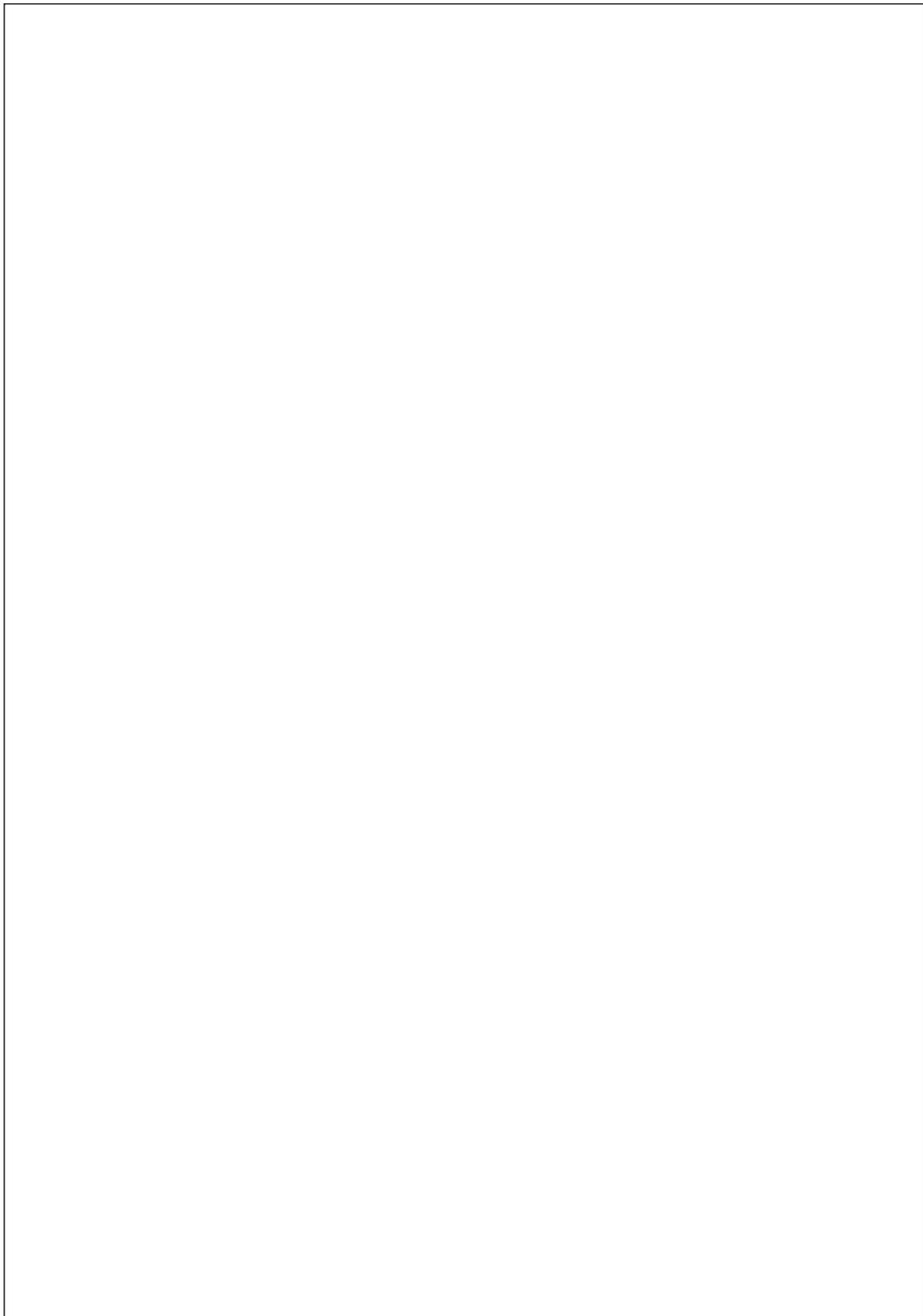


IFB

EASY COOKING WITH IFB

& love





EPB

TOAST
BAKE
BROIL
REHEAT
BROIL
WARM
COOKIES
BREAD
KEEP WARM
DEFROST
- 200/100/200/200

SET TEMP
65°

0 100 00
HR MIN SEC

VIEW START CANCEL

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BANANA CAKE



TEMP : 180 *C



TIME : 25 MINS

INGREDIENTS

BUTTER	125G
POWDERED SUGAR	225G
EGG	2 NOS.
BANANA	2 NOS.
REFINED FLOUR	225G
BAKING SODA	½ TSP
SALT	¼ TSP

METHOD

In a bowl cream soften butter and powdered sugar.

In another bowl whisk eggs till ribbon consistency and add it to the butter and sugar mixture.

Add mashed bananas to the mixture.

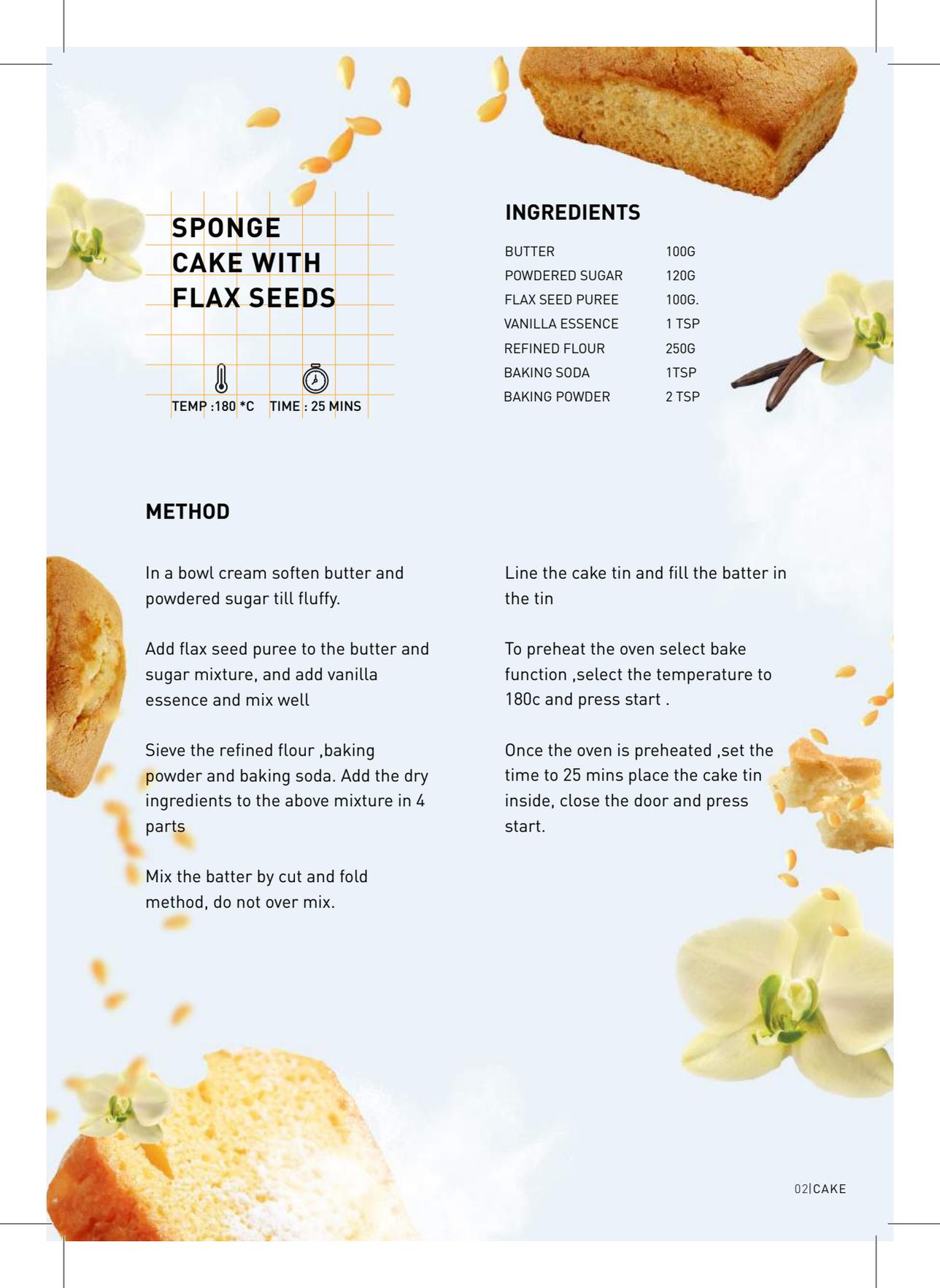
Sieve the refined flour and baking soda. Add the dry ingredients to the above mixture in 4 parts.

