



APPLIANCES
THINGS MADE THOUGHTFULLY



Get hungry for healthy.

LIMITED EDITION COOKBOOK

RECIPES CO-CREATED WITH:
CHEF SMITA DEO • CHEF SHITAL KAKAD • CHEF INDERPREET NAGPAL

the
FBAI

VIKHROLI
Cucina
THE FUTURE
OF FOOD

Foreword

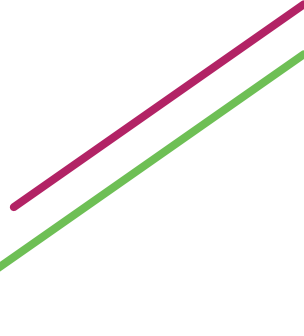
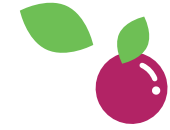


What's for breakfast? Brunch? Lunch? Snacks? Dinner? So many thoughts strike you when it comes to food. So do concerns. How fattening is it? What's the calorie intake? Are there enough greens? Is it nutritious?

For your favourites, cravings and desires, we've thought it all out. Health takes the centre table for Godrej Microwave Ovens as it requires little to no oil for food preparation. Feel like a maestro in the kitchen as a wide range of healthy meals get ready with ease. All this, just so that you can use the time saved to simply enjoy, rather than worry about the arduous cooking process.



In this special cookbook, three talented chefs share healthy recipes, which can be prepared using Godrej Microwave Ovens. It's your turn to explore a world of a modern culinary experience using technology and innovation that thinks of you and cares for you.





My mantra for healthy cooking:

**Food that tastes good,
feels good and does good.**

20 years ago, I started a food catering service for small parties in Pune. With my family's support and my passion for food, there was no stopping me. I continued my business in Bangalore, Hyderabad and now in Mumbai.

Cooking good food runs in the family. My mother and mother-in-law are great cooks and they are my greatest inspiration. I learnt basic cooking from them and then with further experimentation, I got to know about other cuisines too. My journey didn't stop there as I participated and won in a cooking show called 'Sanjeev Kapoor ke Kitchen Khiladi'.



CHEF INDERPREET NAGPAL

CHEESE SOUFFLÉ WITH SALAD

INGREDIENTS

- 1½ tbsp. butter (more for buttering mould)
- 1 tbsp. Parmesan
- 1 tbsp. flour
- 1 cup hot milk
- 2 eggs
- ½ cup cheese
- ½ tsp Cayenne pepper
- Salt and pepper, to taste
- Pinch of nutmeg

METHOD

1. Butter the moulds, dust some flour inside and keep it aside.
2. Preheat microwave oven to 200°C.
3. Melt 1½ tbsp. of butter in a pan and add in the flour. Cook without browning. Remove from heat and pour in all of the boiling milk at once and beat with a whisk until blended. Add in the seasonings, return to moderate heat, add cheese and continue to stir with a whisk for another minute. The mixture will be very thick. Remove from heat.
4. Separate the eggs. Beat 1 egg yolk into your milk mixture one at a time until both yolks have mixed well.
5. Whip the egg whites in a clean, dry mixing bowl with a whisk attachment on low speed. As the egg whites foam, increase the speed gradually for a minute. The egg whites should also have a glossy white sheen with stiff peaks when holding with a whisk.
6. Once the egg whites are done, take a large spoonful of it and stir it into the cream mixture using cut and fold technique. Do the same with the rest of the egg whites. Be careful not to over mix. Now your mixture is ready.
7. Carefully pour the mixture into the prepared mould. It should be about 3/4 high. Tap the mould carefully to even it out and top it with Parmesan cheese.
8. Place it in the microwave for 2 to 3 minutes on high, or put it in the preheated microwave oven for 15 minutes on 180°C.
9. The soufflé will have risen a few inches over the mould.
10. Insert a tester. If it comes out clean, it's done. Otherwise, bake it for a couple more minutes.
11. Salad preparation: Toss the salad leaves, apple, chives and walnuts. Mix the red wine vinegar and olive oil together. Season and then dress the salad. To serve, place the soufflés in the centre of the plates and scatter salad around each.



CHICKEN SAUSAGES

INGREDIENTS

- 200g minced chicken
- Salt to taste
- 2 tbsp. grated cheese
- Cling film

METHOD

1. Mix chicken and salt well.
2. Flatten the chicken on the cling film. Put a line of grated cheese and roll the chicken like a sausage. Roll tightly and keep it in the fridge for 15 minutes.
3. Take hot water in a flat microwave dish. Place the sausage in that, cover with the microwave oven safe lid and microwave for 2 minutes.
4. Remove it and keep it aside for a minute. Open the cling film and serve like this, or sauté in butter and serve.



CHOCOLATE TARTS

INGREDIENTS

- Short crust pastry for the tarts
- 250g flour
- 125g butter, chilled and cubed
- Cold water
- Chocolate filling
- 150g cooking chocolate
- 50g cream
- 2 tbsp. orange juice

METHOD

1. Mix flour, butter and a pinch of salt in a food processor until the mixture resembles breadcrumbs.
2. Add chilled water into the food processor till mixture begins to form large clumps and stop before mixture forms a ball.
3. Place pastry out onto a work surface and knead gently to bring it together. Form into a disc and wrap in plastic wrap. Refrigerate for at least 2 hours.
4. Melt chocolate with cream in microwave for a minute. Mix the chocolate gently, add orange juice and fill the pastry bag. Keep it in the fridge.
5. Roll the pastry dough. Cut it in small circles and press it into the moulds. Bake in preheated microwave oven till it turns golden.
6. Remove from the microwave oven and leave it out till the tarts are cold.
7. Pipe the chocolate in the tarts and serve. You can garnish with orange slice and orange rind.



COCONUT STEAMED FISH

INGREDIENTS

- 1 fish of your choice
- 4 green chillies, sliced
- Salt
- 1 tbsp. lime juice
- 1 cup coconut milk
- 1 tbsp. coriander
- Few Kadhi Patta
- ½ tsp Mustard seeds
- 1 tsp Madras curry powder
- 1 tsp coconut oil

METHOD

1. Mix the madras curry powder in coconut milk and keep it aside.
2. Marinate the fish with salt and lime juice.
3. Place the marinated fish on a foil with sliced chillies and kadhi patta. Pour half the coconut milk mix and wrap the fish in the foil. Leave it for an hour.
4. Remove the foil and keep the fish in the microwave dish. Cover with microwave oven safe lid and microwave for 3 minutes.
5. While the fish is steaming, put coconut oil in a pan. Add mustard seeds and kadhi patta. After few seconds, add the remaining coconut milk mix. Add little salt and bring it to a boil.
6. Place the steamed fish on a serving dish. Pour the cooked coconut milk mix on top and serve with your choice of boiled vegetables.



