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MICROWAVE RECIPES BY CHEF SANJEEV KAPOOR



COOK BOOK

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"For years I have done shows and written my books with just one thought in mind - empower women by enabling them to cook better. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. To enable you to cook healthy and tasty food, Wonderchef develops unique & quality products across the world. Enjoy this range of premium Cookware, Electrical Appliances, Large Appliances, and Tools & Accessories. Happy cooking."

Sanjeev Kapoor

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Basics of Microwave

Although microwave ovens have been around for many years, they still evoke more confusion than confidence in novices as well as in the experienced chefs and housewives. One has to accept the fact that at first glance it is not an easily understandable mode of cooking especially when we are coming from a closed mindset of conventional cooking techniques. Let's give you a few basic concepts and you will be ready to explore the untreaded path and enjoy cooking speedily in a less messy way while preserving the inherent goodness of the food.

A microwave oven has a magnetron vacuum tube which converts electrical energy into high-frequency microwaves. Once produced they:

- Are reflected by metal surfaces, therefore they are safely contained in the oven cavity. For the same reason metal vessels are not used for holding food in the microwave oven;
- Can pass through a substance without changing it. It can pass through materials like china, glass, pottery or wood without heating them. This explains why these when used in a microwave, do not become hot. They become hot only through conduction of heat from the food therein; and
- Can be absorbed. They are absorbed by moisture in foods, causing the food molecules to vibrate rapidly. This vibration causes friction between the food molecules and the result is intense heat which cooks the food. The food molecules vibrate at the rate of multi-millions of times per second accounting for the speed of microwave cooking.
- Combination microwave ovens cook using microwave energy and conventional oven heat simultaneously, although if desired they can be operated by microwave alone or convection alone or in tandem or in some cases with a grill. Usually, basic combination ovens offer a minimum of three cooking methods.
- **Microwave only:** This mode of cooking can be used alone in exactly the same way as you would use a basic microwave oven. This is effectively used for cooking soups, steamed type fish dishes, vegetables, fruits, rice pasta, pulses, steamed puddings, sauces, and eggs.
- **Convection only:** This mode of cooking is the same as that used in a conventional oven, but it may be fan assisted or turbo-charged in some cases. It is temperature controlled usually from 100° C to 250° C. Used for baking small cakes, biscuits, meringues, choux pastries, and small crisp pastry items.

- **Combination only:** This is the mode where the microwave and convection systems operate together to give fast cooking results with traditional browning and crisping. You simultaneously get microwave energy and recirculating hot air, from a cold start. The microwave energy provides rapid cooking whereas the hot air gives a baked, browned or roasted appearance. Used for cooking small and large cuts of meat, poultry, and game; for cooking fish either whole or in pieces; vegetable gratins; pastry pies; sweet and savoury pastry dishes; hot puddings; cakes; breads and tea-breads; browned pasta dishes like lasagna etc.

Combination microwave ovens do tend to be more expensive and require more energy than conventional microwave ovens but they are able to brown and crisp meats while preserving their juiciness, permit baking and can speed up cooking time when a number of dishes are to be cooked.

Combi oven functions various modes. You can just use it as Microwave with the 1000W output. The convection oven has a range of 100°C to 250°C, a preheating facility – has a cube heater (top, bottom, rear) plus convection fan. Mostly Grill mode comes in three forms: Grill (TOP) also called browning grill; Grill (BOTTOM) also called crispy grill and Grill (TOP & BOTTOM) also called a double grill. Use TOP for browning (kababs) and melting cheese, BOTTOM for making things crisp (pizza base) and TOP & BOTTOM for making things which should be crisp as well as brown on top (pizza).

Then you have COMBI mode. Used generally for :

1. Convection + Microwave.
2. Convection + Grill (BOTTOM) + Microwave
3. Convection + Grill (TOP & BOTTOM)
4. Grill (TOP) + Microwave and
5. Grill (TOP & BOTTOM) + Microwave.

Select proper mode as per the dish. It will come to you with experience. The power consumption in Combi mode goes upto 2800W.

Depending on your cooking needs and available space, choose an oven with an appropriate size and power. Microwaves usually range from about 0.4 cubic feet to 1.8 cubic feet and from 500 to 1100 watts of power. If the microwave will be used only for heating coffee, making popcorn, defrosting frozen food, or warming leftovers, a smaller unit should suffice. For more serious cooking or for a large family, you'll probably need a larger oven. Higher wattage enables faster cooking.

Microwave recipes are usually written for about 800 watts of power, so you can check and see how long it will take to make your favourite foods. Large capacity but under-powered microwaves can be very frustrating to use.

Most microwave ovens offer a built-in turntable. Note that turntables reduce the available size for the dish. A useful feature is being able to turn the turntable on and off, so large dishes can still be cooked. Another solution is the use of a stirrer that redistributes the microwave energy in every direction, resulting in even heating.

Today, almost all microwaves use touch pad controls instead of a rotary dial. Thanks to the common use of microchips, many microwave ovens can be programmed to perform multiple tasks, for example to auto-start cooking at a chose time, set power levels, or allow multi-step cooking.

Most microwaves have a clock that displays either the actual time or the cooking time. Additional features sometimes offered are auto defrost and auto-reheat that automatically set the time and power levels based on the food weight and type, extra kitchen timer, one-touch buttons for popcorn or drinks, and one more minute button that adds time but leaves other settings unchanged. High end units offer other convenient built-in features like temperature and moisture sensors that can prevent overcooking.

Here's hoping that this will help you to use your Microwave oven to its maximum potential!

Myths and Realities

To microwave or not to microwave is the question! Here are some facts that compare the microwave method of cooking with conventional modes.

MYTH	REALITY
Microwave is good only for reheating.	Apart from cooking all types of vegetarian and non-vegetarian foods, a microwave oven is also extremely useful for defrosting, boiling, baking, reheating etc.
Food does not taste as delicious as compared to food cooked conventionally.	On the contrary, food is cooked in its own juices and as a result it is full of natural aroma, colour and texture.
Indian food cannot be cooked in a microwave oven.	The microwave oven can cook and how! Try out Indian foods like idli, biryani, kheer, curry, kabab and what have you.
Microwave ovens emit radiation which is harmful to health, so much that it could cause cancer.	Microwave ovens are non-ionising appliances, they do not change the physical and chemical chemical properties of food but they only heat the same. Microwaves when exposed to the food get completely absorbed. This helps in heating / cooking the food. The heat is generated by causing friction between the microwaves and the food molecules. The microwaves get completely converted into heat and there is nothing left behind in the food. Microwaves are just another form of energy and are totally safe.
The running cost of a microwave oven is expensive.	Though the electricity tariff differs from place to place, it has been generally observed that the cost of using a microwave oven on a regular basis is on par with the cost of using traditional fuel like gas. Besides this, microwave cooking requires very little oil and spices compared to conventional cooking, so there is evidently some cost cutting!
Microwave ovens are very complicated to use.	A microwave oven is very easy to operate. All it requires is a little practice. It is so simple that even children and the elderly can comfortably use it.

