

Grill, Toast, Bake & Fry Oil Free!



IFB Oil Free Cooking Microwave Ovens

NEW 20BC5 | 23BC5 | 25BCS1 | 25BCSDD1 | 34BC1

Crunchy Chicken

SERVES 2

INGREDIENTS

2 chicken breasts

Wash and pat dry. Place in the freezer for 20 minutes.
Cut lengthwise into thin 1/2 inch broad, long strips

For Marinade

1–2 tbsp olive oil

1–2 tbsp balsamic vinegar

1 tbsp crushed garlic

1 tsp mustard paste

1 tsp tomato ketchup

1/4 tsp each salt and pepper

For Coating

1 egg white and dry breadcrumbs

*For the perfect snack
with the match on TV*

METHOD

- 1 Mix all ingredients of the marinade in a bowl.
- 2 Marinate chicken stripes in the marinade.
- 3 Keep covered in the refrigerator for 1–2 hours or overnight in fridge.
- 4 Dip the chicken fingers in egg white and coat with dry breadcrumbs.
- 5 Place low rack on the glass turntable. Keep tawa on the low rack.
- 6 Press **HEATER SELECTOR OPTION** twice to select the H2 option.
- 7 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 8 Place the chicken fingers on the hot tawa.
- 9 Set 18 minutes' cooking time (cooking time 16–18 minutes). Check after 16 minutes. Discontinue cooking if Crunchy Chicken is cooked.

SERVING SUGGESTION

Serve crisp and hot!



French Fries

SERVES 1

INGREDIENTS

2–3 medium size potatoes

1 tsp olive oil

Salt to taste

*Kids just love these!
And now they're
healthy too!*



METHOD

- 1 Wash and peel potatoes.
- 2 Make the slices as thick or thin as you want, making sure all are about the same thickness.
- 3 Soak them in cold, salted water for 5 minutes.
- 4 Pat dry on a clean cloth.
- 5 Add 1 tsp olive oil (*optional*).
- 6 Place low rack on the glass turntable. Keep tawa on the low rack.
- 7 Press **HEATER SELECTOR OPTION** twice to select the H2 option.
- 8 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 9 Place potato slices on the hot tawa.
- 10 Set 12 minutes' cooking time (cooking time 10–12 minutes).

SERVING SUGGESTION

Serve hot!

Indian Naan

SERVES 2

INGREDIENTS

3/4 cup milk
1 tsp sugar
1 tsp salt
2 tsp dry yeast
1/2 cup maida
1/2 cup atta
1/2 tsp baking powder
1/2 baking soda
1/2 cup curd
2 tbs olive oil

*The ideal accompaniment
to a meal fit for a King*

METHOD

- 1 Put warm milk in a bowl.
- 2 Add sugar and salt. Mix with a spoon. Add yeast and shake gently to mix.
- 3 Cover bowl and rest the yeast for 5–7 minutes in a warm, closed place for 5 minutes to activate.
- 4 Mix maida with atta, baking powder and baking soda.
- 5 Rub oil with fingertips into the maida-atta mix. Add yeast mixture to the maida-atta mix and add curd to it to make a soft dough.
- 6 Keep aside for 30 minutes or till double in volume.
- 7 Punch down the dough and knead till smooth.
- 8 Divide into 4 balls and roll them into a naan shape. Sprinkle some kalonji on top with wet hands.
- 9 Place low rack on the glass turntable. Keep tawa on the low rack.
- 10 Press **HEATER SELECTOR OPTION** twice to select the H2 option.
- 11 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 12 Place Naan on the hot tawa.
- 13 Set 12 minutes' cooking time. (cooking time 10–12 minutes). Turn Naan over in between.

SERVING SUGGESTION
Serve hot!



