammation and lower the risk of chronic diseases.

Chicken Chickpea Soup



MODE
Solo



POWER
High



COOK
TIME
1.5 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready

INGREDIENTS

- 3½ tbsp chickpea flour
- 1 garlic clove, mashed
- ¼ tsp ground cumin
- ½ tsp red pepper flakes
- 1 cup vegetable broth
- 1 tbsp chicken, boiled and seasoned
- 1 tsp extra virgin olive oil
- ½ lemon, zest



For a vegetarian option, use chickpeas instead of chicken

COOKING METHOD

- 01 Whisk together chickpea flour, garlic, cumin, red pepper flakes and ½ cup broth until blended and smooth in a microwave safe mug.
- 02 Whisk in the remaining broth and blend well.
- 03 Keep the mug in the microwave, select 100% micro power level, for 1 min 30 sec and press START.
- 04 Upon beep, whisk and add the shredded boiled chicken.
- 05 Keep the mug in the microwave, select 100% micro power level for 1 min and press START.
- 06 Upon beep, remove the mug from the microwave, whisk in the lemon zest and juice, season with salt and pepper and drizzle olive oil on top.



Use ½ inch of ginger for better flavour

Chicken is a lean source of high-quality protein, essential for muscle growth, repair and overall body maintenance. Chickpeas are an excellent source of plant-based protein and dietary fibre, which aid in muscle building, digestion and maintaining a healthy weight.



Chocolatey Cookie Mug



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

- 1 tbsp butter
- 1 tbsp white sugar
- 1 tbsp brown sugar
- ¼ tsp vanilla extract
- 1 egg yolk
- 3 tbsp refined flour
- A pinch of salt
- 2 tbsp chocolate chips



Use millet flour for a healthier variant

COOKING METHOD

- 01 Mix butter and sugar together in a microwave safe mug. Add egg yolk and vanilla essence and continue mixing.
- 02 Stir in flour, salt and chocolate chips.
- 03 Mix all the ingredients until combined.
- 04 Place the mug in the microwave, select 100% micro power level for 2 min and press START.
- 05 Serve the Chocolatey Cookie Mug with chocolate sauce.



Beat butter and sugar together until creamy and smooth for better quality texture

Chocolate is rich in antioxidants, particularly flavonoids, which can improve heart health by lowering blood pressure and enhancing blood flow. It also contains minerals like iron, magnesium and zinc, supporting overall health and well-being.

Funfetti Cheesecake



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

70 g cottage cheese
30 g Greek yogurt
2 eggs
30 g maple syrup
1 tbsp flour
2–3 drops vanilla essence
A few sprinkles

For cheesecake base

2 tbsp graham cracker crumbs
10 g castor sugar
1 tbsp unsalted butter
¼ tsp cinnamon, ground

COOKING METHOD

- 01 Whisk all the ingredients of cheesecake filling until light and fluffy. Add sprinkles.
- 02 Spread a layer of cheesecake base (mixture of crumbs, sugar, butter and cinnamon) in a microwave safe mug. Pour cheesecake filling on the base.
- 03 Place the mug in the microwave, select 100% micro power level for 2 min and press START.



Use 1 tbsp of condensed milk for smoothness



Replace graham crackers with any regular sweet biscuits

Cream cheese provides calcium and phosphorus, essential for maintaining strong bones and teeth. It contains moderate amounts of protein, supporting muscle function and repair.



Loaded Baked Potato Soup



MODE
Solo



POWER
High



COOK
TIME
4 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

3 tbsp boiled potato, small cubes
1 tbsp onion, chopped
2 tbsp Cheddar cheese
1 tsp chicken ham cubes
1 tsp chicken salami cubes
2 tsp cornstarch
115 ml chicken stock
56 ml milk
½ tsp salt
½ tsp pepper powder
15 g sour cream
Parsley/chives for garnish



For a vegetarian option,
chicken ham and salami can be
replaced with paneer or soya

COOKING METHOD

- 01 Add potatoes, ham, salami, cheese, onion and cornstarch in a microwave safe mug. Stir in the chicken stock and milk. Season with salt and pepper.
- 02 Place the mug in the microwave, select 100% micro power level for 4 min and press START. Check in-between to avoid overcooking/overflow.
- 03 Serve topped with sour cream and some more sprinkles of ham, salami and parsley/chives.



Instead of potatoes use
wafer paper pieces for
smoother soup

Potatoes are a good source of vitamins C and B6, potassium and dietary fibre, promoting immune function, heart health, and digestion. They are also rich in antioxidants that help combat free radicals and reduce inflammation.

▲ Molten Chocolate Mug Cake

 MODE Solo	 POWER High	 COOK TIME 1.2 min	 PREP TIME* 2 min	 SERVES 1
---	--	--	---	--

*with all ingredients kept ready

INGREDIENTS

30 g refined flour
50 g granulated sugar
2 tbsp cocoa powder
¼ tsp baking powder
A pinch of salt
1 tbsp unsalted butter, melted
2 tbsp milk
1 egg
¼ tsp vanilla essence
30 g chocolate,
semi-sweet/milk/nutella

For serving

1 scoop vanilla ice cream



Use 2 tbsp yogurt & ½ tsp
baking powder instead
of egg for an eggless variant

COOKING METHOD

- 01 In a microwave safe mug, whisk together the flour, sugar, cocoa powder, baking powder and salt until combined.
- 02 Add the melted butter, milk, egg and vanilla. Whisk well to combine.
- 03 Place the chocolate pieces in the centre of the mug. Do not push down; it will sink as it bakes.

Tip—There's no need to grease the mug. The capacity of the mug should be approximately twice the size of the amount of batter to prevent overflow.
- 04 Wipe the rim of the mug if it gets a little messy while mixing.
- 05 Keep the mug in the microwave, select 100% micro power level, set time for 1 min 20 sec and press START.
- 07 Let it cool before serving. Top with ice cream and enjoy.



Do not use frozen or very hard chocolate for this recipe

Chocolate is rich in antioxidants, particularly flavonoids, which can improve heart health by lowering blood pressure and enhancing blood flow. It also contains minerals like iron, magnesium and zinc, supporting overall health and well-being.



▣ *Mugnut/Doughnut in a Mug*



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

2 tbsp butter, melted
4 tbsp refined flour
1 egg yolk
1 tbsp milk
½ tsp baking powder
¼ tsp ground cinnamon
1 tbsp strawberry jam
Cinnamon sugar, to garnish



*If using orange jam,
replace cinnamon with
lemon rind*

COOKING METHOD

- 01 Add melted butter, refined flour, egg yolk, milk, baking powder and ground cinnamon in a microwave safe mug. Mix the ingredients with a fork until just combined.
- 02 Place a tbsp of jam in the batter.
- 03 Place the mug in the microwave, select 100% micro power level for 2 min and press START.
- 04 Sprinkle cinnamon sugar on top and serve.



*Mix the cinnamon
powder with flour for
better flavour blending*

Cinnamon is rich in antioxidants that help fight inflammation and protect cells from oxidative damage. It may lower blood sugar levels by improving insulin sensitivity, beneficial for managing diabetes.

▣ *Mugrrito/A Burrito in a Mug*



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

One 9-inch tortilla
(whole wheat flour)
2 eggs
2 tbsp black chana, boiled
2 tbsp grated Cheddar cheese
2 tbsp scallions, chopped
Salt and pepper to taste

For garnish

1 tbsp salsa
1 tbsp sour cream



*Use Mozzarella cheese
instead of Cheddar for a
more gooey cheesy texture*

COOKING METHOD

- 01 Press in fresh tortilla to fold into the shape of the microwave safe mug. Crack in eggs and whisk it with a fork (take care not to tear the tortilla).
- 02 Add in the burrito mixes (boiled black chana, cheese, scallions). Season with salt and pepper. Mix all together.
- 03 Place the mug in the microwave, select 100% micro power level for 2 min and press START.



*Apply butter and pre roast
the burrito for additional
crispiness*

Cheddar cheese is an excellent source of calcium and vitamin D, which are crucial for maintaining strong bones and teeth. It provides high-quality protein, supporting muscle repair and growth.



▣ *Mugyani/Biryani in a Mug*

 MODE Solo	 POWER High	 COOK TIME 1.5 min	 PREP TIME* 2 min	 SERVES 1
--	---	--	---	---

*with all ingredients kept ready



INGREDIENTS

- ½ cup tandoori chicken pieces, grilled
- 1 tsp curd
- ¼ tsp lemon juice
- ½ tsp mustard oil
- Salt to taste
- ½ tsp coriander, chopped
- 1 cup rice, boiled
- ½ tsp biryani masala
- 1 drop kewra water
- 1 tsp ghee
- 1 tsp onion flakes
- ¼ tsp garlic powder

COOKING METHOD

- 01 In a microwave safe mug, mix all the ingredients together.
- 02 Place the mug in the microwave, select 100% micro power level for 1 min 30 sec and press START.
- 03 Serve hot.



Sprinkle a pinch of garam masala just when the mug is ready and give it a final mix before enjoying this mug biryani



Paneer or mixed veggies can be used for a vegetarian variant

Rice provides energy-boosting carbohydrates essential for fueling the body and brain. It is low in fat and cholesterol, making it heart-friendly when consumed in moderation.

Oatmeal Mug Muffin



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready

INGREDIENTS

- ¼ mug rolled oats
- 1 egg
- ¼ cup ripe banana, mashed
- 1 tbsp butter
- ¼ tsp baking powder
- 1 tbsp grated coconut
- 2 tbsp raisins

COOKING METHOD

- 01 Add oats, egg, ripe mashed banana, butter, baking powder, grated coconut and raisins in a microwave safe mug.
- 02 Keep the mug in the microwave, select 100% micro power level for 2 min and press START.



Allow the mug to rest for 30 min once all ingredients are mixed and add baking powder just before baking. This will help for a fluffier muffin.



Replace grated coconut with chopped walnuts and a dash of vanilla for a classic banana walnut taste

Oats are rich in soluble fibre, particularly beta-glucan, which can help lower cholesterol levels and improve heart health. They are also a good source of essential vitamins, minerals and antioxidants, supporting overall health and boosting the immune system.



Pepper Omelette Mug



MODE
Solo



POWER
High



COOK
TIME
3 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*



INGREDIENTS

- 1 tsp oil
- 2 eggs
- 1 tbsp chopped onion, chopped
- ½ tomato, chopped
- 50 g mixed bell peppers, chopped
- 20 g Cheddar cheese
- ¼ tsp finely chopped thyme
- ½ tsp salt
- ¼ tsp pepper
- 2 cloves garlic, minced



Use bell peppers for this colourful mug omelette

COOKING METHOD

- 01 Sauté onion, tomato, pepper, garlic, thyme with oil for 10 sec in a microwave safe mug.
- 02 Now add eggs and cheese.
- 03 Add seasonings and mix well.
- 04 Keep the mug in the microwave, select 100% micro power level for 3 min and press START.
- 05 Serve hot.



Beat the eggs well before mixing in the cup for a fluffy omelette

Eggs are an excellent source of high-quality protein, containing all nine essential amino acids needed for muscle repair and growth. They are rich in vitamins such as B12, D, and minerals like selenium, supporting brain function, bone health and the immune system.

▲ Savoury French Toast



MODE
Solo



POWER
High



COOK
TIME
2 min



PREP
TIME*
2 min



SERVES
1

*with all ingredients kept ready

INGREDIENTS

- 2 eggs
- 2 tbsp milk
- 2 bread slices, cut into small cubes
- 2 tbsp Cheddar cheese
- 2 tbsp chicken ham, cut in small cubes
- ½ tsp salt
- ½ tsp pepper



For a vegetarian option, simply replace chicken ham with vegetables or paneer

COOKING METHOD

- 01 Whisk together eggs and milk in a microwave safe mug.
- 02 Now add bread cubes, cheese, ham, salt and pepper.
- 03 Mix all together.
- 04 Keep the mug in the microwave, select 100% micro power level for 2 min and press START.
- 05 Serve hot.



Beat the eggs well before mixing in the cup for fluffy French toast

Eggs are an excellent source of high-quality protein, containing all nine essential amino acids needed for muscle repair and growth. They are rich in vitamins such as B12, D and minerals like selenium, supporting brain function, bone health and the immune system.



Spanish Potato Omelette

 MODE Solo	 POWER High	 COOK TIME 2.5 min	 PREP TIME* 2 min	 SERVES 1
--	---	--	---	---

*with all ingredients kept ready



INGREDIENTS

- 1 tsp oil
- 2 eggs
- ½ boiled potato, diced
- ¼ onion, finely chopped
- ½ tsp salt
- ½ tsp pepper
- 20 g fresh cream
- 3–4 cloves garlic, finely chopped
- A few fresh coriander leaves



Use chickpea flour and 1 tsp of yogurt with 60 ml water and ¼ tsp baking powder to replace egg

COOKING METHOD

- 01 Sauté chopped garlic, onion, potatoes with oil, salt and pepper for 30 sec in a microwave safe mug.
- 02 Add whisked eggs to this and mix all the ingredients properly.
- 03 Add fresh cream and mix together.
- 04 Wipe the rim of the mug if it gets a little messy while mixing.
- 05 Keep the mug in the microwave oven, select 100% micro power level for 2 min 30 sec and press START.
- 06 Serve it hot with fresh coriander as garnish.



Reduce the microwave power level if the omelette mixture dries out

Potatoes are a good source of vitamins C and B6, potassium and dietary fibre, promoting immune function, heart health and digestion. They are also rich in antioxidants that help combat free radicals and reduce inflammation.

▣ *Spicy Pumpkin Chicken Loaf*



MODE
Solo



POWER
High



COOK
TIME
4 min



PREP
TIME*
2 min



SERVES
1

**with all ingredients kept ready*

INGREDIENTS

115 g chicken mince
60 g pumpkin, boiled
1 tsp garam masala
½ tsp salt



Use 1 tsp butter for a
richer flavour

COOKING METHOD

- 01 Mix all the ingredients in a microwave safe mug.
- 02 Place the mug in the microwave, select 100% micro power level for 4 min and press START.
- 03 Let cool to a convenient temperature and serve.



Add some fresh cream to
avoid this from getting dry

Pumpkin is rich in vitamins A, C and E, as well as beta-carotene, promoting healthy eyesight, skin, and immune function. It is low in calories and high in dietary fibre, aiding in weight management and promoting digestive health.







Tasty & Healthy

Looking for a vegan wonder or some gluten-free gastronomy? Get trusted recipes for eating healthy.

Start the day with a wholesome Multigrain Avocado Toast or cut the carbs with a Gluten-free Lasagne.

Made in an IFB Convection Microwave Oven or Built-in Oven



#healthybinge

Gluten-free Lasagne

Multigrain Avocado Toast

Tofu & Corn Seekh

Vegan Burrito

Gluten-free Lasagne

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
---	--	---	--	--	---	---	--



INGREDIENTS

300 g pasta/pizza sauce
250 g Mozzarella cheese
250 g cheese,
hand broken into small chunks
3 zucchinis, sliced
2 sweet potatoes, sliced
250 g cream cheese
½ bunch fresh basil, torn
Salt and pepper, to taste
2 tbsp olive oil



Use cheese spread diluted
with milk and spread on top
of vegetable slices for
additional flavour



Regular lasagne sheets can be
used along with vegetables

COOKING METHOD

- 01 Preheat the oven at 180°C.
- 02 Clean and peel the zucchini and sweet potato; slice them with a speed peeler lengthwise.
- 03 Soak the slices in water with salt for 15 min. Now drain the slices and dry on a kitchen towel ensuring all the slices are intact.
- 04 Drizzle salt and some olive oil on the slices, mix well and cook for 5 min on 100% micro power level until they soften.
- 05 Spoon the ready-made sauce into a baking dish, top with hand broken Mozzarella and layer the zucchini over it.
- 06 Lightly spread cream cheese over the zucchini. Layer with sweet potato, sprinkle with salt and pepper and repeat the process again twice. Top with the remaining cream cheese and Mozzarella.
- 07 Cover the dish with aluminium foil and place it in the oven on the 3rd rack position for 20 min. Remove the foil and continue cooking for another 15 min, until golden.
- 08 Remove from oven and top with basil leaves. Allow the lasagne to sit for 5 min before serving.

The pasta, cheese and tomato sauce in lasagne all contain vitamin B, a group of nutrients that helps drive your body's metabolism

■ *Multigrain Avocado Toast*

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 4 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- 1 multigrain loaf
- 2 avocados
- 50 g thick yogurt
- 1 tbsp lemon juice, freshly squeezed
- 1 tbsp olive oil
- ¼ tsp chilli flakes
- ¼ tsp sea salt
- 2 tomatoes, sliced
- 50 g hung curd



Buy slightly ripened
avocados for a better paste

COOKING METHOD

- 01 Select the program and toast the bread slices to your desired level of crunchiness. This can be done by placing the bread slices on baking tray lined with butter paper. Toast the bread slice at 180°C for 4 min. Once done, remove and set aside.
- 02 Cut, pit and remove the avocado from its peel.
- 03 Mash the avocado with a fork in a small bowl until you have the desired texture. Mix in the lemon juice as you mash. A fork works best but mortar and pestle can be used.
- 04 Divide the avocado mixture between the 6 slices of toast. Drizzle olive oil over the top of each slice. Add a sprinkle of the red pepper flakes and salt to each piece. Place tomato slices and a dollop of hung curd on top. Serve immediately.



*Peanut butter or hummus
can also be used as a spread
in place of avocado*

*Avocados are a source of vitamin C, E, K
and B6, as well as riboflavin, niacin, folate,
pantothenic acid, magnesium and potassium*



Tofu & Corn Seekh

 PROGRAM Roast	 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
--	---	--	---	--	--	--	---	--

INGREDIENTS

- 250 g American corn, boiled
- 50 g tofu
- 1 large potato, boiled
- 1 slice of bread, soaked
- 4–5 green chillies, chopped
- 1 tbsp green coriander leaves, chopped
- 1 tsp garam masala powder
- 1 tbsp lemon juice
- ½ tsp salt
- ½ tsp chilli powder
- ½ tsp ginger, chopped
- 2 tbsp mustard oil



2 tbsp gram flour will add better binding and taste

COOKING METHOD

- 01 Select the program and Preheat the oven. Make a coarse paste of cooked corn without adding water with the help of a hand blender or just chop it. Grate the tofu and set aside.
- 02 Place the corn and tofu in a glass bowl. Now add boiled and grated potato, soaked bread (without water), chopped green chillies, green coriander, garam masala, lemon juice, salt, chilli powder, chopped ginger and mustard oil. Mix well and adjust the seasoning if required.
- 03 Make 5 cm long rolls out of the dough like a seekh kebab and insert a popsicle stick from 1 end. Flatten a bit and place on baking tray lined with butter paper. Once all the seekhs are ready, place the baking tray in the oven for 25 min at 180°C.
- 04 Serve hot with chutney or sauce.



Paneer or chicken keema can easily be used in place of tofu

Corn is rich in vitamin C, an antioxidant that helps protect your cells from damage and wards off diseases like cancer and heart disease



■ *Vegan Burrito*



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREP
TIME
20 min



COOK
TEMP
140°C



COOK
TIME
22 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

4 large or 8 small tortilla wraps

For the filling

2 large handfuls of spinach leaves,
shredded

1 avocado, thinly sliced, optional

Sweet chilli sauce, to serve

For the black bean chilli sauce

1 tbsp oil

1 garlic clove, crushed

1 tbsp chilli paste

400 g tomatoes, blanched chopped

400 g kidney beans, cooked and drained

Coriander leaves, chopped

For the lime and red onion rice

250 g rice, cooked and drained

1 lime, juiced

½ red onion, very finely chopped

50 g almonds, roughly chopped



COOKING METHOD

- 01 Add garlic and oil in a microwave safe glass bowl and cook on 100% micro power level for 3 min.
- 02 Stir in the red chilli paste and chopped blanched tomatoes. Stir and cook further for 4 min on 100% micro power level.
- 03 Finally, add the beans and cook for 3 min on 100% micro power level, season with salt, stir in coriander leaves and set aside.
- 04 In another bowl, add the cold cooked rice with lime juice, red onions and nuts and season well. Cook on 50% micro power level for 4 min.
- 05 Lay out the tortillas and sprinkle some spinach over them. Add some avocado slices and rice; top with the bean mix. Also add some sweet chilli sauce. Roll the bottom up and fold the sides in to stop the filling falling out as you roll.
- 06 Wrap tightly in foil. Place the rolls in the microwave oven and cook them using Convection mode for 8 min at 140°C.
- 07 Cut in half and serve.



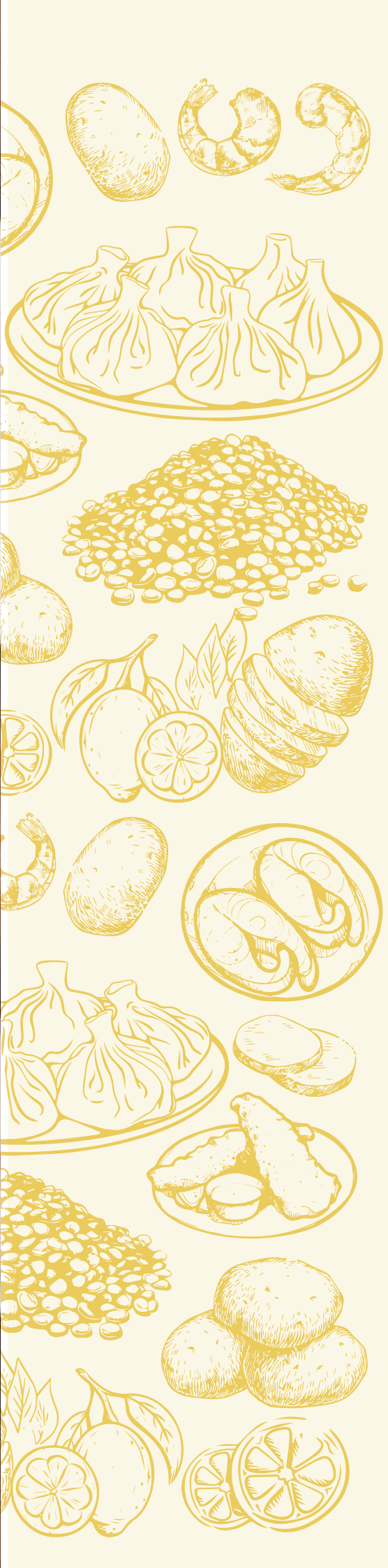
*Fold the burrito roll gently
to avoid breakage*



*Use leftover chapatis
in place of burrito sheets*

*Spinach is full of fibre and is rich in many nutrients,
including vitamin A, C and K, iron, folate and potassium*





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*Dive into the world of indulgent yet healthy meals!
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Made in an IFB Air Fry Microwave Oven or Built-in Oven



#airfry

Air Fried Momos

Aloo Bhujiya

Dal Kachori

Dal Vada

Delhi Papdi Chaat

Handvo

Kachalu Popper

Kadlebele Chakkuli/Chakli

Kothimbir Vadi

Litti

Methi Mathri

Sabudana Vada

Air Fried Bengali Bhetki

Chettinad Chicken Dry

Fish Amritsari

Prawn Recheado

Seekh Kebabs

Tunday Kebab

Air Fried Momos

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
30 min



SERVES
UP TO
4

INGREDIENTS

For the dough

1½ cups all-purpose flour

½ tsp salt

Water, as needed

For the filling

1 cup mixed frozen vegetables,
thawed and finely chopped –
carrots, peas, corn, green beans, etc.

½ cup cabbage, finely chopped

1 small onion, finely chopped

2–3 cloves garlic, minced

One 1-inch piece of ginger, grated

2 tbsp soy sauce

1 tbsp vinegar

½ tsp black pepper powder

Salt, to taste

1 tbsp oil

Oil spray, for air frying

COOKING METHOD

- 01 In a large mixing bowl, combine all-purpose flour and salt. Gradually add water and knead to form a smooth and soft dough. Cover the dough with a damp cloth and let it rest for 15 min.
- 02 Heat 1 tablespoon of oil in a microwave safe glass bowl.
- 03 Add chopped onions, garlic and ginger. Heat until the onions are translucent for 2 min at 100% micro power level.
- 04 Add the thawed mixed vegetables and cabbage. Heat for 3 min until soft.
- 05 Add soy sauce, vinegar, black pepper powder and salt. Mix well. Heat for another 2 min at 100% micro power level. Remove from heat and let the filling cool.
- 06 Divide the dough into small, equal-sized balls and thinly roll each ball into a 3-inch circle. Place a spoonful of the vegetable filling in the center of each circle. Fold the edges and pleat to seal. Repeat with the remaining dough and filling.
- 07 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 08 Lightly spray the Magic Tawa with oil or line it with parchment paper. Place the momos in a single layer in the Magic Tawa on the high rack, ensuring they do not touch each other.
- 09 Lightly spray the momos with oil.
- 10 Air fry for 18 min, turning them halfway through, until they are golden brown and crisp.
- 11 Remove the momos from the oven and let them cool slightly on a wire rack.
- 12 Serve hot with your favourite dipping sauce or chutney.