Overcook. Shallow vessels make cooking faster. Cakes, chicken, meat and rice dishes cook well in large bottomed vessels while round dishes are ideal for cooking vegetables and curry dishes. Any goods, which need to be boiled in the microwave like pasta, rice, jams and some soups or casseroles, should be put into a dish, which seems much too big for the quantity. This allows the mixture to rise high on the sides of the dish (and it will!) without spilling over and messing up the oven.

TESTING POTTERY AND CHINA FOR USE IN THE MICROWAVE

Metal glazes are not always obvious. While it is easy to see gold lines in a pattern, many metals are ingredients in pottery glazes to give different colours, including reds, blues, greens and browns. Usually the amount of metal in a coloured glaze will not be enough to cause problems, but sometimes the clay itself contains high amounts of iron, especially dark coloured or speckled clays. If you want to see whether pots or plates you already have are suitable for microwave oven, try this simple test. Put the empty dish into the microwave on HIGH for 60 seconds. If the dish becomes noticeably warm or hot it has a high metal content and should not be used in the microwave. Do not leave the microwave on for longer than 60 seconds without any food or water in it. The waves then bounce back into the magnetron and can eventually burn it out.

Metal skewers with wooden handles can be used in the microwave provided the food is packed tightly together leaving no metal exposed. Wooden skewers are anyway better.

As microwave cooking is gaining popularity day by day, many manufacturers now make ranges of special microwave cookware. They are generally made of ceramic glass or thermoplastic. Both can be used in the conventional oven too though thermoplastic cookware can be used only upto a certain moderate temperature. The range of dishes is expanding from general cooking dishes to specific recipe or item oriented ones like cake moulds, egg poachers, steamers, idli-maker, omelet-maker, microwave saucepans! It makes an interesting economic sense to go in for such dishes which will also go in the freezer i.e. you cook, serve and store in the same dish!

WHAT'S AVAILABLE IN THE MARKET

Few of the microwave fare available in the market are :

DISPOSABLE COOKWARE : Plastic, polythene, treated paper board, greaseproof paper, microwave-safe cling film etc.

BROWNING DISHES : Made of glass ceramic substance with a special coating, which attracts and absorbs microwave energy. Food in contact with this will get more heat and browning effect will show.

MICROWAVE PRESSURE COOKER : Reduces cooking time upto 35%. It cooks food in microwave under gentle pressure, sealing in moisture and nutrients.

STEAMER BASKETS : Expandable to fit a good range of dishes. Elevates the food item above the water for steaming.

MICROWAVE SPLATTER SCREEN : It keeps the splatters of soups, sauces etc. in while allowing steam to vent out through a specially designed grid.

MICROWAVE POTATO BAKER : A device which positions potatoes in a ring pattern and at an angle for maximum and even microwave absorption.

MICROWAVE COOKING POUCH HOLDER : It's for holding safely the frozen cook-in-the bag ready meals during microwave cooking. Remember to pierce holes on the top of the pouch.

MICROWAVE LADLE, WHISK, SPOON : They can be left in oven cavity during cooking. Take care that they do not restrict any turntable action by catching on the walls or ceiling.

MICROWAVE STACKING RINGS AND SHELF ORGANIZERS : Thermoplastic rings and shelves used to separate plates or dishes when cooking or reheating food resulting in optimum utilization of oven cavity.

SOME SPECIAL THINGS

Now the food industry is developing special microwave packaging for frozen or chilled foods. You can see departmental stores and your grocery shop stacking special microwave chips, pizza, popcorns and batter-coated products for microwave-only heating. They have a special packaging that activates and utilizes microwave energy to give a particular heating effort.

Combination & Convection.

In combi mode it's better to use dishes meant for microwave like glass and ceramics while for purely convection, metal cookware can be used with confidence.

FREQUENTLY ASKED QUESTIONS

It's good to ask questions because they are the answers to almost all problems. Here are Some Frequently Asked Questions that could be the Troubleshooters!

TIMING IS THE KEY

How do I calculate the cooking time while adapting a conventional recipe for the microwave oven?

As a rough guide most foods will require approximately a quarter to one third of the conventional cooking time. If unsure, always underestimate the time needed, check the result and continue cooking if needed. More the food, longer the cooking time. When doubling recipe, increase the cooking time by half and check the result.

COVERING CAN BE A SAVIOUR

I find it confusing while using a microwave oven : to cover or not to cover?

Cover foods for the same reasons as in conventional cooking : to retain moisture, speed up cooking and to help tenderize foods. Use a vented lid for foods with a high liquid content, such as soups, to allow steam to escape and prevent the liquid boiling over. You can use cling film to cover. Ensure to pierce it all over. Covering food with a sauce has the same effect as using a lid when cooking meat or poultry. Do not cover foods, like cakes and crumbles, on which you desire a dry finish or for quick-cooking items such as scrambled eggs and for foods which need frequent stirring like sauces and custards.

STIRRING SPEEDS UP

Is it a must to stir foods while cooking?

Food nearest the sides of the dish cooks faster than that at the center, so stirring will speed up its cooking time and ensure even cooking. Particularly sensitive foods, such as scrambled eggs and sauces, need frequent stirring during cooking.

TURNING IS A MUST

Arranging food and turning over while it is cooking seems to be the secret of even cooking?

When thawing, heating or cooking large items, such as a whole chicken start off by placing the food upside down. Turn it over half way through the required time.

Arranging is necessary since the food at the outer edges of the turntable or dish generally receives more microwave energy than that at the center, so place thicker or larger portions of food at the outer edge. Rearranging is essential with food that cannot be stirred since it moves the food and encourages even cooking. Move the food from the center of the dish to the outside and vice versa.

STACKING CAN BE HELPFUL

I have seen some people stack containers to save time. Is it the done thing?

Stacking can be done when re-heating foods in flat-topped containers, plated meals with rigid plate covers or plates separated by plate rings. For even heating arrange the plates or containers so that thicker foods such as jacket potatoes are evenly distributed in the stack, e.g. with the potato on the lower plate (or container) on the opposite side to the potato on the upper plate (or container). Stack no more than two plates or containers for best results.

KEEPING FOOD HOT IS EASY

Food cooked in microwave oven seems to cool faster than that made traditionally. Why? And how can we insulate the dishes?

