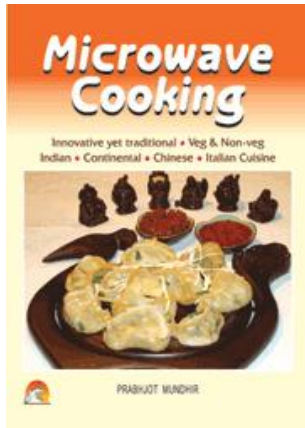




## Microwave Cooking.



**Author:** Prabhjot Mundhir  
**Format:** Paperback  
**ISBN:** 8178062194  
**Code:** 9715H  
**Pages:** 228  
**Price:** Rs. 160.00 US\$ 7.00

**Publisher:** Unicorn Books  
Usually ships within 5 days

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 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!

## Contents

- Preface
- Acknowledgement
- Some Facts about Microwave Oven and its Working
- Right Utensils for Microwave Cooking
- Types of Microwave Ovens
- Important Do's and Don'ts
- Defrosting Chart
- Reheating Chart
- Useful and Interesting Microwave Tips

Basic Pastes for Indian, Continental, Chinese & Italian Cuisine

1. Chilli-Garlic Sauce,
2. Basic Onion and Tomato Paste,
3. Almond/Cashew Nut Paste,
4. White Onion Paste,
5. Brown Onion Paste,
6. Tomato Puree,
7. Spinach Puree,
8. Coconut Milk,
9. Stock for Soups

Basic Salad Dressings for Indian, Continental, Chinese & Italian Cuisine

1. Mustard Sauce,
2. Mayonnaise,
3. Cheese Cream Dressing,
4. Simple French Dressing,
5. Barbecue Sauce,
6. Oriental Dressing,
7. Russian Dressing,
8. Chinese Dressing,
9. Cheesy Dressing,
10. Thousand Island Dressing



Sauces to be served with Cakes, Ice Creams and Trifle Puddings

1. Peach Sauce, 2. Strawberry Sauce, 3. Chocolate Sauce

Indian Dishes Cooked in a Microwave

Indian Relishes

1. Raw Mango Gudamba, 2. Lemon Delight (Nimboo Chutney), 3. Bottle Gourd Pickle (Lauki/Ghia Achar), 4. Carrot and Cauliflower Pickle, 5. Apple Chutney (Ginger and Cinnamon Flavoured), 6. Nutty Pumpkin Chutney, 7. Pickled Prawns

Soups & Salads

1. Almond Soup, 2. Kokum Sour (Kokum Coconut Cold Soup), 3. Lentils Soup, 4. Lemon Rasam, 5. Plain Vegetable Soup, 6. Idli Dumplings in Thin Tomato Soup, 7. The Shorba, 8. Mulligatawny Soup, 9. Beans Phoogat/Fugath, 10. Spicy Moong Sprouts and Carrot Salad

Breakfast

1. Stuffing for Parathas, 2. Sandwich Fillings, 3. Uttapam, 4. Quick Potato Curry for Pooris/Parathas/Buns, 5. Milk Badam (Almond Milk), 6. Herbal Tea/Herbal Beverage, 7. Breakfast Oats, 8. Scrambled Eggs/Anda Bhurji, 9. Poached Eggs, 10. Shrimps on Toast

Snacks & Starters

1. Steamed Corn on the Cob, 2. Matar Ghoogni (Green Peas Preparation), 3. Stuffed Mushrooms, 4. Nan-Khatai, 5. Steamed Moong Dal Squares, 6. Pop Corns (Bhune Makki-ke-Dane), 7. Spicy Sweet Potato and Corn, 8. Steamed Cabbage Rolls, 9. Grilled Fish, 10. Roasted Herbal Chicken, 11. Chicken Tikka Tandoori Style, 12. Sweet-n-Salty Panna (Raw Mango Drink), 13. Refreshing Whey Beverages

Main Course Dishes

1. Kabuli Chana Dry (Chickpeas Preparation), 2. Soya Chunks and Green Peas, 3. Crispy Drumsticks, 4. Stuffed Brinjals (small), 5. Khatta Meetha Kaddoo (Sweet-n-Sour Pumpkin), 6. Tindli in Curds, 7. Stuffed Bottle Gourd, 8. Aviyal, 9. Amba Paneer (Paneer cooked with Mango puree), 10. Bharvan Karela (Stuffed Bitter Gourds), 11. Stuffed Green Chillies, 12. Moong Dal Preparation (Dry Preparation), 13. Dry Carrots and Green Peas, 14. Achari Aaloo Methi (Dry spiced Potatoes), 15. Navrattan Korma, 16. Tomato Pachchdi, 17. Gajar Raita, 18. Pumpkin Pachchdi, 19. Sambar (Tovar Dal Preparation), 20. Sarson-Ka-Saag (A Pungent and Tasty Relish of Brassica Leaves), 21. Pineapple Raita, 22. Kadi (Rustic Kadi), 23. Paneer Malabari, 24. Bhutta Salan (Corn in Coconut Curry), 25. Steamed Bottle Gourd Koftas in Gravy, 26. Chicken Zabunizza, 27. Almond Chicken (Murg Badami), 28. Steamed Mutton Koftas in Gravy, 29. Mint and Pepper Mutton, 30. Egg Omelette Curry, 31. Palak Meat (Mutton cooked with spinach puree), 32. Mutton in Maharashtrian Gravy, 33. Mutton Vindaloo, 34. Andhra Fish Curry, 35. Chicken Chettinad, 36. Murg Hari Mirch (Chicken Cooked with Green Chillies), 37. Pandhra Rassa (White Curry), 38. Prawns Coconut Curry, 39. Variations with Plain Rice, 40. Green Peas Pulao, 41. Soya Nuggets Pulao, 42. Pineapple Rice, 43. Zard Birinj Akbari (Rice, Wheat and Vegetable Pulao), 44. Coconut Rice, 45. Til Rice (Sesame flavoured Rice), 46. Khichdi, 47. Saffron Flavoured Lentils Pulao, 48. Murg Yakhni Pulao (Chicken Pulao in a Kashmiri Style), 49. Mutton Pulao, 50. Mutton and Vegetable Khichdi