Use of sprouted pulses is a great healthy variant for this recipe



The dough should be kneaded very well to make it elastic and stretchy to easily shape the momos

Carrots are rich in beta-carotene, beans are a good source of fibre and corn is rich in antioxidants like lutein and zeaxanthin



Aloo Bhujiya

 MODE Air Fry	 MODE Oil Free	 PREHEAT TIME 2 min	 AIR FRY TIME 12 min	 PREP TIME 30 min	 SERVES UP TO 4
---	--	---	--	---	--



INGREDIENTS

- 2 large potatoes, boiled and mashed
- 1 cup besan
- ½ tsp turmeric powder
- ½ tsp red chilli powder
- ½ tsp chaat masala
- ½ tsp ajwain
- ½ tsp garam masala
- ½ tsp amchur
- 2 tbsp oil
- Salt, to taste
- Oil spray, for air frying



Combine ½ cup of cornflour along with besan for crispier bhujia



For a better texture, cook the potatoes in a microwave to avoid soaking them in water

COOKING METHOD

- 01 In a large mixing bowl, combine the boiled mashed potatoes with besan. Add turmeric powder, red chilli powder, chaat masala, ajwain, garam masala, amchur, salt and 2 tbsp of oil.
- 02 Mix well to form a smooth and stiff dough. If needed, add a little water to achieve the right consistency.
- 03 Grease the inside of a sev press or a murukku press fitted with the fine-holed disc. Fill the press with the prepared dough.
- 04 Select AF 2 program and press START. The oven will pre-heat for 2 min, once ready, it will beep.
- 05 Line the Magic Tawa with parchment paper or lightly grease it. In a single layer, press the dough in thin strands directly onto the Magic Tawa on the low rack.
- 06 Lightly spray the bhujia with oil.
- 07 Air fry for 12 min, shaking the Magic Tawa halfway through to ensure even cooking, until the bhujia is golden and crisp.
- 08 Allow the bhujia to cool completely before storing in an airtight container.

Potatoes are a good source of vitamin C and potassium, which are good for immune function and heart health

Dal Kachori

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
25 min



PREP TIME
30 min



SERVES
UP TO
4

INGREDIENTS

2 cups all-purpose flour
¼ cup semolina
¼ cup ghee or oil
½ tsp salt
Water, as needed

For the filling

150 g soaked moong dal
2–3 green chillies, finely chopped
1-inch piece of ginger, grated
½ tsp cumin seeds
½ tsp mustard seeds
½ tsp fennel seeds
½ tsp nigella seeds
½ tsp turmeric powder
1 tsp coriander powder
1 tsp cumin powder
1 tsp garam masala
1 tsp amchur
½ tsp red chilli powder
2 tbsp gram flour
Salt, to taste
2 tbsp oil
Fresh coriander leaves,
chopped (optional)



*Chopped onions can be used
as a variant to replace moong
dal to make pyaaz ki kachori*

COOKING METHOD

- 01 In a large mixing bowl, combine the all-purpose flour, semolina, salt and ghee (or oil). Mix well until the mixture resembles coarse crumbs. Gradually add water and knead into a smooth, soft dough. Cover with a damp cloth and let it rest for at least 30 min.
- 02 Heat 2 tbsp of oil for 1 min at 100% micro power level. Add the cumin seeds, mustard seeds, fennel seeds and nigella seeds. Let them splutter.
- 03 Add the soaked dal and green chillies. Sauté for 5 min at 100% until golden brown.
- 04 Add the grated ginger, turmeric powder, coriander powder, cumin powder, garam masala, amchur and red chilli powder. Mix well and cook for a few min.
- 05 Add the gram flour and cook for another 2–3 min, stirring constantly to prevent sticking. Season with salt and mix well. Cook until the mixture is dry. Remove from heat and let it cool. Add chopped fresh coriander leaves if desired.
- 06 Select AF 2 program and press START. Oven will preheat for 2 min and will beep once it is ready. Line the Magic Tawa with parchment paper.
- 07 Divide the dough into equal-sized balls. Roll each ball into a small circle (about 3–4-inch in diameter).
- 08 Place a spoonful of the filling in the center of each circle. Gather the edges of the dough and pinch them together to seal, forming a smooth ball.
- 09 Gently flatten each filled ball with your palm to form a disc.
- 10 Place the kachoris on the prepared Magic Tawa. Brush the tops with a little oil or ghee for a golden finish.
- 11 Bake in the preheated oven for 20–25 min, or until the kachoris are golden brown and crisp.
- 12 Serve the baked kachoris hot with green chutney, tamarind chutney or your favourite dip.



*Use cold ghee for kneading the
flour with finger tips. Make
a firm dough, do not over knead.*

*Moong dal is high in protein, making it an excellent
plant-based protein source for vegetarians.
It is also rich in dietary fibre, which aids digestion,
helps maintain blood sugar levels and promotes
a feeling of fullness.*



Dal Vada

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
20 min



PREP TIME
60 min



SERVES
UP TO
4

INGREDIENTS

- 1 cup chana dal
- 1 medium size onion, finely chopped
- 2–3 green chillies, finely chopped
- 1-inch ginger piece, finely grated
- 2–3 garlic cloves, finely minced
- 10–12 curry leaves, finely chopped
- 2 tbsp fresh coriander leaves, finely chopped
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- A pinch of asafoetida
- ½ tsp turmeric powder
- 1 tsp red chilli powder
- Salt, to taste
- ¼ tsp baking soda, for extra fluffiness
- 2 tbsp rice flour, for added crispiness
- Oil, for greasing and spraying



Use a mixture of moong, toor and masoor dal substituting chana dal

COOKING METHOD

- 01 Wash and soak the chana dal in water for at least 4 hours or overnight.
- 02 Drain the water and grind the soaked dal coarsely in a food processor or blender without adding any water. You want a coarse texture with some whole pieces of dal for a nice crunch.
- 03 Transfer the ground dal to a mixing bowl.
- 04 Add the finely chopped onions, green chillies, grated ginger, minced garlic, curry leaves, coriander leaves, cumin seeds, fennel seeds, asafoetida, turmeric powder, red chilli powder, salt, baking soda (if using) and rice flour.
- 05 Mix everything thoroughly to form a thick, coarse batter.
- 06 Lightly grease your hands with oil.
- 07 Take small portions of the mixture and shape them into small, flat discs or patties. Ensure they are not too thick to allow even cooking.
- 08 Lightly grease the Magic Tawa with oil to prevent sticking.
- 09 Place the shaped vadas on the Magic Tawa in a single layer. Do not overcrowd; cook in batches if necessary.
- 10 Lightly spray or brush the top of the vadas with oil to help them crisp up. Select AF 2 program and press START. Oven will preheat for 2 min and once it is ready oven will beep.
- 11 Air-fry for about 20 min, flipping halfway through the cooking time, until they are golden brown and crispy on both sides.
- 12 Once done, remove the vadas from the air fryer and place them on a serving plate.
- 13 Serve hot with mint chutney or tamarind chutney.



Do not grind the chana dal finely, keep it coarse

Chana dal, also known as split chickpeas, is rich in protein and dietary fibre, promoting muscle growth and aiding digestion. It is a good source of essential vitamins and minerals, including iron, potassium and folate, which supports overall health.



Delhi Papdi Chaat

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
15 min



PREP TIME
20 min



SERVES
UP TO
4

INGREDIENTS

For the papdi

- 1 cup all-purpose flour
- ¼ cup semolina
- ½ tsp ajwain
- ½ tsp cumin seeds
- 2 tbsp oil
- Salt, to taste
- Water, as needed

For the topping

- 2 cup boiled and diced potatoes
- 1 cup yogurt, whisked
- ½ cup tamarind chutney
- ½ cup green chutney
- ½ cup finely chopped onions
- ½ cup finely chopped tomatoes
- ¼ cup finely chopped fresh coriander leaves
- ½ cup sev
- 1 tsp chaat masala
- 1 tsp roasted cumin powder
- ½ tsp red chilli powder
- Salt, to taste
- Lemon juice to taste



*Knead a hard dough,
do not over knead*



Instead of maida, try using millet flours such as jowar, ragi, bajra, etc for a gluten-free variant

Both ajwain and cumin seeds help with indigestion, gas and bloating.



COOKING METHOD

- 01 In a mixing bowl, combine the all-purpose flour, semolina, ajwain, cumin seeds, salt and oil. Mix well and add water gradually to form a firm dough. Cover and let it rest for 15 min.
- 02 Select the AF 2 program and preheat the oven.
- 03 Roll the dough thin on a lightly floured surface. Use a cookie cutter or a small round lid to cut out small discs (papdis). Prick them with a fork so the papdis do not puff up.
- 04 Place the papdis on the Magic Tawa in a single layer. Air fry for 13–15 min, turning halfway through, until they are golden brown and crispy. Remove and let them cool.
- 05 Arrange the air-fried papdis on a serving plate.
- 06 Top each papdi with a spoonful of boiled potatoes.
- 07 Drizzle with whisked yogurt, tamarind chutney and green chutney.
- 08 Sprinkle the chopped onions, tomatoes and fresh coriander leaves on top and add sev for crunch.
- 09 Sprinkle chaat masala, roasted cumin powder, red chilli powder and salt, to taste and finish with a squeeze of lemon juice.
- 10 Serve the Delhi Papdi Chaat as soon as ready.

 MODE Air Fry	 MODE Oil Free	 PREHEAT TIME 2 min	 AIR FRY TIME 35 min	 PREP TIME 60 min (excluding overnight soaking)	 SERVES UP TO 4
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INGREDIENTS

1 cup rice
 ½ cup chana dal
 ¼ cup urad dal
 ¼ cup toor dal
 ¼ cup moong dal
 ½ cup yogurt
 ½ cup grated bottle gourd
 ½ cup grated carrot
 ¼ cup grated zucchini
 2–3 green chillies, finely chopped
 1-inch piece of ginger, grated
 1 tsp turmeric powder
 1 tsp red chilli powder
 1 tsp cumin seeds
 1 tsp mustard seeds
 1 tsp sesame seeds
 ½ tsp asafoetida
 1 tsp baking soda
 2 tbsp oil
 Salt, to taste

For tempering

2 tbsp oil
 1 tsp mustard seeds
 1 tsp sesame seeds
 ½ tsp asafoetida
 Few curry leaves



Use grated beetroot for red coloured handvo

COOKING METHOD

- 01 Rinse the rice and all the dals together under running water. Soak them in enough water for at least 6 hours or overnight.
- 02 Drain the soaked rice and dals and grind them to a coarse batter using a little water.
- 03 Transfer the batter to a large mixing bowl. Add yogurt, mix well, cover and let it ferment in the oven, selecting Keep Warm or Ferment program, for 4 hours.
- 04 After fermentation, add grated bottle gourd, carrot, zucchini, chopped green chillies, grated ginger, turmeric powder, red chilli powder, salt and oil to the batter. Mix well.
- 05 Add the baking soda to the batter and mix gently until well incorporated.
- 06 Heat 2 tbsp of oil, mustard seeds, sesame oil, asafoetida etc in a microwave safe glass bowl and heat for 2 min at 100% micro power level. Once mustard seeds, crackle, add curry leaves.
- 07 Pour this tempering over the batter and mix gently.
- 08 Select AF 2 program and preheat the oven. Grease a baking dish with a little oil.
- 09 Pour the prepared batter into the greased baking dish and spread it evenly.
- 10 Sprinkle a few more sesame seeds on top for added crunch.
- 11 Air fry in the preheated oven for 35 min or until the top is golden brown and a toothpick inserted into the centre comes out clean.
- 12 If the top is not browning enough, you can broil it for a couple of min, but keep a close watch to avoid burning.
- 13 Allow the baked Handvo to cool slightly before cutting into pieces.
- 14 Serve warm with green chutney or a side of yogurt.



Make holes on the centre of handvo, which can be used to funnel some oil so the centre part also cooks well

Handvo is made from a mixture of lentils providing a good balance of proteins, carbohydrates, vitamins and minerals essential for overall health. Also, increases fibre content, aiding digestion and promoting gut health.



Kachalu Popper

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
20 min



SERVES
UP TO
4

INGREDIENTS

4 large kachalu (colocasia roots/taro),
boiled and peeled

½ cup breadcrumbs

¼ cup grated cheese

1 small onion, finely chopped

2–3 green chillies, finely chopped

1-inch piece of ginger, grated

2 tbsp fresh coriander leaves, chopped

1 tsp cumin powder

1 tsp coriander powder

½ tsp red chilli powder

½ tsp garam masala

Salt, to taste



Replace kachalu with
potatoes for a taste
of the original dish



Boil the kachalu with kokum
or lemon juice to avoid
an itchy throat

COOKING METHOD

- 01 In a large mixing bowl, mash the kachalu until smooth. Add the breadcrumbs, grated cheese, chopped onion, green chillies, grated ginger, fresh coriander leaves, cumin powder, coriander powder, red chilli powder, garam masala and salt. Mix well to combine all ingredients.
- 02 Take small portions of the mixture and shape them into small balls or poppers.
- 03 Roll each popper in bread crumbs to coat evenly.
- 04 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 05 Lightly spray Magic Tawa with oil or line it with parchment paper. Place the kachalu poppers in a single layer on the Magic Tawa on the high rack, ensuring they do not touch each other.
- 06 Lightly spray the poppers with oil.
- 07 Air fry for 18 min, turning them halfway through, until they are golden brown and crisp.
- 08 Remove the poppers from the oven and let them cool slightly on a wire rack.
- 09 Serve hot with your favourite dipping sauce or chutney.

*Taro or colocasia is rich in dietary fibre, promoting digestion and gut health.
It is a good source of vitamin C, potassium and magnesium, supporting overall health.*



Kadlebele Chakkuli/Chakli

 MODE Air Fry	 MODE Oil Free	 PREHEAT TIME 2 min	 AIR FRY TIME 15 min	 PREP TIME 40 min	 SERVES UP TO 4
---	--	---	--	---	--



INGREDIENTS

2 cups rice flour
 1 cup roasted chana dal flour
 ¼ cup urad dal flour
 1 tsp cumin seeds
 1 tsp sesame seeds
 ¼ tsp asafoetida
 ½ tsp red chilli powder
 ¼ cup melted butter or hot oil
 Salt, to taste
 Water, as needed
 Oil spray, for air frying



*To make a healthy variant,
use jowar and bajra flour
instead of urad and chana dal*



*Add 1 tsp of very hot vegetable
oil to the flour and then start
kneading the dough, to make
the chakkulis extra crispy*

COOKING METHOD

- 01 In a large mixing bowl, combine rice flour, roasted chana dal flour, urad dal flour, cumin seeds, sesame seeds, asafoetida, red chilli powder and salt.
- 02 Add the melted butter or hot oil to the flour mixture and mix well. Gradually add water and knead to form a smooth and soft dough.
- 03 Grease the inside of a murukku press and fit it with the star-shaped disc. Fill the press with the prepared dough.
- 04 On a parchment paper or greased surface, press out the dough into spirals to form chakkulis.
- 05 Select the AF 2 program and preheat the oven.
- 06 Place a few chakkulis on the Magic Tawa on the low rack. Do not overcrowd the Magic Tawa.
- 07 Lightly spray the chakkulis with oil.
- 08 Air fry 15 min, turning halfway through, until golden brown and crisp.
- 09 Repeat with the remaining chakkulis.
- 10 Allow the chakkulis to cool completely before storing them in an airtight container.

*Roasted chana dal is rich in protein, which supports muscle repair and growth.
Rice flour provides essential carbohydrates and fibre.*

Kothimbir Vadi

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
10 min



PREP TIME
15 min



SERVES
UP TO
4

INGREDIENTS

2 cups fresh coriander leaves, finely chopped
1 cup besan (gram flour)
½ cup rice flour
2 tbsp semolina
2 green chillies, finely chopped
1-inch piece of ginger, grated
½ tsp turmeric powder
1 tsp red chilli powder
1 tsp cumin seeds
1 tsp sesame seeds
½ tsp baking soda
¼ tsp asafoetida
1 tbsp lemon juice
1 tbsp oil
Salt, to taste
Water, as needed

COOKING METHOD

- 01 In a large mixing bowl, combine the finely chopped coriander leaves, besan, rice flour and semolina.
- 02 Add the green chillies, grated ginger, turmeric powder, red chilli powder, cumin seeds, sesame seeds, baking soda, asafoetida, lemon juice and salt.
- 03 Mix all the ingredients well, then add a little water at a time to form a thick, smooth batter.
- 04 Select the AF 2 program and preheat the oven. Grease a baking dish or tray with a little oil.
- 05 Pour the prepared batter into the greased baking dish and spread it evenly.
- 06 Smooth the top with a spatula or the back of a spoon.
- 07 Air fry in the preheated oven for 25 min or until the top is golden brown and a toothpick inserted into the centre comes out clean.
- 08 If the top is not browning enough, you can broil it for a couple of min, but keep a close watch to avoid burning.
- 09 Once air fried, remove the dish from the oven and allow it to cool slightly.
- 10 Cut the kothimbir vadi into squares or diamond shapes.
- 11 For a crispier texture, you can lightly air fry the baked pieces for 10 min on AF 2 program.
- 12 Serve the baked kothimbir vadi warm with green chutney or tamarind chutney.

You can make the same recipe with chopped colocasia leaves



Use fresh coriander leaves for better flavour and aroma

Coriander leaves are rich in antioxidants, which help protect cells from damage and reduce inflammation. They contain essential vitamins and minerals, such as vitamin C, vitamin K and potassium, supporting immune function and bone health.



Air Fry

 MODE
Air Fry

 MODE
Oil Free

 PREHEAT
TIME
2 min

 AIR FRY
TIME
35 min

 PREP TIME
20 min

 SERVES
UP TO
4

INGREDIENTS

For the dough

2 cups whole wheat flour

¼ cup ghee

½ tsp salt

Water, as needed

For the filling

1 cup sattu

2 tbsp mustard oil

1 small onion, finely chopped

4–5 garlic cloves, finely chopped

1-inch piece of ginger, finely chopped

2 green chillies, finely chopped

1 tsp ajwain

1 tsp kalonji

1 tsp fennel seeds

1 tsp cumin seeds

1 tsp coriander powder

½ tsp amchur powder

½ tsp garam masala

¼ cup fresh coriander leaves, chopped

Salt, to taste

Water, as needed

Use millet flour for
a more fibre-rich and
gluten-free variant



*The dough should not be too soft
nor too hard. To avoid chewy
littis do not over-knead.*

*Whole wheat flour is rich in fibre, vitamin
and minerals, while ghee is high in healthy fats
and fat-soluble vitamins like A, E and K.
The combination provides a good source of energy.*



COOKING METHOD

- 01 In a large bowl, combine whole wheat flour, ghee and salt. Mix well. Gradually add water and knead to form a soft and smooth dough. Cover and let it rest for 30 min.
- 02 In a mixing bowl, combine sattu, mustard oil, chopped onion, garlic, ginger, green chillies, ajwain, kalonji, fennel seeds, cumin seeds, coriander powder, amchur powder, garam masala, chopped coriander leaves and salt.
- 03 Add a little water to bind the mixture. The filling should be moist but not too wet.
- 04 Divide the dough into equal-sized balls. Roll out each ball into a small circle, about 3-inch in diameter.
- 07 Place a spoonful of the sattu filling in the centre of each circle. Gather the edges of the dough and seal the filling inside, shaping it into a smooth ball.
- 09 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 10 Place the prepared litti balls on the Magic Tawa lined with parchment paper.
- 11 Air fry for 35 min, turning them halfway through, until they are golden brown and crisp.
- 12 Brush the hot litti with ghee to enhance the flavour.
- 13 Serve with baingan bharta or aloo chokha and extra ghee on the side.

Methi Mathri

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
20 min



PREP TIME
35 min



SERVES
UP TO
4

INGREDIENTS

2 cups all-purpose flour
¼ cup semolina
¼ cup dried fenugreek leaves
¼ tsp ajwain
½ tsp cumin seeds
½ tsp black pepper,
coarsely crushed
½ tsp turmeric powder
½ tsp red chilli powder
½ tsp baking powder
Salt, to taste
¼ cup ghee or oil
Water, as needed
Oil spray, for air frying

COOKING METHOD

- 01 In a large mixing bowl, combine all-purpose flour, semolina, dried fenugreek leaves, ajwain, cumin seeds, black pepper, turmeric powder, red chilli powder, baking powder and salt.
- 02 Add ghee or oil to the mixture and rub it in with your fingers until the mixture resembles breadcrumbs. Gradually add water to the mixture and knead it into a firm dough. Cover the dough with a damp cloth and let it rest for 15–20 min.
- 04 After resting, divide the dough into small portions and roll each into a ball. Flatten each ball slightly and prick the surface with a fork to prevent puffing during air frying.
- 06 You may roll the dough out into a sheet, prick with a fork and use a cookie cutter to cut out round shapes for a more uniform appearance.
- 07 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 08 Lightly brush or spray the mathris with oil on both sides. Place the mathris in a single layer on the Magic Tawa on the low rack. You may need to cook them in batches.
- 10 Air fry the mathris for about 20 min, turning them halfway through, until they are golden brown and crispy.
- 11 Allow the mathris to cool completely on a grill rack. They will become more crisp as they cool.
- 12 Once cooled, store the methi mathris in an airtight container to maintain their crispness.

Use millet flour for a more fibrous and gluten-free variant



Make a hard dough, do not over knead

Methi helps in regulating blood sugar levels and can also lower cholesterol levels, which reduces the risk of heart disease.



Sabudana Vada

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
40 min
(excluding soaking
of sabudana)



SERVES
UP TO
4

INGREDIENTS

- 1 cup sabudana
- 2 medium potatoes, boiled and mashed
- ½ cup roasted peanuts, coarsely ground
- 2–3 green chillies, finely chopped
- 1-inch piece of ginger, grated
- 2 tbsp fresh coriander leaves, chopped
- 1 tsp cumin seeds
- ½ tsp red chilli powder
- ½ tsp black salt
- Salt, to taste
- 1–2 tbsp lemon juice
- 1–2 tbsp oil spray, for air-frying

COOKING METHOD

- 01 Rinse the sabudana under cold water until the water runs clear and soak in enough water to cover them for 4–6 hours or overnight. They should become soft and swell up. Drain the excess water and set aside.
- 02 In a large mixing bowl, combine the soaked sabudana, mashed potatoes, coarsely ground peanuts, chopped green chillies, grated ginger, chopped coriander leaves, cumin seeds, red chilli powder, black salt and regular salt. Add lemon juice and mix well until all ingredients are well combined.
- 04 Take small portions of the mixture and shape them into small, flat round patties.
- 05 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 06 Lightly spray the Magic Tawa with oil or line it with parchment paper. Place the sabudana vadas in a single layer on the Magic Tawa on the high rack, ensuring they do not touch each other.
- 07 Lightly spray the vadas with oil.
- 08 Air fry for 18 min, turning them halfway through, until they are golden brown and crisp.
- 09 Remove the vadas from the oven and let them cool slightly on a wire rack.
- 10 Serve hot with green chutney or yogurt.



Use potatoes and sabudana in equal proportion for a better texture



A cube of mozzarella cheese can be stuffed in the vada for a gourmet twist

Sabudana is a rich source of carbohydrates, providing energy. It is naturally gluten-free, making it a suitable option for those with gluten sensitivities or celiac disease

Air Fried Bengali Bhetki

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
30 min



SERVES
UP TO
4

INGREDIENTS

300 g Bhetki fish fillets
½ tsp turmeric powder
½ tsp red chilli powder
1 tsp mustard paste or mustard sauce
1 tbsp yogurt
1 tbsp lemon juice
Salt, to taste

For coating

½ cup rice flour
½ cup semolina
1 tsp poppy seeds (optional)
½ tsp black salt
½ tsp black pepper powder
2 tbsp oil, for brushing

COOKING METHOD

- 01 In a bowl, mix the turmeric powder, red chilli powder, mustard paste, yogurt, lemon juice and salt to create a smooth marinade.
- 02 Coat the Bhetki fish fillets evenly with the marinade. Cover and keep in the refrigerator for at least 30 min to 1 hour.
- 03 In another bowl, combine the rice flour, semolina, poppy seeds (if using), black salt and black pepper powder. Mix well.
- 04 Coat the marinated fish fillets with the prepared rice flour mixture, pressing gently to ensure an even coating.
- 05 Select AF 2 program and press START. Oven will preheat for 2 min and will beep once it is ready.
- 06 Lightly brush the fish fillets with oil on both sides.
- 07 Using high rack, place the coated fish fillets in a single layer on the Magic Tawa, making sure they are not overlapping.
- 08 Air fry for 18 min, flipping the fish fillets halfway through the cooking time, until they are golden brown and crispy on the outside.
- 09 Remove the fish fillets from the oven and let them cool slightly.
- 10 Serve the air-fried Bengali Bhetki hot, with a side of mustard sauce (kasundi), green chutney or a fresh salad.