Mix the batter by cut and fold method, do not over mix.

Line the cake tin and fill the batter in the tin

To preheat the oven Select Bake function ,select the temperature to 180C and press start .

Once the oven is preheated ,set the time to 25 mins place the cake tin inside, close the door and press start.



SPONGE CAKE WITH FLAX SEEDS

 TEMP : 180 *C  TIME : 25 MINS

METHOD

In a bowl cream soften butter and powdered sugar till fluffy.

Add flax seed puree to the butter and sugar mixture, and add vanilla essence and mix well

Sieve the refined flour ,baking powder and baking soda. Add the dry ingredients to the above mixture in 4 parts

Mix the batter by cut and fold method, do not over mix.



INGREDIENTS

BUTTER	100G
POWDERED SUGAR	120G
FLAX SEED PUREE	100G.
VANILLA ESSENCE	1 TSP
REFINED FLOUR	250G
BAKING SODA	1TSP
BAKING POWDER	2 TSP



Line the cake tin and fill the batter in the tin

To preheat the oven select bake function ,select the temperature to 180c and press start .

Once the oven is preheated ,set the time to 25 mins place the cake tin inside, close the door and press start.





VANILLA SPONGE CAKE



PRE HEAT
TEMP :170 *C



BAKING
TEMP : 162* C



TIME :
35 MINS

METHOD

Beat the egg whites with an electronic whisk till it become a stiff peaks. Add the vinegar and whisk it. Add the castor sugar in 5 separate parts and whisk till sugar is dissolved.

Slowly add, 4 egg yolks and give it a light mix. Add the refined flour in 3 parts till all the flour is mixed (use cut and fold method).

Add the oil, milk, and vanilla essence to the cake batter.

INGREDIENTS

EGGS (YOLKS AND WHITES SEPARATED)	04 NOS.
CASTOR SUGAR / POWDERED SUGAR	120G
REFINED FLOUR	120G
MILK	40ML
OIL	30G
SYNTHETIC VINEGAR	1 TSP
VANILLA ESSENCE	½ TSP

Line the cake tin and fill the batter in the tin

To preheat the oven Select ' Bake' function ,select the temperature to 170C and press start .

Once the oven is preheated ,select the temperature to 162C , set the time to 35 mins place the cake tin inside, close the door and press start.



BUTTER BUTTONS



TEMP : 175* C



TIME : 20 MINS

METHOD

In a bowl, add soften butter and cream sugar well till light and fluffy.

Add vanilla essence. Cream well.

Fold in the flour gently.

Put the mixture into piping bag, and pipe using star nozzle onto a baking tray.

INGREDIENTS

BUTTER	115GM
POWDERED SUGAR	30GM
VANILLA ESSENCE	1TSP
REFINED FLOUR	115GM

Pre-heat oven by selecting 'Cookies' function, set the temperature to 175 C and press start

Once the oven is preheated, set the time to 20mins, place the baking tray inside, close the door and press start.



MELTING MOMENTS



TEMP : 175* C



TIME : 15 MINS

METHOD

In a bowl, cream butter, powdered sugar till light and fluffy.

Add beaten egg and vanilla essence .

Sieve refined flour and baking powder, and gradually add it to the above mixture and mix well.

Wet fingertip and divide the dough into 25 portion.

INGREDIENTS

BUTTER	115GM
POWDERED SUGAR	85GM
EGG	1 NO.
REFINED FLOUR	140GM
BAKING POWDER	¼ TSP
CORNFLAKES	70GM
VANILLA ESSENCE	1 TSP

Roll the entire batch in cornflakes, and place it on a baking tray.

Pre-heat oven by selecting ' Cookies ' function, set the temperature to 175 C and press start.

Once the oven is preheated, set the time to 15mins, place the baking tray inside, close the door and press start.



BANANA COOKIES



TEMP : 175* C



TIME : 15 MINS

INGREDIENTS

REFINED FLOUR	120G
BAKING SODA	¼TSP
CORN STARCH	½ TBSP
SALT	½ TSP
BUTTER	80G
BANANA	2 NO.(SMALL)
BROWN SUGAR	60 G
POWDERED SUGAR	20G
VANILLA ESSENCE	1TSP

METHOD

Cream soften butter with brown sugar and powdered sugar.

Add in mashed bananas (mash with fork) and vanilla essence.

Sieve cornstarch, refined flour and baking soda, add it to the above mixture and mix well .

Portion out into 10-12 pieces ,place on a greased baking tray.

Pre-heat oven by selecting 'Cookies' function, set the temperature to 170 C and press start

Once the oven is preheated, set the time to 20mins, place the baking tray inside, close the door and press start.

CHEWY SUGAR COOKIES



TEMP : 165* C



TIME : 15 MINS

METHOD

Cream ghee well with granulated sugar and brown sugar.