HONEY MUSTARD AND WALNUT BRIE

INGREDIENTS

- 1 wheel Brie or Camembert
- 2 tbsp. honey mustard
- ¼ cup finely chopped walnuts
- Apple and pear slices
- Crackers

METHOD

1. Spread mustard on the cheese and roll in chopped nuts to coat it properly.
2. Arrange nut-coated cheese on a microwave oven safe serving dish. Microwave on medium-low for 1 to 2 minutes, or until the cheese is warm and soft.
3. Transfer the cheese to a serving dish. Surround with apple, pear slices and crackers. Serve immediately.



POACHED EGG ON ENGLISH MUFFIN

INGREDIENTS

- 1 egg
- Cling film
- 1 avocado
- 1 tbsp. peanut butter
- Water

METHOD

1. Fill a coffee mug halfway with hot water.
2. Place the cling film in the mug and crack an egg in that. With the tip of a toothpick, gently poke a small hole in the yolk. This allows steam to escape during the cooking process, so your microwave poached egg doesn't explode.
3. Seal the cling film up at the top by twisting the end together.
4. Place this cling film-wrapped egg into the cup of water. Make sure there's enough water in the mug to cover the egg and microwave for 40 to 60 seconds on high.
5. Remove the egg out of the mug and undo cling film.
6. Spread some peanut butter on the muffin. Put a sliced avocado and carefully drop the poached egg on top. Sprinkle some salt and pepper and serve.



ROAST GARLIC

INGREDIENTS

- 1 or more raw garlic heads
- Olive oil
- Salt and pepper

METHOD

1. Cut the top off each head of garlic, exposing the cloves.
2. Place the garlic heads in the baking dish and drizzle with olive oil. Sprinkle salt and pepper.
3. Pour in about 1½ tbsp. of water or white wine in each garlic head. (It will be a wine infused garlic.)
4. Cover the dish with a microwave oven safe lid.
5. Microwave for 3 minutes.
6. Check the garlic after each 3-minute period, poking it with a fork to examine the tenderness of the garlic cloves.
7. After 6 minutes, cook for 1 minute each, until the garlic is very soft and can be pierced easily with a fork.
8. Squeeze garlic out of the cloves and use in any recipe.
9. You may also roast on high heat and add little lime juice and serve in a bread basket.



MICROWAVE SALMON AND LIME

INGREDIENTS

- 1 salmon fillet
- Salt and pepper to taste
- 2 tbsp. hung curd
- 1 tbsp. mustard sauce
- 3 lemon slices
- 1 tbsp. chopped parsley
- 1 tbsp. chopped dill
- 1 chopped tomato
- 1 tbsp. olive oil
- ½ tsp lime juice

METHOD

1. Clean the salmon fillet with water and pat dry.
2. Place the salmon skin side down on a butter paper. Season with salt, pepper and lime slices. Wrap and put it the microwave oven safe dish. Set it aside.
3. In a small bowl, mix hung curd and mustard sauce. Keep it aside.
4. Take another bowl to mix parsley, dill, tomato, salt, olive oil and a little lime juice. Mix well and keep it aside.
5. Microwave the fish for 3 minutes. Poke the centre of the fillet with a fork. If there is any uncooked fish, microwave for 30 more seconds.
6. Remove the cling film and keep the fish on a serving plate.
7. Generously spread the curd mixture on top of the fillet. Then spread the herb mix. Garnish with lemon wedges and serve.



MOLTEN CAKE

INGREDIENTS

- 100g butter
- 150g chocolate bar
- 3 tbsp. flour
- 3 eggs (separated)
- ¼ cup sugar
- 1 tsp vanilla
- Pinch of salt
- Cocoa powder for dusting

METHOD

1. Preheat the microwave oven at 200°C.
2. Butter the sides and bottom of the ramekins. Dust the inside with some cocoa powder. Place the prepared ramekins on a baking tray and set aside.
3. Place the butter and chocolate in a microwave oven safe bowl and melt on medium heat. Set aside to cool.
4. In another bowl, beat the egg yolks with the sugar using an electric hand mixer. Beat it until it is thick, pale and fluffy. Pour vanilla and fold in the melted chocolate mix.
5. In another clean bowl, whip up the egg whites until frothy. Continue to whip until soft peaks form.
6. Using a spatula, fold the all-purpose flour into the chocolate mix and gradually fold in the whipped egg whites. Don't over mix or else the batter will deflate.
7. Divide the batter into the prepared ramekins and bake for 10 minutes in the preheated Godrej microwave oven. Bake until the outside of the cake is just set and the middle looks a little wobbly. You might see some cracks on the top part; but it is nothing to worry about.
8. Remove from the microwave oven and let it cool for a minute or two. You can serve the cake in the ramekin itself or run a sharp knife on the around the edge of the cake and invert on the serving plate. Carefully remove the ramekin and serve with some whipped cream, ice cream or enjoy it as it is.



RAGI PIZZA

INGREDIENTS

- 1 cup Ragi
- ½ cup wheat flour
- ½ tsp. dry yeast
- Salt to taste
- 1 tsp sugar
- 1 tbsp. curd
- 1 tbsp. olive oil

METHOD

1. Mix yeast and sugar with ¼ cup water. Keep it aside.
2. Sieve flour and salt. Add to the yeast mix. Add curd and make a dough.
3. Knead the dough with hands for 10 to 15 minutes till it's very soft, or knead it with the dough hook for 5 to 7 minutes.
4. Keep this dough aside for 3 to 4 hours, or till it doubles in size. Punch and roll it into a ball again. Keep this dough in the refrigerator overnight.
5. Next day, make small balls. Roll it as a thin crust pizza. Add your choice of toppings and mozzarella cheese. Bake in the microwave oven for 5 to 7 minutes. Serve hot.



