



About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

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Vaishali Parekh



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Aubergine & Cheese Bake

Preparation Time	Cooking Time	Microwave Setting
15 minutes + draining	25 minutes	Full - 100%, Conventional Grill

Ingredients :

<ul style="list-style-type: none"> ✓ Aubergine, trimmed and thinly sliced – 500 gms ✓ Salt – to taste ✓ Olive oil – 1 tbsp ✓ Onions, peeled and sliced – 200 gms 	<ul style="list-style-type: none"> ✓ Tomatoes, skinned and sliced – 400 gms ✓ Chopped fresh basil – 1 tbsp ✓ Parmesan or Cheddar cheese, grated – 50 gms ✓ Freshly ground black pepper
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Method :

- ❖ Place the aubergine slices in a colander and sprinkle them with salt. Leave to drain for 20 minutes to remove excess liquid, then rinse well in cold water and pat dry with paper towels.
- ❖ Meanwhile, place the oil and onions in a medium bowl and cook, covered, for 6 minutes. Set aside.
- ❖ Place 250 gms of the aubergines in the base of a flameproof 2 litre casserole dish.
- ❖ Spread the onions on the aubergines, and then spread the tomatoes over





the onions. Sprinkle with salt and pepper and 1½ teaspoons of the basil.

- ❖ Arrange the remaining aubergines on top and sprinkle over the remaining basil.
- ❖ Cook, covered, for 15 minutes.
- ❖ Sprinkle over the cheese and cook under a preheated conventional grill until the cheese topping is brown and bubbling.

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Avial

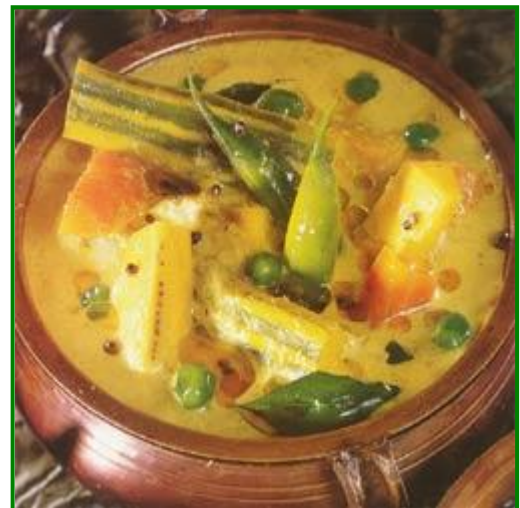
Preparation Time	Cooking Time	Microwave Setting
10 minutes	15 minutes	Full - 100%, Microwave

Ingredients :

<ul style="list-style-type: none"> ✓ Raw banana - 1 ✓ Ash gourd - 1 segment ✓ Carrot - 1 ✓ Drumsticks - 2 ✓ Beans - 10 ✓ Water - 1 cup ✓ Turmeric - ½ tsp ✓ Salt – 1 tsp ✓ Grated coconut - ½ cup 	<ul style="list-style-type: none"> ✓ Cumin seeds – 1 tsp ✓ Green chilies - 5 ✓ Yoghurt – 1 cup ✓ Shelled peas – ¼ cup For the tempering: ✓ Coconut oil – 1 tbsp ✓ A few curry leaves
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Method :

- ❖ Peel the banana, ash gourd, carrot and potato. Scrape the drumsticks and string the beans and cut into 2" batons.
- ❖ Cook the vegetables along with the water, turmeric and salt using the MICROWAVE mode for 6 minutes at 850W.
- ❖ Grind the coconut along with the cumin seeds and green chilies to a smooth





paste. Whisk in the yoghurt. Add this paste and peas to the vegetables and continue to cook in the MICROWAVE mode for 7 minutes at 650W.

- ❖ In a separate bowl combine the coconut and curry leaves and cook in the CRISP mode for 1 minute.
- ❖ Stir into the Avial and serve hot.

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Bharwan Bhindi

Preparation Time	Cooking Time	Microwave Setting
10 minutes	7 minutes	Full - 100%, Crisp/Bake Mode

Ingredients :

<ul style="list-style-type: none"> ✓ Okra or Ladies finger - ¼ kg ✓ Oil – 2 tbsp ✓ Ginger, chopped – 2 tsp ✓ Garlic, chopped – 2 tsp ✓ Turmeric powder – ½ tsp 	<p>For the stuffing:</p> <ul style="list-style-type: none"> ✓ Red Chili powder – 2 tsp ✓ Raw Mango powder – 2 tsp ✓ Coriander powder – 2 tsp ✓ Cumin powder – 2 tsp
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Method :

- ❖ Wash the okra well and dry on a kitchen towel. Trim by cutting the caps and a little of the bottom.
- ❖ Slit the okra ensuring that the knife does not cut right through.
- ❖ Mix all the ingredients to prepare the stuffing. Place a thumb into the slit of the okra and with the help of a teaspoon, spoon the mixture into it.
- ❖ Pour the oil onto the CRISP plate, or a flat dish along with the turmeric powder, ginger and garlic and cook in the CRISP mode for 2 minutes.
- ❖ Place the stuffed okra in a single layer and cook for 2 minutes 30 seconds.





- ❖ Turn the sides and cook for another 2 minutes, continuing in the CRISP mode.
- ❖ Serve hot. The stuffed okra complements any meal.

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Chocolate Chip Cookies

Preparation Time	Cooking Time	Microwave Setting
10 minutes	20 minutes	Full - 100%, Crisp/Bake Mode

Ingredients :

✓ Butter - 125 gms	✓ Walnuts - 30 gms
✓ Sugar - 250 gms	✓ Cooking chocolate, cut into big chunks Or Choco chips – 50 gms
✓ Flour - 150 gms	

Method :

- ❖ Cream the butter and sugar till light and fluffy.
- ❖ Gently fold in the flour and using your fingertips rub the mixture lightly. Fold the walnuts and chocolate into the above mixture.
- ❖ In small heaps place the cookies mixture on the Crisp plate using your finger or large spoon, and bake in the FORCED AIR mode (175°C) for 20 minutes.
- ❖ Note: The heaps of the cookies mixture should not exceed 2 inches in diameter and must be placed at a distance from the next heap, since on baking, the cookie mixture spreads out. Allow to cool, so that the cookie hardens.
- ❖ Store in airtight jars till required.