Raw banana can be used instead of the fish as a vegetarian variant



Wash and clean the fish, apply lemon juice and turmeric and leave the fish to rest for 15 min for better flavour

Bhetki fish, also known as Barramundi, is a good source of lean protein, supporting muscle growth and repair. It is rich in omega-3 fatty acids, which promote heart health and reduce inflammation.



Chettinad Chicken Dry

 MODE Air Fry	 MODE Oil Free	 PREHEAT TIME 2 min	 AIR FRY TIME 25 min	 PREP TIME 20 min (excluding marination time)	 SERVES UP TO 4
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INGREDIENTS

For the chicken marinade

- 500 g chicken pieces
(with bones or boneless)
- ½ cup yogurt
- 1 tsp turmeric powder
- 1 tbsp lemon juice
- Salt, to taste

For the Chettinad masala

- 2 tbsp oil
- 1 tsp fennel seeds
- 1 tsp cumin seeds
- 1 tsp black peppercorns
- 1 tsp coriander seeds
- 4–5 dried red chillies
- 4–5 cloves
- 2-inch cinnamon stick
- 3–4 green cardamom pods
- 1 star anise
- ½ cup grated coconut



COOKING METHOD

- 01 In a bowl, combine yogurt, turmeric powder, lemon juice and salt.
- 02 Add the chicken pieces and mix well to coat. Cover and marinate in the refrigerator for at least 1 hour.
- 03 Select AF 2 program and add 2 tbsp of oil in the Magic Tawa.
- 04 Add fennel seeds, cumin seeds, black peppercorns, coriander seeds, dried red chillies, cloves, cinnamon stick, green cardamom pods, star anise and grated coconut. Press Start and heat. Stir the masalas and repeat this process once again.
- 05 Allow the mixture to cool, then grind it to a fine paste using a little water.
- 06 Select AF 2 program and press START. Oven will preheat for 2 min and will beep once it is ready. Sprinkle the marinated chicken pieces with the Chettinad masala.
- 07 Place the chicken pieces on the Magic Tawa in a single layer using a high rack.
- 08 Air fry for 25 min, turning halfway through, until the chicken is cooked through and slightly charred.

Use air fried mini potatoes for vegetarian variant



Try to use chicken with bones for better taste and aroma. Add some Chettinad masala along with salt at the end for enhanced flavour.

Chicken is a good source of lean protein, which is essential for muscle growth and repair. It also provides important nutrients like vitamin B6 and niacin, which are important for metabolism.

Fish Amritsari

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
15 min



SERVES
UP TO
4

INGREDIENTS

- 1 basa fish fillet
- 2 tsp mustard oil
- 1 tbsp yogurt
- 1 tbsp ginger-garlic paste
- 1 tsp ajwain
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp garam masala
- 1 tsp chaat masala
- Salt, to taste
- 2 tbsp besan
- 1 tbsp rice flour
- Oil spray, for air frying
- Fresh coriander, for garnish
- Lemon wedges, for serving



*Paneer can be used
as a vegetarian variant
for the same recipe*

COOKING METHOD

- 01 In a mixing bowl, combine the ginger-garlic paste, yogurt, mustard oil, ajwain, cumin powder, coriander powder, red chilli powder, turmeric powder, garam masala, chaat masala and salt. Mix well to form a smooth marinade.
- 02 Wash the fish fillet and pat dry with a paper towel.
- 03 Add besan and rice flour to the marinade and mix well to ensure a smooth, lump-free coating.
- 04 Apply the marinade generously on the fish fillet, ensuring it is well-coated.
- 05 Cover the bowl and let the fish marinate in the refrigerator for at least 30 min to 1 hour. For best results, marinate overnight.
- 06 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 07 Lightly grease the Magic Tawa with cooking spray for additional bottom browning.
- 08 Place the marinated fish fillet in the Magic Tawa in a single layer. Do not overcrowd the Magic Tawa; cook in batches if necessary.
- 09 Lightly spray the top of the fish fillet with cooking spray to ensure they crisp up nicely.
- 10 Air-fry the fish at AF 2 for about 18 min, flipping halfway through the cooking time, until the fish is golden brown and cooked through.
- 11 Transfer the fish to a serving plate.
- 12 Garnish with fresh coriander leaves and serve with lemon wedges on the side.
- 13 Serve hot with mint chutney, onion rings and a light salad.



Avoid overcrowding. Cook the fish in batches if necessary to avoid steaming and ensure a crispy texture.

Basa fish is low in calories and rich in high-quality protein, making it an excellent choice for weight management and muscle growth. It provides essential nutrients like omega-3 fatty acids, which support heart health and reduce inflammation.



▲ *Prawn Recheado*

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
18 min



PREP TIME
10 min



SERVES
UP TO
4



INGREDIENTS

500 g large prawns,
cleaned and deveined
100 g Recheado masala, ready made
2 tbsp oil, for brushing
Salt, to taste



Use Kingfish if
allergic to shellfish



Apply lemon juice and salt to the
cleaned prawns for better flavour

COOKING METHOD

- 01 In a bowl, combine the cleaned and deveined prawns with the Recheado masala. Ensure the prawns are well-coated.
- 02 Cover and marinate in the refrigerator for at least 1 hour, allowing the flavours to meld.
- 03 Select AF 2 program and press START. Oven will preheat for 2 min and will beep once it is ready.
- 04 Lightly brush the marinated prawns with oil.
- 05 Place the prawns on the Magic Tawa in a single layer using a high rack.
- 06 Heat for 18 min, turning halfway through, until the prawns are cooked through and slightly charred.
- 07 Remove the prawns from the oven and let them cool slightly.
- 08 Serve hot with lemon wedges and a side of your choice, such as steamed rice or a fresh salad.

Prawns are an excellent source of lean protein, supporting muscle growth and repair while being low in calories and fat. They are rich in omega-3 fatty acids, which promote heart health and reduce inflammation.

Seekh Kebabs

Air Fry

MODE
Air Fry



MODE
Oil Free



PREHEAT
TIME
2 min



AIR FRY
TIME
20 min



PREP TIME
30 min



SERVES
UP TO
4

INGREDIENTS

For the kebab mixture

- 500 g minced chicken
- 1 medium onion, finely chopped
- 2–3 green chillies, finely chopped
- 2 tsp ginger-garlic paste
- 1 tsp fennel powder
- 1 tsp garam masala
- 1 tsp cumin powder
- ½ tsp red chilli powder
- ¼ tsp turmeric powder
- ¼ tsp black pepper powder
- ¼ tsp asafoetida
- 1 tsp fresh mint, finely chopped
- 2 tbsp fresh coriander leaves, finely chopped
- 1 tbsp lemon juice
- 1 egg for binding (optional)
- Salt, to taste
- 2 tbsp oil, for brushing

COOKING METHOD

- 01 In a large mixing bowl, combine the minced chicken with the finely chopped onion, green chillies, ginger-garlic paste, fennel powder, garam masala, cumin powder, red chilli powder, turmeric powder, black pepper powder, asafoetida, mint, fresh coriander leaves, lemon juice and salt.
- 02 Mix everything thoroughly. If the mixture feels too loose, add an egg for binding.
- 03 Cover and refrigerate the mixture for at least 30 min to allow the flavours to meld.
- 04 Take small portions of the mixture and shape them into cylindrical kebabs around metal or wooden skewers. If using wooden skewers, soak them in water for at least 30 min to prevent burning.
- 05 Select the program and preheat the oven on AF 2 program.
- 06 Lightly brush the kebabs with oil on all sides.
- 07 Place the kebabs in the Magic Tawa in a single layer, ensuring they are not touching each other.
- 08 Air fry for 20 min, turning the kebabs halfway through the cooking time, until they are cooked through and have a nice golden-brown colour.
- 09 Remove the kebabs from the oven and let them cool slightly.
- 10 Serve hot with green chutney, mint yogurt sauce or your favourite dipping sauce, along with lemon wedges and sliced onions.



Soya granules can be used for a vegetarian variant of this recipe to replace chicken mince



Use 2 tsp roasted besan for additional binding and flavour

Chicken is a good source of lean protein, which is essential for muscle growth and repair. It also provides important nutrients like vitamin B6 and niacin, which are important for metabolism.

Tunday Kebab

 MODE Air Fry	 MODE Oil Free	 PREHEAT TIME 2 min	 AIR FRY TIME 20 min	 PREP TIME 10 min (excluding the marination time)	 SERVES UP TO 4
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INGREDIENTS

For the kebab mixture

- 500 g minced mutton
- 1 large onion, finely chopped
- 2 tsp ginger-garlic paste
- 1 green chilli, finely chopped
- 1 tsp garam masala
- 1 tsp cumin powder
- ½ tsp black pepper powder
- ¼ tsp nutmeg powder
- ¼ tsp mace powder
- ¼ tsp clove powder
- ¼ tsp cinnamon powder
- ½ tsp fennel powder
- 1 tsp besan
- 1 egg for binding (optional)
- Salt, to taste
- 2 tbsp oil, for brushing

For the garnish

- Fresh coriander leaves, chopped
- Sliced onions
- Lemon wedges



Chicken mince can be used to replace mutton kheema for this recipe



Mix 2 tbsp grated raw papaya into the mince meat during marination for more tender kebabs

Mutton is a good source of high-quality protein and rich in iron, essential for muscle growth and production of red blood cells in the body.



COOKING METHOD

- 01 In a large mixing bowl, combine the minced mutton with finely chopped onion, ginger-garlic paste, green chilli, garam masala, cumin powder, black pepper powder, nutmeg powder, mace powder, clove powder, cinnamon powder, fennel powder, besan and salt.
- 02 Mix everything thoroughly. If the mixture feels too loose, you can add an egg for binding. Cover and refrigerate the mixture for at least 1 hour to allow the flavours to meld.
- 03 Make small portions of the mixture and shape them into small, round patties or kebabs.
- 04 Select AF 2 program and press START. Oven will preheat for 2 min. Once ready, oven will beep.
- 05 Lightly brush the kebabs with oil on both sides. Place the kebabs on the Magic Tawa on the high rack in a single layer, ensuring they are not touching each other.
- 06 Air fry for 20 min, turning halfway through, until the kebabs are cooked through and have a nice golden-brown color.
- 07 Remove the from the air fryer and let them cool slightly.
- 08 Garnish with chopped fresh coriander leaves, sliced onions and lemon wedges.





Ready for healthier, tastier meals?

Enjoy perfectly steamed vegetables, succulent fish and fluffy dumplings with IFB's Steam mode.

Ideal for quick, nutritious cooking, it locks in flavours and nutrients effortlessly. Elevate your dining with ease and savour every steamed delight!

Made in an IFB Microwave Oven or Built-in Oven



#steamyaffair

- Bhapa Doi
- Dhokla
- Kanchipuram Idli
- Khaman
- Kharwas
- Kothimbir Wadi
- Modak
- Muthias
- Panki
- Patoli
- Patra
- Steamed Asparagus
- Steamed Broccoli
- Steamed Brussels Sprouts
- Steamed Corns
- Steamed Stuffed Buns
- Steamed Sweet Potatoes
- Steamed Vegetable & Tofu Stir-Fry
- Steamed Vegetable Salad
- Sweet Idiyappam in Coconut Milk
- Steamed Fish in Banana Leaves
- Steamed Lemon Herb Fish
- Steamed Momos
- Steamed Stuffed Bell Peppers
- Steamed Stuffed Chicken

Note: While using a built in oven, use only the bottom heating function. Place the grill rack on top of the baking tray and keep on bottom rack position with hot water sufficient to fill the tray partially. Preheat temp : 200°C / Prep heat time : 20 min and cooking time as indicated in recipes.

■ *Bhapa Doi*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
30 min



PREP
TIME
20 min



SERVES
UP TO
4

INGREDIENTS

2 cups plain yogurt,
preferably full-fat

1 can sweetened condensed milk,
approximately 400 grams

½ tsp cardamom powder

a few of saffron strands, soaked in
a tbsp of warm milk (optional)

Nuts for garnish, such as pistachios
and almonds (optional)



Use around 4 tbsp of Nolen
gur for a nutty flavour highly
cherished in Eastern cooking



½ tsp of cornstarch in the
mixture can help bhapa doi
to set well

COOKING METHOD

- 01 In a large mixing bowl, whisk together the yogurt and sweetened condensed milk until smooth and well combined. Add the cardamom powder and saffron milk (if using) to the mixture.
- 02 Grease a heatproof dish or individual ramekins with a little ghee or oil to prevent sticking. Pour the prepared yogurt mixture into the greased dish or ramekins. Cover with aluminium foil to prevent water from entering and place on steam rack.
- 03 Place the steam rack on glass tray inside the oven on low rack position. Select Steam function with S3 mode and steam for 25–30 min, or until a knife inserted in the centre comes out clean.
- 04 Once steamed, remove the dish or ramekins from the oven and let them cool to room temperature. Refrigerate for at least 3 hours or until well chilled.
- 05 Garnish with chopped nuts like pistachios and almonds if desired and serve.

The steaming process of yogurt enhances its digestibility while preserving essential nutrients like protein, calcium and vitamin B.



Dhokla



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
20 min



PREP
TIME
15 min



SERVES
UP TO
4

INGREDIENTS

1 cup rice, preferably parboiled
½ cup urad dal
¼ cup cooked rice
1 tbsp fenugreek seeds
1 cup yogurt
½ tsp baking soda
Salt to taste
Oil for greasing

For tempering

2 tbsp oil
1 tsp mustard seeds
1 tsp sesame seeds
A pinch of asafoetida
A few curry leaves
2 green chillies, slit

COOKING METHOD

- 01 Wash and soak the rice and urad dal separately for at least 6 hours. Soak the fenugreek seeds along with the urad dal.
- 02 Drain the water and grind soaked rice with the cooked rice to a slightly coarse paste. Transfer to a large bowl.
- 03 Grind the urad dal and fenugreek seeds to a smooth paste and add to the rice paste. Mix the batters together, add yogurt and mix well. The consistency should be similar to a pancake batter.
- 04 Cover and let the batter ferment in a warm place for 4 hours or use Ferment mode.
- 05 Once the batter is fermented, add salt to taste and mix well.
- 06 Just before steaming, add the baking soda to the batter and mix gently. The batter will become frothy.
- 07 Grease a glass tray or a shallow dish with oil. Select Steam function and pre heat the oven on S3 mode for 2 min.
- 08 Pour the batter into the greased tray and spread it evenly. Place in oven selecting S3 mode on Steam function and steam for about 20 min or until a toothpick inserted in the centre comes out clean.
- 09 Once steamed, remove from the steamer and let it cool for a few min. Cut into square or diamond-shaped pieces.
- 10 Heat oil in a small oven safe glass bowl for tempering.
- 11 Add mustard seeds, sesame seeds, asafoetida, curry leaves and green chillies. Heat for 1 min at 1000W.
- 12 Pour the tempering over the steamed and cut dhokla pieces.
- 13 Serve the dhokla warm or at room temperature with green or coconut chutney.



*Use the correct measurements
for dhokla batter*

*For a healthier and faster
variant, simply replace rice
with soaked sooji*

This combination is rich in dietary fibre, essential vitamins and minerals, such as vitamin B, iron and magnesium, maintaining gut health and energy levels.

Kanchipuram Idli



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
10 min



PREP
TIME
40 min*



SERVES
UP TO
4

*Excluding soaking time

INGREDIENTS

1 cup raw rice, sona masuri or any short-grain rice
1 cup idli rice
1 cup split urad dal
½ cup thick poha
½ cup grated coconut
½ tsp fenugreek seeds
1 tbsp black peppercorns
1 tbsp cumin seeds
2 tbsp ghee
¼ cup cashew nuts, broken
¼ tsp asafoetida
1 tsp dry ginger powder
Salt to taste
A few curry leaves, chopped
Ghee or oil for greasing the idli plates



½ tsp of turmeric powder
can be added for colour
and flavour

COOKING METHOD

- 01 Rinse and soak the raw rice, idli rice and fenugreek seeds together in enough water for at least 6 hours. Rinse and soak the urad dal separately in enough water for 6 hours.
- 02 Soak the poha in enough water for about 30 min before grinding.
- 03 Drain the soaked rice and fenugreek seeds and grind them with the soaked poha to a slightly coarse batter, adding water as needed.
- 04 Drain the soaked urad dal and grind it to a smooth and fluffy batter, adding water as required.
- 05 Mix both batters together in a large bowl. Add salt and mix well. Preheat the oven by selecting S3 mode.
- 06 Select Ferment mode and allow the batter to ferment for 90 min and to rise and become airy.
- 07 Heat 2 tbsp of ghee in a microwave safe glass bowl at 1000W power level for 3 min. Add the black peppercorns, cumin seeds, cashew nuts and fry until they turn golden brown for 2 min at 1000W. Add the asafoetida, dry ginger powder and chopped curry leaves and heat for 1 min. Mix well and remove from oven. Add to the fermented batter and mix well.
- 08 Grease the idli plates with ghee or oil and pour the batter into the plastic idli mould or silicon cups, filling each mold about ¾ th.
- 10 Select 'Steam' and use the S3 program, with the low rack position, steam the idlis for 10 min or until a toothpick inserted into the centre comes out clean.
- 11 Allow the idlis to cool for a few min before removing them from the moulds.
- 12 Serve the Kanchipuram Idlis hot with coconut chutney, sambar, or any chutney of your choice.



Use the right proportions
for idli batter

Rice is a good source of energy due to its high carbohydrate content. It is low in fat and cholesterol-free, making it a heart-healthy food choice.

Khaman



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
10 min



PREP
TIME
15 min



SERVES
UP TO
4



INGREDIENTS

75 g sooji
75 g besan
1 tsp fresh green chilli and ginger paste
5 g salt
10 g ground sugar
50 g curd
180 ml water
1 fruit salt sachet (Eno)



This can be made with a fine paste of chana dal weighing approx 150 g instead of sooji and besan

COOKING METHOD

- 01 Mix the besan, sooji, curd, sugar, chilli and ginger paste, water and salt. Add Eno and pour the batter into an oven safe glass bowl.
- 02 Select Steam and use the S3 program, with the low rack position, steam it for 10 min or until a toothpick inserted into the centre comes out clean.



Use the right measurements for the batter and drizzle sugar water once ready

Semolina is rich in protein and fibre and is a good source of vitamin B, such as folate and thiamine, which support energy metabolism and overall brain function.

Kharwas



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
40 min



PREP
TIME
10 min



SERVES
UP TO
4



INGREDIENTS

400 g sweetened condensed milk
400 g thick yogurt
400 ml whole milk
Saffron, a few strands
1–2 tsp cardamom powder
Pistachios or almonds, for garnish (optional)



For a flavoured Kharwas, add 2 tbsp of fruit crush such as mango or strawberry



Kharwas is traditionally enjoyed chilled, making it a refreshing Maharashtrian dessert for special occasions

The steaming process of yogurt enhances its digestibility while preserving essential nutrients like potassium, calcium and vitamin B

COOKING METHOD

- 01 In a large bowl, whisk together the condensed milk, yogurt and milk. Ensure there are no lumps. Add sugar, half the saffron and half the cardamom powder. Stir until the sugar dissolves completely.
- 02 Grease a steaming vessel or small individual bowls with ghee or oil. Pour the prepared milk mixture into the greased bowls or vessel. Garnish with the rest of saffron and cardamom.
- 03 Place the bowls or vessel on glass tray at low rack position. Select Steam function and use S3 mode. Steam the Kharwas on medium heat for about 30–40 min. The exact time may vary depending on the thickness of the mixture and the size of the bowls.
- 04 Check for doneness by inserting a toothpick or knife into the centre of the Kharwas. It should come out clean.
- 05 Once cooked, remove and let cool to room temperature.
- 06 For best results, chill the Kharwas in the refrigerator for at least 2–3 hours before serving.
- 07 Run a knife around the edges of the bowl or vessel to loosen the Kharwas. Invert the bowl or vessel onto a serving plate to unmould.
- 08 Garnish with chopped nuts like pistachios or almonds if desired and serve chilled.

Kothimbir Wadi



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
20 min



PREP
TIME
30 min



SERVES
UP TO
4

INGREDIENTS

2 cups fresh coriander leaves,
finely chopped
1 cup besan
2 tbsp rice flour
½ tsp turmeric powder
1 tsp red chilli powder
1 tsp cumin seeds
1 tsp sesame seeds
½ tsp baking soda
1 tbsp ginger-garlic paste
2 green chillies, finely chopped
Salt to taste
Water as needed
Oil for greasing

For tempering

2 tbsp oil
1 tsp mustard seeds
1 tsp sesame seeds
A pinch of asafoetida
A few curry leaves

COOKING METHOD

- 01 In a large mixing bowl, combine the chopped coriander leaves, besan, rice flour, turmeric powder, red chilli powder, cumin seeds, sesame seeds, baking soda, ginger-garlic paste, green chillies and salt. Gradually add water to the mixture, stirring continuously to form a loose dough. Ensure there are no lumps. Shape the dough into a 3 to 4 small logs.
- 02 Grease a steaming tray or plate with oil. Place the logs on the greased tray and steam on S3 mode for about 20 min or until a toothpick inserted comes out clean.
- 03 Once steamed, let it cool slightly before cutting it into thick slices.
- 04 Add oil in a small glass bowl for tempering.
- 05 Add mustard seeds, sesame seeds, asafoetida and curry leaves. Heat for 2 min at 1000W.
- 06 Pour the tempering over the cut Kothimbir Wadis.
- 07 Serve the steamed Kothimbir Wadi hot with green chutney.



Keep the mixture wet enough to shape into logs. This will ensure it is easier to cut.

Instead of making logs, one can simply spread the mixture on a plate

Coriander leaves are rich in antioxidants, which help reduce inflammation and protect against chronic diseases. They are a good source of vitamin A, C and K, supporting immune function, skin health and blood clotting.





MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
12 min



PREP
TIME
40 min



SERVES
UP TO
4

INGREDIENTS

Rice flour dough

1 cup of rice flour
1 cup water
1 tbsp ghee
A pinch of salt

For the filling

1 cup fresh grated coconut
¾ cup jaggery, grated, adjust according to the desired sweetness
½ tsp cardamom powder
1 tbsp ghee

COOKING METHOD

- 01 Heat ghee, grated coconut and grated jaggery for 3 min at 1000W micro power level. Add cardamom powder and mix thoroughly. Heat at 1000W for 5 min, stirring every 1 min. Remove, and let the filling cool completely.
- 02 In an oven safe glass bowl add water, pinch of salt and 1 tbsp of ghee and boil for 5 min at 1000W micro power level. Once the water is heated, slowly add the rice flour while stirring continuously to avoid lumps until the dough comes together and forms a smooth ball. Place inside the oven and let it rest for 5-10 min.
- 03 Take a small portion of the rice flour dough and roll it into a smooth ball about the size of a lemon. Flatten the ball with your fingers or a rolling pin into a small disc, keeping the edges thinner than the centre.
- 04 Place a spoonful of the prepared coconut-jaggery filling in the centre of the disc. Gather the edges of the disc towards the centre, pleating and pinching them together to seal the modak. It should resemble a pyramid or a dumpling shape.
- 05 Grease the steam rack with a little ghee, arrange the modaks ensuring they are not touching each other. Place on glass tray inside the oven on low rack position
- 06 Steam the modaks for 12 min on S3 mode, on Steam function, or until they are cooked and the outer covering becomes translucent.
- 07 Remove, cool slightly and break open from top. Pour a spoonful of ghee and serve warm.



Modaks taste best when served warm. Garnish with saffron strands or chopped nuts.



Place some turmeric leaves in the oven cavity while the modaks are steaming for a more authentic flavour

Jaggery is rich in essential minerals like iron which prevents anaemia. It contains antioxidants that help combat oxidative stress and boosts immunity.