VEGETABLE QUICHE TART

INGREDIENTS

- 10 cherry tomatoes
- ½ cup boiled spinach
- 1 cup boiled corn
- 3 eggs
- 2 cups of milk
- Salt
- 1/2 tsp nutmeg
- 1 tbsp. butter

METHOD

1. Beat warm milk with eggs. Add butter along with seasonings.
2. Add all the vegetables in the tarts. Pour milk mix along with some cheese.
3. Bake in the preheated microwave oven till it is set and a little golden on top.



VEGETABLE QUICHE WITH POLENTA CRUST

INGREDIENTS

- 1 cup Polenta
- 2 tbsp. Parmesan
- 1 egg
- ½ tsp dried oregano
- Salt and pepper

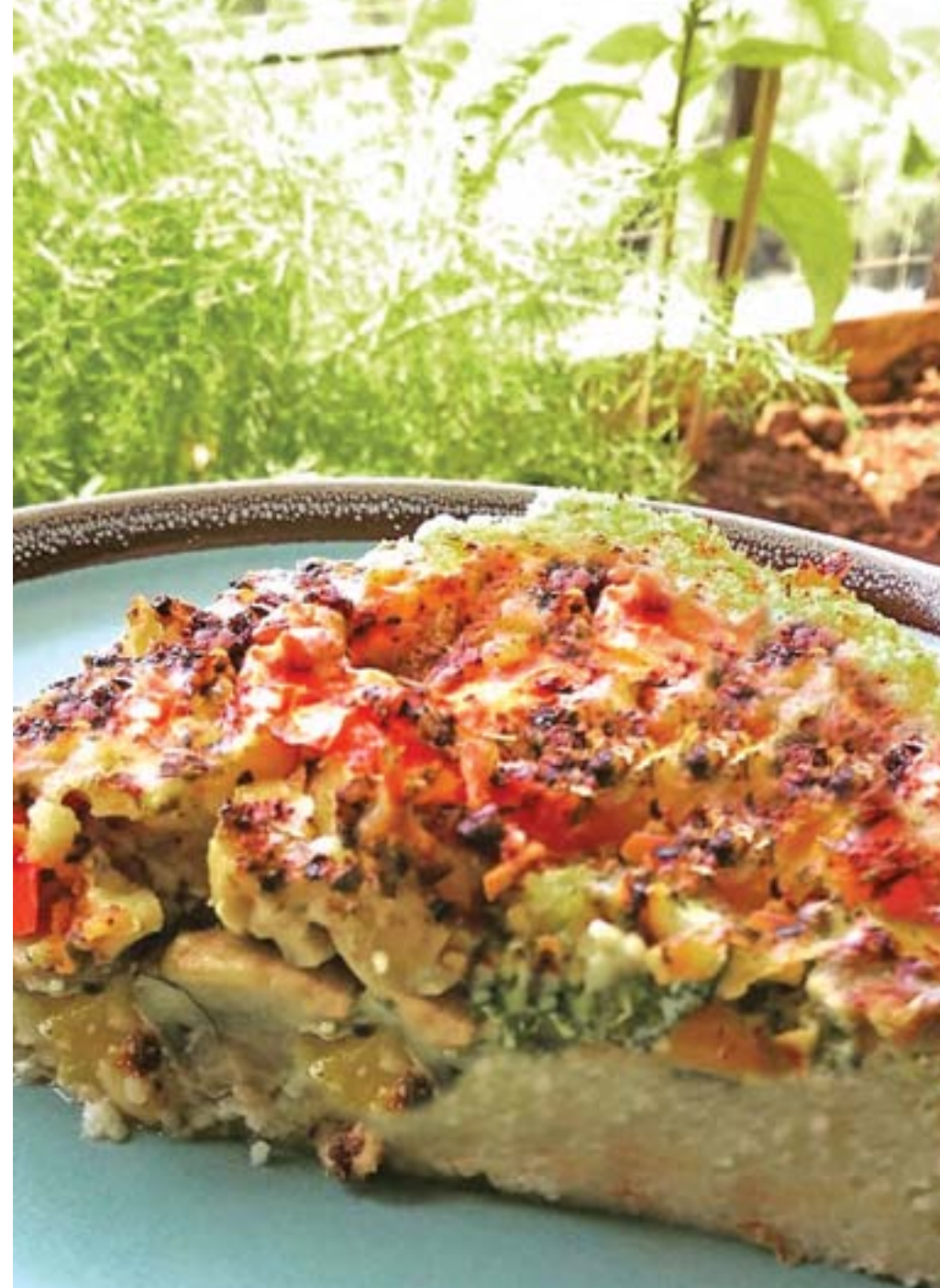
FILLING

- ½ an onion, chopped
- 1 chopped bell pepper
- ½ cup chopped spinach
- 3 eggs
- 1 cup of milk
- Salt and pepper
- ¼ cup grated cheese
- 1 tbsp. Parmesan
- Few basil leaves

METHOD

POLENTA CRUST

1. Spray an 8" pie dish and set aside.
2. Soak polenta in hot water. Place it in a microwave oven safe bowl and cook for 3 minutes.
3. Remove from the microwave oven. Add parmesan, oregano, salt and pepper. Gently mix it with milk. Allow it to cool for a little while.
4. Transfer this to a pie dish. Smooth it out with your hands, making sure to spread it evenly to cover the bottom and the sides of the dish.
5. Keep this in the refrigerator for 10 minutes.
6. Preheat the microwave oven to 200°C.
7. In a small bowl, blend cheese, egg, spices and vegetables. Add to cooled polenta pie dish. Top it with Parmesan cheese and a few basil leaves.
8. Microwave for 5 to 7 minutes or until filling is set. Cool for 10 minutes on a wire rack before serving.





My mantra for healthy cooking:

**Eat healthy, be healthy,
live healthy.**

I breathe, eat and live food. I simply love cooking and baking vegetarian recipes. Creating new recipes puts a smile on my face and keeps me alive and kicking. Apart from cooking, I'm also a food blogger and travel is something that inspires the foodie in me.