Add mixture of refined flour, baking powder, baking soda, salt, and mix well until dough comes together. Don't over mix.

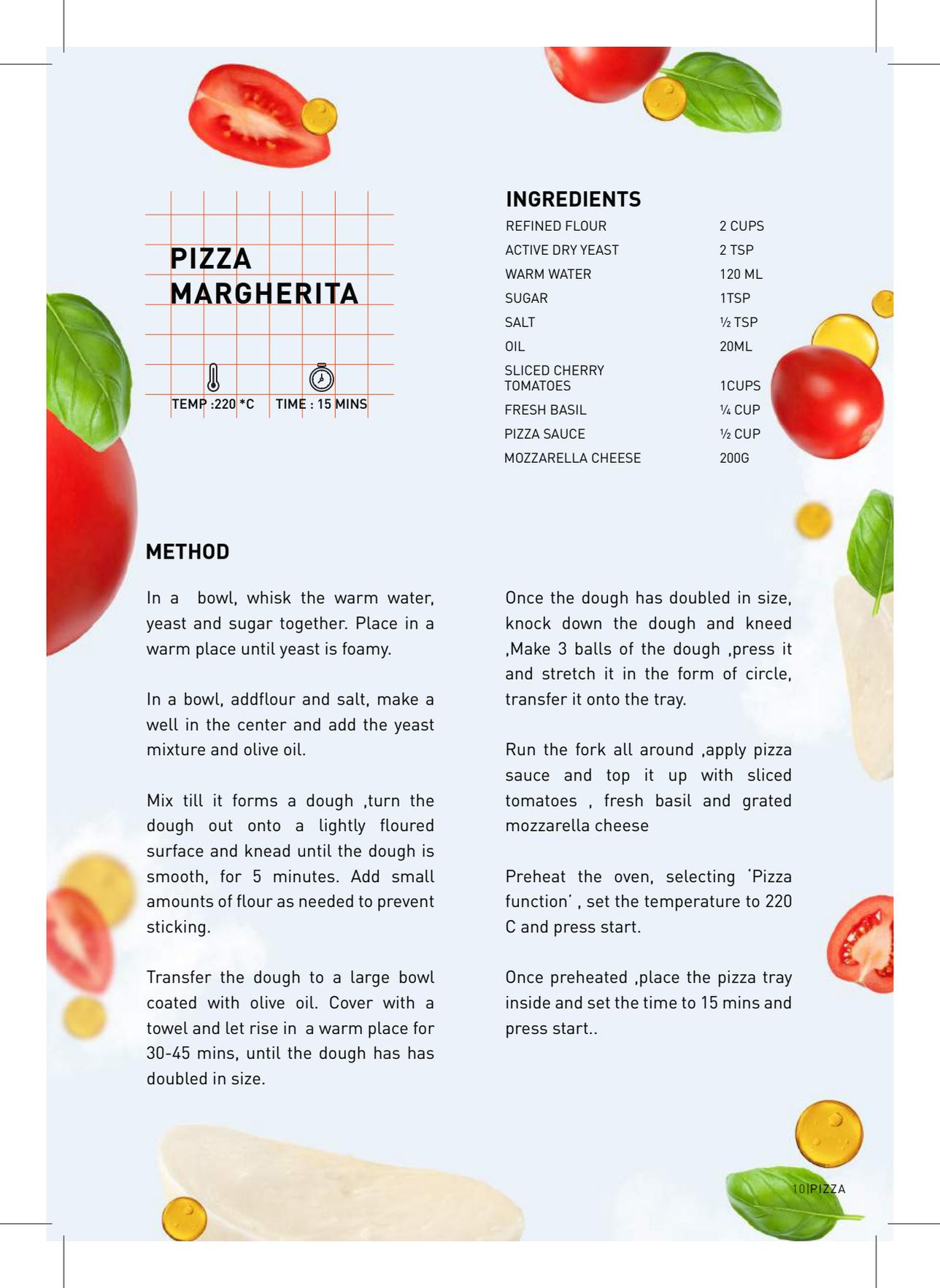
Portion out into 25 balls and flatten, place them on a baking tray .

Pre-heat the oven by selecting 'Cookies' function, set the temp to 165 C and press start

Once the oven is preheated, set the time to 15mins ,place the baking tray inside, close the door and press start.

INGREDIENTS

GHEE	100GM
GRANULATED SUGAR	60GM
BROWN SUGAR	40GM
REFINED FLOUR	140GM
BAKING POWDER	1/2TSP
BAKING SODA	1/4TSP
SALT	1/4TSP



PIZZA MARGHERITA

 TEMP : 220 °C  TIME : 15 MINS

METHOD

In a bowl, whisk the warm water, yeast and sugar together. Place in a warm place until yeast is foamy.

In a bowl, add flour and salt, make a well in the center and add the yeast mixture and olive oil.

Mix till it forms a dough, turn the dough out onto a lightly floured surface and knead until the dough is smooth, for 5 minutes. Add small amounts of flour as needed to prevent sticking.

Transfer the dough to a large bowl coated with olive oil. Cover with a towel and let rise in a warm place for 30-45 mins, until the dough has doubled in size.

INGREDIENTS

REFINED FLOUR	2 CUPS
ACTIVE DRY YEAST	2 TSP
WARM WATER	120 ML
SUGAR	1TSP
SALT	½ TSP
OIL	20ML
SLICED CHERRY TOMATOES	1CUPS
FRESH BASIL	¼ CUP
PIZZA SAUCE	½ CUP
MOZZARELLA CHEESE	200G

Once the dough has doubled in size, knock down the dough and kneed ,Make 3 balls of the dough ,press it and stretch it in the form of circle, transfer it onto the tray.

Run the fork all around ,apply pizza sauce and top it up with sliced tomatoes , fresh basil and grated mozzarella cheese

Preheat the oven, selecting 'Pizza function' , set the temperature to 220 C and press start.

Once preheated ,place the pizza tray inside and set the time to 15 mins and press start..

GARLIC & ONION PIZZA



TEMP : 220 *C



TIME : 15 MINS

METHOD

In a bowl, whisk the warm water, yeast and sugar together. Place in a warm place until yeast is foamy.

In a bowl, add together the flour and salt, make a well in the center and add the yeast mixture and olive oil.

Mix till it forms a dough , flour the surface & knead until it's smooth for 5mins. Add small amounts of flour if needed to prevent sticking.

Transfer it to a large bowl coated with olive oil. Cover it and let it rise in a warm place for 30-45 mins, until the dough has doubled in size.