Mixed Veg Omelette

SERVES 2

INGREDIENTS

2 eggs
Use only egg whites for low fat
1 tsp olive oil
1/8 tsp turmeric
2 onions, finely chopped
1/4 cup diced tomato
1/4 cup diced bell pepper
Sprinkle salt and black pepper to taste
Small bowl of diced baby corn/chopped spinach

*A healthy way
to start the day*

METHOD

- 1 Separate egg whites from yolk.
- 2 Whisk all the ingredients into the egg white except the olive oil.
- 3 Place low rack on the glass turntable. Keep tawa on the low rack.
- 4 Grease tawa with olive oil.
- 5 Press **HEATER SELECTOR OPTION** twice to select the H2 option.
- 6 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 7 Pour egg mixture on the hot tawa.
- 8 Set 12 minutes' cooking time (cooking time 10–12 minutes).

SERVING SUGGESTION
Serve hot!



Toast Exotica

SERVES 2

INGREDIENTS

2 bread slices
1 tsp sandwich spread
1 tsp butter
100 g paneer cut 1/4 inch thick
1/4 cup cheddar cheese
1 small tomato
Few sliced black olives
Salt and pepper to taste
Mustard to dot
2 green lettuce leaves
Dip in chilled water overnight and pat dry

*Unexpected guests?
Here's a toast to
quick snacking!*

METHOD

- 1 Apply butter and sandwich spread on bread, arrange paneer slices, arrange tomato slices, top tomatoes with mustard and then arrange olive slices. Grate cheese.
- 2 Place low rack on the glass turntable. Keep tawa on the low rack.
- 3 Press **HEATER SELECTOR OPTION** once to select the H1 option.
- 4 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 5 Place Toast Exotica on the hot tawa.
- 6 Set 10 minutes' cooking time (cooking time 8-10 minutes). Check after 10 minutes, and discontinue cooking if ready.

SERVING SUGGESTION

Sprinkle chopped lettuce leaves on top.



Veg Pakoras

SERVES 2

INGREDIENTS

1 cup besan
1/4 cup chopped onions
1/4 cup chopped palak
1 tbsp carrot grated
1/4 tsp ginger garlic paste
2 tsp olive oil and water to make a thick batter

*Irresistible with
a cup of hot tea*

METHOD

- 1 Mix all the ingredients together.
- 2 Place low rack on the glass turntable. Keep tawa on the low rack.
- 3 Grease tawa with olive oil.
- 4 Press **HEATER SELECTOR OPTION** twice to select the H2 option.
- 5 Press **START**. Microwave oven will pre-heat tawa for 2 minutes. Microwave oven will beep after pre-heating.
- 6 Place 1 tbsp of batter separately on the hot tawa.
- 7 Set 12 minutes' cooking time (cooking time ~10-12 minutes).

SERVING SUGGESTION

Serve hot with chutney.



SPECIFICATIONS



FEATURES	20BC5	23BC5	25BCS1	25BCSDD1	34BC1
Power Levels	5	10	5	5	10
OFC Heater Option	Yes	Yes	Yes	Yes	Yes
Display	LED Display	LED Display	LCD Display	LCD Display	Blue LED Display
Steam Clean	Yes	Yes	Yes	Yes	Yes
Deodorize	Yes	Yes	Yes	Yes	No
Keep Warm	Yes	Yes	Yes	Yes	Yes
Power Save	Yes	Yes	Yes	Yes	Yes
Fermentation	Yes	Yes	Yes	Yes	Yes
Disinfect	No	Yes	Yes	Yes	Yes

TECHNICAL SPECIFICATIONS

Capacity	20 L	23 L	25 L	25 L	34 L
Microwave Output	800 W	900 W	900 W	900 W	900 W
Control	Knob & Push Button	Sensor Touch Pad	Sensor Touch Pad	Sensor Touch Pad	Tactile + Dial
Cavity	Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel	Stainless Steel

PHYSICAL SPECIFICATIONS

Net Weight	16 kg	14.1 kg	18.6 kg	18.6 kg	25.4 kg
Outer Dimensions (H x W x D) mm	262 x 452 x 390	281 x 483 x 400	281 x 483 x 402	303 x 504 x 489	376 x 498 x 500



UP TO
150
STANDARD
MENUS

OIL FREE COOKING
Healthy meals and snacks
FERMENTATION
Easy batter recipes all year round!

BLACK