CHEF SHITAL KAKAD



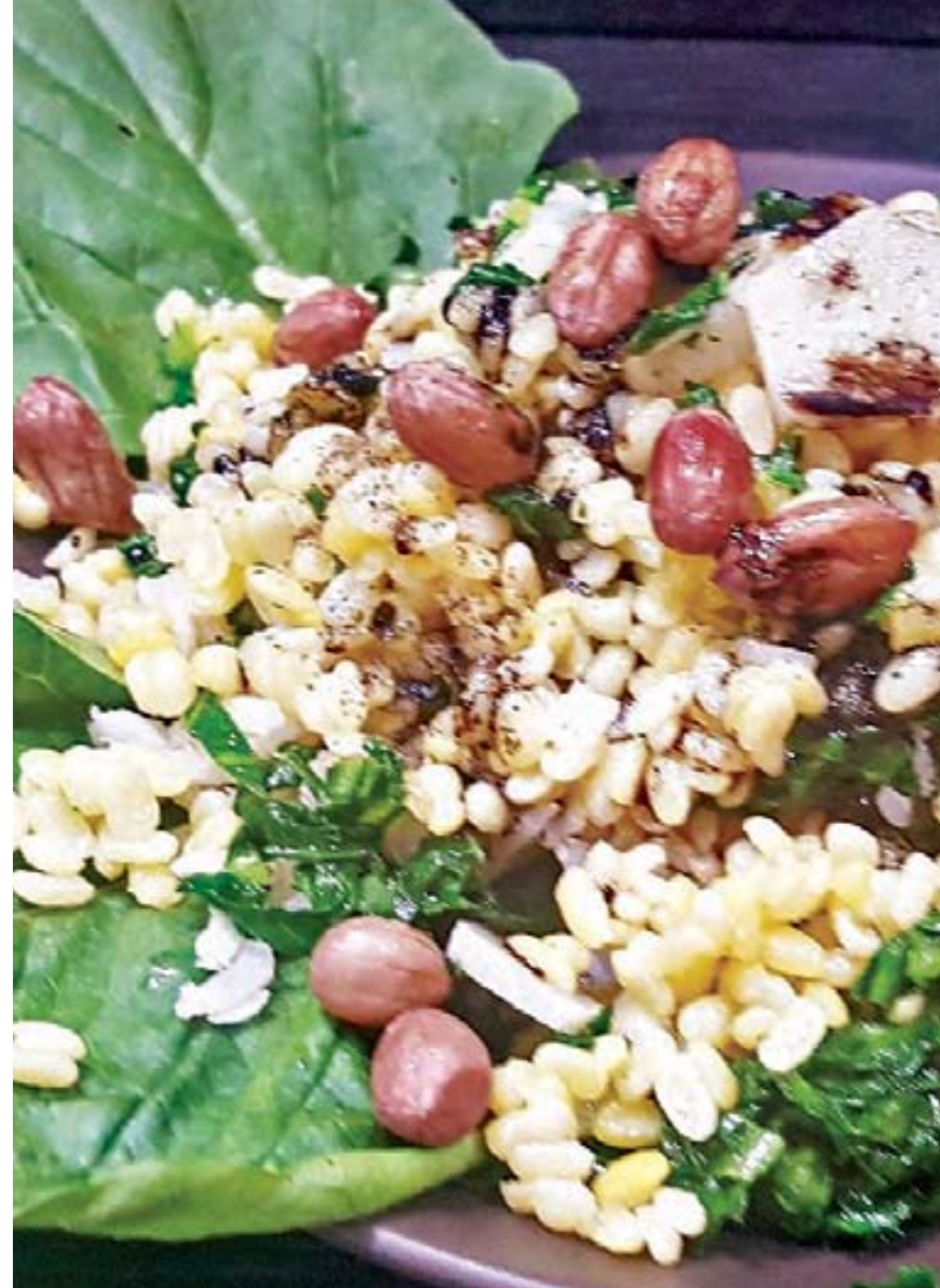
MOONG DAL MOONGFALI SALAD

INGREDIENTS

- Half cup brown rice/red rice. Soak the rice for half an hour. Put it in a microwavable bowl with 1 cup of water. Microwave for 15 minutes on high, if not done, then microwave for 5 more minutes.
- Half cup soaked Moong dal/yellow lentil. Soak for two hours.
- A bunch of Mooli Bhaji/radish leaves. If not available, use spinach leaves.
- Half cup fresh groundnuts
- 3 tsp extra virgin olive oil
- 2 tsp soya sauce
- Half tsp black pepper powder
- Juice of 1 lemon
- Salt to taste

METHOD

1. Put the soaked Moong dal in a microwavable bowl, add 1 tsp of olive oil and microwave for about 2 minutes till it becomes crunchy.
2. Chop the radish leaves and keep some aside for garnish.
3. Boil the fresh groundnuts in some salted water in a microwave safe bowl. Cool, peel and keep aside.
4. Mix the soya sauce, extra virgin olive oil, lemon juice, salt and pepper into a dressing.
5. For plating, put some whole radish leaves on a plate.
6. Now start layering the salad by first adding the brown rice, Moong dal, then the radish leaves and boiled groundnuts.
7. Now drizzle the dressing all over it.
8. Instead of layering, you can also mix all the ingredients together and place it on the radish leaves.



MEDITERRANEAN RED RICE

INGREDIENTS

- 1½ cups red rice
- 1 zucchini
- 2 ripe tomatoes
- 8 garlic cloves
- Few sprigs of celery
- 2 tsp paprika or red chilli powder
- 1 tsp Italian mixed seasoning
- 2 tsp olive oil
- Salt to taste
- Extra virgin olive oil for drizzling

METHOD

1. Wash and soak the rice in water for an hour.
2. Dice the zucchini into medium-sized pieces.
3. Cut the tomatoes along its length, removing the seeds.
4. Heat oil in a microwave oven safe bowl.
5. Add the tomatoes, zucchini, garlic and microwave for 2 minutes.
6. Add the rice and microwave again for 3 minutes.
7. Add the salt, paprika and celery leaves.
8. Now add 2½ cups of water and microwave on high for about 10 minutes.
9. After 10 minutes, check the rice. If it is done, remove from the microwave oven. If not, then microwave for 5 more minutes. Add a little more water, if needed (not more than ¼ cup).
10. Remove the rice from the microwave oven and let it cool so that each grain separates well.
11. Drizzle some extra virgin olive oil.
12. Garnish with celery leaves.
13. The delicious Mediterranean red rice is ready to be served.



SWEET CORN CAKE

INGREDIENTS

- 1 cup sweet corn
- 1 cup maize flour (Makai atta)
- 1 cup chopped spring onions (only the white portion)
- Half red pepper, chopped
- 2 tsp green chillies paste
- 3 tsp garlic paste
- Salt to taste
- Oil to shallow fry

METHOD

1. Blend the sweet corn in the mixer. It should be lumpy and not a paste.
2. Mix all the ingredients in a bowl to form a soft, dough-like texture.
3. From this dough, form small and thick discs into a patty.
4. Take a microwave oven safe plate and brush with oil.
5. Place the patty on the plate and microwave for about 2 to 3 minutes on each side till it gets a nice, brown colour.
6. Serve hot as an appetizer or a snack with salsa or any sauce of your choice.