Food cooked in the microwave cools more quickly than food cooked conventionally because in conventional cooking the container becomes hot and transfers heat to the food, whereas in microwave cooking the opposite is true. When microwaving times are short and the dish does not become hot, food will cool very quickly after the standing time. This is easily overcome with some simple insulating ideas i.e. placing the dish in a basket or quilted casserole or wrapping it in colourful napkins after microwaving.

FOILING THE ALUMINIUM COVER

Aluminium foil to cover dishes in microwave oven is taboo. why?

Microwaves can pass through most materials such as china, glass, plastic and paper. They cannot pass through metal. They are reflected by it. It is therefore advisable not to use foil in a microwave as it may cause sparking which may damage the walls of the microwave. Foil can be extremely useful for keeping food hot when it is out of the microwave but food must never be returned to the microwave wrapped or covered in foil. Only small portions of food, which are likely to be scorched, can be covered with foil for a brief time.

UNDERSTANDING STANDING TIME

Is it important to pay attention to the standing time given in the recipes?

Yes, observing standing times can help you cook better! After a food has reached the end of the required cooking time (and the oven has automatically switched the end off) it will continue to cook by the conducted heat still trapped in the food. To ensure that a food does not overcook with this “additional” energy effect, a standing time of a few minutes should be observed. In most cases, this is only two to three minutes but can be upto fifteen minutes for large baked cakes and roasts. In the case of roasts, this standing time is best carried out under foil.

MICROWAVE TIPS

Some neat tips to use your microwave oven more effectively and efficiently.

- Always remove the lid or cover from hot microwaved food by lifting it from the end of the dish away from you to prevent being scalded by the steam.
- To dry herbs for storage place the sprigs between paper towels and microwave until the herbs can be crumbled.
- To blanch almonds bring one cup water to a boil for about two to three minutes on HIGH (100%), add nuts, cook on HIGH (100%) for one minute and drain. The skins should slip off easily.
- To roast coconut spread it in an even layer on a plate and heat on MEDIUM (70%) for one minute, tossing twice with a fork. Leave to cool and store in airtight jars.
- To roast nuts, spread the nuts on a ceramic plate adding salt or any other masala to taste if so desired/required and cook on HIGH (100%) for two minutes. Stir twice while microwaving and do not allow to brown too much. They will darken as they cool. Serve after five minutes.
- To roast papads brush them lightly with oil on both sides and cook for thirty seconds on HIGH (100%).
- To crisp biscuits, nuts, chips etc, place them on a plate and heat on HIGH (100%) for one minute and allow it to stand for five minutes.
- To warm and freshen breads, rolls or cakes wrap them in paper towels and heat on HIGH (100%) for fifteen to twenty seconds.
- To warm chapatis, wrap them in a napkin or in a paper towel and heat on HIGH (100%) for thirty seconds.
- To make breadcrumbs for toppings and coatings, cut bread in cubes and microwave for five minutes on HIGH (100%). Allow it to stand for five minutes. Cool and crush in a blender or a food processor and store.

- If you have forgotten to soak pulses, lentils, beans overnight, do not despair. Cover them with water in a large bowl and heat on HIGH (100%) for about ten minutes to bring to a boil. Allow the pulses to boil for two more minutes and then leave to stand for one hour. The pulses will cook faster.
- To peel tomatoes easily place them with one cup water, uncovered, on HIGH (100%) for two to three minutes or till boiling. Then place in a bowl containing cold water. Remove the skin.
- To cook potatoes place them in a dish half filled with water. Cover and cook on HIGH (100%) for around five minutes and then allow a standing time of five minutes. Drain, cool and peel. If you only need a couple of potatoes, you can cook them without water also.
- To let air circulate underneath breads, cakes and pastry shells, place them on a rack or inverted saucer. This allows the base to cook more evenly.
- Always slightly undercook the dish a little bit since food cooked in the microwave oven will cook further during standing time. Standing time is that period when the dish is kept covered to finish the cooking process since it uses up the remaining heat to cook further.
- Food like potatoes and sausages etc. should be pierced with a pointed instrument like fork or tip of a knife to avoid bursting of steam built up.
- Excess juice released from food during cooking can slow down the cooking process as it will attract microwave energy. Remove excess juice during cooking and reintroduce later if required.
- For even cooking, arrange items in a ring pattern so that they receive equal amounts of energy.
- If items are of uneven size then the thicker items should be positioned at the Quarter edge of the dish where they will receive more energy.
- For even results, cook, as far as possible, in round dishes.
- Dense food takes more time to cook.
- Cooking time is related to the quantity of food to be cooked, more the food, the longer is the cooking time.
- High fat and sugar items will generally cook faster than the water-based products as fat and sugar absorb microwave energy faster.
- While reheating food, cover with a lid to retain moisture. Place an absorbent napkin for dry items that run the risk of becoming soggy. Let the reheated food stand in the microwave for sometime before removing it.
- Do not boil an egg in the microwave oven. Do not reheat boiled egg in the microwave even if the shell is removed. For poaching / Steaming / Frying Preparations, break eggs, pierce the yolk and then cook.
- Whenever you use Combination mode always remember that the container you use will get heated. So keep oven gloves handy!

MINISTRONE SOUP



Ingredients

Carrot, cut into ½ cubes	1 Medium
French beans, cut into ½ inch pieces	3-4
Zucchini, cut into ½ cubes	1 Medium
Potato, cut into ½ cubes	1 Medium
Shelled green peas	¼ Cup
Fresh basil leaves	10-12
Oil	1 ½ Tablespoons
Garlic cloves, chopped	6-8
Onion, chopped	1 Medium
Leek stalk, cut into ½ pieces	½
Celery stalk, cut into ½ inch pieces	1 Inch
Tomato puree	½ Cup
Tomatoes	4 Medium
Vegetable stock	3 Cups
Macaroni	2 Tablespoons
Salt	to Taste
White pepper powder	½ Teaspoon
Grated Parmesan cheese	½ Cup

Method

- Cut half the basil leaves into strips and tear the rest.
- Cut the base of the tomatoes and give a superficial cross-cut with a sharp knife on the top. Blanch tomatoes insufficient water in a deep Microwave bowl for two minutes on **Roland Microwave HIGH (100%)** and transfer them immediately into a bowl of cold water. Peel the skin, cut into half and remove seeds and cut further into half inch pieces.
- In a large Microwave casserole heat oil (preferably olive oil) for three minutes on **Roland Microwave MEDIUM (70%)**. Add garlic, onion, carrot, leeks, and celery and cook for six minutes on Microwave HIGH (100%), stirring occasionally.
- Add French beans, zucchini, potato, green peas, tomato puree, tomatoes, torn basil leaves, vegetable stock and cook for eight minutes on **Roland Microwave HIGH (100%)**. Add the macaroni, salt and white pepper powder, cover and cook on Roland Microwave HIGH (100%) for five minutes.
- Garnish with basil strips and grated Parmesan cheese. Serve piping hot.