Muthias



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
20 min



PREP
TIME
30 min



SERVES
UP TO
4

INGREDIENTS

For the muthia

2 cups fresh methi, finely chopped
1 cup whole wheat flour
½ cup besan
¼ cup sooji
2 tbsp ginger-green chilli paste
2 tbsp yogurt
1 tsp turmeric powder
1 tsp red chilli powder
1 tsp coriander powder
1 tsp cumin powder
1 tsp garam masala
½ tsp asafoetida
1 tbsp lemon juice
1 tbsp sugar (optional)
2 tbsp oil
Salt to taste

For tempering

2 tbsp vegetable oil
1 tsp mustard seeds
1 tsp sesame seeds
A pinch of asafoetida
A few curry leaves
2–3 green chillies, chopped

COOKING METHOD

- 01 In a large mixing bowl, combine the finely chopped fenugreek leaves, whole wheat flour, besan and sooji. Add the ginger-green chilli paste, yogurt, turmeric powder, red chilli powder, coriander powder, cumin powder, garam masala, asafoetida, lemon juice, sugar (if using), salt and oil.
- 02 Mix all the ingredients well to form a firm but pliable dough. Add a little water or flour if it's too dry or sticky.
- 03 Divide the dough into small portions and shape into cylindrical rolls or small oval shapes.
- 04 Grease a steamer plate or a perforated tray with a little oil.
- 05 Place the muthias on the steamer rack, ensuring they are not too close to each other. Select 'Steam' and use the S3 program.
- 06 Steam the muthias for about 15–20 min or until they are cooked through. To check, insert a toothpick into a muthia; it should come out clean.
- 07 Allow the muthias to cool slightly, then cut them into smaller pieces if desired.
- 08 Heat oil in a microwave safe glass bowl for tempering. Add mustard seeds, sesame seeds, asafoetida, curry leaves and chopped green chillies. Press microwave and heat at 1000W for 1 min.
- 09 Add the steamed muthia pieces to the bowl and toss them gently in the tempering until they are coated with the seasoning.
- 10 Serve the methi muthias hot with green chutney, tamarind chutney or yogurt.



Ensure a consistent shape, length and weight for even cooking



If methi leaves are too bitter, simply replace with coriander leaves

Consuming methi and whole wheat together provides a powerful combination of dietary fibre, aiding digestion and promoting satiety along with being a rich source of vitamins and minerals





MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
12 min



PREP
TIME
25 min



SERVES
UP TO
4



INGREDIENTS

- 1 cup rice flour
- ¼ cup yogurt
- ½ cup water, adjust as needed
- 2 tsp ginger-green chilli paste
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- 1 tbsp oil
- Salt to taste
- Fresh banana leaves,
cut into 6-inch squares
- Ghee or oil for greasing



To enrich this recipe even further use ragi flour for a much healthier variant



Just pat dry the banana leaf. Do not grease it since it has its own wax.

COOKING METHOD

- 01 In a mixing bowl, combine rice flour, yogurt and water. Whisk well to form a smooth batter. Add ginger-green chilli paste, cumin seeds, turmeric powder, oil and salt to the batter. Mix well. The batter should be of pouring consistency, similar to dosa batter. If it is too thick, add a little more water.
- 02 Grease each banana leaf square with a little ghee or oil on one side and pour a ladleful of batter onto the centre of the leaf and spread it slightly. Place another greased banana leaf square on top, greased side down.
- 03 Prepare a steamer or a large pot with a steaming rack and bring the water to a boil.
- 04 Place the assembled panki packets in the steamer, ensuring they are not stacked directly on top of each other. Select Steam and use the S3 program with the low rack position and steam the panki for about 10–12 min or until the batter is cooked through. You can check by inserting a toothpick or a knife; it should come out clean.
- 05 Remove the steamed panki packets from the steamer and gently peel off the top banana leaf. The panki should come off easily. If it sticks, steam for a little longer.
- 06 Serve the panki hot with the banana leaves, along with green chutney or any chutney of your choice.

Consuming yogurt and cumin together aids digestion due to yogurt's probiotics and cumin's digestive enzymes. This combination can help reduce inflammation and boost the immune system.



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
15 min



PREP
TIME
40 min



SERVES
UP TO
4

INGREDIENTS

For the rice paste

1 cup rice flour

1 cup water

A pinch of salt

For the filling

1 cup fresh grated coconut

¾ cup jaggery, grated

½ tsp cardamom powder

1 tbsp sesame seeds

For wrapping

10–12 turmeric leaves

or banana leaves

COOKING METHOD

- 01 Heat ghee, grated coconut and grated jaggery for 3 min at 1000W micro power level. Add cardamom powder and heat at 1000W for 5 min stirring every 1 min. Remove and let cool completely.
- 02 In an oven safe glass bowl add water, pinch of salt and 1 tbsp of ghee and boil for 5 min at 1000W micro power level. Once the water is heated, slowly add the rice flour while stirring continuously to avoid lumps until the paste comes together and is smooth.
- 03 Keep it back inside the oven and let it rest for 5–10 min.
- 04 Wash the turmeric leaves thoroughly and pat dry. If using banana leaves, cut them into rectangular pieces of about 6–8 inch in length and steam them for a few min to make them pliable.
- 05 Take a small portion of the rice flour dough and spread it evenly over one side of the turmeric leaf, in a thin layer. Place a spoonful of the filling in the centre of the paste. Fold the leaf over to enclose the filling, pressing the edges gently to seal.
- 06 Grease the steam rack with a little ghee, arrange the patolis ensuring they are not touching each other. Place on glass tray inside the oven on low rack position.
- 07 Steam for 15 min on S3 mode, under Steam function, or until they are cooked through and the outer covering becomes translucent.
- 08 Remove and let cool for a few minutes. Unwrap the turmeric leaves and serve warm or at room temperature.



Do not spread the rice paste too thin that it can be removed easily



Use palm jaggery for a darker colour and richer flavour

Turmeric leaves are rich in antioxidants and anti-inflammatory compounds, which help reduce inflammation and protect against chronic diseases





MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
25 min



PREP
TIME
40 min



SERVES
UP TO
4

INGREDIENTS

For the patra

10–12 large colocasia leaves
2 cups besan
1 tbsp rice flour
¼ cup tamarind pulp
2 tbsp grated jaggery
1 tsp turmeric powder
2 tsps red chilli powder
1 tsp coriander powder
1 tsp cumin powder
1 tsp garam masala
1 tsp sesame seeds
¼ tsp asafoetida
Salt to taste
Water as needed

For tempering

2 tbsp oil
1 tsp mustard seeds
1 tsp sesame seeds
A pinch of asafoetida
A few curry leaves
2–3 green chillies, chopped

For garnish

Freshly grated coconut
Chopped coriander leaves

COOKING METHOD

- 01 Wash the colocasia leaves and pat dry. Trim the thick veins from the back of the leaves.
- 02 In a large mixing bowl, combine the besan, rice flour, tamarind pulp, grated jaggery, turmeric powder, red chilli powder, coriander powder, cumin powder, garam masala, sesame seeds, asafoetida and salt. Add water gradually to form a thick, smooth batter. The batter should be thick enough to coat the back of a spoon.
- 03 Spread a thin layer of the prepared batter evenly over the smooth side of the leaf. Place another leaf on top of the first one and spread the batter again. Repeat this process with 3 leaves, depending on their size.
- 04 After layering the leaves, fold the sides of the stack towards the centre and then roll it tightly from the bottom to the top to form a cylinder. Repeat this process with the remaining leaves and batter.
- 05 Place the patra on the steamer rack with a glass tray below it and steam for about 25 min on S3 mode or until they are cooked through. A knife inserted into the rolls should come out clean.
- 06 While slightly warm, cut the patra into ½-inch thick slices.
- 07 Heat oil in a microwave safe glass bowl at 1000W for 2 min. Add mustard seeds, sesame seeds, asafoetida, curry leaves and chopped green chillies. Heat for a minute at 1000W.
- 08 Add the sliced patra to the bowl and gently toss them in the tempering until they are lightly crisp and coated with the seasoning.
- 09 Garnish the patra with freshly grated coconut and chopped coriander leaves.
- 10 Serve them warm with green chutney or tamarind chutney.



Roll the patra firmly prior to steaming so it does not open while it is being steamed

Just mix finely shredded colocasia leaves (without stems) with all other ingredients and steam

Colocasia leaves are rich in vitamin A and C, which support immune function and skin health. They contain high levels of dietary fibre, aiding digestion and gut health.



■ *Steamed Asparagus*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
5 min



PREP
TIME
10 min



SERVES
UP TO
4

INGREDIENTS

1 bunch asparagus, about 1 pound
1 cup water
Salt and black pepper to taste
Lemon wedges for serving (optional)
1 tbsp butter, for drizzling (optional)



*For a healthier recipe use
handful of walnuts with
asparagus*

*Asparagus is packed with antioxidants and
vitamin A, C, E and K, which support immune
function, skin health and bone strength*

COOKING METHOD

- 01 Wash the asparagus under cold water. Trim off the tough ends of the asparagus stalks (usually about 1–2 inch from the bottom).
- 02 Place a steam rack on glass tray inside the oven on low rack position. Arrange the asparagus spears in a single layer in the steamer rack. Select Steam function with S3 mode.
- 03 Steam for about 5 min, or until the spears are tender but crisp. Check for doneness by inserting a fork into the thickest part of a spear; it should pierce easily.
- 04 Once steamed, carefully transfer to a serving dish and season with salt and black pepper to taste. Drizzle with melted butter and lemon juice (if using) for added flavour.



*Keep an eye on it to avoid overcooking. For flavour variations, you can
sprinkle with grated Parmesan cheese, toasted almonds or a dash of balsamic
vinegar. Steamed asparagus pairs well with grilled fish and roasted chicken.*



■ *Steamed Broccoli*



MODE
Steam



PREHEAT
TIME
3 min



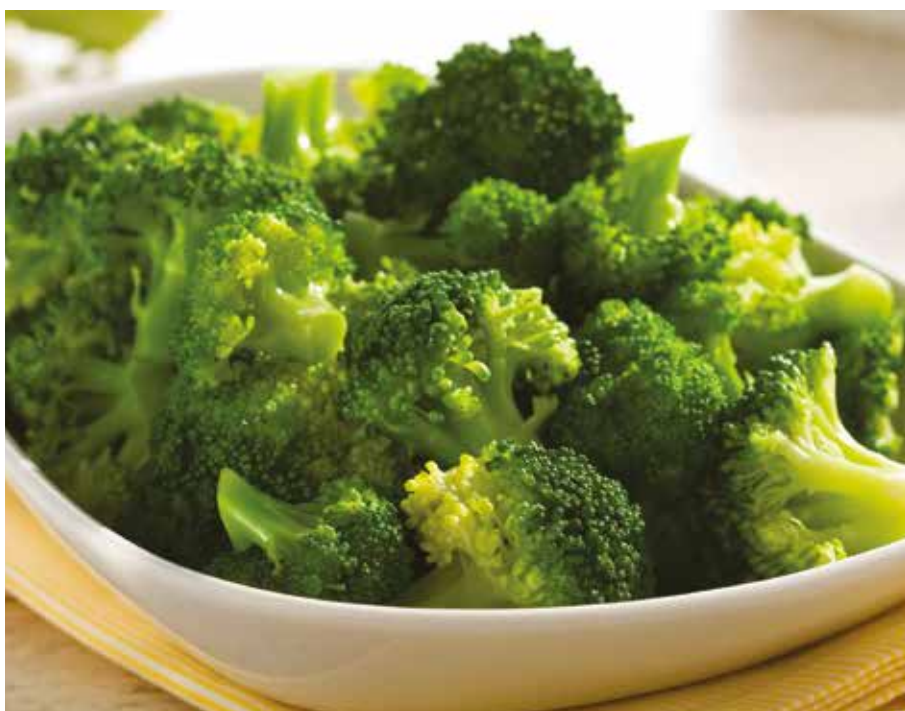
COOK
TIME
20 min



PREP
TIME
10 min



SERVES
UP TO
4



INGREDIENTS

1 large head or 2 small heads of broccoli, cut into florets

1 cup water

Salt and black pepper to taste

1 tbsp olive oil, for drizzling (optional)

Lemon wedges for serving (optional)



*For a healthier recipe use
handful of almonds*

Broccoli is rich in antioxidants and vitamin C and K, which support immune function, skin health and bone strength.

COOKING METHOD

- 01 Wash the broccoli under cold water. Trim off any tough stalks and cut the broccoli into medium-sized florets.
- 02 Place a steam rack on glass tray inside the oven on low rack position. Add the broccoli florets to the steam rack. Select Steam function with S3 mode.
- 03 Steam the broccoli for about 7 min, or until the florets are tender but still crisp. Check for doneness by inserting a fork into the thickest part of a floret; it should pierce easily.
- 04 Once steamed, transfer to a serving dish and season with salt and black pepper to taste. Drizzle with olive oil and lemon juice (if using) for added flavour.



Avoid overcooking the broccoli to maintain its vibrant green colour and crisp texture. Customise by adding minced garlic or lemon zest. Pairs well with grills and roasts and pastas.

■ *Steamed Brussels Sprouts*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
10 min



PREP
TIME
10 min



SERVES
UP TO
4

INGREDIENTS

340 g Brussels sprouts

1 cup water

Salt and black pepper to taste

1–2 tbsp olive oil for drizzling
(optional)

Lemon wedges for serving (optional)



*For a healthier recipe, top
with handful of roasted
pumpkin seeds*

*Brussels sprouts are high in vitamin C and K,
which support immune function and bone
health. They are rich in fibre, aiding digestion
and promoting a healthy gut.*

COOKING METHOD

- 01 Wash the Brussels sprouts under cold water. Trim off the tough ends and remove any yellowed outer leaves.
- 02 Place a steam rack on glass tray inside the oven on low rack position. Arrange the Brussels sprouts in a single layer in the steamer tray. Select Steam function with S3 mode. Steam the Brussels sprouts for about 10 min, or until they are tender when pierced with a fork but still vibrant green.
- 03 Once steamed, transfer the Brussels sprouts to a serving dish and season with salt and black pepper. Drizzle with olive oil and lemon juice (if using) for added richness and flavour.



*Brussels sprouts can vary in size, so adjust steaming time accordingly.
For variations, sprinkle with grated Parmesan cheese, balsamic vinegar, or
toasted nuts before serving. It pairs well with roasted meats and grilled fish.*



■ *Steamed Corn*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
10 min



PREP
TIME
5 min



SERVES
UP TO
4



INGREDIENTS

4 ears of fresh corn
Water, enough to cover the
bottom of the steamer pot
Salt, to taste
Butter, for serving (optional)
Black pepper, for serving (optional)



To add a desi twist, rub
with a lemon and sprinkle
with red chilli powder

COOKING METHOD

- 01 Peel the husk and remove the silk from each ear of corn. Rinse the corn under cold water.
- 02 Place a steam rack on glass tray inside the oven on low rack position. Arrange the corn in the steamer rack. Select Steam function with S3 mode. Steam the corn for about 10 min, or until the kernels are tender.
- 03 Once steamed, season with salt and serve the steamed corn with butter and black pepper (if using) for added flavour.



Adjust the steaming time based on the freshness and size of the corn. To enhance the flavour, sprinkle with herbs like chopped parsley or a squeeze of lime juice. Steamed corn on the cob is perfect for serving as a side dish.

Corn is a good source of dietary fibre, which supports digestive health. It provides essential nutrients like B vitamin, including folate, which are important for energy metabolism and brain function.

Steamed Stuffed Buns



MODE
Steam



PREHEAT
TIME
2 min



COOK
TIME
12 min



PREP
TIME
30 min



SERVES
UP TO
4

INGREDIENTS

For the dough

2 cups all-purpose flour
2 tsps instant yeast
1 tbsp sugar
½ tsp salt
¾ cup warm water
2 tbsp vegetable oil

For the filling

1 cup grated cheese,
Cheddar, Mozzarella or a mix
¼ cup finely chopped spring
onions (optional)
¼ tsp black pepper
¼ tsp red chilli flakes (optional)
Salt, to taste

COOKING METHOD

- 01 In a large mixing bowl, combine the flour, instant yeast, sugar and salt. Gradually add the warm water and vegetable oil to the dry ingredients, mixing to form a soft dough. Knead the dough on a lightly floured surface for about 8–10 min until smooth and elastic.
- 02 Place the dough in a greased bowl, cover with a damp cloth and let it rise on Ferment mode.
- 03 In a mixing bowl, combine the grated cheese, black pepper, chopped spring onions and red chilli flakes (if using) and a pinch of salt. Mix well and set aside.
- 04 Once the dough has risen, punch it down to release the air. Divide the dough into 10 equal portions and roll each portion into a ball. Flatten each ball into a disc about 3 inches in diameter.
- 05 Place a spoonful of the cheese filling in the centre of each disc. Gather the edges of the disc and pinch them together to seal the filling inside, forming a bun. Ensure the seam is tightly sealed to prevent the filling from leaking out.
- 06 Select S3 mode in steam function and pre heat for 2 min.
- 07 Place the buns seam-side down on small squares of parchment paper in the steamer, leaving some space between each bun to allow for expansion.
- 08 Cover the steamer and steam the buns over medium heat for about 12 min or until they are puffed up and cooked through.
- 09 Carefully remove the steamed buns from the steamer and let them cool slightly.
- 10 Serve the cheese-stuffed steam buns warm, with your favourite dipping sauce or enjoy them on their own.



*Knead the dough well for
spongier and softer buns*

*Use grated paneer for a
healthier protein rich variant*

Spring onions are rich in vitamin A, C and K, which support immune function, skin health and bone strength. They contain antioxidants that protect against cellular damage and reduce inflammation.



■ *Steamed Sweet Potatoes*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
20 min



PREP
TIME
5 min



SERVES
UP TO
4



INGREDIENTS

- 2 large or 4 small sweet potatoes
- 1 cup water
- Salt to taste
- Butter, for serving (optional)
- Cinnamon, for serving (optional)



To add a healthier twist to this simple yet power packed recipe, just use a handful of cooked red Bengal gram

Sweet potatoes are high in vitamin A and C, which support immune function, skin health and vision. They are a rich source of dietary fibre, aiding digestion.

COOKING METHOD

- 01 Wash the sweet potatoes under cold water. Peel the sweet potatoes if desired, or you can leave the skins on for added texture and nutrients. Cut the sweet potatoes into evenly-sized chunks or slices to ensure even cooking.
- 02 Place a steam rack on glass tray inside the oven on low rack position. Select Steam function with S3 mode.
- 03 Arrange the sweet potato pieces in a single layer in the steamer tray. Steam for about 20 min, or until they are tender and easily pierced with a fork.
- 04 Once steamed, transfer to a serving dish and season with salt. Add a pat of butter and a sprinkle of cinnamon (if using).



Steamed sweet potatoes can be enjoyed as a side dish, mashed into a puree or used as a base for various recipes like soups, salads, or even desserts. Experiment with different seasonings such as nutmeg, brown sugar or herbs like rosemary for different flavour profiles.

■ *Steamed Vegetable & Tofu Stir-Fry*

 MODE Steam	 PREHEAT TIME 3 min	 COOK TIME 12 min	 PREP TIME 30 min	 SERVES UP TO 4
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INGREDIENTS

For the stir fry

- 1 block firm tofu, drained and cubed
- 2 cups broccoli florets
- 2 carrots, sliced
- 1 sliced bell pepper
- 1 cup snow peas
- 1 cup baby corn
- 1 cup mushrooms, sliced
- 4 chopped green onions
- 3 cloves garlic, minced
- 1 inch piece ginger, grated
- 2 tbsp sesame oil

For the sauce

- 3 tbsp soy sauce
- 2 tbsp oyster sauce (optional)
- 1 tbsp hoisin sauce
- 1 tbsp rice vinegar
- 1 tbsp honey
- 1 tsp cornstarch with 2 tbsp of water

This combination is high in protein and dietary fibre, aiding digestion and promoting gut health

COOKING METHOD

- 01 In a steamer rack add broccoli florets, carrots, bell peppers, snow peas and baby corn and steam for about 5 min or until tender yet crisp. Remove the vegetables from the steamer and set aside.
- 02 In a small bowl, whisk together the soy sauce, oyster sauce (if used), hoisin sauce, rice vinegar, honey and the cornstarch mixture.
- 03 Heat the 1 tbsp of sesame oil, minced garlic and grated ginger in a large oven safe glass casserole and heat for about 1 min until fragrant at 1000W.
- 04 Add the steamed vegetables, diced tofu and mushrooms to the glass bowl and heat for 2–3 min. Add prepared sauce to the glass casserole.
- 05 Toss everything together and cook for another 3 min until the sauce thickens and coats the vegetables and tofu at 1000W.
- 06 Remove from heat and garnish with chopped green onions.
- 07 Serve the steamed vegetables and tofu stir-fry over steamed rice or noodles.



Avoid adding salt to the veggies while steaming for juicy, crunchy and nutrient rich vegetables



For a spicier option add a tsp of readymade schezwan sauce. For a vegan option use maple syrup instead of honey.



■ *Steamed Vegetable Salad*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
7 min



PREP
TIME
30 min



SERVES
UP TO
4



INGREDIENTS

2 cups water
1 carrot, diced
1 cup broccoli florets
1 cup green beans, cut into 1-inch pieces
1 cup cherry tomatoes, halved

For dressing

2 tbsp olive oil
2 tbsp lemon juice
Salt, to taste
Black pepper, to taste



Boil any short pasta for 12 min at 1000W for a variant

COOKING METHOD

- 01 Steam the carrots, broccoli and green beans until just tender, about 7 min using steamer rack over glass tray on the bottom rack position. They should still be vibrant in colour and slightly crisp.
- 02 Remove from the steamer rack and let cool.
- 03 In a small bowl, whisk together the olive oil, lemon juice, salt and pepper.
- 04 In a large bowl, combine steamed vegetables and cherry tomatoes.
- 05 Drizzle the dressing over the salad and toss to combine.
- 06 Serve the salad chilled or at room temperature.



Lemon juice in the dressing promotes better absorption of nutrients from steamed veggies

Consuming carrots, broccoli and French beans together provides a powerful mix of vitamin A, C and K, supporting immune function, vision and bone health

■ *Sweet Idiyappam in Coconut Milk*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
12 min



PREP
TIME
25 min



SERVES
UP TO
4

INGREDIENTS

For the Idiyappam

1 cup of rice flour
1 cup of boiling water
A pinch of salt
1 tsp oil

For the coconut milk

2 cups of thick coconut milk
½ cup of sugar, adjust to taste
½ tsp cardamom powder
A few strands of saffron,
soaked in a tbsp of warm
milk (optional)
2 tbsp grated coconut (optional)

COOKING METHOD

- 01 In a large mixing bowl, add rice flour and a pinch of salt. Gradually pour boiling water into the rice flour, stirring continuously with a wooden spoon to form a smooth, non-sticky dough. Add a tsp of oil and knead the dough well. Cover and let it rest for a few min.
- 02 Grease the idiyappam maker or a murukku press with oil. Fill the press with a portion of the dough. Press the dough onto a greased steam rack, forming circular nests of noodles.
- 03 Place the steam rack on glass tray inside the oven on low rack position. Select Steam function with S3 mode. Cover and steam for about 10–12 min, or until the Idiyappam is cooked through and firm.
- 04 Remove and let cool slightly.
- 05 In a oven safe glass casserole, combine the thick coconut milk, sugar, cardamom powder and saffron milk (if using).
- 06 Heat the mixture for 3 min at 1000W micro power level, stirring every 1 min until the sugar dissolves completely. Do not bring to a boil. Remove and let cool to room temperature.
- 07 Place the Idiyappam in a serving bowl. Pour the sweetened coconut milk over the Idiyappam, ensuring it is well soaked.
- 08 Serve the sweet Idiyappam in coconut milk immediately, or chill it in the refrigerator. Sprinkle grated coconut (if using) over the top for added texture and flavour.