BULGUR SPROUTS SALAD

INGREDIENTS

- 1 cup bulgur wheat or Dalia or Lapsi na fada
- 1 cup Mung sprouts
- 1 cup pomegranate seeds
- 1 red bell pepper
- 12 fresh basil leaves
- 1 tsp chilli powder
- 1 tsp cumin powder
- 2 tsp lemon juice
- Salt to taste
- 3 tsp extra virgin olive oil

METHOD

1. Place the bulgur wheat in a microwave oven safe bowl with 2 cups of water and microwave on high for about 5 minutes. Check it and if required, microwave for 2 more minutes.
2. Lightly steam the sprouts in a microwavable bowl with 2 tbsp. water for 2 minutes.
3. Apply oil on the red bell pepper and roast in the convection mode for about 5 minutes till the skin looks charred. Cool and then chop it into small pieces (if preferred, simply chop and sauté in olive oil to make it easier.)
4. Take a bowl and mix the bulgur wheat, sprouts, pomegranate seeds, chopped red pepper and basil leaves.
5. Now add in the red chilli, cumin powder, lemon juice and salt.
6. Lastly, add the extra virgin olive oil and mix everything well.
7. Plate this salad beautifully and serve.



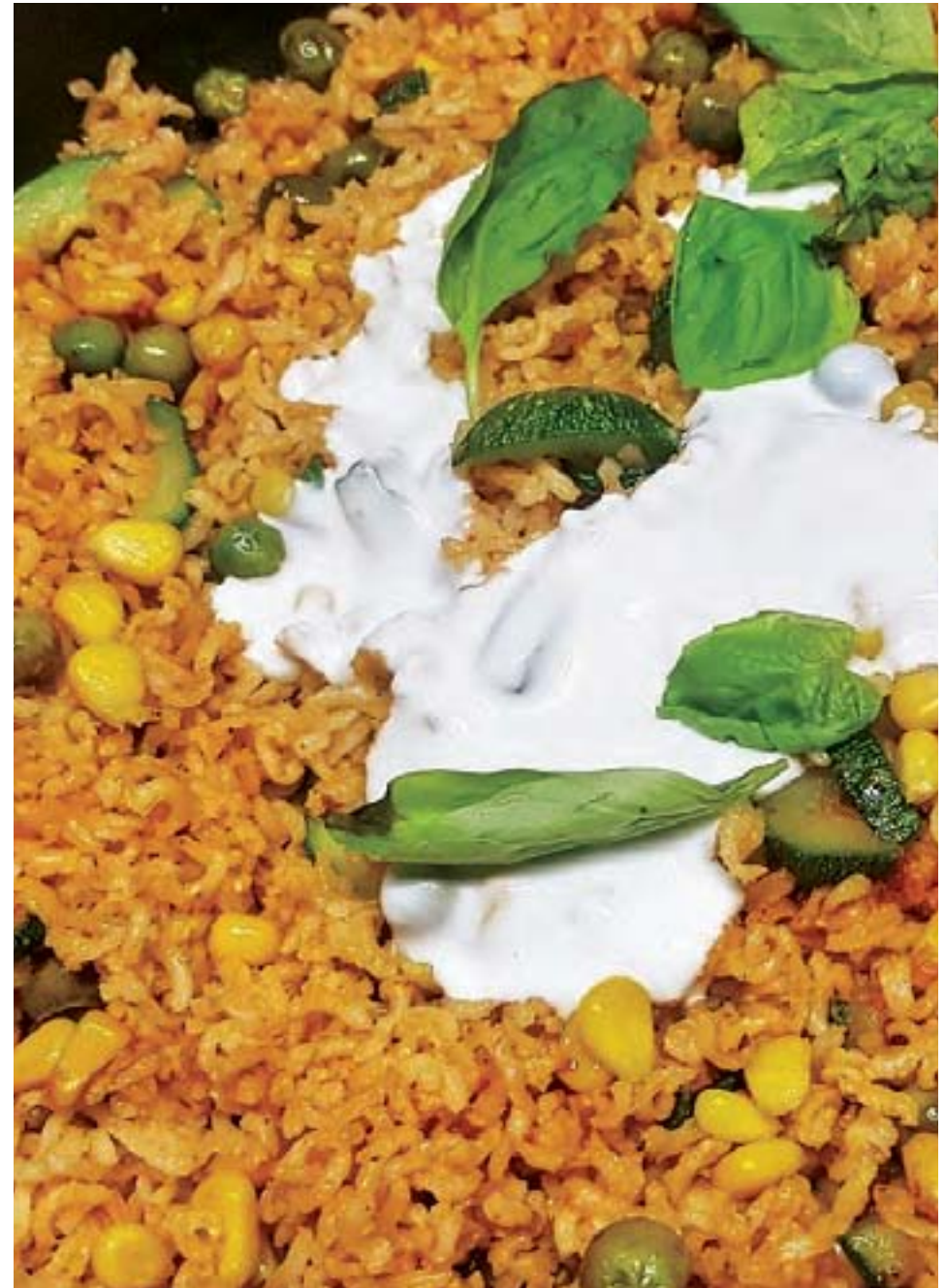
THAI BABY EGGPLANT RICE

INGREDIENTS

- 2 cups brown rice (Soak the rice for 30 minutes, microwave with 4 cups of water for about 20 minutes)
- 1 cup baby eggplants
- 1 cup corn kernels
- A cup of zucchini cubes
- Few basil leaves
- 2 tbsp. red chilli paste
- 2 tbsp. oil
- 3 tbsp. garlic paste (can even add ginger-garlic paste)
- 3 tbsp. coconut milk
- Salt to taste

METHOD

1. Take the oil in a microwave oven safe bowl.
2. Add the garlic paste, microwave for a minute and then add the red chilli paste.
3. Microwave for about a minute again.
4. Add the baby eggplants, cooked corn, zucchini cubes and basil and microwave for about 3 to 4 minutes till just about stir-fried.
5. Add the cooked brown rice and salt.
6. Mix everything together and microwave for another 2 minutes.
7. Garnish with coconut milk and fresh basil leaves.