INGREDIENTS

REFINED FLOUR	2 CUPS
ACTIVE DRY YEAST	2 TSP
WARM WATER	120 ML
SUGAR	1TSP
SALT	½ TSP
OIL	20ML
ONION	2 CUPS
ROASTED GARLIC	¼ CUP
PIZZA SAUCE	½ CUP
MOZZARELLA CHEESE	200G
CHILLI FLAKES	1TSP
OREGANO	1TSP

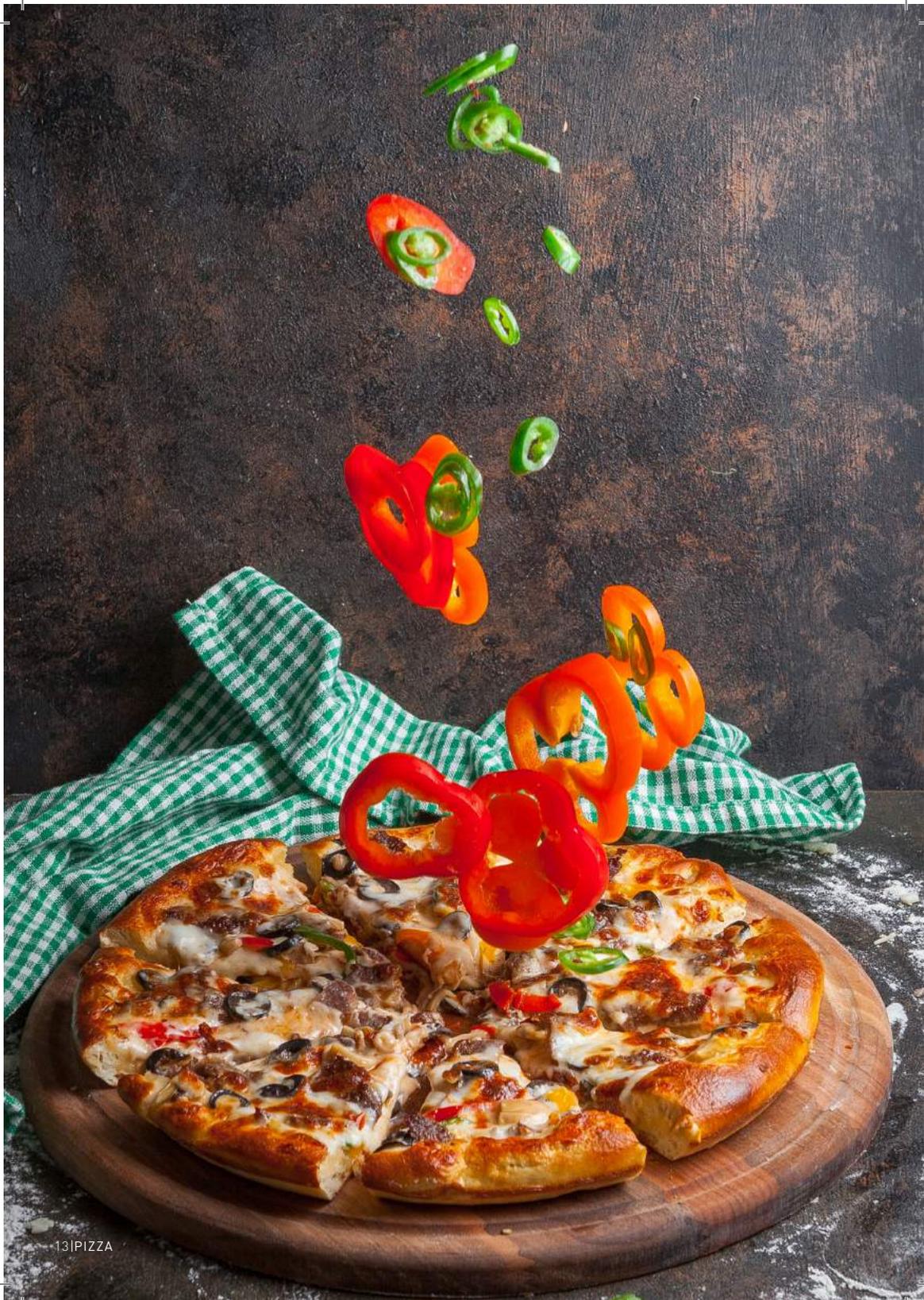
Once the dough has doubled in size, knock down the dough and kneed ,Make 3 balls of the dough ,press it and stretch it in the form of circle, transfer it onto the tray.

Run the fork all around ,apply pizza sauce and top it up with sliced onions , roasted garlic finely sliced ,chili flakes ,oregano and grated mozzarella cheese

Preheat the oven, selecting 'Pizza function' ,set the temperature to 220 C and press start.

Once preheated ,place the pizza tray inside and set the time to 15 mins and press start.







PIZZA VEGGIES DELIGHT



TEMP : 220* C



TIME : 15 MINS

METHOD



In a bowl, whisk the warm water, yeast & sugar together. Place in a warm place for 10 minutes, or until yeast is foamy.



In a bowl, add flour and salt, make a well in the center and add the yeast mixture and olive oil.



Mix till it forms a dough ,flour the surface & knead until it's smooth, for 5 min. Add small amounts of flour if needed to prevent sticking.



Transfer it to a bowl coated with olive oil. Cover with a towel & let rise in a warm place for 30-45 mins until the dough has doubled in size.

INGREDIENTS



REFINED FLOUR	2 CUPS
ACTIVE DRY YEAST	2 TSP
WARM WATER	120ML
SUGAR	1TSP
SALT	½ TSP
OIL	20ML
ONION	¼ CUPS
TOMATOES	¼ CUP
BELL PEPPER	¼ CUP
PIZZA SAUCE	½ CUP
MOZZARELLA CHEESE	200G
CHILLI FLAKES	1TSP
OREGANO	1TSP



Once the dough has doubled in size, knock down the dough and kneed ,Make 3 balls of the dough ,press it and stretch it in the form of circle, transfer it onto the tray.



Run the fork all around ,apply pizza sauce, top up with sliced onions, tomatoes, bell pepper, chili flakes ,oregano and grated mozzarella cheese

Preheat the oven selecting 'Pizza function' ,set the temperature to 220 C and press start.

Once preheated, place the pizza tray inside and set the time to 15 mins and press start...



VEG SUPREME PIZZA



TEMP : 220* C



TIME : 15 MINS

METHOD

In a bowl, whisk the warm water, yeast & sugar together. Place in a warm place until yeast is foamy.

In a bowl, add flour and salt, make a well in the center and add the yeast mixture and olive oil.

Mix till it forms a dough, flour the surface & knead until it's smooth, for 5 mins. Add small amounts of flour if needed to prevent sticking.

Transfer it to a bowl coated with olive oil. Cover with a towel and let rise in a warm place for 30-45 mins, until the dough has doubled in size.