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Croquette Potatoes

Preparation Time	Cooking Time	Microwave Setting
10 minutes + chilling	13 minutes + standing	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Water – 3 tbsp ✓ Salt – to taste ✓ Potatoes, peeled, chopped – 500 gms ✓ Butter – 25 gms ✓ Milk – ½ tbsp 	<ul style="list-style-type: none"> ✓ Freshly ground pepper ✓ Egg, lightly beaten – 1 or 1 tbsp Corn flour mixed with 1 ½ tbsp of water ✓ Toasted breadcrumbs – 75 gms ✓ Flat-leaf parsley sprig, to garnish
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Method :

- ❖ Place the water and salt in a large bowl. Add the potatoes, cover and cook for 9 minutes. Leave to stand, covered, for 5 minutes.
- ❖ Beat the butter, milk and salt and pepper to taste into the potatoes. Roll the mixture into 16 cork shapes. Chill for 30 minutes for a firmer texture.
- ❖ Coat the croquettes with egg or corn flour batter and roll in breadcrumbs.
- ❖ Place on a piece of paper towel, in a circle. Prick with a fork. Cook,





uncovered, for 2 ½ - 4 minutes, turning over halfway through cooking.

- ❖ Serve hot, garnished with parsley.

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Dal Baati

Preparation Time	Cooking Time	Microwave Setting
20 minutes	18 minutes	Crisp/Bake Mode

Ingredients :

<ul style="list-style-type: none"> ✓ Wheat flour – 1½ cup ✓ Salt – 1 tsp ✓ Baking powder – ½ tsp ✓ Cumin seeds – 1 tsp ✓ Medium onion chopped - 1 ✓ Green chilies, chopped - 2 	<ul style="list-style-type: none"> ✓ Garlic, chopped – 1 tsp ✓ Ghee – 1½ tsp ✓ Melted ghee - ½ cup ✓ Water – ½ cup ✓ Gram flour – ½ cup
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Method :

- ❖ Combine all the dry ingredients and sift in a bowl.
- ❖ Mix the cumin seeds, chopped onion, green chilies, garlic and ghee into the flour mixture. Gradually add the water to knead into stiff dough. Divide into equal sized portions and shape into balls.
- ❖ NOTE: The dough for the baati is not very smooth dough, even while shaping into balls the surface will not be extremely smooth. The cracks that form while shaping the dough are





characteristic of traditional baati.

- ❖ Cover with a damp cloth till they are ready to go into the oven, so as to prevent the outer surface from drying.
- ❖ Preheat the CRISP plate using the CRISP mode for 2 minutes.
- ❖ Place the baatis on the CRISP plate and bake in the FORCED AIR mode for 10 minutes at 175°C.
- ❖ To complete the baking switch to the CRISP mode for 3 minutes.
- ❖ Take the baatis out of the oven and dip them into melted ghee for 2-3 minutes and serve hot with dal.

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Kadumaligai Poriyal

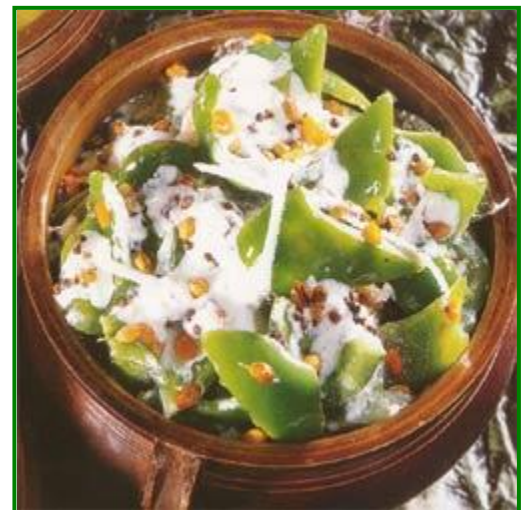
Preparation Time	Cooking Time	Microwave Setting
20 minutes	9 minutes	75%, Microwave

Ingredients :

<ul style="list-style-type: none"> ✓ Capsicum - ½ kg ✓ For the tempering ✓ Ghee or oil - 2 tbsp ✓ Mustard seeds - 1 tsp ✓ Coriander seeds – 1 tsp ✓ Bengal gram – 1 tsp 	<ul style="list-style-type: none"> ✓ Asafoetida powder - ½ tsp ✓ A few curry leaves ✓ Yoghurt, beaten – ¼ cup ✓ Salt – 1 tsp ✓ Grated coconut – ¼ cup
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Method :

- ❖ Cut capsicum into 1 inch long and ¼ inchwide strips. In a shallow dish, place all the ingredients to be tempered, and temper using the CRISP mode for 3 minutes.
- ❖ Reserve 1 tablespoon of the tempering to garnish the poriyal.
- ❖ Mix the yoghurt, capsicum and salt and add to the tempering. Cook in the CRISP mode for 3 minutes.
- ❖ Open the oven and stir the poriyal well. Finish by cooking in the MICROWAVE mode for 3 minutes at 750W.





- ❖ Garnish the poriyal with the coconut and reserved tempering and serve hot.