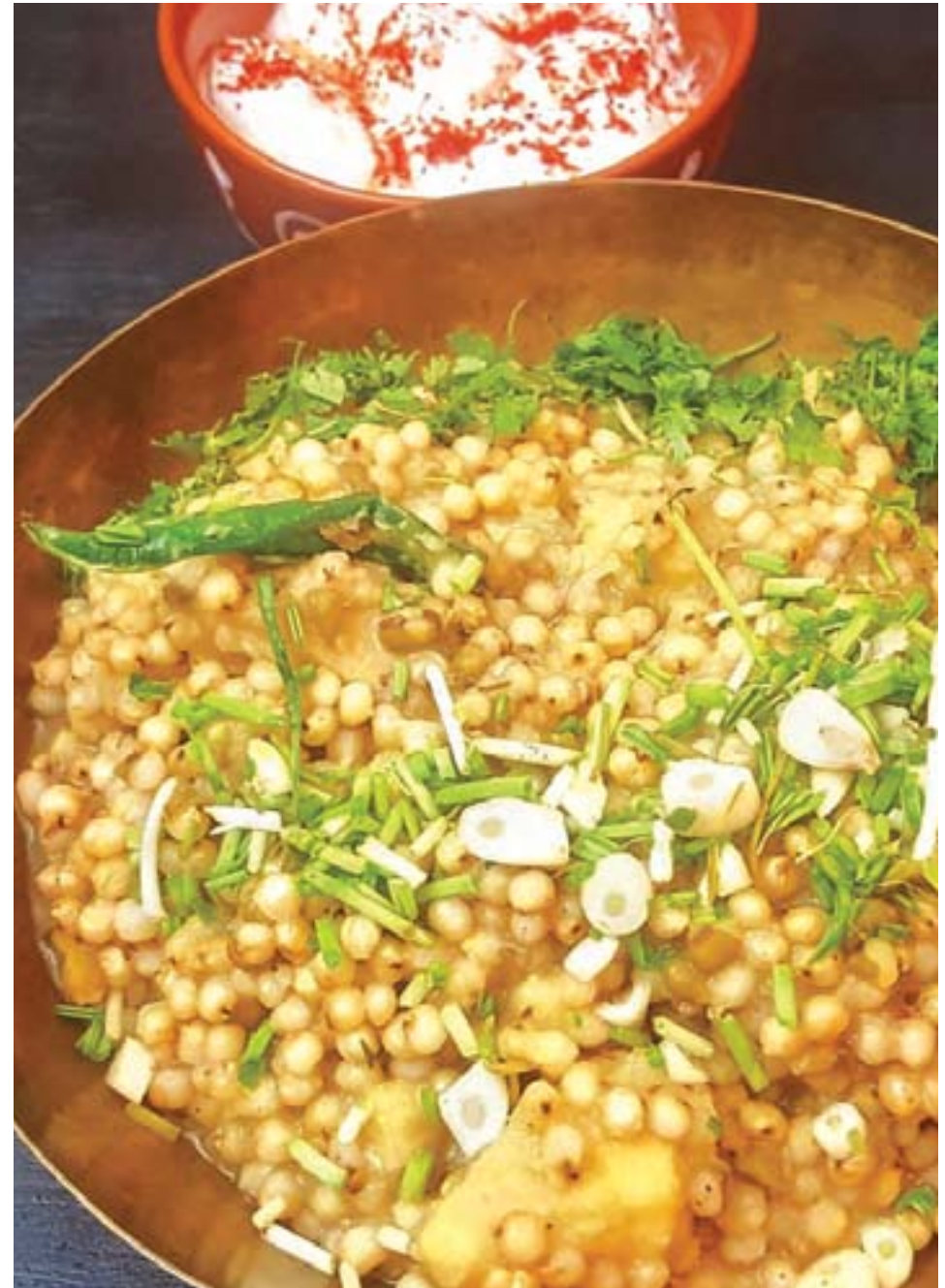
JOWAR SURAN NI KHICHDI

INGREDIENTS

- 1 cup Jowar or Sorghum soaked overnight
- Half cup Green Mung/Gram soaked for 1 hour
- Half kg Suran or elephant yam cut into big cubes
- 3 tbsp. ghee
- Half tsp asafoetida
- 1 tsp Ajwain/carom seeds
- 3 tbsp. chopped green garlic (if you don't get green garlic, substitute with garlic and fresh coriander leaves)
- 3 to 4 slit green chillies
- Salt to taste

METHOD

1. Add the soaked jowar/Sorghum and green mung/gram in a microwave oven safe bowl.
2. Then add the suran/elephant yam pieces and salt to taste.
3. Now add 4 cups of water.
4. Heat ghee in a small pan.
5. Add the ajwain, asafoetida, green chillies and let it crackle.
6. Add the sizzling ghee mixture to the jowar, mung and suran mixture.
7. Microwave this for about 20 minutes.
8. Check if the jowar/Sorghum is cooked well. If not, microwave for some more time.
9. Stir fry the green garlic in a little ghee.
10. Garnish the khichdi with the green garlic.
11. The jowar suran ni khichdi is ready.



GUJARATI CHILLI

INGREDIENTS

- 7 to 8 fresh Bhavnagari Marcha or green chillies
- 1 tbsp. oil
- Half tsp asafoetida
- Half tsp turmeric powder
- Salt to taste
- 2 tbsp. fresh grated coconut
- 2 tsp chopped, fresh coriander leaves

METHOD

1. Wash the chillies and pat dry.
2. Slit the chillies along its length without cutting it open.
3. Take the oil in a microwave oven safe bowl.
4. Add the asafoetida, turmeric powder and salt.
5. Add the chillies. Take care as they tend to splutter.
6. Microwave on high for 2 minutes until they form a slight skin and brown spots. Don't overcook.
7. Serve them garnished with the fresh coconut and coriander leaves.



TINDA BHARWAN MASALA

INGREDIENTS

- 5 to 6 Tinda/Apple gourd
- 1 cup boiled potatoes, mashed well. Boil the potatoes in a microwave safe bowl with some water on high for about 10 minutes and then mash.
- Half cup fresh Methi or Fenugreek leaves (can even use coriander leaves)
- 1 tsp chilli ginger paste
- 1 tbsp. lemon juice
- Salt to taste

For the gravy

- 3 finely chopped tomatoes
- 1 onion, chopped finely
- 1 tbsp. garlic paste
- 2 tsp chilli powder (or less, if preferred)
- Half tsp turmeric powder
- 2 tsp oil
- Salt to taste

METHOD

For the filling

1. Take the Tinda and core them.
2. Mix the mashed potatoes, fenugreek leaves, chilli ginger paste, lemon juice and salt together.
3. Fill this potato mixture in the cored Tinda/Apple gourd and keep aside.

