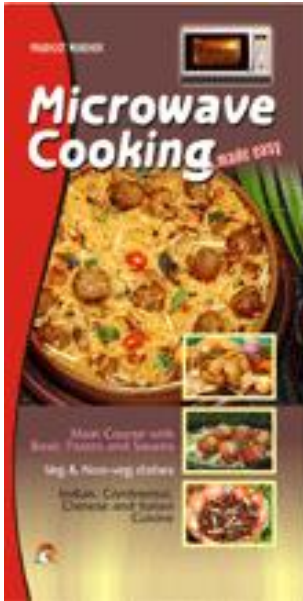




## Microwave Cooking



**Author:** Prabhjot Mundhir  
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Why microwave food?

- It's faster
- It's tastier
- It's nutritious
- It's convenient
- It's economical

Do you think a microwave oven's main function is to reheat leftovers? Well, think again. As a matter of fact, there is so much more you can do with it. You can easily make dishes like sarson-ka-saag, chicken tikka and momos in a jiffy, bake a cake or a pizza in minutes. Cook anything, anytime.

This small book covers:

- Useful & interesting tips
  - Do's & don'ts of microwave cooking
  - Facts about microwave & its working
  - And much more in the simplest way possible!
  - Also over 100 delicious recipes for --
  - \* Basic Pastes \* Sauces \* Soups
  - \* Salads \* Snacks \* Breakfast
  - \* Relishes \* Desserts \* Main Course dishes
- Enjoy healthy meals with your family and friends.

## Contents

- Some Facts about Microwave Oven and Its Working
- Types of Micro Ovens
- Right Utensils for Micro Cooking
- Care and Cleaning
- Important Dos and Don'ts
- Defrosting Chart
- Reheating Chart
- Determine the Wattage of your Microwave Oven
- Useful and Interesting Microwave Tips

Basic Pastes, Sauces, Relishes

1. Basic Onion and Tomato Paste
2. Chili-Garlic Sauce



3. Brown Onion Paste
4. Basic White Sauce
5. Szechuan Sauce
6. Mushroom Dip
7. Raw Mango Chutney/Chhunda
8. Spicy Plum Sauce
9. Sweet-N-Sour Tamarind Sauce (South)

#### Breakfast

1. Rava Idli
2. Vegetable Vermicelli
3. Fluffy Omelet
4. Sabudana Khichdi
5. Green Peas Poha
6. Grilled Cheese Toasts
7. Upma from Wheat Rava
8. Uttapam
9. Kheema Mutter
10. Breakfast Sausages
11. Dalia (Broken Wheat)

#### Soups and Salads

1. Hot Vegetable Stew
2. Cream of Tomato Soup
3. Chinese Chicken Corn Soup
4. Pasta Slaw

#### Starters and Evening Snacks

1. Cheese Coins
2. Cauliflower and Peanut Cutlets
3. Cookies
4. Masala Dhokla
5. Young Potatoes Delight
6. Veg & Non-veg Burger Patties
7. Grilled Chana Kababs
8. Steamed Corn on the Cob
9. Patod or Aadoo Wadi
10. Spicy Nuts

#### Main Course

##### INDIAN FLAVOURS

1. Brinjal Canoes
2. Masala Arvi
3. Malai Koftas in Quick Gravy
4. Sarson-Ka-Saag
5. Stuffed Bottle Gourd
6. Stuffed Peppers
7. Plain Rice
8. Bhartha
9. Vegetable Pulao/Tahri
10. Bharvan Karela
11. Chicken Chettinad
12. Hyderabadi Fish Curry
13. Grilled Fish Pomfret
14. Meatballs in Quick Sauce
15. Mushroom and Prawn Biryani
16. Meatballs Pulao
17. Chicken Tikka Tandoori Style

##### CONTINENTAL DELIGHTS

18. Stuffed and Baked Cauliflower



19. Shepherd's Pie
20. Tomatoes Rellenos
21. Buttered Broccoli Mushrooms and Peppers

## CHINESE FAVOURITES

22. Momos
23. Chinese Fried Rice
24. Chili Chicken with Chili Garlic Sauce
25. Chinese Sweet-n-Sour Vegetables

## ITALIAN TREATS

26. Pasta with Meat and Italian Tomato Sauce
27. Lasagna
28. Paella
29. Pizza

## Cakes and Desserts

1. Sevian
2. Eggless Cake
3. Grandma's Gud Ke Chawal
4. Hot Milk Sponge Cake
5. Almond Chikki
6. Apple Custard Meringue
7. Coconut Caramel Steamed Pudding
8. Chocolate Sponge Roll
9. Date Pudding
10. Fruit Medley

## Glossary

Weights and Measures (Approximate Conversion)

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