Chef's Tip: Instead of leek you can use spring onions.



FRESH TOMATO SOUP



Ingredients

Tomatoes, quarter.....	8 Medium
Oil.....	½ Tablespoon
Butter.....	1 Tablespoon
Onion, sliced.....	1 Medium
Carrot, cut into roundels.....	1 Medium
Celery stalk, chopped.....	2 Inch
Garlic cloves, chopped.....	6 Garlic
Bay leaf.....	1
Salt.....	To taste
Sugar.....	1 Teaspoon
Black peppercorns, crushed.....	4-6
Fresh cream.....	¼ Cup
Sprigs of parsley, chopped.....	A few
Bread croutons.....	12-16

Method

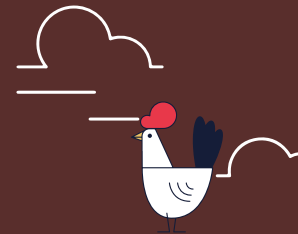
- Put oil, butter, onion, carrot, celery, garlic, and bay leaf in a large Microwave bowl and cook for five minutes on **Roland Microwave HIGH (100%)**.
- Add quartered tomatoes, salt, sugar and three cups of water and cook covered on **Roland Microwave HIGH (100%)** for twenty-five minutes.
- Let it cool slightly. Blend in a blender till smooth. Add crushed peppercorns and cook further on **Roland Microwave HIGH (100%)** for five minutes.
- Remove from the oven, stir in cream and garnish with chopped parsley. Serve piping hot with bread croutons.

Note: For making bread croutons, cut two bread slices into half an inch sized squares. Put on a microwave plate and cook on **Roland Microwave HIGH (100%)** for ten minutes. It can be grilled too in a Wonderchef oven for the same duration.



HEALTHY
FOOD

CHICKEN SHORBA



Ingredients

- Boneless chicken, cut into ½ inch cubes 100 Grams
- Oil 1 Tablespoon
- Cumin seeds ½ Teaspoon
- Onion, sliced 1 Medium
- Garlic cloves, chopped 4-5
- Chicken stock 4 Cups
- Black peppercorns, crushed 5- 6
- Salt To taste
- Fresh cream ¼ Cup
- Chopped fresh coriander leaves (optional) 2 Tablespoons

Method

- Put the oil, cumin seeds, onion, and garlic in a large microwave casserole and cook on **Roland Microwave HIGH (100%)** for one minute.
- Heat the chicken stock and add along with the chicken pieces, crushed peppercorns, and salt. Cover and cook further on **Roland Microwave HIGH (100%)** for twelve minutes.
- Stir in the cream. Pour into individual cups, garnish with coriander leaves and serve hot.



NACHOS



Ingredients

Tortilla or corn chips	16-20
Grated processed cheese	¾ Cup

For the salsa sauce

Tomatoes, seeded and chopped	2 Large
Onion, chopped	1 Medium
Garlic cloves, crushed	2-3
Green capsicum, chopped	1 Medium
Black peppercorns, crushed	5-6
Dried oregano	¼ Teaspoon
Sweet chilli sauce	2 Tablespoons
Salt	to Taste

Method

- To make the salsa sauce, combine tomatoes, onion, garlic, capsicum, peppercorns, dried oregano, sweet chilli sauce and salt in a bowl and let it stand at room temperature for an hour before use.
- Arrange the corn chips on a microwave plate, top it up with the salsa sauce and grated cheese. Cook, uncovered, on **Roland Microwave HIGH (100%)** for two minutes.
- Serve immediately otherwise the tortillas will turn soggy.

PEPPER PRAWNS



Ingredients

Small prawns, shelled and deveined	10-12
Garlic cloves, finely chopped	8-10
Tomato ketchup	2 Tablespoons
Salt	To Taste
Crushed black peppercorns	2 Teaspoons
Oil	1 Tablespoon
Vinegar	1 Tablespoon
Chilli sauce	1 Teaspoon
Sugar	1 Teaspoon
Cornflour	1 Tablespoon
Dark soy sauce	1 Tablespoon

Method

- Pat the prawns dry.
- Mix prawns, garlic, tomato ketchup, salt, peppercorns, oil, vinegar, chilli sauce, sugar, cornflour and dark soy sauce in a Microwave bowl. Add two tablespoons of water and cook, uncovered on **Roland Microwave MEDIUM (70%)** for three minutes.
- Serve hot.



SMOKY FISH KABAB



Ingredients

Fish (pomfret/surma)	1 (300-400 Grams)
Baby onions, peeled	16
Tomatoes, Seeded and cut into 1 inch pieces	2 Medium
Stuffed olives	16
Oil	2 Tablespoons

Marinade

Lemon juice	3 Tablespoons
Crushed black peppercorns	1 Teaspoon
Salt	To Taste
Ginger paste	1 Tablespoon
Brown sugar	2 Tablespoons

Method

- Clean and cut fish in fillets (boneless flat pieces). Cut the fillets into one-inch cubes.
- For the marinade mix lemon juice, peppercorns, salt, ginger paste, and brown sugar. Add fish, tomato and baby onions and marinate for an hour, preferably in a refrigerator.
- Skewer onto a toothpick or satay stick the marinated cubes in this order: fish cube, baby onion, stuffed olive, and tomato cube. Arrange the toothpicks on a wire rack and cook on Grill TOP and BOTTOM for eight.
- Baste with oil and cook on Grill TOP and BOTTOM for four minutes. Serve immediately.

STUFFED MUSHROOMS



Ingredients

Mushrooms	16 Medium
Onion, Chopped	1 Medium
Garlic cloves, Chopped	4-5
Crumbled cottage cheese (Paneer)	¼ Cup
Grated processed cheese	¼ Cup
White pepper powder	¼ Teaspoon
Nutmeg powder	¼ Teaspoon
Salt	to Taste
Butter	5 Tablespoons
Lemon juice	1 Tablespoon

Method

- Remove the stalks of mushrooms, clean well and chop finely. Set aside.
- Clean the heads of mushrooms and prepare for stuffing.
- Take a microwave casserole and place mushroom stalks, onion, garlic, cottage cheese, processed cheese, white pepper powder, nutmeg powder and salt in it. Mix well adding two tablespoons of butter.
- Cook, uncovered, on **Roland Microwave HIGH (100%)** for six minutes.
- Stuff this mixture into the mushroom heads and sandwich two of such together, holding them with a toothpick.