For the gravy

1. Take the oil in a microwave oven safe bowl.
2. Add the garlic paste.
3. Add the chopped onion and tomatoes and microwave for 2 minutes.
4. Now add the turmeric, chilli powder and salt. Microwave for about a minute again.
5. Add the potato-filled Tinda/Apple gourd in the gravy.
6. Add half a cup of water. Microwave for about 20 minutes.
7. Check whether the Tinda/Apple gourd is cooked.
8. If the skin of the Tinda/Apple gourd has become soft, it's done.





My mantra for healthy cooking:

You are what you eat.

I specialise in food from Karwar and Kolhapur. I am the author of a book named 'Karwar to Kolhapur via Mumbai' which talks about my childhood and food journey. I've curated menus for Karwar food festivals at The Trident, BKC Mumbai and at The Hyatt Regency, Mumbai. I currently host two internet shows: 'Get curried' and Ruchkar Mejwani.

CHEF SMITA DEO



SABUDANA VADA

INGREDIENTS

- 1 cup of sabudana/sago
- ¼ cup of roasted peanut powder, which is coarse
- 5 medium-sized potatoes
- 1 ginger, chopped
- 5 spicy green chillies
- Juice of ½ a lemon
- 4 tsp sugar
- 1½ tsp cumin seeds
- Salt to taste

METHOD

1. Soak the sago in water for 3-4 hours. Drain the water and allow the sago to bloom for 8 hours.
2. Wash the potatoes and prick them all over with a fork.
3. Put the potatoes in a microwavable dish and cook them in the microwave. Press “MICROWAVE” once and the oven will display P100. Press “MICROWAVE” once again and choose 80% power and the display will come to P80. Then adjust the timing to 10 minutes and press start. In 10 minutes, the potatoes will be cooked perfectly. Peel the skin and mash them.
4. Grind the ginger, green chillies, cumin seeds along with lemon juice to a coarse paste.
5. Take the bloomed sago in a big bowl. Add the mashed potatoes, peanut powder, salt, sugar and the ginger, chilli and cumin seed paste.
6. Mix well. Take a handful of the mixture and roll into balls.
7. Coat each of the balls with ½ tsp oil and place them in a microwavable dish. Place the dish in the microwave.
8. Press “MICROWAVE” once and the oven will display P100. Press “MICROWAVE” once again, choose 80% power and the display will show P80. Then adjust the timer to 5 minutes and press start.
9. After 5 minutes, remove the Sabudana Vadas. Flip them and repeat the process. In 10 minutes, serve hot and oil-free Sabudana Vadas.



TANDOORI BROCCOLI

INGREDIENTS

- ½ kg broccoli
- 2 cups of hung curd
- 1 tsp ginger and garlic paste each
- ½ tsp black pepper powder
- 2 tbsp. kasundi
- Salt to taste
- 1 tbsp. ghee
- 1 tsp chaat masala

METHOD

1. Cut big florets of the broccoli. Wash them well and immerse them in a microwavable bowl with water.
2. Press "MICROWAVE" once and the oven will display P100. Set the time to 6 minutes and let it cook. Remove the broccoli florets from the water and keep them aside to cool.
3. FOR THE MARINADE: In a bowl, pour the hung curd, ginger, garlic paste, pepper powder, kasundi and salt. Mix well.
4. Once the broccoli florets are cooled down, coat them with the marinade for 3-4 hours. The longer you marinate, the better it tastes.
5. Place the marinated broccoli in a baking tray and drizzle ghee on it. Place the tray in the microwave.
6. Press convection and set the temperature to 190°C and set the timer to 15 minutes.
7. After cooking the tandoori broccoli for 8 minutes, flip them and cook further for 7 minutes.
8. Tandoori broccoli is ready. Sprinkle the chaat masala and serve it with sliced onions and a lemon wedge.



KOLHAPURI MASALA FISH

INGREDIENTS

- 4-5 slices of surmai or rawas or pomfret - any fish of your choice
- 10 cloves of garlic
- 1 ginger
- 1 cup of fresh coriander, chopped
- Juice of 1 lemon or 3 tbsp. of kokum agal (syrup without sugar)
- 1 cup of dry, grated coconut
- 1 tbsp. chilli powder
- 2 tbsp. kolhapuri kanda lasoon masala (if it's not available, then add 1 tbsp. garam masala powder)
- ½ tsp turmeric powder
- Salt to taste

METHOD

1. To roast the dry coconut, take the dry, grated coconut in a glass bowl and place it in the microwave oven and press "MICROWAVE". The oven will display P100. Set the timer to 4 minutes. After 2 minutes, check if the colour has changed to light brown. If not, then continue for the rest 2 minutes and the coconut will be roasted perfectly for the marinade.
2. Grind the roasted coconut, garlic, ginger, coriander, lemon juice or the agal, chilli powder, kolhapuri masala or garam masala, turmeric powder and salt into a thick, fine paste.
3. Take the cleaned slices of fish and coat them with a thick layer of the paste.
4. Pour 2 tbsp. of oil in a microwavable dish and place the pieces of fish in it.
5. Place the dish in the microwave oven and press "MICROWAVE" to P100. Set the timer for 18 minutes and simply let the fish cook.
6. After 18 minutes, this dish is ready to be served straight out of the microwave.
7. Serve with hot chapattis or rice bhakris.