Ensure the rice flour dough is smooth and pliable to get soft Idiyappam



Use freshly grated coconut to enhance the flavour or use dessicated coconut

Coconut milk is rich in healthy fats, particularly medium-chain triglycerides (MCTs), which can boost energy levels and support metabolism

▲ *Steamed Fish in Banana Leaves*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
20 min



PREP
TIME
20 min



SERVES
UP TO
4

INGREDIENTS

4 fish fillets, pomfret, snapper
or any firm white fish
4 large pieces banana leaves,
enough to wrap the fish
2 tbsp coconut oil
Salt to taste
2 tbsp lemon juice

For the marinade

1 tsp turmeric powder
1 tsp red chilli powder
1 tsp coriander powder
1 tsp cumin powder
1 tsp ginger-garlic paste
2 green chillies, finely chopped
Fresh coriander leaves, chopped
2 tbsp yogurt
Salt to taste

For the masala paste

½ cup freshly grated coconut
2 green chillies
1 inch piece ginger
4 cloves garlic
4 shallots
1 tbsp coriander seeds
1 tsp cumin seeds
1 tbsp tamarind paste
Water as needed



For a vegetarian
variant, use paneer



COOKING METHOD

- 01 Clean and wash the fish fillets and pat dry with a paper towel. Rub the fish with salt and lemon juice and set aside for 10 min.
- 02 In a bowl, mix together turmeric powder, red chilli powder, coriander powder, cumin powder, ginger-garlic paste, chopped green chillies, chopped coriander leaves, yogurt and salt. Coat the fish fillets with this marinade. Leave for at least 30 min.
- 03 Grind all the masala paste ingredients into a smooth paste using a little water.
- 04 Hold each banana leaf over an open flame for a few seconds to make them pliable.
- 05 Smear a little coconut oil on the leaf. Place a marinated fish fillet in the centre of the leaf. Spread some of the masala paste on top of the fish.
- 06 Fold the leaf over the fish to make a neat parcel. Secure with toothpicks or kitchen string if necessary.
- 07 Place the banana leaf parcels in an oven on the plastic steam rack. Use glass tray below to collect drippings.
- 08 Steam for about 20 min, or until the fish is cooked through.
- 09 Carefully unwrap the banana leaf parcels and serve the steamed fish hot with a side of rice or appam.



Ensure the fish is
not steamed
beyond 20 min

Fish is rich in high-quality protein, essential for muscle repair and growth. It provides essential omega-3 fatty acids, which support heart health and reduce inflammation.

▲ *Steamed Lemon Herb Fish*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
18 min



PREP
TIME
20 min



SERVES
UP TO
4

INGREDIENTS

4 fish fillets—preferably white fish like cod, sole or halibut
1 thinly sliced lemon
3 garlic cloves, minced
¼ cup fresh herbs such as parsley, dill and thyme, chopped
2 tbsp olive oil
¼ cup white wine (optional)
Salt and black pepper, to taste



For a vegetarian variant
use paneer instead of fish



Fish can be cooked for
additional 2 min. But over
cooking can make the fish
dry and chewy.

COOKING METHOD

- 01 Rinse the fish fillets and pat dry with paper towels and season both sides with salt and black pepper.
- 02 Pre heat the oven by using Steam function and setting S3 mode for 3 min.
- 03 Place each fish fillet on aluminium foil large enough to fold into a parcel. Drizzle 1/2 tbsp of olive oil and sprinkle with minced garlic and chopped fresh herbs. Lay lemon slices on top of each fillet. Drizzle a little white wine (if using) over the fish for added flavour.
- 04 Fold the parchment paper or foil over the fish to make a tight, sealed parcel. Ensure there are no openings for steam to escape. Place the parcels in the grill rack and steam the fish for 18 min on Steam function with S3 mode.
- 05 Carefully open the parcels and transfer to serving plates.
- 06 Serve immediately, garnished with additional fresh herbs and lemon wedges.

Fish is a source of high-quality protein, essential for muscle repair and growth. It is low in fat and calories, making it a heart-healthy choice that can aid in weight management.



▲ *Steamed Momos*



MODE
Steam



PREHEAT
TIME
4 min



COOK
TIME
15 min



PREP
TIME
40 min



SERVES
UP TO
4

INGREDIENTS

For the dough

2 cups all-purpose flour

½ tsp salt

Water, as needed

For the filling

1 cup chicken mince

½ cup finely chopped onions

½ cup finely chopped cabbage

2 tbsp finely chopped green onions

1 tbsp minced garlic

1 tbsp minced ginger

2 tbsp soy sauce

1 tbsp sesame oil

½ tsp black pepper

Salt to taste

For the dipping sauce

2 tbsp soy sauce

1 tbsp rice vinegar

1 tbsp chilli paste
or hot sauce

1 tsp sesame oil

1 clove garlic, minced

COOKING METHOD

- 01 In a large mixing bowl, combine the all-purpose flour and salt. Gradually add water and knead the mixture to form a smooth and elastic dough. Cover the dough with a damp cloth and let it rest for about 30 min.
- 02 In a bowl, mix the chicken mince, chopped onions, chopped cabbage, green onions, minced garlic, minced ginger, soy sauce, sesame oil, black pepper and salt. Mix well and set aside.
- 03 Divide the dough into small portions and roll each portion into a ball. On a lightly floured surface, roll out each ball into a thin circle, about 3–4 inches in diameter.
- 04 Place a small spoonful of the chicken filling in the centre of each wrapper. Fold the edges of the wrapper over the filling and pinch them together to seal. You can pleat the edges for a traditional look.
- 05 Select the Steam program and preheat the oven at S3 program for 4 min
- 06 Lightly grease the steamer basket or line it with cabbage leaves to prevent sticking. Place the momos in the steamer basket, ensuring they are not touching each other.
- 07 Steam the momos on S3 function for about 15 min, or until the dough becomes translucent and the filling is cooked through.
- 08 In a small bowl, mix soy sauce, rice vinegar, chilli paste, sesame oil and minced garlic.
- 09 Serve the steamed chicken momos hot with the prepared dipping sauce.



Keep the wrappers thin. Do not over cook while steaming the momos.



To make a vegetarian variant, replace the chicken mince with soya granules soaked in water for 30 min

Chicken is an excellent source of high-quality protein, which is essential for muscle growth and repair

▲ *Steamed Stuffed Bell Peppers*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
25 min



PREP
TIME
30 min



SERVES
UP TO
4

INGREDIENTS

- 4 bell peppers
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 large tomato, diced
- 1 cup cooked rice—brown or white
- 500 g chicken mince
- Salt and black pepper to taste
- 1 tsp paprika
- A handful of fresh parsley, chopped
- ½ cup grated cheese (optional)



*For a vegetarian variant
use soya granules instead
of chicken*



*Prick the bell pepper and
sprinkle with lemon juice*

COOKING METHOD

- 01 Slit the bell peppers length wise and remove the seeds and membranes. Rinse the peppers and set them aside.
- 02 Heat olive oil in an oven safe casserole for 2 min at 1000W micro power level.
- 03 Add the chopped onion, minced garlic and cook for a minute at 1000W micro power level. Now add chicken mince, diced tomato and cook for 4 min until slightly softened at 1000W micro power level. Add the cooked rice, salt, black pepper and paprika. Mix well and cook for another 3 min.
- 04 Remove from oven and mix in the chopped parsley and grated cheese (if used) and heat for 2 min at 1000W micro power level.
- 05 Spoon the filling mixture into the prepared bell peppers, packing it tightly. Place the stuffed bell peppers in a steam rack.
- 06 Once the bell peppers are arranged in the steamer rack, place the rack on the glass tray on low rack position. Select the Steam function with S3 mode and steam for 20–25 min, or until the peppers are tender and the filling is heated through.
- 07 Remove and serve hot. Garnished with additional chopped parsley if desired.

Bell peppers are packed with vitamin A and C, which support immune function, skin health and vision



▣ *Steamed Stuffed Chicken*



MODE
Steam



PREHEAT
TIME
3 min



COOK
TIME
25 min



PREP
TIME
20 min



SERVES
UP TO
4



INGREDIENTS

4 chicken breasts, boneless
and skinless
Salt and black pepper to taste
1 tbsp olive oil
2 tbsp lemon juice

For the stuffing

2 cups spinach, chopped
1 cup mushrooms, finely chopped
2 cloves garlic, minced
½ cup crumbled Mozzarella cheese
Salt and black pepper to taste
1 tbsp olive oil



*For a vegetarian variant, put
the filling between 2 slices of
paneer and wrap in foil
before steaming*

COOKING METHOD

- 01 Heat 1 tbsp of olive oil in a oven safe glass casserole. Add the minced garlic, chopped mushrooms, chopped spinach, salt and pepper and cook until they release moisture and become tender for 2 min at 1000W. Let the stuffing cool. Stir in the crumbled Mozzarella cheese and mix well.
- 02 Preheat the oven by selecting Steam function and S3 for 3 min.
- 03 Using a sharp knife, carefully create a pocket in each chicken breast by slicing horizontally, being careful not to cut all the way through.
- 04 Season the inside and outside of the chicken breasts with salt, pepper and lemon juice. Spoon the cooled stuffing mixture into each chicken breast pocket. Secure the openings with toothpicks if necessary.
- 05 Place the stuffed chicken breasts on the steamer rack. Place the steamer rack on glass tray on low rack position. Steam for about 25 min, or until the chicken is cooked through.
- 06 Remove the toothpicks and serve with a side of steamed vegetables or a fresh salad for a complete meal.



*Soak the chicken in 1 ltr of water
with 1 tbsp of salt for 1 hour.
Drain the water. This makes the
chicken juicier.*

*Chicken is low in saturated fat, making it a
heart- healthy option*







Mains

A mouth-watering collection of vegetarian and non-vegetarian dishes that can be the highlight of every dinner party!

From exotic roasted vegetables to baked chicken biryani or Asian seafood, make your main course a gratifying experience for you and your guests with these simple, yet scrumptious recipes.

Made in an IFB Convection Microwave Oven or Built-in Oven



#maincourse

- Afghan Soya Chaap
- Exotic Roasted Vegetables
- Pizza Quattro Formaggi
(Four Cheese Pizza)
- Rosemary Baked Sweet Potato
- Vegetable Au Gratin
- Baked Amritsari Macchi
- Baked Butter Garlic Fish
- Baked Chicken Alfredo
- Baked Chicken Biryani
- Baked Chicken Breast
- Baked Nasi Goreng
(Indonesian Fried Rice)
- Baked Prawn Curry Rice Casserole
- Chicken and Quinoa Risotto
- Grilled Lamb Chop
- Indian Style Grilled Chicken
- Murgh Hariyali
- One Pot Butter Chicken
- Prawn Shashlik
- Shepherd's Pie
- Tandoori Chicken
- Tray Baked Creamy Salmon

Afghan Soya Chaap

 PROGRAM Top Grill Heater with Rear Heater Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 22 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the chaap

- 500 g soya granules
- 4 tbsp cornflour
- 4 tbsp refined flour

For the marinade

- ¼ cup hung curd
- 2 tsp tandoori masala
- 1 tsp ginger garlic paste
- ½ tsp garam masala
- ¼ tsp red chilli powder
- ¼ tsp black pepper powder
- 1 tsp lemon juice
- 1 tbsp mustard oil
- Salt, to taste
- Butter as required
- Chaat masala (optional)



Use chicken for a non-veg variant by replacing the soya

COOKING METHOD

- 01 Soak the soya granules in warm water for 30 min, strain it and grind into a smooth paste.
- 02 In a bowl, add the soya with both flours and knead.
- 03 In a glass bowl, heat 1 ltr of water. Shape the soya dough into small hand-pressed sausages. Poach these soya sausages in water for 4 min till they float. Cook on 100% micro power level for 4 min.
- 04 Drain and let the chaap cool down completely.
- 05 For the marinade, take the hung curd in a bowl and add all the ingredients. Add boiled soya chaap. Marinate for at least 4–5 hours.
- 06 Preheat the microwave oven in Convection mode at 180°C. Place the soya chaap on a round baking tray and apply butter.
- 07 Bake at 180°C for 10 min. Turn and apply butter and continue baking for 8 min till crisp.
- 08 Serve hot with green chutney.



Boil soya mixture for 5 min for softer chunks

Provides proteins and important micronutrients like iron, vitamin D, folate and zinc



■ *Exotic Roasted Vegetables*



PROGRAM
Top Grill Heater with
Rear Heater Fan



MODE
Convection



PREHEAT
TEMP
180°C



PREHEAT
TIME
10 min



COOK
TEMP
180°C



COOK
TIME
21 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

2 cups broccoli florets
2 cups button mushrooms
cut into quarters, with stems
1 cup yellow zucchini, diced large
1 cup green zucchini, diced large
1 cup baby corn, diced large
1 red bell pepper, diced large
1 red onion, diced large
2 tbsp olive oil
2 tbsp balsamic vinegar to taste
4 cloves garlic, minced
1½ tsp dried thyme
Salt and freshly ground
black pepper, to taste



Add 1 cup of potato wedges
to incorporate starch in the
vegetable assortment

COOKING METHOD

- 01 In a glass bowl, cook the broccoli florets, mushrooms, baby corn, both the zucchinis, with enough hot water to cover them on 100% micro power level for 6 min.
- 02 Drain the vegetables and set aside. Select the program and preheat the oven at 180°C for 10 min.
- 03 Line the baking tray with butter paper and place the marinated veggies along with both bell peppers and onions in a single layer onto the prepared baking sheet.
- 04 Add olive oil, balsamic vinegar, garlic and thyme and season with salt and pepper. Gently toss to combine.
- 05 Place the tray on the 3rd rack position in the oven and bake for 15 min, or until tender.
- 06 Serve immediately.



While par boiling the
veggies, a pinch of salt in
the water can help retain
bright colours

Contains vitamin, minerals and bioactive compounds
Contains potent antioxidants that offer
health-protective effects

Pizza Quattro Formaggi (Four Cheese Pizza)

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 BAKING TEMP 180°C	 PREHEAT TEMP 180°C	 PREP TIME 30 min	 COOK TIME 12 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- ¼ cup olive oil
- 1 tbsp minced garlic
- ½ tsp sea salt
- 3 tomatoes (sliced)
- 150 g pizza sauce
- 2, 12" pre-baked pizza bases
- 200 g shredded Mozzarella cheese
- 50 g shredded Cheddar cheese
- 50 g freshly grated Parmesan cheese
- 50 g crumbled Gouda cheese
- 10 fresh basil leaves
washed and dried



Use only 1 cheese in case, you
do not wish to use 4 cheeses



Keep the pizza
dough thick

Gouda cheese is a good source of protein
and calcium, but is high in saturated fat
and provides some sodium

COOKING METHOD

- 01 In a glass bowl, stir together the olive oil, garlic and salt. Toss with tomatoes and allow to stand for 15 min.
- 02 Preheat the oven at 180°C. Brush the pizza base with the pizza sauce. Sprinkle the pizza evenly with Mozzarella and Cheddar cheese.
- 03 Arrange the tomatoes on top, then sprinkle with broken basil leaves, Parmesan and Gouda cheese.
- 04 Bake in a preheated microwave oven for 12 min, until the cheese is bubbly and golden brown.



■ Rosemary Baked Sweet Potato



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TEMP
180°C



PREHEAT
TIME
10 min



COOK
TEMP
180°C



COOK
TIME
20 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

- 150 g sweet potatoes
- ¼ cup olive oil
- 1 tbsp fresh rosemary
- 1 tsp salt
- 1 tsp black pepper



Mixed herbs can also be
used in place of rosemary



Do not slice the sweet potatoes
too thinly

Sweet potato might lower your risk for
cancer and could help control blood sugar

COOKING METHOD

- 01 Select the program and preheat the oven to 180°C.
- 02 Line the baking tray with parchment paper and set aside. Combine olive oil, salt, black pepper and chopped fresh rosemary in a large mixing bowl.
- 03 Peel the sweet potatoes, and use a slicer to cut thick slices of the sweet potatoes into paper-thin rounds. Add sliced sweet potatoes to the bowl and toss to coat with the marinade.
- 04 Grease the butter paper. Spread sweet potato slices into a single layer on the baking sheets and leave space around them. Bake for about 20 min, turning them once, until golden.
- 05 Remove from the oven and cool the sweet potato chips on cooling racks for about 5–10 min. They will crisp up a little more as they cool.
- 06 Serve sweet potato chips with mustard mayo, sweet chilli sauce or tomato ketchup.
- 07 Sweet potato chips can last about 1–2 weeks in an airtight container.



Vegetable Au Gratin

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 BAKING TEMP 180°C	 PREHEAT TEMP 180°C	 PREHEAT TIME 30 min	 COOK TIME 20 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

2 tbsp butter
 1 tbsp all-purpose flour
 1 cup milk
 1 clove garlic
 Salt, to taste
 Crushed pepper, to taste
 A pinch of grated nutmeg
 1½ cubes cheese
 30 g breadcrumbs
 150 g vegetables (carrots,
 French beans, potato, peas,
 broccoli, mushroom and cauliflower)



Add diced chicken
for a non-veg variant

COOKING METHOD

- 01 In a microwave safe glass bowl, add butter and garlic and cook for 2 min on 100% micro power level.
- 02 Now add flour, heat this mixture on 100% micro power level for 3 min. Cook this mixture until it starts to give off a roasted smell. Keep stirring continuously every 1 min.
- 03 Then add in the milk, stirring continuously and cook for 2 min, stirring every 30 sec.
- 04 Once the milk thickens and becomes of a saucy consistency, add in the salt, nutmeg, cheese and season with white pepper powder.
- 05 Boil the vegetables in a bowl on 100% micro power level for 6 min. Now add the diced vegetables in the sauce and mix well.
- 06 Transfer into a glass baking dish and top with breadcrumbs And grated mozzarella cheese.
- 07 Bake at 180°C for 7 min on the high rack, till the top crust is golden brown.



Use 2 tbsp of cheese spread in place of cheese cubes since it dissolves faster

Carrots help keep blood sugar levels under control. They're loaded with vitamin A and beta-carotene, which there's evidence to suggest can lower your risk of diabetes.



Baked Amritsari Macchi

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 15 min	 COOK TEMP 180°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

6 slices of Kingfish or
6 cubes of Basa fillet

For the marinade

1 tbsp ginger-garlic paste
1 tsp Kashmiri red chilli powder
1 tsp turmeric powder
½ tsp chilli flakes
½ tsp crushed ajwain seeds
½ tsp chopped rosemary
½ tsp white pepper powder
1 tsp lemon juice
4 tsp mustard oil
4 tbsp besan (gram flour)
Salt, to taste
Rosemary leaves for garnishing



A coating of light breadcrumbs
can add a crispy outer texture

COOKING METHOD

- 01 Wash the fish, drain excess water and set aside. Dry roast the besan till its light brown (this can be done in the microwave oven) on 100% micro power level for 8 min, stirring every 1 min.
- 02 Mix the ginger-garlic paste, salt, roasted besan, turmeric, rosemary, chilli powder, chilli flakes, white pepper, lemon juice, crushed ajwain seeds and mustard oil. Apply this to the fish and let it rest for 20 min.
- 03 Select the program and preheat the oven at 180°C for 15 min.
- 04 Meanwhile, place a butter paper on the baking tray and grease it with some mustard oil. Now, arrange the marinated fish with approx 2 cm gap in the baking sheet.
- 05 Place the baking tray on the upper rack position. Then bake the fish in the oven at 180°C for 25 min. Let it rest for 10 min in the oven before serving.
- 06 Serve the baked Amritsari macchi garnished with rosemary leaves and accompanied with pudina chutney and onion ring salad.

For the salad

Mix 2 onions sliced (separate rings) + ½ lemon juice + ¼ tsp black pepper powder + ½ tsp coriander leaves + salt to taste

For the pudina chutney

Grind 100 g mint leaves + 1 small diced onion + ½ tsp cumin seeds + ½ green chilli + 1 tsp sugar + ¼ cup curd + salt to taste



Use pre-roasted gram flour
for a nuttier and crispier
covering and flavour

Is a rich source of healthy Omega-3 fatty acids.
It is also packed with protein, vitamin B12 and
selenium, but also has high levels of mercury

Baked Butter Garlic Fish

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection 180°C	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 24 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- 2 tbsp softened butter
- 1 tbsp olive oil
- 2 cloves of garlic, minced
- $\frac{1}{8}$ tsp paprika
- $\frac{1}{8}$ tsp salt
- 1 tbsp parsley, finely chopped
- 2 Basa fillets
- 1 fresh lemon



Use 1 grated onion
for additional flavour

COOKING METHOD

- 01 Select the program and preheat the oven at 180°C. In a small bowl, combine the butter, olive oil, garlic, paprika, salt and chopped parsley.
- 02 Take a small dollop of the garlic butter and spread it over the fish fillets. Add the fillets to a dish and then coat all sides of the fish with the remaining garlic butter.
- 03 Slice half of the lemon and add the lemon slices on the fish fillet. Cut the remaining $\frac{1}{2}$ lemon into wedges for serving. Line the baking tray with butter paper. Grease butter paper with butter.
- 04 Bake the fillet for 24 min, or until it flakes easily with a fork. Spoon any juice from the bottom of the pan over the fish.
- 05 Garnish with the remaining lemon wedges and serve immediately.



Use higher cooking
temperature of approx
200°C for crispy and
charred fish

Butter contains vitamin D, a nutrient that
is vital for bone growth and development.
It also has calcium, which is essential for
bone strength.



Baked Chicken Alfredo



Scan to see video

INGREDIENTS

350 g penne pasta
4 tbsp butter
2 tbsp extra virgin olive oil
350 g boneless and skinless chicken breasts
1 tsp oregano
1 tsp chilli flakes
1 tsp black pepper powder
Salt, to taste
2 cloves of garlic, minced
3 tbsp all-purpose flour
450 ml milk (heated with 1 onion, bay leaf and 2 cloves)
30 g grated Parmesan cheese
50 g sliced mushrooms
30 g shredded Mozzarella cheese
2 tbsp freshly chopped parsley

COOKING METHOD

- 01 In a large microwave safe glass bowl add hot water, add penne pasta and cook for 12 min on 100% micro power level until al dente.
- 02 Drain immediately, drizzle olive oil on the cooked pasta, mix and set aside. Select the program and preheat the oven at 180°C. Line a baking tray with butter paper. Season both sides of the chicken with olive oil, oregano, chilli flakes, black pepper and salt. Bake the chicken for 12 min.

- 03 Once done, let the chicken cool, then slice it.

To make sauce

- 01 Add butter, flour, flavoured milk, half the Parmesan and Mozzarella cheese, sliced mushrooms, garlic and heat on 100% micro power level for 5 min. Once done, season with salt and pepper.
- 02 Select the program again and preheat the oven. In a large oven safe casserole, combine the pasta, chicken and alfredo sauce, then sprinkle with the remaining Parmesan and Mozzarella. Bake until the cheese melts and the top is golden, about 12 min at 180°C.
- 03 Garnish with parsley before serving.



To make mornay sauce instead of alfredo sauce, just remove the mushrooms from the recipe



Add nutmeg to the milk for additional flavour

This recipe is a good source of energy and fibre if it is made from whole grain. Can help with stomach problems and may help lower cholesterol.



Baked Chicken Biryani

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 170°C	 PREHEAT TIME 10 min	 COOK TEMP 170°C	 COOK TIME 71 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

1 cup long-grain rice
2 cups chicken stock

For the marinade

350 g chicken breast,
cut into pieces
250 g chicken drumsticks
1 onion, halved lengthways
thinly sliced
4 garlic cloves, crushed
1 tsp red chilli powder
1 tsp turmeric
1 tsp cumin and coriander powder
1 tsp biryani masala
1 tbsp chopped coriander leaves
1 tsp chopped mint leaves
100 g birista
100 g curd
50 g ghee
2 tbsp ginger-garlic paste
2 tbsp mustard oil
Salt, to taste

Assembling

2 hard boiled eggs
1 tbsp chopped coriander leaves
1 tsp chopped mint leaves
150 g curd
2 tbsp saffron water
½ tsp rose water
100 g birista

COOKING METHOD

- 01 Wash, clean and dice the chicken. In a clean bowl add chicken with all ingredients for marinade mix and set aside for 1 hour. Soak rice separately in water for 1 hour.
- 02 In a microwave safe glass casserole, add all marinated ingredients and cover it. Heat on 60% micro power level for 6 min (if using cling wrap, poke with a fork to let the steam escape).
- 03 Once done, remove and set aside. Add 4 tbsp of chicken stock, mix well and cook further on 100% micro power level for 5 min. The chicken will cook further with the rice.
- 04 Preheat the oven at 170°C. Now drain the water, add the soaked rice to the cooked chicken mixture and mix well. Add boiling hot stock and cover the glass casserole with aluminium foil. Place the casserole on the grill rack in a preheated built-in oven on the 3rd rack and bake at 170°C for 30 min.
- 05 After 15 min, gently open the foil and place the quartered egg on the partially cooked rice. Drizzle beaten curd, birista, coriander and mint leaves, saffron water and rose water.
- 06 Cover the casserole with foil once again and continue cooking for another 30 min.
- 07 After the baking time ends, do not open the foil immediately, because of hot steam trapped inside. Wait 15 min, then open.
- 08 Mix the chicken biryani and serve hot with onion raita (chopped onions+curd+jeera powder+chat masala+salt).