Desserts

1. Mango Kesar Phirni (Rice Pudding), 2. Cabbage Supreme, 3. Falooda, 4. Microwave Kesar-Pista Kulfi, 5. Kadah Prasad/Hulwa/Sheera, 6. Beetroot Hulwa, 7. Quick Mint and Lemon Flavoured Sweet Rice, 8. Pumpkin Hulwa

Continental Food

Soups, Salads & Starters

1. Tomato Splendour (Cream of Tomato), 2. Cream of Celery Mushroom Soup, 3. French Onion Soup, 4. Aromatic Potato Soup, 5. Delicious Beetroot Borscht (Cold Beetroot Soup), 6. Kidney Beans and Meat Soup, 7. Mutton Stew, 8. Chicken Balls and Vegetable Soup, 9. Gazpacho (Spanish Cold Tomato Soup), 10. Cheesy Salad in Cottage Cheese Baskets (Steamed/Baked Cheese Baskets), 11. Gumbo, 12. Sweet and Sour Glazed Beets, 13. Seasonal Salad Bowl with Croutons, 14. Tangy Broccoli and Cauliflower Salad, 15. Apple, Carrot and Chicken Salad, 16. Chicken and Pineapple Salad, 17. Baked Seafood Salad, 18. Spicy Scones, 19. Potato Tarts (Small Potato Pies), 20. Hot Dog Buns with Cheesy Potato Rolls, 21. Brandied Shrimp-Mushroom Cocktail, 22. Fish Mayonnaise, 23. Chicken Stew, 24. Ginger-Lemon Summer Coolant, 25. Ham Dumplings

Main Course

1. Brinjal Rolls in Tomato sauce, 2. Stuffed Cabbage, 3. Spinach Souffle with Cheese Sauce, 4. Stuffed and Baked Cauliflower, 5. Corn Pudding, 6. Chicken and Mushroom Pie with One Crust Pastry, 7. Shepherd's Pie (The Most Favourite Pie), 8. Meat Loaf, 9. Baked Fish Fillets, 10. Fish Souffle, 11. Fish Cutlets in Mustard Sauce, 12. Chicken with Mustard Crumb Coating, 13. Lemon Chicken, 14. Mutton Hot Pot



## Desserts

1. Apple and Apricot Crumble, 2. Chocolate-Coffee Cake, 3. Baked Alaska, 4. Fruit Medley, 5. Orange-Lemon Chiffon Pie, 6. Almond Orange Cake, 7. Rum Fruit Cake (X-Mas Cake), 8. Quick Butterscotch Pudding, 9. Dates and Walnut Cake

## Chinese Section

### Soups

1. Cauliflower Soup (Chinese style), 2. Hot and Sour Soup (Chinese Sour & Pepper Soup), 3. Chinese Chicken Corn Soup, 4. Crab and Corn Soup, 5. Shredded Pork and Noodle soup

### Main Course

1. Momos, 2. Manchurian Sauce with Steamed Vegetable Balls, 3. Chinese Stir Fried Vegetable Noodles, 4. Chinese Sweet-n-Sour Vegetables, 5. Microwave Chinese Fried Rice, 6. Chilli Chicken with Chilli Garlic Sauce, 7. Gravy Noodles with Chicken and Mushrooms, 8. Pineapple Fish

## Desserts

1. Almond Jelly, 2. Pineapple Curd

## Italian Section

### Soups & Salads

1. Consomme (A Clear Soup), 2. Minestrone Soup (Thick Italian soup), 3. Soup of Italian Marrow (Cream of Courgette Soup), 4. Pasta and Bean Soup, 5. Sweet and Sour Onion Salad, 6. Pasta Slaw

### Main Course

1. Baked Trio (Three-layered pasta), 2. Macaroni Baked in Cheese Sauce, 3. Pizza, 4. Polenta, 5. Ravioli, 6. Cannelloni Ripni, 7. Lasagna, 8. Pasta with Meat and Italian Tomato Sauce, (Pasta with Bolognese Sauce), 9. Saffron Flavoured Chicken Risotto (Chicken & Rice Dish)

## Desserts

1. Ice Cream Gateaux, 2. Souffle-ala-Milanaise (Lemon Souffle)

## Glossary

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