INGREDIENTS

REFINED FLOUR	2 CUPS
ACTIVE DRY YEAST	2 TSP
WARM WATER	120 ML
SUGAR	1TSP
SALT	½ TSP
OIL	20ML
ONION	¼ CUPS
TOMATOES	¼ CUP
BELL PEPPER (GREEN, YELLOW,RED)	¼ CUP
MUSHROOM	¼ CUP
OLIVES	1TBSP
PIZZA SAUCE	½ CUP
MOZZARELLA CHEESE	200G
CHILI FLAKES	1TSP
OREGANO	1TSP

Once it has doubled in size, knock down the dough and knead ,Make 3 balls of the dough ,press it and stretch it in the form of circle, transfer it onto the tray.

Run the fork all around ,apply pizza sauce, top it with sliced onions, tomatoes, bell pepper (Red,Yellow ,green) Mushroom, Olives, chili flakes ,oregano and grated mozzarella cheese.

Preheat the oven selecting 'Pizza function' ,set the temperature to 220 C and press start.

Once preheated ,place the pizza tray inside and set the time to 15 mins and press start.





BREAD TOAST

INGREDIENTS

BREAD SLICE 10 SLICE

METHOD

Place the 4 bread slice on the wire rack .

Select toast function ,adjust the shade as per your choice and press start...

EGG TOAST

INGREDIENTS

BREAD SLICES 10 SLICES
EGG 4 NOS.
SALT ¼ TSP
ONION ½ CUP
GREEN CHILIES 2 NOS.
CORIANDER LEAVES ¼ CUP

METHOD

In a bowl break eggs, add onion ,green chilies, coriander leaves and salt and mix.

Take a slice ,pour 1 tbsp of the egg mixture on each bread, place it on the wire rack.

Select toast function ,adjust the shade as per your choice and press start.



SWEET BREAD TOAST

INGREDIENTS

BREAD SLICES	10 SLICES
GRANULATED SUGAR	¼ CUP
CINNAMON POWDER	1 ½ TSP
BUTTER	3TBSP

METHOD

Apply butter to the bread ,sprinkle sugar and cinnamon powder on the bread ,place it on the wire rack.

Select toast function ,adjust the shade as per your choice and press start.



CHEESE CHILI TOAST

INGREDIENTS

BREAD SLICES	10 NOS.
ROASTED GARLIC	½ CUP
GREEN CHILIES	5
MOZZARELLA CHEESE	120G

METHOD

Finely chop the green chilies and roasted garlic and sprinkle then on the bread

Sprinkle the grated mozzarella cheese on top and place it on the wire rack .

Select toast function ,adjust the shade as per your choice and press start.



INDIAN SPICED ROAST CHICKEN



TEMP : 200* C



TIME : 1HR 15 MINS



METHOD

Combine all the spices, yogurt, oil and lemon juice and mix well.

Brush the marinade over the chicken, under the skin and into the cavity.

Place the chicken into a roasting tray then add the onions and garlic.



19 | ROAST



INGREDIENTS

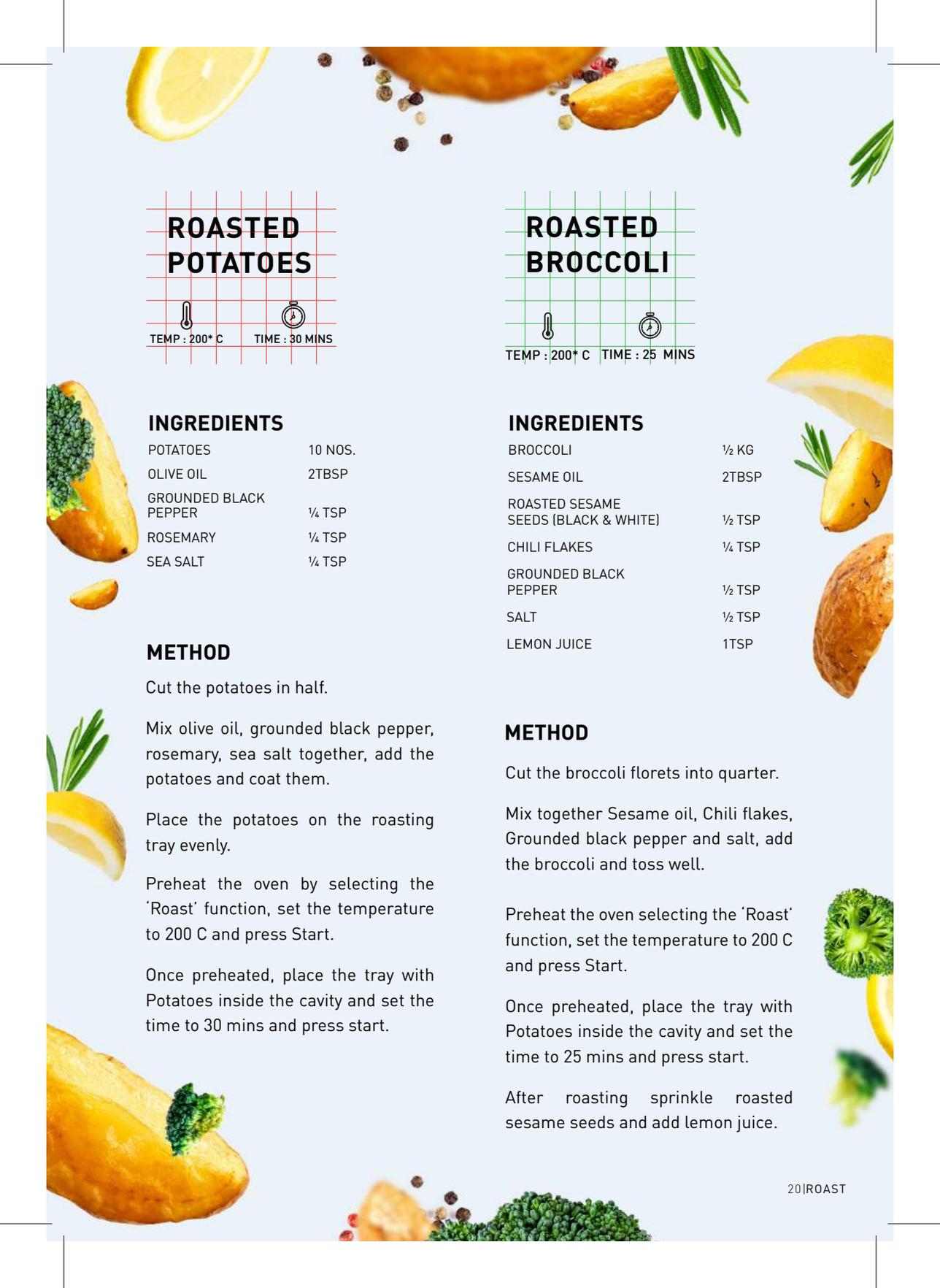
OIL	½ CUP
PLAIN YOGURT	½ CUP
GARAM MASALA	3 TBSP
PAPRIKA	½ TSP
GROUND CARDAMOM	½ TSP
TURMERIC	½ TSP
GROUND CORIANDER	½ TSP
CHILLI POWDER	½ TSP
SALT	2 TSP
PEPPER	1 TSP
SUGAR	1 TSP
LEMON JUICE	3 TBSP
GARLIC CLOVES CRUSHED	3
CRUSHED GINGER	1 TSP
WHOLE CHICKEN	2 KG
ONION QUARTERED	1
GARLIC CLOVES	4



Preheat the oven by selecting the 'Roast' function ,set the temperature to 200 C and press Start.