KASURI PANEER TIKKA



Ingredients

Dried fenugreek leaves (Kasuri methi)	2 Teaspoons
Cottage cheese (Paneer)	400 Grams
Ginger piece	1 Inch
Garlic cloves	5
Green chillies	5
Hung yogurt	1 Cup
Flour (Besan)	4 Tablespoons gram
Carom seeds (Ajwain)	½ Teaspoon
Garam masala powder	1 Teaspoon
White pepper powder	½ Teaspoon
Turmeric powder	½ Teaspoon
Lemon juice	2 Tablespoons
Chaat masala	½ Teaspoon
Butter, Melted	3 Tablespoons
Salt	To Taste
Oil	1 Tablespoon

Method

- Cut cottage cheese into one and a half inch sized squares with quarter inch thickness. Grind ginger and garlic to a fine paste. Grind green chillies to a fine paste.
- Mix together ginger-garlic paste, green chilli paste, hung yogurt, gram flour, carom seeds, garam masala powder, white pepper powder, turmeric powder, kasuri methi, lemon juice, chaat masala, one tablespoon butter and salt in a large bowl. Marinate paneer pieces in this mixture for half an hour.
- Pre-heat the Convection oven at 230C.
- Place paneer in a single layer on an ovenproof dish and baste with oil.
- Place the dish in the preheated oven and cook for twenty minutes, basting with butter every five minutes and turning once after ten minutes.
- Grill TOP for twelve minutes, basting with butter and turning once after six minutes.
- Serve hot.

Chef's tip: To thicken the yogurt, hang it tied in a muslin cloth and let it stand in the refrigerator for an hour or two so that all the excess water drains away.



VEGETABLE IDLI



Ingredients

Parboiled rice (Ukda rice), Soaked.....	1 Cup
Split skinless black gram (Dhuli urad dal), Soaked.....	½ Cup
Salt.....	To Taste
Carrot, Grated.....	1 Medium
French beans, Finely chopped.....	4-5
Cauliflower florets, Grated.....	2-3
Green capsicum, Finely chopped.....	½ Medium
Oil.....	2 Tablespoons
Crushed black peppercorns.....	1 Tablespoon
Chopped fresh coriander leaves.....	2 Tablespoons

Method

- Drain and grind rice to a coarse batter and dal to a fine batter using water as required.
- Mix both the batters and add sufficient water to get a dropping consistency.
- Add salt and allow it to ferment for four to five hours or overnight, covered, in a warm place.
- Add carrot, French beans, cauliflower, and capsicum to the fermented batter and mix well.
- Lightly grease the idli stand with oil. Pour a spoonful of batter into each dent. Garnish with peppercorns and coriander leaves.
- Keep a cupful of water along with the idli stand in the microwave oven, cover and cook on **Roland Microwave HIGH (100%)** for four minutes. Allow standing time of five minutes before serving.

Chef's Tip: If you do not have a microwave idli stand, you can use small glass bowls (katori sized) to make idlis.

CELERY CORN MEDLEY



Ingredients

Celery stalks, cut into 1 inch long pieces.....	2
Sweet corn kernels.....	1 Cup
Tomatoes, Quartered.....	4 Medium
Onion, chopped.....	1 Medium
Garlic cloves, Crushed.....	4-5
Green capsicum, Cut into ¾ inch pieces.....	1 Medium
Oil.....	2 Teaspoons
Brown sugar.....	1 Tablespoon
Tomato ketchup.....	2 Tablespoons
Salt.....	To Taste
Black peppercorns, Crushed.....	5-6
Fresh mushrooms, Sliced.....	8-10
Sprigs of fresh parsley, Finely chopped.....	A few

Method

- Put the tomatoes into a large microwave bowl with onion and garlic. Cover and cook on **Roland Microwave HIGH (100%)** for five minutes, until a thick and pulpy sauce results, stirring twice in between.
- Combine the celery, capsicum, corn kernels and oil in a medium sized microwave bowl. Cover and cook on **Roland Microwave HIGH (100%)** for three minutes, or until the vegetables are just tender. Stir
- Mix brown sugar, tomato ketchup, salt, peppercorns, celery, capsicum, mushrooms and corn with the tomato sauce. Cover and cook on **Roland Microwave HIGH (100%)** for three minutes, stirring once. Sprinkle chopped parsley and serve hot.



ALOO ANARDANA



Ingredients

Baby potatoes	25-30
Oil	2 Tablespoons
Turmeric powder	½ Teaspoon
Coriander powder	1 Tablespoon
Cumin powder	½ Teaspoon
Red chilli powder	1 Teaspoon
Dried pomegranate seeds (Anardana), Crushed	2 Tablespoons
Green chillies, Chopped	3-4
Salt	To Taste
Fresh pomegranate pearls	¼ Cup
Chopped fresh coriander leaves	2 Tablespoons
Chaat masala	1 Tablespoon

Method

- Wash and wipe dry the potatoes. Smear one tablespoon oil on the potatoes and place in a microwave plate and cook on **Roland Microwave MEDIUM (70%)** for ten minutes. Remove from the oven.
- Place remaining oil in a microwave casserole. Add turmeric powder, coriander powder, cumin powder, red chilli powder, dried anardana, green chillies, salt, and the cooked potatoes. Mix well. Cook, uncovered, on **Roland Microwave HIGH** for five minutes.
- Turn the potatoes once and cook further on **Roland Microwave MEDIUM (70%)** for five minutes.
- Stir in fresh pomegranate seeds, sprinkle coriander leaves and chaat masala and serve hot.

DAHI BAINGAN



Ingredients

Yogurt	1 Cup
Long brinjals, Cut into ½ inch cubes	3-4 Medium
Ginger-garlic paste	2 Teaspoons
Coriander powder	2 Teaspoons
Garam masala powder.....	1 Teaspoon
Red chilli powder	1 Teaspoon
Cumin powder	½ Teaspoon
Turmeric powder.....	1 Teaspoon
Salt	To Taste
Gram flour (Besan)	½ Cup
Oil.....	4½ Tablespoons
Onions, Chopped	2 Medium
Green chillies, Chopped.....	3-4
Dried red chillies, Broken into 2 pieces	3
Cumin seeds	1 Teaspoon
Asafoetida	¼ Teaspoon
Chopped fresh coriander leaves	2 Tablespoons

Method

- Mix brinjal with ginger-garlic paste, coriander powder, garam masala powder, red chilli powder, cumin powder, turmeric powder, salt in a bowl. Cover and keep aside to marinate for five minutes.
- Beat together yogurt and gram flour. Mix in four cups of water. Keep aside.
- In a deep microwave bowl put in two tablespoons oil with onions and mix well. Add green chillies and marinated brinjal cubes. Cook, uncovered, on **Roland Microwave HIGH** for fifteen minutes, stirring once or twice in between. Stir in yogurt mixture.
- Cook, uncovered, on **Roland Microwave HIGH** for ten minutes.
- In a medium-sized microwave casserole place the remaining oil, red chillies, cumin seeds, and asafoetida. Cook, uncovered, on **Roland Microwave HIGH** for four minutes. Mix immediately into the cooked brinjal. Serve hot garnished with coriander leaves.