ROASTED CAULIFLOWER

INGREDIENTS

- 500g cauliflower
- ¼ cup olive oil
- 2 tbsp. capers
- ½ cup fresh parsley chopped
- Juice of 1 lemon
- 3 cloves of garlic
- 1 egg yolk
- 1 tbsp. Dijon mustard
- 1 tbsp. Worcestershire sauce
- ¼ cup grated Parmesan cheese
- 15 peppercorns, coarsely pounded
- Salt to taste

METHOD

1. Cut the cauliflower into half and wash it well. Make slices of one half of the cauliflower. Finely chop the other half of cauliflower, discarding the stem.
2. Place the slices of cauliflower in a tray and drizzle 2 tbsp. of olive oil and salt. Place the tray in the microwave oven.
3. Press "GRILL". The oven will display G1. Set the time to 10 minutes and press "START". After 5 minutes, flip the slices and grill for 5 more minutes (cooking time also depends on the thickness of the slices).
4. To the finely chopped cauliflower, add the chopped parsley and capers. Keep aside.
5. In a blender or a food processor, blend the garlic, lemon juice, egg yolk, half of the Parmesan cheese, mustard and the Worcestershire sauce. Blend it well until combined. Once blended, add the remaining olive oil slowly to make a nice sauce which is not too thick.
6. To assemble the dish, scoop half the dressing onto the serving platter into a thin layer and then place the roasted cauliflower. On top of this, add the finely chopped cauliflower and pour the remaining sauce and cheese. Serve immediately.



BAKED EGGS WITH BROCCOLI

INGREDIENTS

- 8 eggs
- 2 cups of grated broccoli
- 1 medium-sized onion, finely chopped
- ½ cup of shredded cheddar cheese (optional)
- Salt and pepper to taste

METHOD

1. Whisk the eggs till they are light and fluffy. Add the rest of the ingredients and mix well.
2. Pour the above batter in a baking tin and place it in the microwave oven on the low mesh rack provided to you.
3. Select convection and set the temperature to 200°C. Set the time to 20 minutes and bake. After baking for 15 minutes, check if the eggs are done. If not, continue for the remaining five minutes till it is done.
4. Serve it hot with some crisp toast.



POTATO AU GRATIN

INGREDIENTS

- ½ kg potatoes, peeled and thinly sliced
- 2 cups of skimmed milk
- ½ cup cream
- 1 tsp garlic paste
- ½ tsp pepper powder
- 1 bay leaf
- A pinch of nutmeg powder
- Salt to taste
- 1 tbsp. butter
- 1 tsp oregano

METHOD

1. In a microwavable utensil, add milk, cream, garlic paste, pepper powder, bay leaf, nutmeg and salt. Mix them well.
2. Arrange each slice of the potato in a circular manner in the above mixture. Sprinkle the oregano and drizzle a tbsp. of butter on top and keep in the microwave oven.
3. Press the “CONVEC” key and set the temperature to 200°C.
4. Set the time to 30 minutes and press start. At the end of 30 minutes, a beautifully golden and mildly flavoured potato au gratin is ready to be served along with garlic bread.



MUTTON TIKKA

INGREDIENTS

- ½ kg boneless chunks of mutton, thinly sliced
- 1 tsp garam masala powder
- 1 tsp cumin seed powder
- 1 tbsp. coriander seed powder
- ½ tsp cardamom powder
- ½ tsp pepper powder
- 4-5 spicy green chillies
- ½ cup fresh mint leaves
- ½ cup finely chopped, fresh coriander leaves
- 3 tbsp. raw papaya paste
- Juice of half a lemon
- 1 tsp ginger and garlic paste each
- 1 tbsp. ghee
- Salt to taste

METHOD

1. Grind the chillies, mint and coriander to a fine paste with very little water.
2. Marinate the mutton with papaya paste, mint, coriander, chilli paste, garam masala powder, cumin and coriander seed powder, pepper powder, ginger and garlic paste, and lemon juice.
3. Let it marinate for 3-8 hours. Put the marinated pieces in a baking tray, drizzle the ghee and place the tray in the microwave.
4. Press "CONVEC". Set temperature to 200°C and set the time to 40 minutes. Now, press start.
5. After 20 minutes, turn the mutton pieces carefully as they are thin and will get soft because of the papaya paste that we have used as a tenderiser. Cook for 20 more minutes and the mutton tikka is ready to be served. Serve with some salad and hot naan.



PINEAPPLE RASAM

INGREDIENTS

- 3 cups of chopped pineapple
- 10 peppercorns
- 1 green chilli
- 3 cloves of garlic
- 1 tbsp. rasam powder
- 1 tsp jaggery
- Salt to taste
- 1 tbsp. ghee
- A pinch of asafoetida
- ½ tsp mustard seeds
- A few curry leaves
- Finely chopped, fresh coriander for garnish
- 2 tbsp. of fresh coconut grated (optional)

METHOD

1. In a mortar and pestle, grind the peppercorns, chilli and garlic into a paste.
2. In a microwavable bowl, add the pineapple, the garlic, peppercorn and chilli paste, salt and 500ml of water. Keep in the microwave oven.
3. Press "MICRO" and set the time to 15 minutes. Let the pineapple cook well.
4. Take it out of the microwave oven to cool and then strain it. Do not throw the water. Keep it aside for further use.
5. Grind the cooked pineapple and add it to the water that was used to cook them.
6. Add the rasam powder, jaggery and salt. Place the bowl back in the microwave and cook for 5 more minutes.
7. In a small microwavable bowl, add the ghee and cook for 1 minute. Add the asafoetida and mustard seeds and heat for 30 seconds. Add the curry leaves and once it all splutters, add this tadka to the pineapple rasam.
8. Garnish with coriander and coconut to serve.



SWEET POTATO AND PEAS CUTLET

INGREDIENTS

- ½ kg sweet potatoes washed, peeled and chopped
- 2 cups of fresh green peas
- 1 tsp ginger and garlic paste
- 1 tsp amchur powder
- 1 tsp chaat masala
- ½ tsp turmeric powder
- 1 tsp chilli powder
- 2 green chillies, finely chopped
- ½ cup chopped fresh coriander
- ½ tsp garam masala powder
- 2 tbsp. corn flour made into a paste with ½ cup water
- 1 cup bread crumbs
- Salt to taste

METHOD

1. Prick the sweet potatoes and put them in a microwavable bowl. Press “MICRO”, set the time to 10 minutes and let them cook. Once they are done, put them in a plate.
2. Put the peas in a bowl filled with water and place it in the microwave oven. Press “MICRO”, set time to 15 minutes and let them cook. Once done, drain them and add them to the sweet potatoes.
3. To the sweet potatoes and peas, add the remaining ingredients except the corn flour and bread crumbs. Mix well.
4. Make cutlets out of the mixture, dip them in the corn flour paste and then coat them with the crumbs.
5. Place these cutlets in a tray and keep the tray in the microwave oven.
6. Press “CONVEC”, set the temperature to 200°C and then set the time for 10 minutes and cook.
7. After 10 minutes, flip the cutlets. Repeat the procedure and the sweet potato cutlets are ready to be served.