Once preheated ,place the tray with chicken inside the cavity and set the time to 1hr 15 mins and press start





ROASTED POTATOES

 TEMP : 200* C  TIME : 30 MINS

INGREDIENTS

POTATOES	10 NOS.
OLIVE OIL	2TBSP
GROUND BLACK PEPPER	¼ TSP
ROSEMARY	¼ TSP
SEA SALT	¼ TSP

METHOD

Cut the potatoes in half.

Mix olive oil, grounded black pepper, rosemary, sea salt together, add the potatoes and coat them.

Place the potatoes on the roasting tray evenly.

Preheat the oven by selecting the 'Roast' function, set the temperature to 200 C and press Start.

Once preheated, place the tray with Potatoes inside the cavity and set the time to 30 mins and press start.

ROASTED BROCCOLI

 TEMP : 200* C  TIME : 25 MINS

INGREDIENTS

BROCCOLI	½ KG
SESAME OIL	2TBSP
ROASTED SESAME SEEDS (BLACK & WHITE)	½ TSP
CHILI FLAKES	¼ TSP
GROUND BLACK PEPPER	½ TSP
SALT	½ TSP
LEMON JUICE	1TSP

METHOD

Cut the broccoli florets into quarter.

Mix together Sesame oil, Chili flakes, Grounded black pepper and salt, add the broccoli and toss well.

Preheat the oven selecting the 'Roast' function, set the temperature to 200 C and press Start.

Once preheated, place the tray with Potatoes inside the cavity and set the time to 25 mins and press start.

After roasting sprinkle roasted sesame seeds and add lemon juice.



ROASTED VEGETABLES



TEMP : 200* C



TIME : 25 MINS



METHOD

Cut the Tomatoes into quarter, Bell peppers into 1 inch cubes , Carrots into ½ inch slices, Zucchini into 1 inch cubes, Cauliflower into small florets.

In a bowl add oil ,sea salt, grounded black pepper and add vegetables and toss them until coated.

Preheat the oven by selecting the 'Roast' function, set the temp to 200 C and press Start.

INGREDIENTS



TOMATOES	½ CUP
BELL PEPPERS	½ CUP
CARROTS	½ CUP
ZUCCHINI	½ CUP
CAULIFLOWER	½ CUP
RED ONION	½ CUP
OLIVE OIL	3TBSP
SEA SALT	½ TSP
GROUND BLACK PEPPER	1 TSP

Once preheated, place the tray with Potatoes inside the cavity and set the time to 25 mins and press start.

After roasting add lemon juice and serve.



TANDOORI CHICKEN



TEMP : 220* C



TIME : 25 MINS



METHOD

In a bowl mix all the above ingredients and marinate the chicken ,keep it aside for 3 hrs.

Place the marinated chicken on the tray.

Preheat the oven by selecting the 'Broil' function ,set the temperature at 220 C.