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Macaroni Cheese Bake

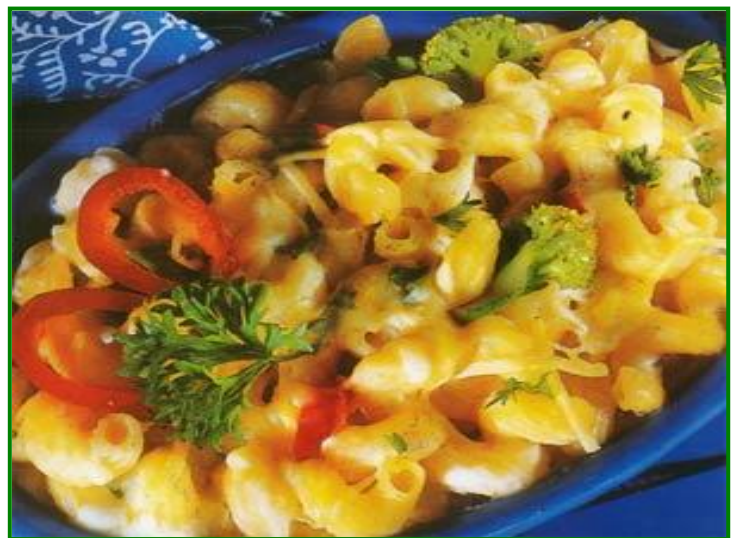
Preparation Time	Cooking Time	Microwave Setting
10 minutes	20 minutes	Full - 100%, Microwave

Ingredients :

<ul style="list-style-type: none"> ✓ Water - 1 litre ✓ Salt - 1 tsp ✓ Oil - 1 tbsp ✓ Macaroni – 1 cup <p>For the cheese sauce:</p> <ul style="list-style-type: none"> ✓ Reserved oiling liquid – 1 cup ✓ Milk - ½ cup ✓ Refined flour – 3 tbsp 	<ul style="list-style-type: none"> ✓ Salt – 1 tbsp ✓ Grated cheese – 4 tbsp or Cheese spread – 3 tbsp ✓ Mixed herbs - ½ tsp ✓ Ground pepper - ¼ tsp ✓ Grated cheese – 3 tbsp ✓ Chilled grated butter – 1 tbsp
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Method :

- ❖ In an oven-proof dish, bring the water, salt and oil to a boil, using the boiling mode or at 750W for 8 minutes. This procedure takes 8 minutes. Add the macaroni to the boiling water and cook partially covered for 7 minutes at HIGH mode.





- ❖ Drain the macaroni, retaining the boiling liquid. Refresh the macaroni in cold water to stop any further cooking. Place the macaroni in a sieve or a colander and keep aside.

For the cheese sauce:

- ❖ Mix together the boiling liquid along with the milk, refined flour and salt till no lumps remain. Cook in the MICROWAVE mode for 3 minutes and 30 seconds at 750W.
- ❖ Add the cheese, herbs and pepper to the sauce. Mix well. Add the reserved macaroni and stir gently till the cheese sauce coats the macaroni evenly.
- ❖ Put the macaroni into a greased baking dish and sprinkle the grated cheese and butter on the top. Bake in the CRISP mode for 3 minutes and serve hot.

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Muffin Pizzas

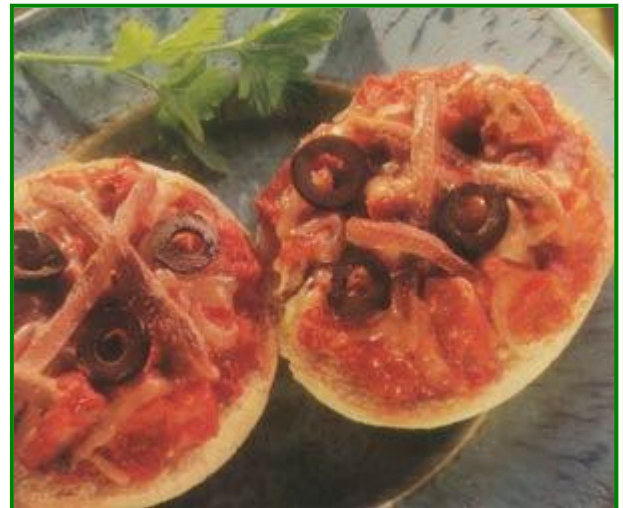
Preparation Time	Cooking Time	Microwave Setting
30 minutes	8 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Tomato paste with basil – 1 x 100 g jar ✓ Garlic sausage, cubed – 100 gms ✓ Garlic clove, peeled and crushed - 1 ✓ Onion, peeled and grated - 1 	<ul style="list-style-type: none"> ✓ Muffins, halved and toasted - 4 ✓ Cheddar cheese, grated – 175 gms ✓ Anchovy fillets, drained – 1 x 56 gms ✓ Sliced black olives, to garnish
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Method :

- ❖ Place the tomato paste with basil in a bowl with the garlic sausage, garlic and onion. Cover and cook for 4 minutes, stirring once.
- ❖ Place the muffin halves, cut side up, on paper towels on a microwave baking tray. Spread with the tomato mixture.
- ❖ Top with the cheese and a lattice of anchovies. Garnish with olives. Cook for 4 minutes, rearranging twice.



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Pineapple Upside-Down Pudding

Preparation Time	Cooking Time	Microwave Setting
15 minutes	9 minutes + standing	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Butter – 165 gms ✓ Soft dark brown sugar – 25 gms ✓ Canned pineapple – 4 slices ✓ Glacé cherries, halved - 4 	<ul style="list-style-type: none"> ✓ Caster sugar – 100 gms ✓ Eggs - 2 ✓ Self-raising flour, sifted – 100 gms
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Method :

- ❖ Use 15 gms of the butter to grease a 20cm (8 inch) loose-bottomed cake dish.
- ❖ Place 25 gms of the butter and the brown sugar in the dish and cook for 1 minute.
- ❖ Arrange the pineapple slices and cherries in the base of the dish in a decorative pattern.
- ❖ Beat the remaining butter and caster sugar together until light and fluffy.
- ❖ Beat in the eggs and fold in the flour. Gently spread this over the fruit.
- ❖ Cook for 3 minutes, turn the dish round and cook for further 4—5 minutes.





- ❖ Leave the pudding to stand for 3 minutes before turning out.