PANEER MAKHANI



Ingredients

Cottage cheese (Paneer), Cut into 1 inch cubes	400 Grams
Ginger piece	1½ Inch
Garlic cloves	10
Butter	¼ Cup
Bay leaves	2
Black peppercorns	8-10
Cinnamon stick	2 Inch
Green cardamoms	5
Cloves	10
Green chillies, Chopped	2-3
Tomato puree	2 Cups
Kashmiri red chilli powder	1 Tablespoon
Garam masala powder	1 Teaspoon
Salt	To Taste
Sugar/honey	2 Tablespoons
Dried fenugreek leaves (Kasuri methi)	½ Teaspoon
Fresh cream	1 Cup

Method

- Grind ginger and garlic to a fine paste with a little water.
- Take butter in a microwave dish, heat uncovered, for thirty seconds on **Roland Microwave HIGH (100%)**. Add bay leaves, peppercorns, cinnamon, green cardamoms, and cloves. Add ginger-garlic paste and green chillies. Stir well and cook, uncovered, on **Roland Microwave HIGH (100%)** for three minutes.
- Add tomato puree, Kashmiri red chilli powder, garam masala powder, salt and one and a half cups of water. Cook, covered, on **Roland Microwave HIGH (100%)** for ten minutes.
- Add sugar or honey and crushed kasuri methi. Adjust salt and mix well.
- Add the paneer pieces, cook uncovered on **Roland Microwave MEDIUM (70%)** for eight minutes.
- Add fresh cream. Cook, uncovered, on **Roland Microwave LOW (50%)** for two to three minutes. Serve hot.

MIRCHI KA SALAN



Ingredients

Big green chillies	20
Oil	4 Tablespoons
Sesame seeds	2 Tablespoons
Coriander seeds	1 Tablespoon
Cumin seeds	1 Teaspoon
Roasted peanuts	½ Cup
Dried red chillies	2 Dried
Ginger piece, Roughly chopped	1 Inch
Garlic cloves	6-8
Mustard seeds	1 Teaspoon
Curry leaves	8-10
Onion, Grated	1 Medium
Turmeric powder	½ Teaspoon
Tamarind pulp	4 Tablespoons
Salt	To Taste

Method

- Wipe and slit green chillies lengthwise. Place in a microwave casserole with one tablespoon of oil and cook, uncovered, on **Roland Microwave HIGH (100%)** for four minutes. Place them on a paper towel and keep aside.
- Place a mixture of sesame seeds, coriander seeds and cumin seeds in microwave plate. Roast, uncovered, on **Roland Microwave HIGH (100%)** for four minutes.
- Grind roasted peanuts, sesame seeds, coriander seeds, cumin seeds, red chillies, ginger, and garlic into a smooth paste, using a little water if necessary.
- Take remaining oil in a microwave dish, add mustard seeds, curry leaves, and onion. Cook, uncovered, on **Roland Microwave MEDIUM (80%)** for six minutes until lightly browned.
- Add turmeric powder and mix well. Add masala paste. Put one and a half cups of water and cook, uncovered, on **Roland Microwave HIGH (100%)** for eight minutes.
- Dissolve tamarind pulp in half a cup of water and add it to the casserole.
- Add green chillies and salt and mix well. Cook, uncovered, on **Roland Microwave LOW (60%)** for four minutes.
- Serve hot.



VEGETABLES IN CHILLI MUSTARD SAUCE



Ingredients

Shelled green peas.....	½ Cup
Cauliflower, separated into small florets.....	½ Small
French beans, cut into ½ inch diamonds.....	5-6
Carrot, cut diagonally into ½ inch thick pieces.....	1 Medium
Green capsicum, cut into ½ inch pieces.....	1 Medium
Mushrooms, thickly sliced.....	5-6
Oil.....	2 Tablespoons
Green chillies, finely chopped.....	3
Spring onion bulbs, finely chopped.....	2
Mustard paste.....	1 Tablespoon
Red chilli sauce.....	3 Tablespoons
Fresh cream.....	½ Cup
Salt.....	to Taste
Black pepper powder.....	¼ Teaspoon

Method

- Place peas with one cup of water in a microwave bowl. Cook, uncovered, at **Roland Microwave HIGH (100%)** for five minutes. Drain and refresh in cold water.
- Place cauliflower, French beans and carrot in a microwave bowl with one cup of water and cook, covered, on **Roland Microwave HIGH (100%)** for eight minutes. Drain and keep aside.
- In a deep microwave casserole, mix oil, green chillies, spring onions, capsicum and cook uncovered on **Roland Microwave HIGH (100%)** for two minutes.
- Add peas, cauliflower, French beans, carrots, mushrooms, mustard paste, chilli sauce, and fresh cream. Season with salt and pepper powder and cook, covered, on **Roland Microwave HIGH(100%)** for two minutes. Serve hot.



SWEET AND SOUR VEGETABLES



Ingredients

French beans, cut into ¾ inch pieces	8-10
Cauliflower, separated into 1 inch florets	½ Medium
Carrots, cut into ¾ inch pieces	2 Medium
Green capsicums, cut into ¾ inch pieces	2 Medium
Mushrooms, cut into thick slices	6
Onions, cut into ¾ inch pieces	2 Medium

For sauce

Cornflour	3¼ Tablespoons
Oil	2 Tablespoons
Ginger paste	½ Teaspoon
Garlic paste (optional)	½ Teaspoon
Spring onion bulbs, thinly sliced	2
Black pepper powder	½ Teaspoon
Msg	A pinch
Salt	To taste
Vegetable stock or water	1 Cup
Tomato ketchup	¾ Cup
Soy sauce	1½ Tablespoons
Sugar	3 Tablespoons
Vinegar	⅓ Cup
Spring onion greens stalks, finely chopped	3-4

Method

- Place French beans, cauliflower, and carrots in a microwave bowl with one cup of water. Cover and cook on **Roland Microwave HIGH (100%)** for six minutes. In another bowl mix cornflour with quarter cup water. Place oil, ginger paste, garlic paste, spring onions, pepper powder, MSG and salt in a deep microwave casserole. Mix well and cook, uncovered, on **Roland Microwave HIGH (100%)** for two minutes. Add vegetable stock, tomato ketchup, soy sauce, sugar and vinegar and mix well. Cook, covered, on **Roland Microwave HIGH (100%)** for six minutes. Add French beans, cauliflower, carrots, capsicums, mushrooms, and onions and mix well.
- Cook, covered, on **Roland Microwave HIGH (100%)** for five minutes. Remove and stir in cornflour mixture. Cook further, uncovered, for **Roland Microwave HIGH (100%)** for eight minutes.
- Garnish with spring onion greens and serve immediately.