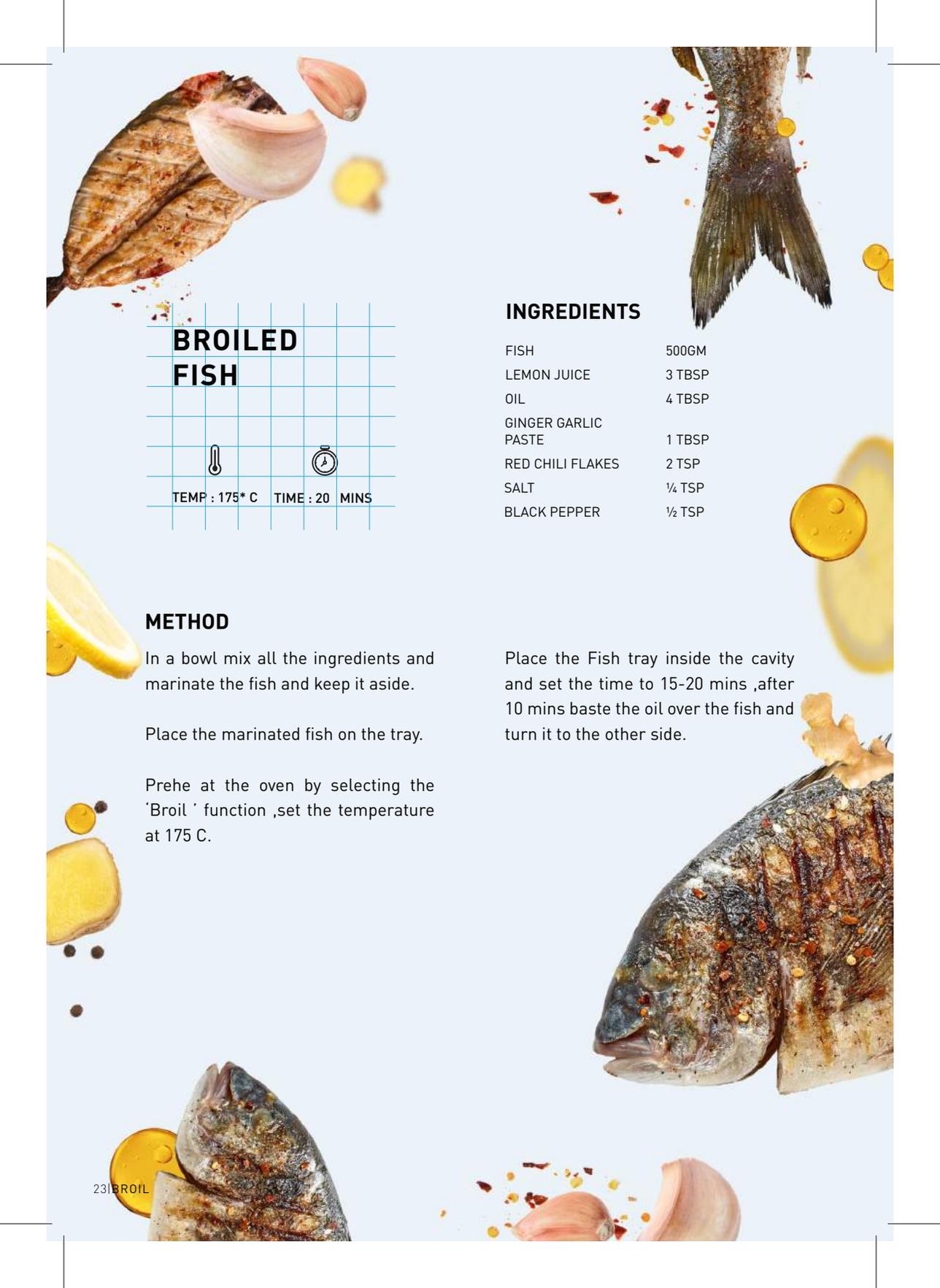


INGREDIENTS

CHICKEN THIGH	½ KG
CURD	½ CUP
GINGER GARLIC PASTE	¾ TBSP
GARAM MASALA	1TSP
RED CHILI POWDER	1TSP
GROUND BLACK PEPPER	¼ TSP
CORIANDER POWDER	1TSP
KASOORI METHI	1TSP
TURMERIC	¼ TSP
OIL	½ TBSP
LEMON JUICE	1TBSP
SALT	¼ TSP



Place the Chicken tray inside the cavity and set the time to 25 mins ,after 15 mins baste the oil over the chicken and turn it to the other side.



BROILED FISH



TEMP : 175* C



TIME : 20 MINS

METHOD

In a bowl mix all the ingredients and marinate the fish and keep it aside.

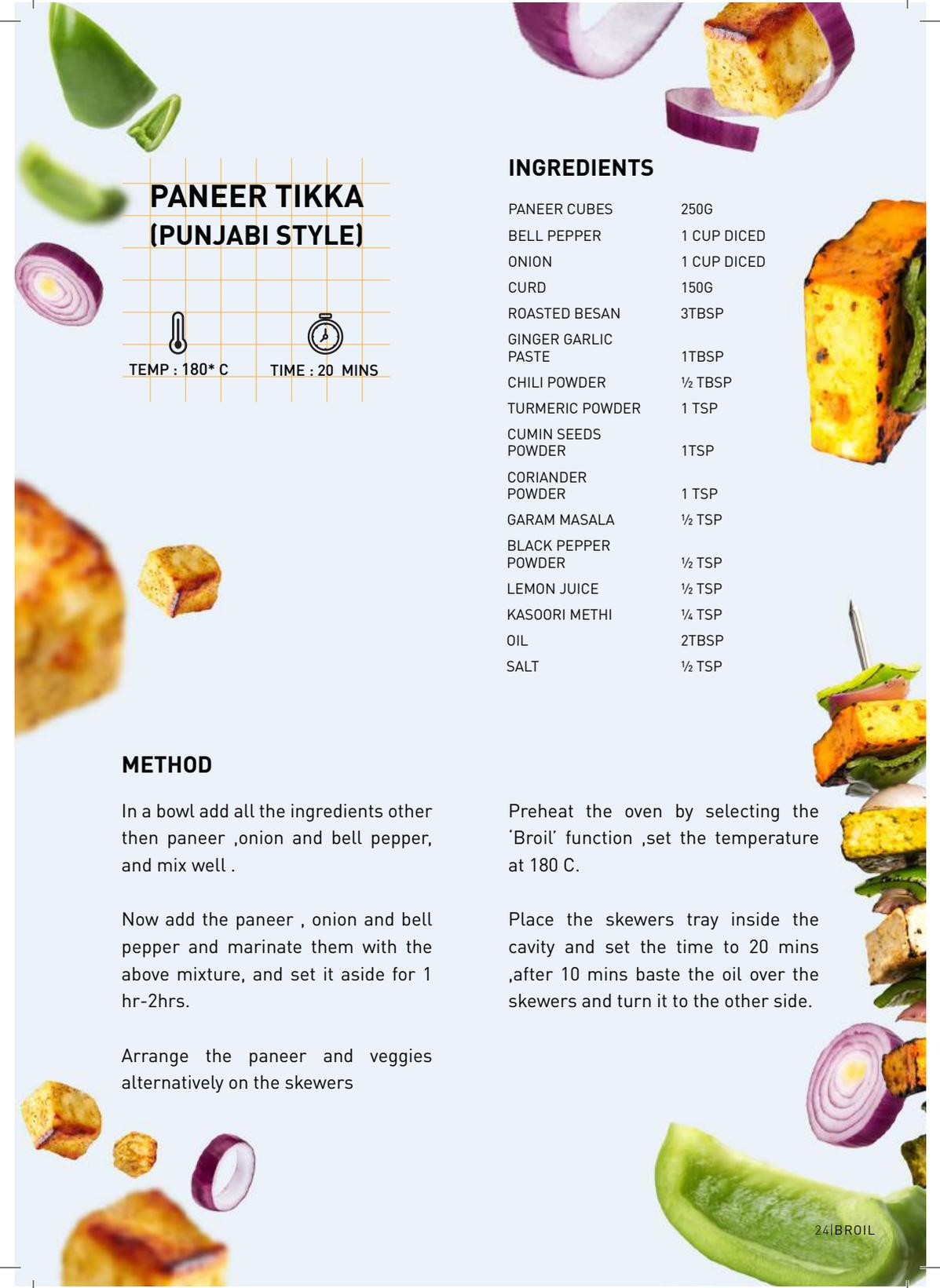
Place the marinated fish on the tray.

Prehe at the oven by selecting the 'Broil' function ,set the temperature at 175 C.

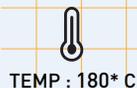
INGREDIENTS

FISH	500GM
LEMON JUICE	3 TBSP
OIL	4 TBSP
GINGER GARLIC PASTE	1 TBSP
RED CHILI FLAKES	2 TSP
SALT	¼ TSP
BLACK PEPPER	½ TSP

Place the Fish tray inside the cavity and set the time to 15-20 mins ,after 10 mins baste the oil over the fish and turn it to the other side.



PANEER TIKKA (PUNJABI STYLE)



TEMP : 180* C



TIME : 20 MINS

METHOD

In a bowl add all the ingredients other than paneer ,onion and bell pepper, and mix well .

Now add the paneer , onion and bell pepper and marinate them with the above mixture, and set it aside for 1 hr-2hrs.