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Poondu Rasam

Preparation Time	Cooking Time	Microwave Setting
15 minutes + draining	16 minutes	85%, Crisp/Bake Mode

Ingredients :

✓ Oil – 2 tbsp	✓ Garlic Flakes, peeled – 25-30
✓ Red Chilies – 4-5	✓ Turmeric Powder – ½ tsp
✓ Bengal Gram – 2 tbsp	✓ Mustard Seeds – 1 tsp
✓ Coriander Seeds – 2 tsp	✓ Water – 4-5 cups
✓ Black Pepper Corns – 1 tsp	✓ Tamarind Paste – 2 tbsp
✓ Cumin Seeds – 1 tsp	✓ Fresh Coriander, chopped – 2 tbsp
✓ Curry Leaves – a few	✓ Salt – 1 tsp
✓ Oil – 2 tsp	

Method :

- ❖ In a small dish, mix all the ingredients for the rasam powder. Cook in the CRISP mode for 3 minutes. Cool and grind.
- ❖ In a deep dish combine the oil with the garlic, mustard seeds and turmeric and temper using the CRISP mode for 3 minutes.
- ❖ Add all the ingredients into the tempering. Stir well and cook in the MICROWAVE mode for 5 minutes at 850W.
- ❖ Add the chopped coriander along with the rasam powder into the rasam and cook for 5 minutes continuing in the MICROWAVE mode for 5 minutes at 850W.

Spring Vegetable Medley

Preparation Time	Cooking Time	Microwave Setting
15 minutes + draining	17 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Onion, peeled, finely sliced - 1 ✓ Yellow pepper, cored, seeded and finely sliced - 1 ✓ Bulb fennel, trimmed, sliced – ½ ✓ Potato, peeled and diced - 1 ✓ Carrot, peeled, finely sliced - 1 ✓ Cauliflower florets – 100 gms ✓ Garlic cloves, peeled and crushed - 2 	<ul style="list-style-type: none"> ✓ Fresh parsley, chopped – 1 tsp ✓ Tomato purée – 1 tbsp ✓ Plain flour – 25 gms ✓ Hot chicken or vegetable stock – 450 ml ✓ Salt – to taste ✓ Freshly ground black pepper ✓ Parsley leaves, to garnish ✓ Butter – 25 gms
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Method :

- ❖ Place the butter, onion, yellow pepper, fennel, potato, carrot, cauliflower, garlic, parsley and tomato purée in a large bowl, and cook, covered, for 12 minutes, stirring after 4 and 8 minutes.
- ❖ Sprinkle over the flour and stir it into the vegetables, then gradually stir in the hot stock and salt and pepper to taste.





- ❖ Cook, uncovered, for 5 minutes, stirring once halfway through cooking.
- ❖ Garnish and serve.

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Tomatoes Stuffed With Mushroom Pate

Preparation Time	Cooking Time	Microwave Setting
6 minutes + cooking	4 minutes	Full - 100%

Ingredients :

✓ Medium tomatoes - 4	✓ Dried basil – ¼ tsp
✓ Button mushrooms, finely chopped – 50 gms	✓ Pepper – ¼ tsp
✓ Butter – 15 gms	✓ Corn flour – 1 tsp
✓ Spring onions, trimmed and finely chopped - 4	✓ Sherry, medium – 2 tsp
✓ Fresh parsley, chopped – 2 tsp	✓ Soured cream – 4 tsp
	✓ Salt - to taste
	✓ Fresh basil sprigs, to garnish

Method :

- ❖ Slice caps from the tomatoes. Scoop the pulp and seeds from the tomato shells and reserve with the caps for use in another recipe. Sprinkle the inside of the shells with salt, then turn upside down to drain.
- ❖ Place the mushrooms, butter and spring onions in a medium bowl and cook for 1½ minutes. Stir, then cook for a further 1½ minutes or until the mushrooms are soft.
- ❖ Mix in the parsley, basil, ¼ teaspoon salt, the pepper and the corn flour mixed with the sherry. Cook for 30 seconds, stir and cook for a further 15 seconds or until thick.
- ❖ Stir in the soured cream. Leave to cool.



- ❖ Fill the tomato shells with the mushroom stuffing. Arrange on a bed of endive or lettuce leaves, garnish with basil and serve cold.

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Cheese And Sausage Pizza

Preparation Time	Cooking Time	Microwave Setting
18 minutes + 1 hour for proving the dough	30 minutes	75%, Microwave

Ingredients :

<ul style="list-style-type: none">✓ Refined oil – 225 gms✓ Salt - ½ tsp✓ Fresh yeast -12 gms✓ Sugar – 1 tsp✓ Salt - ½ tsp✓ Luke warm water - ¼ cup✓ Oil - 1 tbsp✓ Salt - ½ tsp✓ Water – 1 cup	<ul style="list-style-type: none">✓ For the topping✓ Butter – 50gms or Olive oil – 4 tbsp✓ Onion, thinly sliced - 1✓ Garlic, crushed – 8 flakes✓ Tomatoes, finely chopped – 250 gms✓ Mixed herbs – 1 tsp✓ Salt – 1 tsp✓ Pepper – ½ tsp✓ To assemble pizza✓ Cooked sausages, sliced – 100 gms✓ Mozzarella or Pizza cheese – 100 gms✓ Olive oil – 2 tbsp
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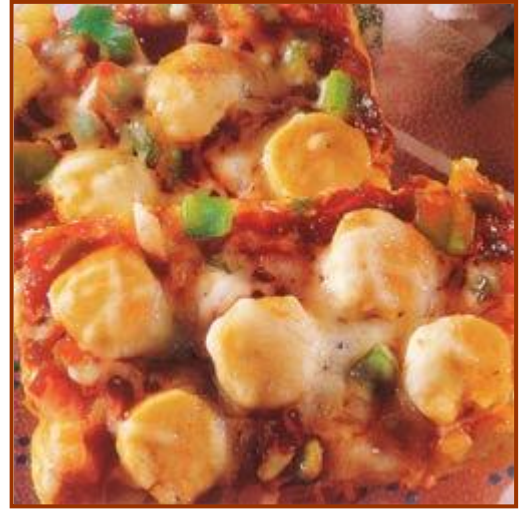
Method :

- ❖ Sieve the flour with the salt and keep aside.
- ❖ Mix the yeast, sugar and salt into the warm water and rest for 10 minutes.