WHOLE WHEAT VEGETABLE QUICHE

Ingredients

For pastry

Whole wheat flour (atta).....	1 Cup
Salt.....	A pinch
Chilled butter.....	½ Cup
Oil.....	For greasing
Red kidney beans (rajma).....	1/3 Cup

For filling

Carrot, grated.....	1 Medium
Zucchini, finely chopped.....	½ Medium
Mushrooms, sliced.....	4-5
Green capsicum, cut into ¼ inch pieces.....	1 Medium
Spring onion bulbs, chopped.....	2
Celery stalks, cut into ½ inch pieces.....	2
Oil.....	1 Tablespoon
Milk.....	1 Cup
Eggs.....	3
Grated processed cheese.....	½ Cup
Salt.....	To taste
Black pepper powder.....	¼ Teaspoon

Method

- Preheat convection oven at 180C. Grease a nine-inch pie dish with oil.
- Sieve the flour with salt and rub in chilled butter. Knead into a dough using three tablespoons of cold water. Do not knead too much or you will not get proper texture in the finished product. Roll out on a floured surface to half centimeter thickness and line the pie dish with it. Spread a greaseproof paper (butter paper) on it and place some kidney beans/grams (it prevents sides from collapsing and base from puffing up) on it and blind bake at 180C in the preheated oven for fifteen minutes. Take out, remove kidney beans and paper.
- Place the carrot, zucchini, mushrooms, capsicum, spring onion, celery and oil in a microwave casserole. Cook, covered, on **Roland Microwave HIGH (100%)** for three minutes.
- Pour the milk into another microwave bowl. Heat, covered, on **Roland Microwave HIGH (100%)** for two minutes. Beat the eggs and stir into the milk, adding cheese and cooked vegetables. Add salt and pepper.
- Pour this into the partly baked pastry and bake in the preheated oven (convection 180 C) for twenty minutes. Cut into pieces and serve hot.



DAILY DAL



Ingredients

Split pigeon pea (Toor/arhar dal), soaked for 1 hour.....	½ Cup
Chillies, slit	2 Green
Onions, finely chopped.....	2 Medium
Garlic cloves, crushed.....	2-4
Salt.....	To taste
Oil.....	2 Tablespoons
Mustard seeds.....	½ Teaspoon
Cumin seeds.....	½ Teaspoon
Fenugreek seeds.....	¼ Teaspoon
Dried red chillies, broken into 2 pieces.....	2-3
Tomatoes, chopped.....	3 Medium
Asafoetida.....	A pinch
Chopped fresh coriander leaves.....	2 Tablespoons



Method

- Cook dal with green chillies, onions, garlic, tomato, salt and four cups of water in a deep microwave bowl, covered, on **Roland Microwave** HIGH for twenty-five minutes.
- Stir the dal with a round spoon, mashing it slightly in the process.
- In another microwave bowl take oil, mustard seeds, cumin seeds, fenugreek seeds, red chillies, onions, and asafoetida. Cook, uncovered, on **Roland Microwave** HIGH for three minutes.
- Add the tempering to the cooked dal. Mix. Sprinkle coriander leaves and serve hot.

BASIC PIZZA BREAD



Ingredients

Refined flour (maida).....	1½ Cups
Dried yeast.....	1½ Teaspoons
Sugar.....	1 Teaspoon
Salt.....	1 Teaspoon
Oil.....	1 Tablespoon

Method

- Take one-fourth cup of water and heat on **Roland Microwave HIGH (100%)** for half a minute.
- Mix yeast with warm water and sugar and leave aside until frothy.
- Add frothy yeast to refined flour. Add salt and oil and mix. Add approximately half a cup of water more and knead into soft dough.
- Leave the dough covered with a damp cloth in a warm place for about forty-five minutes or until the dough is about double in volume.
- Knead the dough again and keep for ten to fifteen minutes covered with a moist muslin cloth.
- Preheat the convection oven to 200 C.
- Divide pizza dough into four, roll out each portion into medium thick eight-inch diameter discs. Prick them with a fork all over. Grease a baking tray with fat and place the pizza bases over it.
- Bake it in the preheated oven for eight minutes.



SPINACH AND MUSHROOM RISOTTO



Ingredients

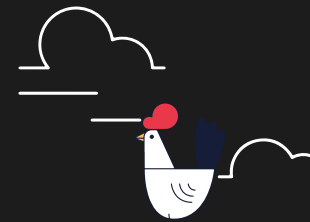
Spinach, roughly chopped	1/2 Bunch
Fresh mushrooms, sliced	4-5
Parboiled rice (ukda chawal), soaked	1 1/2 Cups
Butter	5 Tablespoons
Onion, chopped	1 Medium
Garlic cloves, finely chopped	4-5
White wine	1 Cup
Vegetable stock or water	3 1/2 Cups
Salt	To taste
Grated parmesan cheese	3/4 Cup
Black pepper powder	1/2 Teaspoon
Fresh cream	1/2 Cup

Method

- Mix three tablespoons of butter, onion, garlic, and mushrooms in a deep microwave casserole. Cook, uncovered, on **Roland Microwave HIGH (100%)** for three minutes.
- Add rice, wine, half the stock, and salt and cook on **Roland Microwave HIGH (100%)** for ten minutes.
- Stir in the remaining stock and cook for another ten minutes on **Roland Microwave HIGH (100%)**.
- Stir in cheese, pepper powder, spinach, cream and mix well. Cook, uncovered, on **Roland Microwave HIGH (100%)** for two minutes. Mix in the remaining two tablespoons of butter and finish.
- Serve hot.



CHICKEN PULAO



Ingredients

Boneless chicken, cut into ½ inch cubes.....	250 Grams
Basmati rice, Soaked.....	1¼ Cups
Yogurt.....	¼ Cup
Ginger paste.....	2 Tablespoons
Garlic paste.....	2 Tablespoons
Salt.....	To taste
Ghee.....	2 Tablespoons
Cardamoms.....	3
Cinnamon stick.....	1 Inch
Cumin seeds.....	½ Teaspoon
Bay leaf.....	1
Cloves.....	3
Onion, Sliced.....	1 Medium
Tomatoes, Chopped.....	2 Medium
Red chilli powder.....	½ Teaspoon
Chicken stock.....	2 Cups
Screw pine (Kewra) water.....	1 Teaspoon

Method

- Whisk together yogurt, ginger paste and garlic paste. Add chicken and salt and set aside to marinate for one hour.
- In a microwave casserole mix ghee, green cardamoms, cinnamon, cumin seeds, bay leaf, cloves, and onion. Cook, uncovered, on **Roland Microwave HIGH (100%)** for two minutes.
- Mix in tomatoes and red chilli powder. Cook, uncovered, on **Roland Microwave HIGH (100%)** for four to five minutes.
- Add chicken with marinade. Cover and cook on **Roland Microwave HIGH (100%)** for three minutes.
- Add rice and chicken stock, adjust salt to taste and cover again. Cook on **Roland Microwave HIGH (100%)** for twenty minutes.
- Just before serving sprinkle with kewra water and serve hot.



