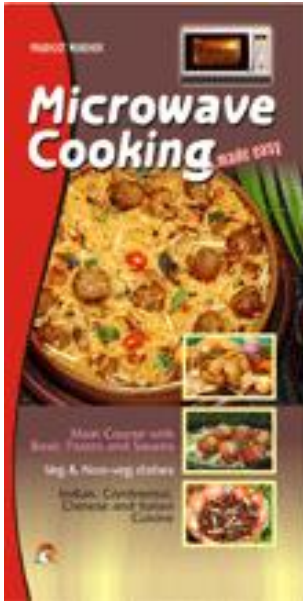




## Microwave Cooking



**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.

### ABOUT THE AUTHOR

Prabhjot Mundhir a freelance journalist is known for her expertise in the culinary arts and delicious innovative recipes. Her deep interest in research of Indian food played an important role in the culmination of a food CD, The Pleasure of Indian Cooking. She has won various food competitions and is well known for her classes in cookery. With this book, she aims to make cooking easy and quick. A boon for those always short of time. Her other books are Nutritious Mushroom Recipes and Paneer Bonanza.

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Some Facts about Microwave Oven and Its Working  
Types of Micro Ovens  
Right Utensils for Micro Cooking



Care and Cleaning  
Important Dos and Donts  
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 (Sonth)

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

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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

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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. Hyderabad Fish Curry
13. Grilled Fish Pomfret
14. Meatballs in Quick Sauce



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- 24. Chili Chicken with Chili Garlic Sauce
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- 7. Coconut Caramel Steamed Pudding
- 8. Chocolate Sponge Roll
- 9. Date Pudding
- 10. Fruit Medley
- Glossary
- Weights and Measures (Approximate Conversion)

## Contents

### AN EXCERPT FROM THE BOOK

Veg & Non-veg Burger Patties

Micro Cooking: 7 mins Serves: 4-6 persons

For Non-Veg Meat Patties

Mutton mince ...600 gm

Onions finely chopped ...  $\hat{A}$ ¼ cup

Green Chillies finely chopped ... 3 no

Garam masala ... 1 tsp

Pepper powder ... 1 tsp

Ginger powder ...  $\hat{A}$ ½ tsp

Fresh Breadcrumbs ... 1 cup

Egg ... 1 no

Salt ... to taste

Oil ... ¼ cup

Preparation and Cooking

1. Combine together all the ingredients except oil and mash them well.

2. Divide the mixture into 6 equal parts and shape into 3-inch round patties.

3. Put oil in a flat micro safe dish and heat on High for 2 minutes and place the patties in oil and roll them to be coated with oil properly.

4. Cook on High for 3 minutes; turn the side and cook for 2 minutes. You may use them like this or grill them for 10 to 15 minutes.

Assemble the way veg burgers are described:

For Veg Burger Patties

Soya Granules ... 1 cup

Potatoes boiled ... 3 no

Green Peas boiled ...1 cup



Onion chopped...1 small  
Green Chilies chopped ... 6 no  
Coriander chopped ... ¼ cup  
Pepper powder... 1 tsp  
Garam Masala... 1 tbsp  
Roasted Gram powder ... ½ cup  
Fresh Breadcrumbs ... 1 cup  
Egg ... 1 no  
Oil ... 2 tbsp  
Salt ... to taste  
Burger Buns ... 6 no

#### Preparation and Cooking

1. Soak soya granules in water for 30 to 40 minutes; drain and squeeze; wash and squeeze again.
2. Combine soya, potatoes, peas, onion, chilies and egg in a grinder and grind coarsely.
3. Mix roasted gram powder, breadcrumbs, salt, coriander and other dry spices with soya paste thoroughly and divide into equal portions to shape 3-inch round patties.
4. Put oil in a flat micro safe dish and heat on High for 2 minutes; place the patties in the dish and roll to cover them with oil; cook on micro High for 2 minutes; turn the side and cook for 2 minutes on High. Stand the dish for 3 minutes.
5. You may use the patties cooked like this or grill them for 10 to 15 minutes, turning over after 5 minutes.

**Assembling and Serving:** Cut 6 burger buns into two parts, brown the inner side under the grill for 5 minutes; apply Tomato sauce on one side and Green Chutney on the other side and place the patties, one each, in the centre. Place a piece of lettuce, onion slice and tomato slice, too, in each burger. Cover with the other half; secure them with toothpicks and serve with additional Sauce and any of the Salads.

**Tip:** Soya granules are rich in protein that provides natural vitamins and minerals essential for children's growth. Since the soya preparations are low in cholesterol and fats, they are light and easy to digest; excellent for people on diet; expectant mothers, diabetics, heart patients and the aged, etc; any food lover can enjoy them with zest and zeal. Burgers being the popular snacks of today's world, this option is being given here. Of course, you can use your popular potato patties, too, for making burgers.

**Avoid:** Using fried patties for making burgers for your growing children because with lots of fats, hardly any nutrition value is there. If you plan sensibly and provide good Salad and a Soup along with the burger, even this so-called junk fast food also provides nutrition.

#### About Pustakmahal Publishers

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