Add the yeast into the flour, along with the oil and the salt and knead to a smooth dough using water.

- ❖ Cover the dough and leave to rest in a warm place for approximately an hour or until the dough has doubled in volume.
- ❖ Place the butter or olive oil in a dish along with the onion and garlic and cook in the Microwave mode for 6 minutes at 750W. Add tomatoes, herbs, salt and pepper and cook in the Microwave mode for 10 minutes at 750W.
- ❖ Note: If the tomato sauce is sour, stir in 1 tsp of sugar and cook for 1 minute in the Microwave mode at 750W.
- ❖ Lightly oil the Crisp plate. Flatten the dough, using your hands, until it fills the entire Crisp plate. Prick the dough with a fork. Evenly spread the tomato sauce over the pizza.
- ❖ Prick the sausages on the tomato sauce, and sprinkle the mozzarella cheese over the sausages.
- ❖ Drizzle the olive oil over the cheese.
- ❖ Bake the pizza in the Crisp mode for 13-15 minutes. Serve hot.



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Chicken A-La-King

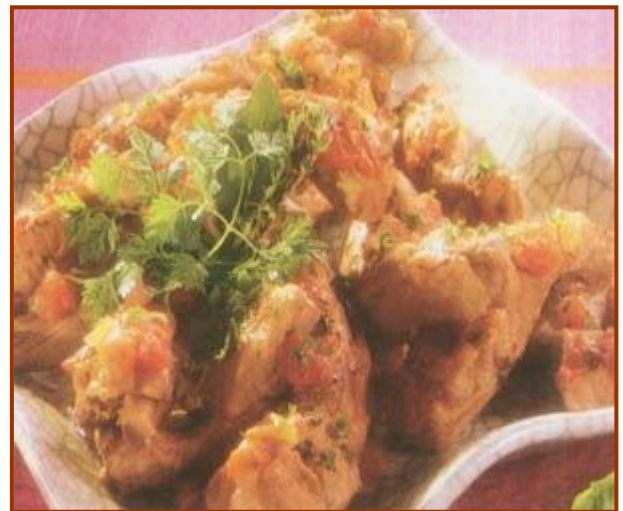
Preparation Time	Cooking Time	Microwave Setting
15 minutes	21 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ 4 Boneless chicken breasts, total weight – 500 gms ✓ Salt – to taste ✓ Freshly ground black pepper ✓ Red pepper, cored, seeded and finely diced – ¼ ✓ Green pepper, cored, seeded and finely diced – ¼ ✓ Butter – 50 gms 	<ul style="list-style-type: none"> ✓ Plain flour – 40 gms ✓ Milk – 400 ml ✓ Chicken stock – 2 tbsp ✓ Button mushrooms, sliced – 100 gms ✓ Sherry, medium – 1 tbsp ✓ Double cream – 2 tbsp ✓ Fresh dill sprigs, to garnish
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Method :

- ❖ Skin the chicken, sprinkle with salt and pepper, then cut into bite-sized chunks. Cover and set aside.
- ❖ Put the butter in a deep casserole or large bowl and cook for 1 minute or until melted. Stir the diced peppers into the butter and cook for 2 minutes.
- ❖ Mix in the flour, and then gradually stir in the milk and the stock. Cook for





4 minutes, stirring once.

- ❖ Add the mushrooms, the reserved chicken and the sherry, three-quarters cover with a lid or microwave cling film and cook for 14 minutes, stirring at least 3 times. Cover fully and leave to stand for 4 minutes.
- ❖ Add salt and pepper to taste, stir in the cream and serve, on buttered toast or rice, garnished with dill sprigs.
- ❖ The sauce may thicken during standing and cooling. If reheating, add a few extra spoonfuls of milk or stock.

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Creamy Apple Flan

Preparation Time	Cooking Time	Microwave Setting
18 minutes + chilling	11 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none">✓ Biscuit Case✓ Butter – 100 gms✓ Golden syrup – 1 tbsp✓ Ginger biscuits, crushed – 200 gms✓ Shelled hazelnuts, finely chopped – 50 gms✓ Filling✓ Dessert apples, peeled, cored and sliced – 500 gms	<ul style="list-style-type: none">✓ Lemon juice – 2 tbsp✓ Whipping cream – 85 ml✓ Eggs - 2✓ Caster sugar – 50 g✓ Ground cinnamon – ½ tsp✓ To Decorate✓ Red apple, cored, sliced and dipped in lemon juice - 1✓ Whipped cream (optional)
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Method :

- ❖ Place the butter in a large jug and cook, uncovered, for 1 ½ minutes or until it has melted. Stir in the syrup until well blended, and then mix in the crushed biscuits and nuts. Tip the mixture into a deep 20cm (8 inch) loose- bottomed cake dish and using the back of a spoon press the mixture over the bottom and about halfway up the sides of the dish.
- ❖ Place the apples and lemon juice in a large bowl and cook, covered, for 7 minutes, stirring halfway through cooking.
- ❖ Beat together the cream, eggs, sugar and cinnamon. Mix with the apples



and purée in a blender or food processor.

- ❖ Return the apple and cream mixture to the bowl and cook, uncovered, for 2 ½ minutes, stirring every 30 seconds to avoid curdling.
- ❖ Pour the mixture into the biscuit case and chill in the refrigerator.
Decorate with slices of apple and serve with whipped cream, if wished.