Use raw jackfruit, arvi
or even yam for making
a vegetarian variant



Soak the rice beforehand
for 30 min

Chicken is filled with high-quality
proteins and doesn't contain much fat



Baked Prawn Curry Rice Casserole

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 38 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

1½ cup rice soaked for 15–20 min
 ½ cup coconut milk
 Salt, to taste
 1½ cup chicken stock

16–20 medium prawns,
 shelled and deveined

For the masala

3 tbsp ghee
 3 cloves
 2 bay leaves
 1 inch cinnamon
 5–6 black peppercorns
 2–3 green cardamoms
 1 medium onion, chopped
 1 tbsp ginger and garlic paste
 1 tsp red chilli powder
 ½ tsp turmeric powder
 1 tsp garam masala powder
 1 tbsp fresh coriander leaves,
 chopped



*The batter can be poured
 in muffin cups and baked*



Do not boil the mixture

*Prawns are a great source of vitamin
 B-6, B-12 and niacin, which help the
 body produce energy, build muscle and
 replenish red blood cells*

COOKING METHOD

- 01 In a microwave safe glass casserole, add all the ingredients for the masala and cover. Heat on 80% micro power level for 8 min. If using cling wrap, poke with a fork to let the steam escape. Once done, remove and set aside.
- 02 Now add the soaked rice to the cooked prawns mixture and mix well. Add the coconut milk, boiling hot chicken stock, salt and mix again. Pre-heat the oven at 200°C.
- 03 Cover the glass casserole with aluminium foil paper. Place the casserole on the grill rack in a preheated built-in oven on the 3rd rack position.
- 04 Bake for 30 min. After the baking time completes, do not open the foil immediately due to trapped steam. Remove the foil after 10 min, mix and serve hot with a vegetable raita.



Baked Chicken Breast

							
PROGRAM Top and Bottom Heater with Fan	MODE Convection	BAKING TEMP 180°C	PREHEAT TEMP 200°C	PREP TIME 25 min	COOK TIME 25 min	SERVES UP TO 4	Scan to see video



INGREDIENTS

4 chicken breasts
2 tsp olive oil

For the seasoning

1 tsp dried oregano/thyme
¼ tsp garlic powder
½ tsp each salt and pepper
1½ tbsp brown sugar
1 tsp paprika

For the garnish

Parsley, finely chopped



Kingfish slices can be
used instead of chicken

COOKING METHOD

- 01 Preheat the oven at 200°C on Convection mode.
- 02 Pound chicken to 0.6" at the thickest part using a meat mallet. This helps make it more tender.
- 03 Mix the seasoning ingredients and set aside.
- 04 Line tray with butter paper. Place chicken upside down on tray. Drizzle chicken with about 1 tsp oil. Rub over with fingers and sprinkle with seasoning.
- 05 Flip chicken. Drizzle with 1 tsp oil, rub with fingers and sprinkle with seasoning, covering as much of the surface area as you can.
- 06 Bake for 25 min at 180°C or until the surface is golden. Remove from the oven and transfer immediately onto serving plates.
- 07 Garnish with freshly chopped parsley and serve with mashed potatoes and glazed carrots.



For marinade add
1 big onion for
enhanced taste

Chicken is a good source of vitamin B,
D, calcium, iron, zinc and trace
amounts of vitamin A and C



Baked Nasi Goreng (Indonesian Fried Rice)

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 41 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

1 cup long-grain rice
3 cups chicken stock

For the marinade

2 tbsp olive oil
350 g chicken thigh fillet
cut into 4 cm pieces
1 onion, halved lengthways
thinly sliced
4 garlic cloves, crushed
1 tbsp soya sauce
1 tsp sugar
1 tsp sweet soya sauce
½ tsp oyster sauce
1 tbsp sweet chilli sauce
1 tsp sambal oelek paste
8 medium prawns, peeled, deveined
½ cup browned onion flakes
1 tbsp garlic nibs
1 tbsp Schezwan sauce

For the assembling

2 eggs
2 spring onions, finely chopped
1 medium green zucchini
thinly sliced diagonally
150 g cherry tomatoes, halved
2 tbsp roasted peanuts
roughly chopped
Coriander sprigs, to serve

COOKING METHOD

- 01 Wash, clean and dice the chicken and prawns. In a clean bowl combine with all ingredients for marinade and set aside for 1 hour. Soak the rice separately in water for 1 hour.
- 02 In a microwave safe glass casserole, add all the marinated ingredients and cover. Heat on 60% micro power level for 6 min. If using cling film, poke with a fork to let the steam escape. Once done remove and set aside.
- 03 Add 4 tbsp of chicken stock, mix well and cook further on 100% micro power level for 5 min. The chicken will cook further with the rice.
- 04 Preheat the oven at 200°C. Now drain the water, add the soaked rice to the cooked chicken and prawns mixture and mix well. Add finely chopped spring onions, green zucchini, cherry tomatoes, peanuts, boiling hot chicken stock, salt and mix again. Taste the seasoning and adjust salt, if needed.
- 05 Cover the glass casserole with an aluminium foil. Place the casserole on the grill rack in a preheated built in oven on the 3rd rack position.
- 06 Bake for 30 min. After 15 min, gently open the aluminium foil, break the eggs and delicately place them on top of the rice, ensuring that the yolk remains intact. Recover and continue cooking. After the baking time completes, do not open the foil immediately, due to trapped hot steam. Remove the foil after 15 min.
- 07 Serve hot nasi goreng with lemon wedges and garnished with coriander leaves and top it with egg sunny side up.



Replace the sunny side up egg with slices of paneer sautéed in olive oil with salt and pepper



Use regular kolam rice or short grain rice instead of glutinous

Peanuts are a very good source of minerals selenium, copper, iron, zinc, manganese and vitamin B

Chicken and Quinoa Risotto

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 190°C	 PREHEAT TIME 10 min	 COOK TEMP 190°C	 COOK TIME 65 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

1 tbsp olive oil
 ½ onion sliced
 1 yellow bell pepper sliced
 2 large cloves of garlic, minced
 1 cup quinoa (soaked overnight)
 2 chicken breasts
 cut into bite-size pieces
 4–5 sprigs of fresh thyme
 2 bay leaves
 50 g button mushrooms, sliced
 2 cups chicken stock
 1/3 cup white wine
 ¼ cup heavy cream
 ¼ cup grated Parmesan
 ¼ cup grated Cheddar cheese
 Sea salt and fresh ground
 pepper, to taste
 Fresh chives, to garnish

COOKING METHOD

- 01 Select the program and preheat the oven at 190°C. Wash and clean chicken breast, marinate with olive oil, salt pepper and set aside.
- 02 Put oil in a large oven safe metal casserole. Now place the sliced onions, yellow bell pepper, mushrooms, garlic, salt and pepper in the casserole and mix well.
- 03 Place 2 chicken breasts on the tossed veggies in the casserole and place it in the oven. Let the chicken cook for 20 min.
- 04 Now add the soaked quinoa, herbs and stock. Cover the casserole with foil paper. Place it back in the oven and cook the risotto for 30 min. After 15 min, add the wine and cream.
- 05 Add salt and fresh ground pepper to taste. Do not let the risotto dry out completely.
- 06 Stir the risotto well, then cover and continue to cook for remaining 15 min.
- 07 Remove from the oven, stir in the Cheddar cheese and mix well.
- 08 Sprinkle with grated cheese and fresh chives.



2 tbsp of sunflower seeds and flax seeds can be added for enhanced nutrition



Soak quinoa overnight for better results

Quinoa has high quantum of proteins, monounsaturated fat, potassium, phosphorus, copper, zinc, vitamin E and B6, riboflavin, niacin, thiamine, iron and magnesium



Grilled Lamb Chops

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 40 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

6 lamb chops flattened to 2 cm thick

For the first marinade

2 tsp Kashmiri chilli powder
2 tbsp ginger garlic paste
50 ml vegetable oil

For the second marinade

2 tsp tomato purée
large pinch of crushed black pepper
2 tsp Kashmiri chilli powder
1 tsp garam masala
1 tsp turmeric

For the garnish

Green chutney
1 lime, cut into wedges to serve

COOKING METHOD

- 01 Put the lamb and all the first marinade ingredients in a bowl and mix well. Chill for at least 2 hours.
- 02 Blend all the second marinade ingredients together. Remove the lamb from the first marinade and put it in a clean bowl. Add the second marinade and rub it into the lamb, then chill for a further 4 hours, or overnight.
- 03 Preheat the oven 200°C.
- 04 Grease and line the baking tray with butter paper, arrange the lamb chop with a gap of 2 cm. Bake for 40 min, turn after 15 min.
- 05 Place the lamb racks in a hot oven for 15 min. Serve hot with green chutney and lemon wedges.



Use mustard oil instead of vegetable oil for better flavour



Apply 2 tbsp of raw papaya paste to the lamb

Lamb chops help muscle growth and supports muscle mass; contain seven vitamin and minerals that support good health and well-being

Indian Style Grilled Chicken

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 30 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the marinade

- 800 g chicken cubes, boneless
- 1 tsp Kashmiri red chilli powder
- Lemon juice from ½ lemon
- 3 tbsp thick yogurt
- ½ tsp turmeric
- 1 tsp coriander powder
- ½ tsp cumin powder
- 1 tbsp ginger garlic paste
- 1 tbsp green chilli paste
- 1 tsp kasuri methi (dried fenugreek leaves)
- 2 tbsp chopped coriander leaves
- 2 tbsp chopped mint leaves
- ½ tsp garam masala
- Salt to taste
- 3 tbsp mustard
- 4 tbsp ghee for basting



Chicken drumsticks
can be used instead
of boneless chicken



Soak chicken in 1 litre
water with 1 tsp of salt for
30° Chicken post cooking

Yogurt can be high in protein, calcium,
vitamin and probiotics, which can
enhance the gut micro biota

COOKING METHOD

- 01 Wash and clean the chicken. Dice the boneless chicken into approx 5 cm x 5 cm cubes.
- 02 In a glass bowl mix all marinade ingredients and set aside.
- 03 Marinate chicken dices with above marinade mixture and let it rest for 1 hour.
- 04 Select the program and pre heat the oven at 180°C for 15 min.
- 05 Arrange the chicken on the shallow baking tray with approx. 2 cm gap between 2 pieces (place aluminum foil to line the base of the tray) and lightly grease the foil with ghee.
- 06 Once oven has completed preheat duration, place the chicken tray in the 3rd rack position or in the centre rack position.
- 07 Now set the timer for 25 to 30 min press OK and start icon.
- 08 Brush chicken pieces after every 10 min with ghee.
- 09 Once cooking time is complete, remove chicken pieces in a tray.
- 10 Serve hot with mint mayonnaise and onion salad.
- 11 For salad, mix 2 onion sliced (separate rings)+½ lemon juice+¼ tsp black pepper powder+½ tsp coriander leaves+salt to taste.



Murgh Hariyali

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- 2 chicken breasts cubed
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 2 tsp garam masala powder
- 1 tsp amchur
- 1 tsp cumin powder
- ¼ cup curd
- Salt to taste
- 1 cup coriander leaves

	<i>For the paste</i>
	1 cup coriander leaves
<i>For the basting</i>	4 tbsp mustard oil
Ghee	1 cup mint leaves
	1 green chilli

- For the accompaniments*
- Lemon wedges
 - Sliced onions
 - Chaat masala



Chicken can be replaced with paneer for a vegetarian variant

COOKING METHOD

- 01 Wash and clean the chicken breasts. Cut them into 1-inch cubes and set aside.
- 02 In a mixer combine the coriander leaves, mustard oil, mint leaves, green chilli and grind to a smooth paste, adding very little water. Also soak some shashlik sticks in the water and set aside for 30 min.
- 03 Transfer the green masala into a mixing bowl and add the curd and the rest of the masala which includes red chilli powder, turmeric powder, garam masala powder, amchur powder, cumin powder and salt. Mix well and add the chicken pieces to this hariyali masala. Set it aside for about 1 hour.
- 04 Select the program and preheat the oven at 180°C for 10 min. Now skew the marinated chicken in the shashlik sticks. Line the baking tray with butter paper (apply light greasing of any oil on both sides of butter paper).
- 05 Arrange the chicken hariyali sticks on the line tray. Place the baking tray on the 3rd rack position and bake at 180°C for 25 min. Please apply melted ghee on chicken after every 5 min with a brush.
- 06 Serve hot murgh haryali tikka lightly dusted with chaat masala with sliced onions and lemon wedges.



Use spinach paste for additional nutrition in marinade

Coriander leaves lower blood sugar and are rich in immune-boosting antioxidants and benefit the heart

One Pot Butter Chicken

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 48 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the marinade

- 1 Kg boneless chicken (breasts or thighs, cubed)
- 1 tbsp ginger-garlic paste
- 1 tbsp coriander powder
- ½ tbsp garam masala powder
- ½ tbsp Kashmiri chilli powder
- ¾ tsp turmeric powder
- 1 tsp ground cumin
- Salt to taste
- ½ tsp crushed black pepper
- ¼ tsp green cardamom powder
- 1 tbsp lemon juice

For the gravy

- 5 tbsp butter
- 1 cup tomato puree
- ½ cup cashew paste
- 1 tbsp olive oil
- 1 cup onion, finely chopped
- 1 tsp sugar
- ½ tsp kasuri methi
- Chopped coriander leaves
- 4 tbsp fresh cream
- 1 tsp onion powder
- 1 tsp garlic nibs



Use melon seeds instead of cashews for mild richness in flavour

COOKING METHOD

- 01 Wash and clean the chicken dices and place aside. In a clean bowl mix all ingredients for the marinade.
- 02 Mix the chicken and marinade and let the mixture rest for 1 hour.
- 03 In another microwave safe glass bowl mix all ingredients for the the gravy. Cover with cling wrap and cook at 80% micro power level for 8 min. Once done stir the gravy.
- 04 Grease the baking tray and arrange the chicken on it, once done bake the marinated chicken for 20 min at 180°C.
- 05 Now in a large oven safe glass casserole combine the chicken and the gravy. Add 100ml chicken stock if the mixture seems dry, cover with foil paper and bake for 20 min at 180°C on 3rd rack position on a baking tray. Once done open the foil after 15 min of resting. Top the Butter Chicken with a dollop of butter, fresh cream and kasuri methi.



Vegetarian variant can be made by using fresh paneer cubes

Kasuri methi aids digestion, helps control cholesterol, and is rich in fiber and antioxidants. It also supports blood sugar regulation and adds a flavorful boost to dishes while promoting overall heart health.



Pravem Shashlik

 PROGRAM Top Grill heater with Rear Convection Heater Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 25 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- ½ Kg cleaned, deveined prawns
- 1 yellow capsicum, cut into cubes
- 1 green capsicum, cut into cubes
- 1 tomato, cut into cubes
- 2 onions, cut into cubes

For the marinade

- 3 tbsp olive oil
- ½ tsp dark soy sauce
- ½ tsp chilli powder
- Sweet chilli sauce
- 2 tbsp Schezwan sauce
- 1 tsp garlic powder
- 1 tsp lemon juice
- 1 onion, grated
- 1 tbsp coriander
- Salt, to taste

For the basting

- 50 g melted butter
- 1tbsp lemon juice

COOKING METHOD

- 01 Select the program and preheat the oven to 180°C.
- 02 In the meantime, soak the shashlik sticks for at least 1 hour.
- 03 In another bowl, mix the ingredients for the marinade and set aside.
- 04 Now add the diced vegetables and cleaned, deveined prawns in the marinade, mix well and let rest for 30 min.
- 05 Now skewer the marinated capsicum, prawns, tomatoes and onion dices on the shashlik sticks. Repeat this sequence and leave 2 cm space on both ends of the sticks.
- 06 Line the baking tray with butter paper and arrange the skewered prawns and vegetable shashlik sticks. Drizzle any leftover marinade on the sticks. Place the ready tray in the oven to grill the shashlik sticks at 180°C for 25 min on the 3rd rack position.
- 07 During the baking process, ensure application of the basting mixture (melted butter + lemon juice) every 5 min.
- 08 After 15 min, turn the shashlik sticks. Apply the basting mixture and continue cooking for the remaining duration.
- 09 Serve hot with sweet chilli sauce and a dash of lemon juice.



Try using Schezwan sauce instead of sweet chilli sauce



Frequent basting after every 5 min with melted fat retains moisture and keep prawns juicy and tender

Prawns are a great source of vitamin B-6, B-12 and niacin, which help the body produce energy, build muscle and replenish red blood cells

Shepherd's Pie

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 55 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

100 g butter
 ¾ tsp salt
 ½ tsp freshly ground
 black pepper

For the meat filling

2 tbsp olive oil
 2 medium onions, chopped
 2 carrots, peeled and chopped finely
 6 cloves of garlic, minced
 1 tsp salt
 500 g lamb mince
 100 ml tomato purée
 ½ tsp freshly ground black pepper
 2 tbsp all-purpose flour
 1 cup chicken stock
 1 tsp Worcestershire sauce
 2 tsp freshly chopped rosemary leaves
 1 tsp freshly chopped thyme leaves
 ½ cup American corn
 ½ cup frozen English peas

*The mince meat can be
 replaced with soya granules
 in the same proportion*



*Use a little milk to make the
 potato topping creamier*

*Fresh cream contains a significant amount
 of vitamin B2, which encourages good
 health, promotes red blood cells and helps
 regain lost energy*

COOKING METHOD

- 01 Wash and prick the potatoes with a fork, place the potatoes in a microwave oven and cook for 8 min on 100% micro power level.
- 02 Mash the potatoes and add cream, butter, salt and pepper to them. Continue to mash until smooth. Stir in the yolk until well combined.
- 03 Preheat the oven at 200°C. In a microwave safe bowl, mix the oil, onions, garlic and carrots. Cook for 6 min on 100% micro power level.
- 04 Add the lamb mince, salt and pepper and cook on 100% micro power level for 8 min. Sprinkle the meat with the flour and toss to coat, continuing to cook for another 2 min on 100% micro power level.
- 05 Stir in the tomato paste, chicken broth, Worcestershire sauce, rosemary and thyme. Cook on 100% micro power level for 6 min.
- 06 Add the corn and peas to the lamb mixture and spread evenly into a glass casserole baking dish. Top with the mashed potatoes, starting around the edges, to create a seal.
- 07 Smooth with a rubber spatula and with a wet spoon tap the surface to create stiff peaks of the potato mash. Bake for 25 min until the potato mash begins to brown.
- 08 Sprinkle with fresh rosemary and serve.



Tray Baked Creamy Salmon

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 49 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

500 g potatoes
thickly sliced (0.5 cm approx)
2 tbsp olive oil
1 leek, washed and sliced
1 garlic clove, crushed
70 ml double cream
1 tbsp jalapeño pepper
plus extra to serve
1 tbsp garlic chopped
2 skinless salmon fillets
Mixed rocket lettuce
to serve (optional)

For the marinade

1 lemon
½ tsp black pepper powder
Salt, to taste
½ tsp chopped sage



Use vinegar and water to dip
the fish for avoiding fishy odour



Replace lemon with
orange juice for bold and
sweet tangerine flavours

Salmon can lower the risk of heart
attack and stroke, some types of
cancer, dementia, Alzheimers and
other cognitive diseases

COOKING METHOD

- 01 Preheat the oven at 200°C. Clean, wash and cut the fish into thick supreme slabs. Mix all the ingredients for the marinade and apply on fish chunks.
- 02 In a microwave safe glass bowl, add potatoes, water and cook for 6 min on 100% micro power level . Drain and leave in a colander for a few minutes.
- 03 Toss the potatoes with half of the oil and plenty of seasoning In a baking tray. Place in the oven on the 3rd rack for 20 min, tossing halfway through the cooking time.
- 04 Meanwhile, heat oil in microwave safe glass bowl. Add leeks, garlic and cook for 5 min on 10% micro power level. After 1 min, add cream, pepper and 75 ml hot water. Continue to cook for 3 min on 40% micro power level.
- 05 Pour the creamy leek mixture over the potatoes, then place the salmon chunks on top. Bake for 15 min. Serve topped with jalapeño pepper and a salad on the side.



Tandoori Chicken

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 45 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

800 g chicken leg/breast
 2 tsp Kashmiri red chilli powder
 ½ lemon
 3 tbsp thick yogurt
 ½ tsp turmeric
 1 tsp coriander powder
 ½ tsp cumin powder
 1 tbsp ginger-garlic paste
 1 tbsp green chilli paste
 1 tsp kasuri methi
 2 tbsp coriander leaves, chopped
 2 tbsp mint leaves, chopped
 ½ tsp garam masala
 3 tbsp mustard oil
 Salt, to taste
 1 tsp red food colour
 4 tbsp ghee for basting

For the salad

2 onions, sliced/separate rings
 ½ lemon, juiced
 ¼ tsp black pepper powder
 ½ tsp coriander leaves
 Salt to taste



Paneer can be used
as a substitute

COOKING METHOD

- 01 Wash and clean the chicken legs/breasts and make slits. In a glass bowl mix all marinade ingredients and set aside. Marinate chicken leg/ breast with the above mixture and let it rest for 1 hour.
- 02 Select the program and preheat the oven at 180°C for 10 min.
- 03 In the meantime, arrange the chicken on the baking tray (line the base of the tray with aluminium foil). Lightly grease the foil with ghee (greasing is optional).
- 04 Arrange the marinated chicken on the tray. Once the oven is preheated, place the chicken tray in the third rack position or in the centre rack position.
- 05 Set the Timer for 45 min. Brush the chicken legs/breasts after every 10 min with ghee.
- 06 Once cooking is complete, remove from oven and serve hot with mint mayonnaise and onion salad.

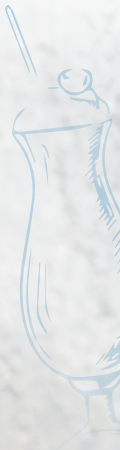


Frequent basting with melted fat every 5 min helps the meat retain moisture and keeps it both juicy and tender

Chicken is filled with high-quality proteins, it also contains vitamin B12, tryptophan, choline, zinc, iron and copper









On-the-house Drinks

Thirsty?

Sit back and relax with a refreshing drink!

Whether it's fruity mocktails for brunch or a warm soothing sip in winter, these recipes can be enjoyed at any time of the day and with any meal.

Made in an IFB Convection Microwave Oven or Built-in Oven



#sipsiphurray

Kadha

Roasted Raw Mango Slush

Virgin Tomato Margarita

Kadha



MODE
Solo



PREP
TIME
10 min



COOK
TIME
6 min



SERVES
UP TO
2



Scan to see video

INGREDIENTS

- 2 cups water
- 1 tsp fennel seeds
- 2 cloves
- 1 tsp ginger
- 8–10 peppercorns
- 2–3, 1-inch cinnamon sticks
- 4–5 tulsi leaves
- 2 tbsp honey



Do not boil the kadha

COOKING METHOD

- 01 In a microwave safe glass bowl, add water and all the ingredients.
- 02 Microwave on 100% micro power level for 6 min.
- 03 Strain, add honey and serve hot.



Tea powder and milk
can be added
as per requirement

Boosts immunity, relaxes the body,
decreases body temperature, improves
skin and strengthens the stomach

Roasted Raw Mango Slush

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 190°C	 PREHEAT TIME 10 min	 COOK TEMP 190°C	 COOK TIME 35 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

3 green mangoes

For the flavouring and sweetening

250 g grain sugar/jaggery powder

1 tsp cardamom powder

2 pinch saffron strands

½ tsp black salt

½ tsp cumin powder

½ tsp lemon juice

½ tsp dry mint powder



Try to use slightly ripened mangoes for natural sweetness



Use 4 guavas and 1 small beetroot instead of mangoes, for a different twist

COOKING METHOD

- 01 Preheat the oven at 190°C.
- 02 Wash the raw mangoes and score with the help of a fork without peeling.
- 03 Line a baking plate with a foil paper. Place the mangoes on the lined baking tray and bake on the third rack for 35 min.
- 04 Once done, let the roasted mango cool down completely. Now peel and extract the mango pulp in a microwave safe glass bowl. Soak the mango seed in 250 ml of warm water and re-extract the leftover pulp from the seed surface. Add the mango pulp water to the first thick mango extract.
- 05 Now add sugar, cardamom, saffron, black salt, cumin powder, lemon juice, dry mint powder and mix well.
- 06 Cook on 40% micro power level for 10 min (ensure the sugar is completely dissolved). Once the mixture is cooked well and all flavours are blended, allow the mango sweet concentrate to cool down completely. Pour into a glass jar and refrigerate.
- 07 Combine 6 tbsp of refreshing mango slush concentrate in 750 ml of chilled water to make 3 glasses.
- 08 Enjoy garnished with some fresh mint leaves.