Arrange the paneer and veggies alternatively on the skewers

INGREDIENTS

PANEER CUBES	250G
BELL PEPPER	1 CUP DICED
ONION	1 CUP DICED
CURD	150G
ROASTED BESAN	3TBSP
GINGER GARLIC PASTE	1TBSP
CHILI POWDER	½ TBSP
TURMERIC POWDER	1 TSP
CUMIN SEEDS POWDER	1TSP
CORIANDER POWDER	1 TSP
GARAM MASALA	½ TSP
BLACK PEPPER POWDER	½ TSP
LEMON JUICE	½ TSP
KASOORI METHI	¼ TSP
OIL	2TBSP
SALT	½ TSP

Preheat the oven by selecting the 'Broil' function ,set the temperature at 180 C.

Place the skewers tray inside the cavity and set the time to 20 mins ,after 10 mins baste the oil over the skewers and turn it to the other side.

BROILED VEGETABLE



TEMP : 200* C



TIME : 15 MINS

INGREDIENTS

RED BELL PEPPERS	2NOS.
YELLOW BELL PEPPERS	2 NOS.
RED ONIONS	2 NOS.
ZUCCHINI (SLICES)	2NOS.
ASPARAGUS (ENDS TRIMMED)	2 BUNCHES
BUTTON MUSHROOMS	200G
1/4 CUP (65ML) EXTRA VIRGIN OLIVE OIL	60 ML
SALT	1TSP
PEPPER	1 TSP
GARLIC MINCED	3 CLOVES

DRESSING:

DRIED BASIL	½ TSP
PARSLEY	½ TSP
OREGANO	½ TSP
THYME	½ TSP
CHILLI FLAKES	½ TSP
LEMON JUICE	2 ½ TBSP

METHOD

In a bowl mix olive oil, salt, pepper, garlic and add all the veggies , toss well and place it on the tray

Preheat the oven by selecting the 'Broil' function ,set the temperature at 200 C.

Place the veggies tray inside the cavity and set the time to 15mins , after 10 mins flip bell peppers, mushroom, onion and baste oil over them.

After grilling remove the vegetable in a large bowl and add dried basil, parsley, oregano, thyme , lemon juice, chilli flakes and toss well and serve.







DEFROST



TEMP : 70° C



TIME : 30 MINS

INGREDIENTS

FROZEN CHICKEN	500GM
FISH	500GM
READY TO EAT FROZEN PIZZA	150 G
FROZEN VEGETABLES	200 G

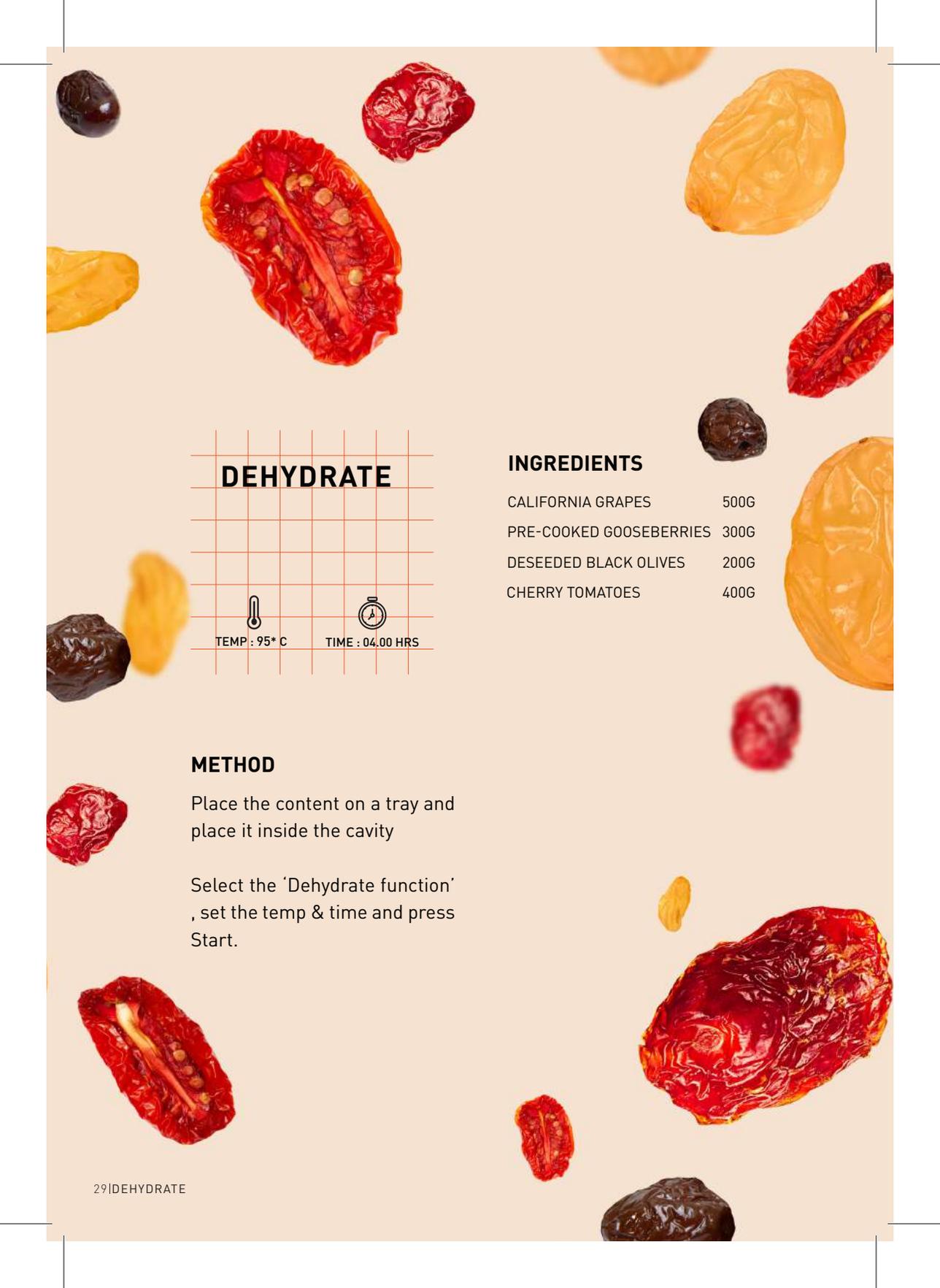


METHOD

Keep the frozen content on the tray and place it inside the cavity.

Select the 'Defrost function' , set the time and press Start.





DEHYDRATE


TEMP : 95* C


TIME : 04.00 HRS

METHOD

Place the content on a tray and place it inside the cavity

Select the 'Dehydrate function', set the temp & time and press Start.

INGREDIENTS

CALIFORNIA GRAPES	500G
PRE-COOKED GOOSEBERRIES	300G
DESEEDED BLACK OLIVES	200G
CHERRY TOMATOES	400G





OVER **6 MILLION** SATISFIED CUSTOMERS