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Crème Caramel

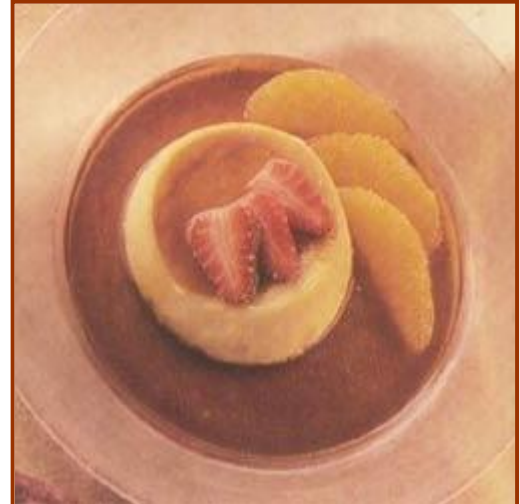
Preparation Time	Cooking Time	Microwave Setting
10 minutes + cooling	25 minutes	Full - 100%, Defrost - 30%

Ingredients :

<ul style="list-style-type: none"> ✓ Custard Milk – 450 ml ✓ Single cream – 150 ml ✓ Caster sugar – 25 gms ✓ Eggs, lightly beaten - 4 	<ul style="list-style-type: none"> ✓ Fresh fruit, to decorate ✓ Caramel ✓ Granulated sugar – 100 gms ✓ Cold water – 4 tbsp
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Method :

- ❖ Place the sugar and water in a small bowl and cook, uncovered, on full (100%) power for 2 ½ minutes. Stir well to dissolve the sugar then cook, uncovered, for a further 5 minutes or until the mixture is a golden colour.
- ❖ Divide the caramel between 6 ramekins and swirl to coat.
- ❖ Place the milk and cream in a large jug and cook, uncovered, for 4 minutes.
- ❖ Whisk in the sugar and eggs, then strain and pour the mixture over the caramel. Reduce to defrost (30%) and cook, uncovered, for 14-17 minutes or until the custards are set, rearranging halfway through cooking.





- ❖ The actual cooking time will vary according to the temperature of the heated milk, so check after 14 minutes.
- ❖ Set aside to cool, then unmould on to individual serving plates and decorate with fresh fruit.

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Fish Soup With Bean Curd

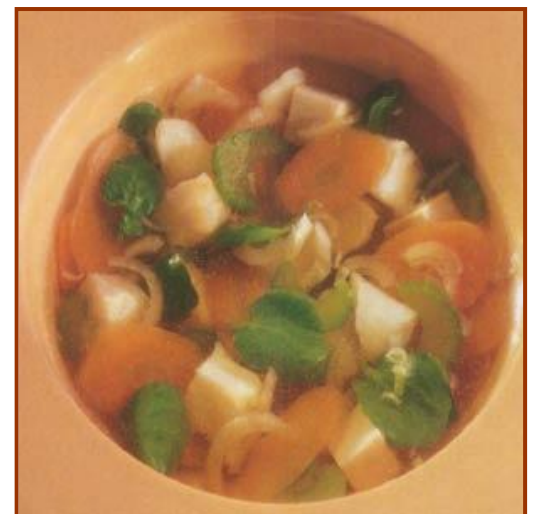
Preparation Time	Cooking Time	Microwave Setting
20 minutes	22 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Vegetable oil – 1 tbsp ✓ Celery stick, finely sliced – 1 ✓ Shallot, peeled and thinly sliced – 1 ✓ Carrot, thinly sliced diagonally- ½ ✓ Root ginger, thin – 3 slice ✓ Chicken stock – 900 ml ✓ Watercress – 1 bunch 	<ul style="list-style-type: none"> ✓ Soy sauce – 1 tbsp ✓ Salt – to taste ✓ Freshly ground black pepper ✓ Fresh haddock fillets, skinned, boned and cut into 1 cm cubes – 225 gms ✓ Block bean curd (tofu) – 100 gms
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Method :

- ❖ Combine the oil, celery, shallot, carrot and ginger in a 2 litre (3 pint) bowl and cook for 5 minutes, stirring once.
- ❖ Stir in the stock and watercress leaves (without stalks) and bring to the boil, about 10 minutes from cold.
- ❖ Add the soy sauce and salt and pepper to taste. Stir in the fish and cook for 5





minutes.

- ❖ While the fish is cooking, carefully cut the bean curd into 2 cm cubes. Gently put into the soup and cook for a further 2 minutes.

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Murgh Tangri Kebab

Preparation Time	Cooking Time	Microwave Setting
10 minutes	12 minutes	Full - 100%, Crisp/Bake Mode

Ingredients :

<ul style="list-style-type: none"> ✓ Chicken drumsticks - 8 ✓ Hung yoghurt – ½ cup ✓ Garlic cloves, peeled - 15 ✓ Ginger, peeled – 2 inch ✓ Green chilies - 4 ✓ Fresh coriander leaves – ¼ cup ✓ Turmeric powder – ¼ tsp ✓ Mace powder – ¼ tsp 	<ul style="list-style-type: none"> ✓ Black pepper powder – 1 tsp ✓ Cumin powder – 1 tsp ✓ Lemon juice – 3 tbsp ✓ Salt – 1 ½ tsp ✓ Oil – 2 tbsp ✓ Gram flour powder – 2 tbsp ✓ Cream cheese – 3 tbsp ✓ Butter – melted - ¼ cup
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Method :

- ❖ Wash drumsticks well and prick them to allow the marinade to seep through.
- ❖ Add all the ingredients (except melted butter) and in a blender, grind to a smooth paste. Marinate the drumsticks with the ground paste, and allow to marinate in the refrigerator for 3-4 hours.





- ❖ Preheat the CRISP plate using the CRISP mode for 3 minutes with the turntable rotating.
- ❖ To grill the drumsticks, remove them from the marinade and place them on the CRISP plate. Set the timer at 3 minutes, then turning the sides of the drumsticks set the timer for another 3 minutes.
- ❖ Turn the sides of the drumsticks once again, to ensure even cooking and browning and set the timer for another 3 minutes.
- ❖ Baste the drumsticks with the melted butter and serve hot along with mint and coriander chutney.