Raw mangoes are rich in antioxidants, including lutein and zeaxanthin, which improve vision and eye health



Virgin Tomato Margarita

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 200°C	 PREHEAT TIME 10 min	 COOK TEMP 200°C	 COOK TIME 30 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For roasted tomato juice

500 g cherry tomatoes
500 g tomatoes
2 cloves of garlic
(lightly smashed and peeled)
Several sprigs of fresh thyme
A drizzle of olive oil
A pinch of salt
5 g black pepper
½ cup water
¼ tsp smoked paprika
¼ tsp red pepper flakes

For assembling

100 ml roasted tomato juice
1 tsp lime juice
3 dashes of Tabasco
100 ml tomato juice
Salt and pepper, to rim
Lime wedges, to garnish
Thyme leaves, to garnish



Rub tomatoes with slit green chillies for an added kick



Tomatoes can be replaced with oranges or kiwis

Tomatoes reduce the risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate and vitamin K.

COOKING METHOD

- 01 Preheat your oven to 200°C. In a baking tray combine the tomatoes, garlic, oil, thyme, salt and pepper.
- 02 Transfer to the preheated oven and cook for 30 min, stirring halfway, until the tomatoes are deflated and blistered.
- 03 Cool for at least 10 min and carefully transfer them to a blender, leaving behind any tough thyme stems and excess oil in the pan.
- 04 Add ½ cup of water, (or more if necessary) to make the tomato puree. Add smoked paprika, chilli flakes and blend until smooth. Use a fine sieve or clean tea towel to strain out the solids. You should end up with around 500 ml of roasted tomato juice or more if you used more water to blend.
- 05 To make a single margarita, run a lime wedge over the rim of your glass and dip it into a dish of salt and pepper (optional).
- 06 Fill a shaker with ice and add 100 ml tomato juice, 1 tsp lime juice and 3 dashes of Tabasco.
- 07 Shake briefly and strain over fresh ice in the salt and pepper rimmed glass. Garnish with a lime wedge and a few fresh thyme leaves along with a little extra pepper or hot sauce if you like.
- 08 Serve chilled.









Stressed? Desserts!

*Are you in the mood for Red Velvet Fudge
or Makhana Kheer from an IFB Microwave Oven?*

Switch on your sweet tooth with these delectable desserts.
Make Chocolate Barks to fruity bakes effortlessly
and satisfy your sugary cravings.

Made in an IFB Convection Microwave Oven or Built-in Oven



#sweettooth

Apple Crumble
Apple Pie
Blueberry Muffins
Cherry Almond Blondie
Chocolate Bark
Chocolate Cake | Gluten-free
Chocolate Éclair
Chocolate Mousse
Coconut Bounty
Date Macarons
Eggless Semolina Cake
Lemon & Almond Cake
Lemon & Berry Cake
Makhana Kheer
Peanut Butter Cookies
Pineapple Upside-Down Cake
Pumpkin Pie
Red Velvet Fudge
Shahi Tukda
Steamed Patoli

Apple Crumble



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TEMP
180°C



PREHEAT
TIME
10 min



COOK
TEMP
180°C



COOK
TIME
35 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

For the crumble

300 g flour
175 g brown sugar
200 g butter,
plus a little for greasing
A pinch of salt

For the filling

450 g apples, peeled,
cored and cut into 1-cm pieces
50 g brown sugar
1 tbsp plain flour
A pinch of ground cinnamon



Apples can be replaced
with pears or peaches

COOKING METHOD

- 01 Select the Convection mode and preheat the microwave oven at 180°C.
- 02 Place the flour, salt and sugar in a large bowl and mix. Take a few cubes of butter at a time and rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
- 03 Place the apples in another large bowl and sprinkle over the sugar, flour and cinnamon. Stir well being careful not to break up the fruit.
- 04 Grease a glass casserole dish. Spoon the fruit mixture into it, then sprinkle the crumble mixture on top.
- 05 Bake on convection at 180°C on the low rack for 35 min, until the crumble is browned and the fruit mixture is bubbling.
- 06 Serve with thick cream or custard.



*Rub the dry ingredients to finer
coarser powder for good quality
crumble*

*Brown sugar is good for digestion,
curbs period cramps, helps in losing
weight and is good for your skin*



Apple Pie



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



**PREHEAT
TEMP**
170°C



**PREHEAT
TIME**
10 min



**COOK
TEMP**
170°C



**COOK
TIME**
25 min



**SERVES
UP TO**
4



Scan to see video

INGREDIENTS

$\frac{1}{3}$ cup sugar
 $\frac{1}{3}$ cup packed brown sugar
 $\frac{1}{4}$ cup all-purpose flour
1 tsp ground cinnamon
 $\frac{1}{4}$ tsp ground ginger
 $\frac{1}{4}$ tsp ground nutmeg
6–7 cups thinly sliced
and peeled tart apples
1 tbsp lemon juice
1 tbsp butter
1 large egg white
Brown sugar
Ground cinnamon

For serving

Vanilla ice cream
Caramel sauce



Apples can be replaced
with pears or peaches

COOKING METHOD

- 01 Preheat oven at 170° on Convection mode. On a lightly floured surface, roll half of the dough to a 1/8-inch-thick circle; transfer to a 9-inch pie dish.
- 02 Blind bake the crust on Convection mode at 170°C for 10 min. In a small bowl, combine the sugar, flour and spices.
- 03 In a large bowl, toss the apples with lemon juice. Add a sugar mixture; toss to coat. Add filling and dot with butter.
- 04 Roll the remaining dough to an 1/8-inch thick circle. Place over filling. Trim, seal and flute edge. Cut slits in top.
- 05 Beat the egg white until foamy; brush over crust. If desired, sprinkle with brown sugar and ground cinnamon.
- 06 Cover edge loosely with foil. Bake for 25 min. Bake until the crust is golden. Cool on a wire rack.
- 07 Serve with ice cream and caramel sauce.



When baking the crust, use kidney beans to fill the mould; this prevents the pastry from puffing up

Apples are considered nutrient-dense fruits, support weight loss, are good for your heart, and lower the risk of diabetes

Blueberry Muffins

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 160°C	 PREHEAT TIME 10 min	 COOK TEMP 160°C	 COOK TIME 30 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the crumble

- 2 cups all-purpose flour
- 2 tsp baking powder
- ¾ tsp salt
- ½ cup unsalted butter, softened
- 1 cup castor sugar
- 2 large eggs
- 1½ tsp vanilla essence
- ¼ tsp almond extract
- ½ cup milk
- 2¼ cups fresh blueberries
- 2 tbsp brown sugar

For the decoration

- Whipped cream
- Fresh blueberries

For baking

- 12 paper muffin cups



*Black raisins can add
a more robust flavour
instead of blueberries*



COOKING METHOD

- 01 Select the Convection mode and preheat the oven at 160°C. Put the oven rack in the middle position.
- 02 In a bowl, whisk together the flour, baking powder and salt.
- 03 In another bowl, beat the butter and castor sugar with an electric mixer for about 2 min. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla essence and almond extract.
- 04 Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. The batter will be very thick. Add the blueberries to the batter and fold gently with a spatula until evenly distributed.
- 05 Scoop the batter into the muffin cups and sprinkle brown sugar evenly on top of the muffins.
- 06 Bake for about 30 min, until lightly golden. Let the muffins cool in the pan for about 10 min.
- 07 De-mould each muffin then transfer it to a rack to cool completely.
- 08 Decorate with some whipped cream and fresh blueberries.



Blueberries to be soaked in warm water before use for softer muffins

Rich in antioxidants, full of vitamin and minerals. Helps manage cholesterol.

Cherry & Almond Blondie

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 160°C	 PREHEAT TIME 10 min	 COOK TEMP 160°C	 COOK TIME 35 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

80 g butter
 2 tbsp ground flaxseed
 120 g milk chocolate
 ½ tsp coffee granules
 125 g refined flour
 70 g ground almonds
 50 g cocoa powder
 ¼ tsp baking powder
 250 g castor sugar
 1½ tsp vanilla essence
 70 g cherries



Strawberries, blueberries or cranberries can be used in place of cherries

COOKING METHOD

- 01 Preheat the oven at 160°C. Grease and line a cake tin with butter. Combine the flaxseed with 6 tbsp of water and set aside for at least 5 min.
- 02 In a glass bowl, melt the chocolate, coffee and butter with 60 ml of water on 40% micro power level for 2 min. Allow to cool slightly.
- 03 Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a mixing bowl and stir to remove any lumps.
- 04 Using a hand whisk, mix the sugar into the melted chocolate mixture and beat well until smooth and glossy, ensuring all the sugar is well dissolved.
- 05 Stir in the flaxseed mixture, vanilla essence, cherries and then the flour mixture. Stir until combined and spoon into the lined cake tin.
- 06 Place the cake tin on the low rack. Bake for 35 min until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool completely and then cut into squares.
- 07 Store in an airtight container and eat within 3 days.



Additional 20 g of butter will help add a gooey texture

Milk chocolate contains plenty of calcium, iron, potassium, zinc, vitamin A and vitamin K



Chocolate Bark

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 50°C	 PREHEAT TIME 10 min	 COOK TEMP 50°C	 COOK TIME 15 min	 SERVES UP TO 4	 Scan to see video
---	--	--	--	---	--	---	--

INGREDIENTS

2 dark compound chocolate slabs
2 milk compound chocolate slabs
1 white compound chocolate slab
1¼ cup roasted almonds
¾ cup salted pumpkin seeds
and sunflower seeds



Raisin and nougatine can
be added in place of nuts

COOKING METHOD

- 01 Line a baking sheet with parchment paper.
- 02 Arrange the chocolate slabs on the baking tray. Place the baking tray on the third rack and heat the oven at 50°C for 15 min.
- 03 After 10 min draw abstract patterns using a toothpick or shashlik stick, to give a marble effect to the chocolate.
- 04 Now sprinkle the almonds and seeds into the melted chocolate.
- 05 Refrigerate the Bark for about 10 min, until it hardens. Invert the Bark onto a work surface.
- 06 Remove the parchment paper, break into 25 pieces and store or serve.



Melt the chocolate at 50°C
as it will add shine to
the chocolate

Dark chocolate is very nutritious
as a powerful source of antioxidants,
improving blood flow and lowering blood pressure



Chocolate Mousse



MODE
Solo



PREP
TIME
50 min



COOK
TIME
13 min



SERVES
UP TO
4



Scan to see video



INGREDIENTS

4 large egg yolks
50 g Stevia
250 ml heavy cream
1 pinch salt
10 ml vanilla essence
180 g dark chocolate
250 ml whipping cream



Chocolate can be replaced
with fresh berries or syrup



Combine the mixture lightly
by cut and fold method

Cream contains important fat-soluble
vitamin, including vitamin A, D, E and K

COOKING METHOD

- 01 Using an electric hand mixer, in a medium sized mixing bowl, whip together the egg yolks and Stevia for about 2 min on high speed until they are pale and fluffy.
- 02 Heat the cream and salt in a microwave safe glass bowl for 5 min on 40% micro power level.
- 03 Now, pour the combined egg yolk and cream mixture back into the warm cream mixture gradually, while whisking continuously.
- 04 Whisk this cream and egg yolk mixture for 3 min and cook on 40% micro power level for 8 min, stirring every 1 min. Strain the mixture and add the chopped chocolate and vanilla essence. Stir well until the chocolate is melted.
- 05 Pour the mixture into a clean, medium sized bowl, stir for 5 min to cool.
- 06 Whip the remaining heavy cream until very stiff peaks form.
- 07 Fold the whipped cream into the chocolate mixture until combined.
- 08 Transfer into ramekins, chill and serve garnished with chocolate flakes and whipping cream.

Chocolate Cake | Gluten-free

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 35 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

½ cup jowar flour
 1 cup oats flour
 ¼ cup gram flour
 ¾ cup cocoa powder
 A pinch of salt
 1 tsp baking powder
 ½ tsp baking soda
 ¾ cup vegetable oil
 1½ cups castor sugar
 ½ cup yogurt
 ½ tsp vanilla essence
 ¾ cup milk

For rose butter cream

½ cup softened butter
 1 cup icing sugar, sifted
 1 tsp rose extract
 2–3 drops of pink food colouring



COOKING METHOD

- 01 In a large bowl, sift the jowar flour, oats flour, gram flour, cocoa powder, baking powder, baking soda and salt. Set this aside.
- 02 In a separate bowl, combine sugar and oil. Using a whisk, mix this really well, until it is light and fluffy.
- 03 Into the sugar and oil mixture, add the yogurt and vanilla essence. Combine well.
- 04 Gently fold in half of the dry mix that was set aside earlier, using a spatula.
- 05 Add the milk to the batter and combine well. Finally, add the leftover dry mix and mix until no flour pockets remain.
- 06 Transfer the batter into two 8-inch greased round pans lined with parchment paper.
- 07 Bake at 180°C for 35 min or until a skewer inserted comes out clean.

To prepare the frosting

- 01 In a large bowl add the softened butter and beat it on high speed using an electric whisk. Beat until light and fluffy.
- 02 Add in the rose extract and food colouring and beat again to combine.
- 03 Sift in the icing sugar, initially mixing in with a spatula and finishing it off with the electric whisk.
- 04 Once the cakes have cooled down completely, spread the frosting and layer the cake. Decorate with a few rosettes on top.



Mashed banana can be used to add sponginess to the cake

Ragi flour can also be used in place of jowar

Improves digestion and also contains fibre, boosts immunity, improves heart health, is a good source of protein and controls blood sugar levels

Chocolate Éclair



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



COOK
TIME
35 min



BAKE
TEMP
180°C



PREHEAT
TEMP
180°C



PREHEAT
TIME
10 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

1 cup water
½ cup butter, cubed
¼ tsp salt
1 cup all-purpose flour
4 large eggs at room temperature

For the custard filling

2½ cups cold milk
30 g instant vanilla pudding mix
1 cup heavy whipping cream
¼ cup confectioner's sugar
1 tsp vanilla essence

For the frosting

250 g milk chocolate
2 tbsp butter
1 cup castor sugar
2–3 tbsp hot water



COOKING METHOD

- 01 In a large bowl, add the water, butter and salt. Heat this for 6 min on 100% micro power level. Add the flour all at once and stir until a smooth ball forms. Set aside for 5 min.
- 02 Add the eggs, 1 at a time, beating well after each addition. Continue beating until the mixture is smooth and shiny.
- 03 Using a piping bag with a large round tip, pipe the dough into 9 strips (each 2 inches long) on a greased baking sheet.
- 04 Bake for 30 min at 180°C until golden and immediately split the éclairs open; remove the tops and set aside. Discard the soft dough from inside and cool the éclairs.

For the custard filling

- 01 In a glass bowl, add the milk and custard powder; heat on 100% micro power level for 4 min, stirring every 1 min.
- 02 In another bowl, whip the cream until soft peaks form. Beat in the sugar and vanilla essence; fold into cold pudding. Fill the éclairs and set aside.

For the frosting

- 01 In a microwave, melt the chocolate and butter; stir until smooth.
- 02 Cool slightly and cover the tops of the éclairs. Refrigerate and serve chilled.



Whipped cream can
be filled in the éclair



Do not open
the oven door while
the pastry base is
getting baked

Custard is a good source of calcium and vitamin B, especially vitamin B12. These are helpful in strengthening bones, good digestion and cell health.

Coconut Bounty

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 50°C	 PREHEAT TIME 10 min	 COOK TEMP 50°C	 COOK TIME 12 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- ½ cup condensed milk
- 3 cups desiccated coconut
- ¼ cup cream
- ¼ cup chopped cashews and almonds
- 500 g milk chocolate



Dates can be used for a sweet gooey texture in filling



Melted chocolate should be warm, never hot; this ensures a good shine

Coconut is high in manganese, several important minerals and includes small amounts of vitamin B

COOKING METHOD

- 01 Select the program and preheat the oven at 50°C.
- 02 In a large bowl, add milk and sugar. Stir well till the sugar dissolves.
- 03 Add desiccated coconut, chopped nuts and mix. Add the cream and mix till the mixture starts holding the shape. Once done, cool the mixture. Make a ball sized mixture and shape it into bar shapes.
- 04 Keep refrigerated for 20 min. Chop the milk chocolate and set aside.
- 05 In another oven safe glass bowl melt milk chocolate at 50°C for 12 min on the 3rd rack.
- 06 Mix the chocolate and smoothen it with a spatula and check temperature of the melted chocolate; it should be 30°C.
- 07 Now dip the coconut bars into melted chocolate and coat uniformly. Place into butter paper and refrigerate for at least 1 hour.
- 08 Store refrigerated in an airtight jar or cover individually in chocolate wrapping paper.
- 09 Serve as required.



▲ *Date Macarons*



PROGRAM
Top Grill Heater
with Rear
Convection
Heater Fan



MODE
Convection



PREHEAT
TEMP
170°C



PREHEAT
TIME
10 min



COOK
TEMP
160°C



COOK
TIME
25 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

230 g chopped dates
230 g slivered almonds
2 egg whites
¼ cup corn starch
¼ cup Stevia



Use dried plums or dried
figs instead of dates



Make very smooth
paste of dates

Dates are high in fibre and disease fighting
antioxidants while also promoting brain health

COOKING METHOD

- 01 Place the dates and almonds in a grinder. Pulse about 10 times, until they are finely chopped.
- 02 Beat the egg whites in a large bowl with an electric mixer until foamy, about 3 min.
- 03 Gradually, add the Stevia and beat on high speed until soft peaks form, about 3 min.
- 04 Select the Convection mode and preheat the oven at 170°C. Grease or line a baking tray with parchment paper.
- 05 Fold the dates and almonds into the egg whites. Drop 2 tbsp mixture, 2 inches apart on the baking tray.
- 06 Bake for 25 min at 160°C until golden brown.
- 07 Let it cool for 10 min on a baking sheet; remove with a metal spatula and cool on a wire rack.
- 08 Store in an airtight container.

Semolina Cake | *Eggless*

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 180°C	 PREHEAT TIME 10 min	 COOK TEMP 180°C	 COOK TIME 35 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

- 1 cup semolina (sooji/rava)
- ¼ cup whole wheat flour
- ½ cup granulated white sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 tsp cardamom powder
- ½ tsp saffron
- 1 cup curd or yogurt
- ¼ cup milk
- ¼ cup ghee



Try adding oats by replacing
3 tbsp of semolina



COOKING METHOD

- Combine semolina and sugar in a mixer. Blend once or twice to mix and make a powder.
- Add flour, baking powder, baking soda and salt to the semolina mixture. Mix all together nicely.
- Add curd and mix using a spatula to make a batter. Set aside. This step will soften the semolina.
- Line an 8-inch round baking tin with parchment paper. Brush it with oil or ghee. Preheat oven at 180°C for 10 min.
- In another mixing bowl, add milk, saffron, cardamom powder and ghee. Whisk using an egg-beater for 1 min.
- Add soaked semolina in small batches to the liquid mixture. Gently cut and fold the batter in one direction until combined well. Do not mix the batter for too long.
- Pour the batter into the greased tin. Bake for 35 min or until the crust is golden and toothpick inserted in the centre comes out clean.



Use pre-roasted semolina
for a more fluffy cake

Semolina flour is high in foliates,
rich in protein and iron

▲ *Lemon & Almond Cake*



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TIME
10 min



PREHEAT
TEMP
170°C



BAKE
TEMP
150°C



COOK
TIME
35 min



SERVES
UP TO
8



Scan to see video

INGREDIENTS

4 eggs, yolks and whites separated
120 g castor/powdered sugar
120 g refined flour
30 ml milk
30 g oil
1 tsp lemon juice
1 tsp lemon zest
½ tsp almond essence
5 g almond slivers



The batter can be poured
in muffin cups and baked

COOKING METHOD

- 01 Beat the egg whites with an electric whisk till they form stiff peaks. Add the lemon juice and whisk. Add the castor sugar in 5 separate parts and whisk till all the sugar is dissolved.
- 02 Slowly fold in the 4 egg yolks and lemon zest. Add the refined flour in 3 parts using the cut and fold method, till all of it is mixed.
- 03 Add the oil, milk and almond essence to the cake batter.
- 04 Preheat the oven in Convection mode at 170°C.
- 05 Line the cake tin, fill the batter in it and spread the almond slivers.
- 06 Once the oven is preheated, bake at 150°C for 35 min.



Do not over
beat the egg
whites

Lemon helps boost immunity while
also reducing your risk of stroke
and heart disease



 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TIME 10 min	 PREHEAT TEMP 170°C	 BAKE TEMP 150°C	 COOK TIME 35 min	 SERVES UP TO 8	 Scan to see video
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INGREDIENTS

4 eggs, yolks and whites separated
120 g castor or powdered sugar
120 g plain refined flour
40 g milk
30 g oil
1 tsp synthetic vinegar
½ tsp lemon essence
10 blueberries

For the cream cheese frosting

225 g cream cheese
115 g unsalted butter,
softened to room temperature
420 g icing sugar
1 tsp pure vanilla essence
A pinch of salt

For the garnish

Sliced candied lemon peel
Blueberries



Use fresh oranges instead
of lemons for this recipe



Do not over mix
the cake batter.
Just cut and fold.

Lemons are rich in vitamin C, boosting
immunity, aiding digestion, and supporting
skin health with their antioxidant and
detoxifying properties

COOKING METHOD

- 01 Beat the egg whites with an electric whisk till they form stiff peaks. Add the vinegar and whisk. Add the castor sugar in 5 separate parts and whisk till all of it is dissolved.
- 02 Slowly add the 4 egg yolks and fold in. Mix the refined flour with the blueberries in 3 parts till all the flour is mixed using the cut and fold method.
- 03 Preheat the oven in Convection mode for 10 min at 170°C. Add the oil, milk and lemon essence to the cake batter.
- 04 Coat the cake tin with butter and flour or butter paper and butter.
- 05 Transfer the batter into the lined cake tin, tap it and swirl with a toothpick to release trapped air-pockets.
- 06 Bake on Convection mode for 150°C for 35 min. De-mould once cooled on a metal rack.
- 07 Let the sponge cool completely before covering it with the frosting.
- 08 Garnish with blueberries and candied lemon peel.



Makhana Kheer



MODE
Solo



PREP
TIME
15 min



COOK
TIME
18 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

60 g makhanas
380 ml whole milk
½ tsp green cardamom powder
30 g cashews
30 g almonds
1 tbsp raisins
40 g sugar
1 pinch saffron
3 tsp ghee



Pre-roast the makhanas
before using it for the kheer

COOKING METHOD

- 01 In a microwave safe glass bowl, add ghee and heat for 2 min on 100% micro power level.
- 02 Add the makhanas and cashews in ghee and cook for 3 min on 100% micro power level, till the makhanas become crunchy. The cashews will turn golden. Stir after 2 min and continue cooking.
- 03 Now remove the makhanas for grinding and reserve some aside.
- 04 In a glass bowl add milk, sugar, roasted makhana powder, cardamom powder, kesar and cook for 10 min on 40% micro power level.
- 05 Now, add the golden cashews and raisins and the makhanas set aside. Cook for 3 min on 40% micro power level.
- 06 Serve chilled.



50 g mawa may be added
for rich flavour

Rich in nutrients, high in
antioxidants, helps stabilise
blood sugar levels

Peanut Butter Cookies



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TIME
10 min



PREHEAT
TEMP
160°C



BAKE
TEMP
160°C



COOK
TIME
20 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

2 eggs
¼ cup butter, softened
½ cup natural peanut butter
2 cups almond flour
¼ tsp salt
½ cup Stevia
¼ tsp baking powder
3 tbsp refined flour
10 ml vanilla essence



Chocolate truffle can be used
instead of peanut butter

COOKING METHOD

- 01 Select the Convection mode and preheat the oven at 160°C.
- 02 Mix the eggs, butter and peanut butter in medium bowl.
- 03 Add the refined flour, almond flour, salt, Stevia, baking powder and vanilla essence and mix well.
- 04 Form tablespoon sized balls and place on the parchment lined baking sheet.
- 05 Flatten the cookie balls or use a fork and press criss-cross designs.
- 06 Bake for 20 min or until light brown.
- 07 Serve once cooled completely.



Do not over mix the cookie
dough and refrigerate the dough
for min 30 min

Peanut butter is heart healthy,
lowers the risk of cancer
and promotes strong bones



Pineapple Upside Down Cake

 PROGRAM Top and Bottom Heater with Fan	 MODE Convection	 PREHEAT TEMP 170°C	 PREHEAT TIME 10 min	 COOK TEMP 170°C	 COOK TIME 45 min	 SERVES UP TO 4	 Scan to see video
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INGREDIENTS

For the topping

- ¼ cup unsalted butter, melted
- ½ cup packed light or dark brown sugar
- 8–10 pineapple slices
- 15–20 maraschino cherries

For the cake

- 8 eggs, yolks and whites separated
- 220 g powdered sugar
- 280 g plain refined flour
- 40 ml milk
- 60 g oil
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tbsp vanilla essence

Apparatus needed

- 2 glass mixing bowls
- 1 rubber spatula
- 1 sheet of butter paper
- 1 electric whisk
- 1 weighing scale
- 1 toothpick



Whipped cream can
be filled in the éclair

Pineapple contains disease-fighting antioxidants, boosts immunity and suppress inflammation. It helps in a speedy recovery after surgery or strenuous exercise.