ACHARYA KHICHDI



Ingredients

Rice, Soaked.....	1 Cup
Green gram split (Moong dal), Soaked.....	¾ Cup
Carrot, Cut into ½ inch cubes.....	½ Medium
Potato, Cut into ½ inch cubes.....	1 Medium
French beans, cut into ½ inch pieces.....	4-5
Tomatoes, cut into ½ inch pieces.....	2 Medium
Ghee.....	2 Tablespoons
Cloves.....	4
Cinnamon stick.....	1 Inch
Turmeric powder.....	½ Teaspoon
Red chilli powder.....	1 Teaspoon
Cumin seeds.....	1 Teaspoon
Salt.....	To taste

Method

- In a large microwave casserole, place rice, moong dal, carrot, potato, French beans, tomato, ghee, cloves, cinnamon, turmeric powder, red chilli powder, cumin seeds, salt and four cups of water. Stir once, cover and cook on **Roland Microwave HIGH (100%)** for twenty minutes.
- Serve hot.



GAJAR HALWA



Ingredients

Carrots, Grated.....	8-10 Medium
Milk.....	2 Cups
Grated khoya/mawa.....	1 Cup
Sugar.....	¾ Cup
Pure ghee.....	3 Tablespoons
Green cardamom powder.....	¼ Teaspoon
Cashewnuts, Chopped.....	5-6
Almonds, Blanched, Peeled and sliced.....	5-6
Raisins (Kishmish).....	10-15
Silver varq.....	1 Sheet

Method

- To steam carrots in their own moisture, place them in a deep casserole, cover and cook on **Roland Microwave HIGH (100%)** for ten to fifteen minutes.
- Add milk to the cooked carrots, cover and cook on **Roland Microwave HIGH (100%)** for eight minutes. Allow standing time of five minutes.
- Stir well, add khoya and sugar and stir again. Cover and cook on **Roland Microwave HIGH (100%)** for eight more minutes. Allow standing time of three minutes.
- Add ghee and green cardamom powder. Mix well, cover and cook further on **Roland Microwave HIGH (100%)** for ten minutes.
- Garnish with cashew nuts, almonds, and raisins. Cover and cook on **Roland Microwave HIGH (100%)** for five minutes.
- Decorate with silver varq and serve hot or cold.

Note: To serve hot, reheat on **Roland Microwave HIGH (100%)** for one minute before serving. Sweetened condensed milk can be used in place of milk and sugar to reduce cooking time.

Chef's Tip: Use Dilli Gajar (they are more red and sweet) when in the season for they give the best results.



SOOJI AUR BADAM HALWA



Ingredients

Semolina (Rava, Suji).....	1 Cup
Almonds, blanched, and peeled.....	1 Cup
Ghee.....	½ Cup
Sugar.....	2 Cups
Milk.....	6 Cups
Saffron strands.....	A few
Green cardamom powder.....	½ Teaspoon

Method

- Place the semolina in a microwave dish and roast, uncovered, on **Roland Microwave HIGH (100%)** for three minutes.
- Place almonds in a microwave dish and roast, uncovered, on **Roland Microwave HIGH (100%)** for three minutes, or till they are crisp. Cool and chop. Reserve some for garnishing.
- Mix ghee and roasted semolina in a deep microwave casserole. Cover and cook on **Roland Microwave HIGH (100%)** for three minutes.
- Stir well and add sugar, milk, saffron and green cardamom powder. Mix well, cover and cook on **Roland Microwave HIGH (100%)** for five minutes.
- Add almonds, reduce the power to **Roland Microwave MEDIUM (460%)** and cook, uncovered, for twelve minutes or until thickened.
- Stir well. Sprinkle the reserved almonds on top and serve hot.

CHOCOLATE TURTLE CHEESE CAKE



Ingredients

Milk chocolate, Grated.....	200 Grams
Butter.....	4 Tablespoons
Biscuit crumbs.....	1 ¼ Cups
Sugar.....	1 Cup
Milk powder.....	½ Cup
Almonds.....	¾ Cup
Cream cheese.....	450 Grams
Vanilla essence.....	1 Teaspoon
Eggs.....	2
Milk.....	2 Tablespoons

Method

- Put butter in a nine inch round microwave glass cake pan. Heat on **Roland Microwave HIGH** for forty seconds, until melted. Stir in biscuit crumbs and pat onto the bottom of the pan.
- To make caramel put half cup sugar and four tablespoons of water in a glass bowl and cook, uncovered, on **Roland Microwave HIGH (100%)** for three minutes. Add milk powder and mix and pour over the crumbs.
- Roast almonds in a microwave dish on **Roland Microwave HIGH (100%)** for two minutes, turning once. Allow them to cool. Keep aside ten to twelve pieces and crush the rest lightly with a rolling pin. Sprinkle this on the caramel and press lightly. Refrigerate.
- Put cream cheese in a large microwave glass mixing bowl with half of the grated chocolate. Cook, uncovered, on **Roland Microwave MEDIUM (50%)** for three minutes, until cheese is softened and chocolate has melted. Add the remaining sugar and vanilla essence, blend with an electric mixer. Add eggs and blend. Pour on top of the caramel layer in the cake pan.
- Cook, covered, on **Roland Microwave MEDIUM (70%)** for ten minutes rotating twice while it is being cooked. The center should jiggle slightly. Cool and refrigerate.
- Combine remaining chocolate and two tablespoons milk in a microwave bowl. Cook, covered, on **Roland Microwave HIGH (100%)** for two minutes, until chocolate has melted. Stir until smooth and spread on top of cheesecake. Top with the remaining roasted almonds.

Note: Assembled cheesecake can be baked in a 350F in a pre-heated conventional oven for 40 minutes.



IRISH COFFEE

Wake up
AND SMELL THE
Coffee



Ingredients

Irish whisky (or Irish mist liqueur)	1/2 Cup
Instant coffee powder	3 Teaspoons
Sugar	4 Teaspoons
Chilled heavy cream, Whipped	1/4 Cup

Method

- Add two teaspoons of sugar to the chilled cream and whip till it forms peaks. Keep aside.
- Pour three cups water in a deep microwave bowl, cover. Place on **Roland Microwave HIGH (100%)** for five minutes or until steaming. Add coffee powder and the remaining two teaspoons of sugar. Stir to dissolve it. Pour in whisky or liqueur gently.
- Pour coffee into four stemmed glasses and top with whipped cream.