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Orange Bread & Butter Pudding

Preparation Time	Cooking Time	Microwave Setting
10 minutes	12 minutes + browning	Full - 100%, Medium Low - 35%

Ingredients :

✓ Bread slices,, buttered - 6	✓ Grated orange rind – 2 tbsp
✓ Milk – 300 ml	✓ Mixed chopped peel – 1 tbsp
✓ Sultanas – 2 tbsp	✓ Demerara sugar/ Brown sugar – 3 tbsp
✓ Currants – 1 tbsp	✓ Eggs - 2

Method :

- ❖ Cut each slice of bread into 4 triangles and arrange in a 1.2 litre pie dish, buttered side upwards.
- ❖ Combine the milk, sultanas, currants, grated orange rind, chopped peel and 1 tablespoon of the sugar in a bowl or jug and cook, uncovered, at full (100%) power for 2 minutes or until the milk is hot but not boiling.
- ❖ Beat the eggs in a separate small bowl. Add 2 tablespoons of the hot milk mixture, stir thoroughly, and then pour into the remaining milk mixture. Stir, then pour into the pie dish.
- ❖ Reduce the setting to medium low (35%) and cook for 7 minutes. Turn the dish round, sprinkle the remaining sugar over the pudding and cook for a further 2 minutes or until the custard is just set. The custard may not be quite set in the middle, but do not give additional cooking time as this



might cause curdling.

- ❖ For a more attractive finish, brown the pudding under a preheated conventional grill at a distance of 15—20 cm (6—8 inches). Serve hot or cold.

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Pork Chops With Tomato Oregano Sauce

Preparation Time	Cooking Time	Microwave Setting
10 minutes	17-19 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ 4 Pork loin chops, total weight - 750 gms ✓ Onion, finely chopped - 1 ✓ Dried oregano – 1 tsp ✓ Butter, cut into pieces – 25 gms ✓ Corn flour – 25 gms 	<ul style="list-style-type: none"> ✓ Can tomatoes – 1 x 400 gms ✓ Tomato purée – 1 tbsp ✓ Chopped fresh parsley – 1 tbsp ✓ Hot chicken stock – 200 ml ✓ Salt – to taste ✓ Freshly ground black pepper
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Method :

- ❖ Place the chops around a medium bowl, cover and cook for 7 minutes, rearranging halfway through cooking. Set aside, covered.
- ❖ Place the onion and oregano in a large bowl, cover and cook for 4 minutes, stirring halfway through.
- ❖ Stir in the butter until melted. Stir in the corn flour, undrained tomatoes, tomato purée, parsley, stock, and salt and pepper to taste.
- ❖ Cover and cook for 3-5 minutes, stirring halfway through cooking.





- ❖ Add the drained chops. Cook, uncovered, for a final 3 minutes and serve.

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Raspberry Cheesecake

Preparation Time	Cooking Time	Microwave Setting
15 minutes + chilling	10 minutes + standing	Full - 100%, Medium Low - 35%

Ingredients :

<ul style="list-style-type: none">✓ Crumb Crust✓ Butter – 50 gms✓ Shortcake biscuits, finely crushed – 100 gms✓ Shelled hazelnuts, grated – 25 gms <p>Topping:</p> <ul style="list-style-type: none">✓ Corn flour – 1 tbsp✓ Can raspberries in syrup – 1 x 275 gms	<p>Filling:</p> <ul style="list-style-type: none">✓ Cottage cheese – 100 gms✓ Full fat soft cheese – 100 gms✓ Sugar – 50 gms Fresh lemon juice – 1 tsp✓ Vanilla essence – ½ tsp✓ Egg, beaten – 1 <p>To Decorate</p> <ul style="list-style-type: none">✓ Whipped cream fresh mint sprigs
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Method :

- ❖ To make the crumb crust, put the butter in a 15 cm (6 inch) diameter shallow loose- bottomed cake dish and cook on full (100% power for 30 seconds or until the butter has melted). Stir in the biscuits and nuts and press evenly into the bottom of the dish. Cook for 1 minute.
- ❖ Beat the cheeses, sugar, egg, lemon juice and vanilla essence thoroughly together in a blender or food processor or mix by hand. Press through a sieve into a jug or bowl.

❖ Cook the filling on full (100%) power for 30 seconds. Whisk and cook for another 30 seconds. Whisk again, then cook for a further 30 seconds, or until thickened. Whisk and pour the mixture into the crumb-lined dish. Reduce the setting to medium low (35%) and cook for 4 minutes, giving the dish a quarter-turn every minute. Leave to stand for 15 minutes, and then chill.

❖ To make the topping, blend the corn flour and 2 tablespoons of the juice from the raspberries in a 1.2 litre bowl and stir in the remaining juice. Cook on full (100%) power for 3 ½ minutes, stirring once, until the mixture thickens to a dropping consistency.



❖ Stir in the raspberries.

❖ Spread the topping over the chilled cheesecake and refrigerate. To unmould, dip the base of the dish into hot water for a few seconds. Decorate with piped whipped cream and mint sprigs.

❖ Blackcurrants or redcurrants could be used in place of the raspberries for the topping.

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Spiced Lamb With Apricots

Preparation Time	Cooking Time	Microwave Setting
20 minutes + soaking	70 minutes	Full - 100%, Defrost - 30%

Ingredients :

✓ Boned leg of lamb, cubed – 750 gms	✓ Ground almonds – 25 gms
✓ Ground ginger – ½ tsp	✓ Hot lamb or chicken stock – 300 ml
✓ Butter, cut into pieces -75 gms	✓ Dried apricots, soaked overnight – 175 gms
✓ Ground coriander – 2 tsp	✓ Shelled pistachio nuts – 25 gms
✓ Garam masala – 1½ tsp	✓ Whipping cream – 4 tbsp
✓ Salt	✓ Fresh coriander sprigs to garnish
✓ Chili powder – 2 tsp	

Method :

- ❖ Place the lamb, ginger, butter, coriander, garam masala, salt and chili powder in a large bowl.
- ❖ Cook, covered, on full (100% power for 10 minutes), then stir in the ground almonds and hot stock and cook for a further 10 minutes.
- ❖ Reduce the setting to defrost (30%) and cook for 30 minutes.
- ❖ Drain the apricots and stir into the mixture with the pistachio nuts.
- ❖ Cook for a further 20 minutes or until the meat is cooked through.
- ❖ Remove the meat, apricots and nuts.