COOKING METHOD

- 01 Line an 11-inch round cake tin with butter paper. Mix butter and brown sugar and spread it over the base of the cake tin. Place the pineapple slices with 1 cherry within each pineapple slot.
- 02 Separate the egg yolks and whites in separate glass bowls. Ensure they do not mix.
- 03 Beat the oil and powdered sugar with an electric whisk till it forms a crumbly mixture. Beat the egg whites separately with an electric whisk till they are stiff.
- 04 Add the sugar and oil mixture to the beaten egg whites in 5 parts and whisk in.
- 05 Add the milk and vanilla essence to the cake batter. Line the cake tin with butter paper. Ensure the edges for side butter paper lining are 2 cm above the rim of cake tin to give more space for the cake to rise. Now grease the lined butter paper mildly with oil.
- 06 After the oven preheats, transfer the batter gently into the lined cake tin with pineapples, tap the cake tin to release trapped air pockets and place it on the baking tray,
- 07 Bake on Convection mode for 170°C for 45 min. De-mould once cooled on metal rack.



Pumpkin Pie



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TIME
10 min



PREHEAT
TEMP
180°C



BAKE
TEMP
160°C



COOK
TIME
25 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

200 ml pumpkin puree
150 g milk powder
2 eggs
¾ cup Stevia
1 tsp cinnamon
½ tsp ginger
¼ tsp nutmeg
¼ tsp salt
1/8 tsp cloves
A 9-inch unbaked single pie crust

Serve with
½ cup whipped cream

COOKING METHOD

- 01 Select the Convection mode and preheat the oven at 180°C.
- 02 Beat the pumpkin, milk powder and eggs in a medium bowl using a hand mixer.
- 03 Add the Stevia, cinnamon, ginger, nutmeg, salt and cloves and stir to mix.
- 04 Pour the pumpkin mixture into an uncooked 9-inch pie crust.
- 05 Reduce the heat to 160°C and bake for 25 min or until a knife inserted near the centre comes out clean.
- 06 Cool completely on a wire rack.



Apples, kiwis, musk melons
and peaches can be used
in place of pumpkin



Pumpkin purée to be completely
cooled before using it for filling

Pumpkin is rich in vitamin,
minerals and antioxidants

Red Velvet Fudge



MODE
Solo



PREP
TIME
30 min



COOK
TIME
3 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

2 cups white chocolate
½ cup dark chocolate
3 tbsp beetroot juice
1 cup condensed milk

For the frosting

1 cup cream cheese
¼ cup powdered sugar
1 cup whipping cream



*This fudge can be stuffed in
a puff pastry as a sweet filling*

COOKING METHOD

- 01 Heat the diced white chocolate, dark chocolate and condensed milk on 100% power level for 3 min till the chocolate melts completely.
- 02 Now add the beetroot juice and mix well. Line a square baking tin with butter paper. Pour the mixture into it and let it set for 3–4 hours. Cut into 6 x 6 cm squares.

For the Frosting

- 01 Beat the cream cheese and powdered sugar. Place the whipping cream in a glass bowl and beat it till it reaches a stiff peak.
- 02 Combine both mixtures and transfer them into a piping bag with a star nozzle. Pipe out rosettes on each piece of fudge.



*Grease the pan to prevent
the fudge from sticking to it*

*Beetroot juice lowers blood pressure,
improves stamina and helps prevent cancer*



Shahi Tukda



PROGRAM
Top and Bottom
Heater with Fan



MODE
Convection



PREHEAT
TIME
10 min



PREHEAT
TEMP
180°C



BAKE
TEMP
180°C



COOK
TIME
22 min



SERVES
UP TO
4



Scan to see video

INGREDIENTS

6 slices of white bread
Ghee
1 cup sugar
1 cup water
2–3 cardamoms, crushed
250 g condensed milk
150 g mawa
15–20 strands of saffron
½ tsp rose water

For Garnish

Slivers of almonds and pistachios
Rose petals



Bread can be trimmed
in fancy shapes



Bake Shahi Tukda
for 5 min additional,
to make them crisp

Condensed milk is a good source of potassium
and can be fortified with vitamin A, B-12
and D, as well as calcium



COOKING METHOD

- 01 Cut the edges off the bread slices and slice them diagonally.
- 02 Apply melted ghee on both sides of the bread triangles. Place them on the magic tawa.
- 03 Toast the slices in Convection mode at 180°C for 8 min, turning over after 5 min on the high rack. Remove on a tissue lined plate.
- 04 Pour the water into a microwave safe glass bowl and add the sugar to it. Add the cardamoms and heat this on 100% power level for 6 min. Once done, stir till the sugar dissolves completely.
- 05 Now add the saffron and rose water, stir and set aside.
- 06 Dip the bread slices in the sugar syrup for 5–10 seconds. Remove the slices, drain them and dip in condensed milk. Arrange the slices overlapping each another in a baking plate. Top them with crumbled mawa.
- 07 Heat this at 180°C for 6–8 min on the high rack in Convection mode. Once the mawa is slightly browned, remove and move to serving plates.
- 08 Garnish with almonds, rose petals and pistachios slivers. Serve immediately.

Steamed Patoli



MODE
Solo



PREP
TIME
30 min



COOK
TIME
20 min



SERVES
UP TO
4



INGREDIENTS

15 turmeric leaves
1 cup rice flour
2 cups water
¼ tsp salt
2 cups freshly grated coconut
5 cardamom pods,
peeled and crushed
¾ cup grated jaggery
Salt, a pinch



COOKING METHOD

- 01 Boil water in a microwave safe glass bowl for 6 min on 100% power level. After boiling, add the rice flour and salt in parts and mix well with a spoon. After it absorbs all water, heat the mixture on 100% power level for 1 min.
- 02 After cooling down a bit, take the dough on a plate and mix well.
- 03 Wash the turmeric leaves and pat them dry.
- 04 In a microwave safe glass bowl add freshly grated coconut, grated jaggery, crushed cardamom pods and salt. Cook for 3 min on 100% power level till the coconut and jaggery are mixed. Switch off the gas. Let it cool.
- 05 Place the turmeric leaf on a plate. On the smooth inner part of the leaf, spread 2 tbsp of rice flour dough. Whenever the fingers get sticky with dough, just dip them in water. This helps in spreading the dough smoothly. Leave some space near the edges of the leaf, this will help in sealing the patoli.
- 06 Over this, spread 1 tsp of grated coconut and jaggery mixture. If the leaves are too big, you may need to add more mixture. Do not add too much of coconut jaggery mixture as you will not be able to close and seal properly. Do not worry if the edges remain slightly open too. Our goal is to steam them.
- 07 Close the patoli by bringing the edges together, just like you close an open envelope. Apply slight pressure after closing it. You may close it vertically too.
- 08 If the patoli are too big, cut them in half. Arrange them on a perforated steamer. Add 2 inches of hot water in a big microwave safe glass bowl, place the steamer on the glass bowl and cover it with its lid.
- 09 Steam on 100% power level for 10 min.
- 10 Enjoy these patoli steaming hot.



*Knead the rice
dough when it is
hot for zero lumps*

*Regular jaggery can be
replaced with black jaggery*

Rice flour is gluten-free, making it safe for people with gluten allergies or celiac disease. Brown rice flour variety, is an excellent source of fibre, improves digestive health and reduces cholesterol levels.



tips that you never knew of...

*Did you know that your microwave oven
can do much more than heat food?*

Use these handy microwave tips and tricks to greatly enhance your gastronomic quotient. You'll be surprised at how a little goes a long way in preparing the most delicious gourmet recipes in minutes.





Microwave cooking is best suited to foods that cook well in moist heat, such as chicken, fish, ground meat, vegetables, sauces and soups.



There is no need to add water when cooking frozen vegetables, as they already have enough frozen moisture in them.



Remove food from its packaging before defrosting it in your microwave oven.



Defrosting food in a microwave oven generates a significant amount of moisture. Wipe the inner door and walls of the cavity before you use again.



Don't season vegetables with salt until after cooking them in your microwave oven. Salting them beforehand may leave brown spots.



Salt on the surface of food tends to attract microwaves. This can lead to drying of the outer layer. So sprinkle salt on food after removing it from your microwave oven.



Use only $\frac{2}{3}$ the amount of water that you would when cooking on a stove. Microwave cooking takes less time and results in less evaporation.



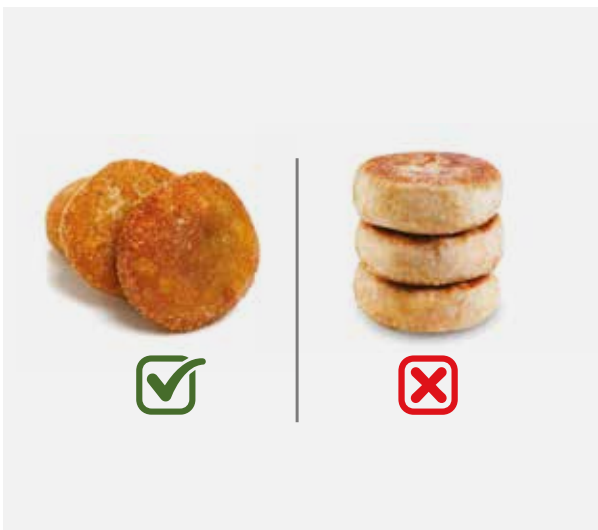
The most common 'cold spot' in a microwave oven is its centre, so place similar sized portions of food evenly in a ring, around the centre for more efficient cooking.



Use as little water as possible when microwaving vegetables to help them retain as much of their water-soluble nutrients as possible.



Do not cook large cuts of meat on the HIGH setting. These should be cooked on the MEDIUM setting for longer periods, allowing the heat to reach the centre without overcooking the outer areas.



Never pile food one on top of the other. Food cooks more evenly in a microwave oven when it is spaced apart.



When cooking an assortment of vegetables, arrange the larger or tougher ones (eg carrots, cauliflower etc) at the periphery of the plate; and smaller or tenderer ones (eg peas, mushrooms etc) in the centre. This will ensure that they finish cooking at the same time.



Portions that are similar in size and shape will cook more uniformly in your microwave oven.



It is not necessary to add oil to prevent food from sticking to the glass tray when cooking in a microwave oven. Food does not tend to stick in the moist heat of microwave cooking.



After cooking, let the food rest for a while in the microwave oven. This will allow the heat to continue to spread and dissipate and is called 'standing time'.



When cooking potatoes or other thick-skinned food such as squash, tomatoes or fruit in your microwave oven, pierce their skins to release steam.



Use the 40% power level setting for heating bread, cakes and muffins. It is also useful in cooking less tender cuts of meat.



Use the 40–100% power level to simmer stews, broths etc.



One of the greatest advantages of a microwave oven is that it does not need to be preheated.



Microwaving a dish with a cover keeps the steam inside, which tenderises the food, shortens cooking time and helps cook more evenly. Be careful not to let the cover come in contact with the hot food. Also, don't forget to leave an opening for excess steam to escape.



To prevent sandwiches, French Fries, bread rolls etc from going soggy when reheating them, wrap them in a kitchen towel to absorb moisture.



To add moisture to leftovers when reheating them in your microwave oven, wrap them in a damp paper towel.



Avoid spills by covering open cookware with paper towels, microwave-safe plastic wrap or wax paper. Remember to leave an opening for steam to escape.



Many recipes and packaging labels express the cooking time as a range (eg 3–5 min). To avoid overcooking, start with the lowest time shown; you can always cook for longer if required later.

Microwave Cooking Chart

Power Level	100%	90%	80%	70%	60%
Time 30 sec	Reheat Chapati Roast Papad Reheat Meals	Sterilise Ceramic Crockery and Cutlery	Reheat Chapati	Warm Bread	Warm Bread Sticks
1 min	Roast Fry	Roast Saunf	Heat Dal	Reheat Garlic Bread	Reheat Pizza
2 min	Reheat Dinner Rolls Curries	Reheat Black Tea/Coffee	Roast Nuts	Reheat Sambar	Roast Spice
3 min	Popcorn Caramelize Sugar Instant Noodles	Blanching Spinach, American Corn, Baby Corn, Zucchini	Tadka	Melt Chocolate	Dry Curry Leaves
5 min	Boil Potatoes	Blanched Tomatoes Cook Raw Banana	Roast Desiccated Coconut	Cook Instant Soup	Reheat Rasam
8 min	Cook Fish	Fish Curry	Roast Rawa	Boil Broccoli	Cook Kheer
10 min	Cook Chicken Make Ghee	Cook Capsicum, Green Peas, Cauliflower, Masoor & Moong Dal	Make Pickle	Make Vegetable Stock	Make Masala Chai
15 min	Cook Pasta	½ Kg Sweet Potato	Cook Pumpkin	Make Chicken Stock	Vegetable Soup
20 min	120 g Rice	100 g Rice	Chicken Curry	Cook Poha, Cook Upma	Cook Payasam





50%	40%	30%	20%	10%
Heat Cookies	Warm Indian Sweets	Keep Toast Warm	Keep Breakfast Warm	Sterilise Crockery
Reheat Pakoda	Reheat Pulao	Defrost Green Peas	Defrost Butter	Defrost Cheese
Reheat Cutlet	Reheat Fried Fish	Keep Omelette Warm	Warm Brownie	Defrost Bread
Boil Spinach	Boil Corn	Heat Soggy Chips	Refresh Biscuits	Defrost Corn
Make Tulsi Water	Make Custard Sauce	Defrost Fish	Defrost Frozen Fries	Defrost Frozen Ready to Fry Food
Hot Chocolate	Heat Milk	Defrost Chicken Mince	Masala Milk	Refresh Masalas
Sugar Syrup	Garlic Peel	Make Cinnamon	Jeera Flavoured Water (1l)	Make Ajwain Water
Roast Atta, Besan, Maida, Millet Flour	Tomato Purée	Deodorise with Turmeric Water	Deodorise with Water Peel Oranges	Lemon Water Steam Clean
Make Rasam	Make Basundi	Defrost Chicken Legs	Defrost Full Chicken (35–40 min)	Refresh Spice







Blanching Tomatoes

		
WEIGHT 200–400 g	POWER LEVEL 100%	TIME 6–8 min

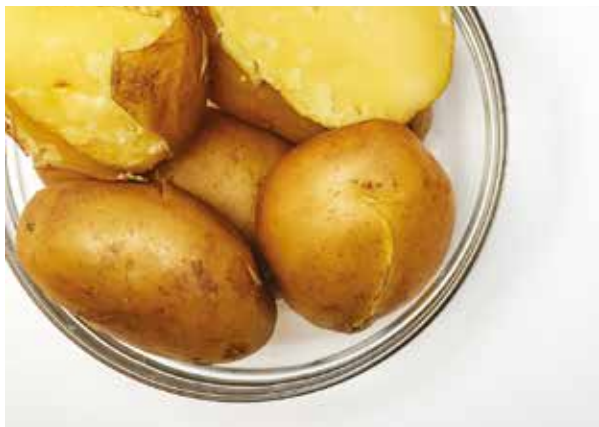
- 01 Wash the tomatoes and cut slits across them on both sides. Place them in the microwave safe glass bowl and place it in the microwave oven.
- 02 Set the time and turn the knob to 100% power.
- 03 Once done, the tomatoes should be pulpy with easy-to-remove skins.



Brewing Kadak Chai

		
WEIGHT 50 ml	POWER LEVEL 40%	TIME 5 min

- 01 Mix all the ingredients—tea powder, milk, cardamom, ginger and water in the microwave safe glass bowl and turn the knob to 40% power level.
- 02 Set the timer for 5 min.
- 03 Once done, strain the tea and serve hot.



Boiling Potatoes

		
WEIGHT 200–600 g	POWER LEVEL 100%	TIME 6–10 min

- 01 Wash and place the potatoes in the microwave safe glass bowl.
- 02 Set the timer and turn the knob to 100% power level.
- 03 Once done, the potatoes will mash easily; this means that they are cooked.



Boiling Rice

		
WEIGHT 200 g	POWER LEVEL 100%	TIME 22 min

- 01 Pour the uncooked rice into the microwave safe glass bowl and wash well.
- 02 Add the water till it is 1.5 inch above the level of the rice.
- 03 Set the timer for 22 min and turn the knob to 100% power level.
- 04 Serve hot.



Making Breadcrumbs



SLICES
2-9



POWER LEVEL
100%



TIME
6-9 min

- 01 Break the slices into chunks and place them in a food processor or blender. Grind them to the desired crumb size, to about a grain of rice.
- 02 Spread the breadcrumbs on the microwave safe glass plate and place it in the microwave oven.
- 03 Set the timer and turn the knob to 100% power.
- 04 Once done, cool the breadcrumbs and store them in an airtight jar.



Peeling Garlic



WEIGHT
100-200 g



POWER LEVEL
100%



TIME
3-5 min

- 01 Place the garlic cloves on the microwave oven's glass turntable.
- 02 Set the time and turn the knob to 100% power.
- 03 Once done, the garlic cloves should be easy to peel.



Melting Chocolate



WEIGHT
200 g



POWER LEVEL
100%



TIME
3 min

- 01 Break the chocolate slab into pieces and place them in the microwave safe glass bowl.
- 02 Set the timer and turn the knob to 100% power level. Pause and stir every 30 sec. Once done, the chocolate should have completely melted.
- 02 Stir well and use as desired.



Popping Popcorn



WEIGHT
50 g



POWER LEVEL
100%



TIME
3-4 min

- 01 Pour the corn kernels into the microwave safe glass bowl, add the olive oil and cover the bowl with the lid.
- 02 Set the time and turn the knob to 100% power level. Once the popping sound reduces to 3 sec per pop, remove the bowl and serve hot.
- 03 Add spices and flavouring as desired.



Roasting Papads



UNITS
1-3



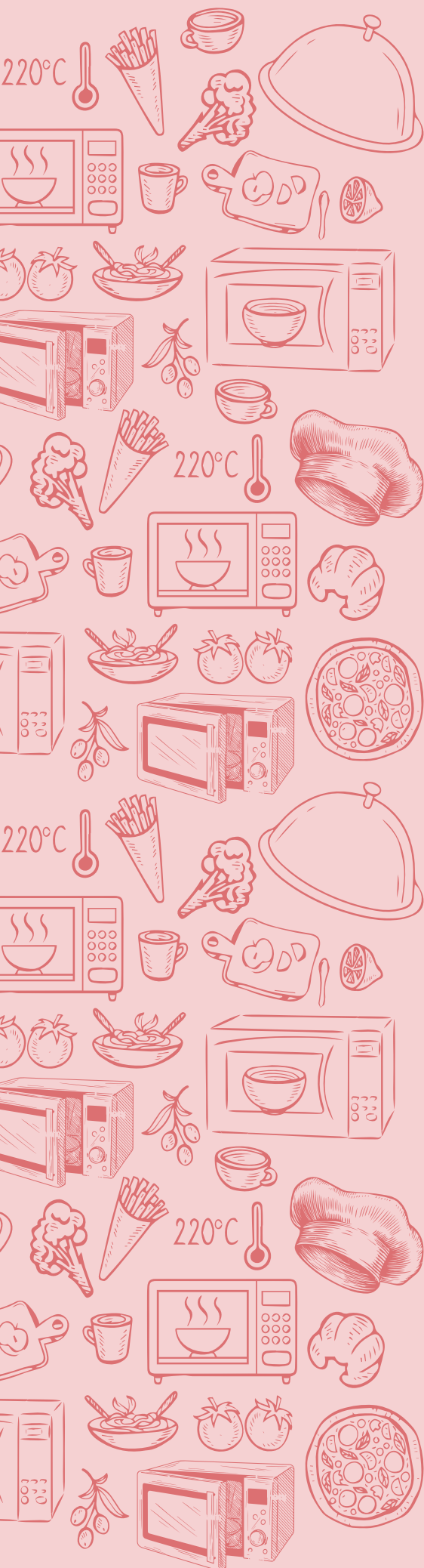
POWER LEVEL
100%



TIME
30 sec - 1 min

- 01 Place the papad on the microwave turntable.
- 02 Set the timer and turn the knob to 100% power level.
- 03 Once done, the papad should be completely cooked.



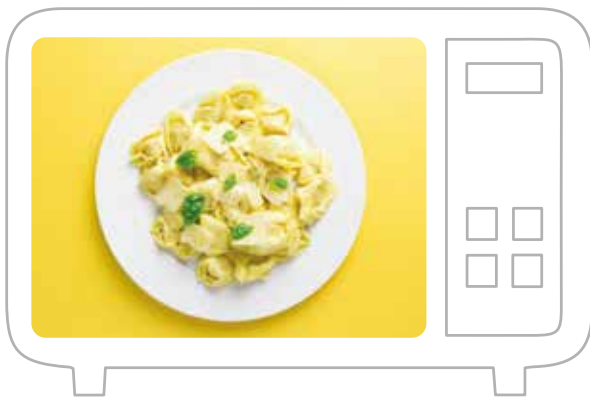


health in a microwave?

*Bust those microwave oven myths and bring home
taste, health and convenience!*

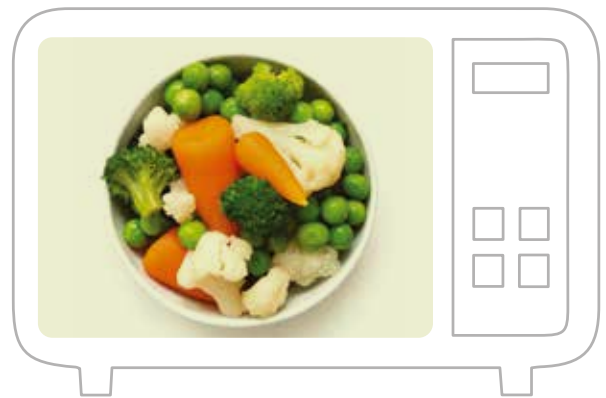
Microwaves are a safe, effective, and highly convenient cooking method. There is no evidence that they cause harm and some evidence that they are even better than other cooking methods at preserving nutrients and preventing the formation of harmful compounds.





Is food cooked in a microwave oven safe?

Yes, completely safe! Microwaves pass through food, vibrating water molecules to generate heat. All of the energy of the microwaves is converted into thermal energy, thus making the food perfectly safe to eat.



Why is microwaving vegetables healthier than cooking them?

Nutrients like vitamin C dissolve in water during regular cooking. As very little water is used to microwave vegetables, hardly any nutrients are lost. Also, faster cooking means they retain their colour and texture.



How safe are microwave ovens?

All microwave ovens include a safety mechanism that prevents them from being used unless the door is shut and the start button pressed. Opening the door while the microwave oven is in use, immediately pauses its operation.



Sometimes steam fogs up the door of the microwave oven. Is this normal?

Yes, it is absolutely normal! The moisture contained in food converts to steam during cooking and condenses on cooler surfaces such as the microwave oven's door and walls. Simply wipe it off after cooking with a tissue or tea towel.



Can I open the door of the microwave oven when it is in use?

Yes, the door of the microwave oven can be opened any time it is in operation! The microwave energy will instantly switch off but the time and power settings will remain until the door is closed again.



Can microwaves pass through the door of the microwave oven?

The door of the microwave oven lets you see your food as it is being cooked. It is designed with a wire mesh that deflects the microwaves back into the microwave oven's cavity.



Why is it a good idea to keep a cup of water in the microwave oven when it is not in use?

As a safety precaution in case the microwave oven is accidentally switched on, it is a good idea to keep a cup of water in it when not in use. The water will absorb the microwaves, preventing them from causing damage to the empty cavity.



Does cooking vegetables in a microwave oven reduce their nutritional content?

Not at all! In fact, studies have proven that vegetables cooked in a microwave oven retain nearly all their nutritional content. On the other hand, regular cooking removes about 75% of it.



Does a microwave oven require a lot of energy to operate?

A microwave oven uses up to 80% less energy than a regular cook top. Apart from cooking a lot faster, microwave ovens also help keep your kitchen cool, thus helping you save on air conditioning costs.



Can we really cook Indian food in a microwave oven?

Of course! The latest microwave ovens feature combination cooking, which cooks in Solo mode using microwave energy and changes to the Grill or Convection modes to crisp or brown food. Best of all, microwave ovens help retain flavours and can prepare recipes in a far shorter time than regular cooking.

Spice Secrets

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*Disclaimer—Recipe applicability varies and is based on features available in select models;
please refer to the recipes for additional information.*

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