- ❖ Place on a warm serving dish and keep warm.
- ❖ Stir the cream into the sauce and pour over the meat.
- ❖ Serve garnished with coriander.

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Spinach & Cheese Quiche

Preparation Time	Cooking Time	Microwave Setting
30 minutes	25 minutes + standing	Full - 100%, Defrost - 30%

Ingredients :

<ul style="list-style-type: none">✓ Whole wheat flour – 175 gms✓ Pinch of salt✓ Lard – 40 gms✓ Butter – 40 gms✓ Iced water – 2 tbsp	<p>Filling</p> <ul style="list-style-type: none">✓ Fresh spinach leaves- 450 gms✓ Cottage cheese – 100 gms✓ Eggs, beaten - 2✓ Single cream – 75 ml✓ Parmesan cheese, grated – 4 tbsp✓ Salt – to taste✓ Freshly ground black pepper
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Method :

- ❖ Mix the flour with the salt in a bowl. Rub in the fats until the mixture resembles fine breadcrumbs. Add the water and bind together to a firm but pliable dough.
- ❖ Roll out the pastry on a lightly floured surface to a round large enough to line a 20cm (8 inch) dish. Cut the excess pastry away, leaving a 5mm (¼ inch) 'collar' above the dish to allow for any shrinkage. Prick the base and sides well with a fork.



- ❖ Place a double thickness layer of paper towel over the base, easing it into position round the edges.
- ❖ Cook on full (100%) power for 3½ minutes, giving the dish a quarter turn every 1 minute. Remove the paper and cook for a further 1½ minutes.
- ❖ Place the spinach in a bowl, cover and cook for 5-7 minutes. Drain and chop coarsely.
- ❖ Mix together the cottage cheese, eggs, cream, Parmesan cheese and salt and pepper to taste.
- ❖ Stir in the spinach, blending well. Spoon into the flan case and cook on defrost (30%) power for 14—16 minutes, giving the dish a quarter turn every 3 minutes.
- ❖ Allow to stand for 10-15 minutes. The filling should set completely during this time.



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Split Pea Soup

Preparation Time	Cooking Time	Microwave Setting
10 minutes + soaking	40 minutes	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Green or yellow split peas – 225 gms ✓ Boiling water – 1.25 litres ✓ Bacon rashers, rind removed, chopped – 2 ✓ Onion, finely chopped - 1 ✓ Celery stick, finely chopped - 1 ✓ Butter – 15 gms 	<ul style="list-style-type: none"> ✓ Fennel seed – ½ tsp ✓ Stock – 1 tbsp ✓ Salt – to taste ✓ Freshly ground black pepper ✓ To garnish: ✓ Single cream ✓ Celery leaves (optional)
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Method :

- ❖ Wash the split peas and drain in a strainer. Put into a 2.75 litre (5 pint) bowl with 600ml (1 pint) boiling water. Stir once, then cover and leave to soak for 2 hours.
- ❖ Meanwhile, combine the bacon, onion, celery and butter in a 1.2 litre (2 pints) basin. Cook for 5 minutes or until the onion is soft, stirring once.





- ❖ Add the mixture to the split peas and liquid in the large bowl. Stir in the fennel seeds, stock and add 600ml (1 pint) boiling water.
- ❖ Three-quarters cover with microwave cling film and cook for 30 minutes, stirring occasionally, until the peas are soft.
- ❖ Purée the soup in a blender or food processor, return to the large bowl and add the remaining water. Reheat for 3-5 minutes. Add salt and pepper to taste.
- ❖ Swirl in the cream, add celery leaves and serve.
- ❖ If the soup is left to stand after cooking, it will thicken, so add a little stock or water when reheating.

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Western Baked Potatoes

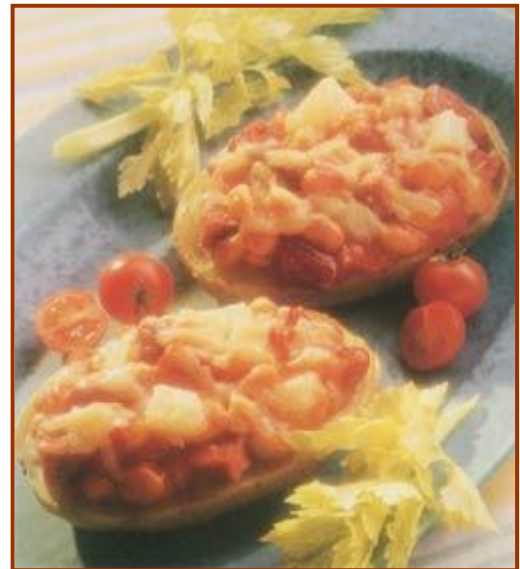
Preparation Time	Cooking Time	Microwave Setting
15 minutes	20 minutes + standing	Full - 100%

Ingredients :

<ul style="list-style-type: none"> ✓ Potatoes, scrubbed – 4 x 250 gms ✓ Corned beef, cubed – 100 gms ✓ Can barbecue beans – 1 x 450 gms 	<ul style="list-style-type: none"> ✓ Salt – to taste ✓ Freshly ground black pepper ✓ Cheddar cheese, grated – 50 gms
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Method :

- ❖ Prick the potatoes with a fork and arrange on doubled paper towels, spaced apart.
- ❖ Cook for 10 minutes, then turn over and rearrange.
- ❖ Cook for 6—7 minutes. Stand for 5 minutes.
- ❖ Split each potato in half and scoop out the flesh. Mix with the corned beef, beans, salt and pepper.
- ❖ Fill this mixture into the potato skins. Sprinkle with the cheese and cook for 3—4 minutes.



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Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>