



Operating Manual  
and Recipe Book

## Congratulations

You are now the proud owner of a sleek yet sturdy and highly dependable electric oven, toaster cum griller (OTG) from Sunflame – a renowned name in home appliances.

Sunflame OTG is specially designed to handle your toughest requirements in baking, toasting and grilling and can give you uninterrupted service year after year.

To get the best from your new purchase we are providing you with some important and useful information about the features and capabilities of your OTG range.

We hope you will find cooking so much more fun with our recipes specially chosen for you.

## मुबारक

अब आपको गर्व है एक सजीले किंतु मजबूत और अत्यंत ही भरोससेमंद इलैक्ट्रिक ओवन, टोस्टर – कम – ग्रिलर (ओ.टि.जी) के मालिक होने का जो घरेलु साजो-सामान के एक जाने माने नाम सन्फ्लेम की देन है।

सन्फ्लेम ओ.टि.जी का डिजाइन खास तौर पर आपकी बेकिंग, टोस्टिंग और ग्रिलिंग कि जटिल जरूरतों को पुरा करने के लिए किया गया है। यह बिना किसी बाधा के वर्षों तक आपकी सेवा कर सकता है।

आप अपनी इस नयी खरीदारी से बेहतर काम ले सकें इसके लिए हम आपको ओ.टि.जी की खूबियों और क्षमताओं के बारे में कुछ महत्वपूर्ण और उपयोगी जानकारी दे रहे हैं।

आशा है आपके लिए खास तौर पर चुनी गयी हमारी पाक विधियों से आपको पकवान बनाने में एक अलग ही आनंद आएगा।

### Salient Features of OTG

1. Aesthetically designed and toughened glass door.
2. Stainless steel chamber which is more durable.
3. A toughened see-through glass front window enables you to observe the browning and cooking of food to your desire.
4. Stainless steel sheathed heaters facilitate fast & even cooking.
5. The heat is thermostatically controlled between 50°C to 270°C to suit the individual requirement of each item being cooked. When used as a hot case, this thermostat is capable of keeping the oven temperature at 60°C which enables you to keep your cooked food appetizingly hot.
6. Adjustable three-tier rack support along with a special tray handle is provided for your convenience.
7. Nickel chromium plated wire grill with skewers provided for grilling.
8. Fitted with accurate thermostat for better temperature control.
9. Fitted with light inside the chamber for distinct viewing.
10. Certain models are fitted with motorized rotisserie, auto cut timer and turbo fan.

### ओ.टि.जी. की विशेष खूबियाँ

1. आकर्षक डिजाइन वाला toughened glass का दरवाजा।
2. स्टेनलेस स्टीन का चैम्बर जो ज्यादा ड्यूरेबल है।
3. सामने लगी हुई toughened glass की खिड़की से आप अपनी इच्छानुसार खाने की चीजों को पकता हुआ देख सकते हैं।
4. स्टेनलेस स्टीन की ट्युब में लगे हीटरों से खाना जल्दी और समान रूप से पकता है।
5. प्रत्येक पकवान की जरूरत के अनुसार इसके अंदर का तापमान 50°C से 270°C से. के बीच थर्मोस्टेट द्वारा नियंत्रित होता है। हॉट केस के रूप में इस्तेमाल करते समय सह थर्मोस्टेट ओवन के तापमान को 60°C से. पर रखने में सक्षम है जो आपके पके हुए भोजन को खाने लायक गर्म रखता है।
6. इसके रैक को विभिन्न तीन स्तरों पर सुविधानुसार रख सकते हैं। इसको निकालने के लिए एक खास तरह का हैंडल भी दिया गया है।
7. भूनने के लिए सीखें दी गई हैं और उनको रखने के लिए Ni-Cr plated तारों की ग्रिल है।
8. बेहतर तापमान नियंत्रण के लिए बिल्कुल सही थर्मोस्टेट से सुसज्जित।
9. भीतर लाइट की व्यवस्था ताकि चैम्बर में रखी चीजों को भली – भांति देखा जा सकें।
10. कुछ माडलों में मोटराईज्ड रोटीसरी, आटो – कट टाईमर टर्बो फैन भी उपलब्ध है।

### Your OTG Control Panel has the following

#### 1. Selector switch:

The heater selector switch knob has 4 positions:

- i) Off
- ii) Bottom
- iii) Top
- iv) Both

**Off:** No power supply to the oven.

**Bottom:** Only bottom heater will be ON.

**Top:** Only top heater will be ON.

**Both:** Both top and bottom heaters will be ON.

#### 2. Thermostat:

This OTG is provided with a temperature control between 50°C to 270°C. Set the knob at the desired temp.

#### 3. Indicator:

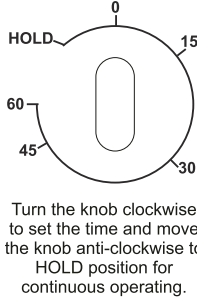
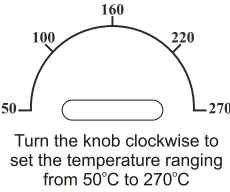
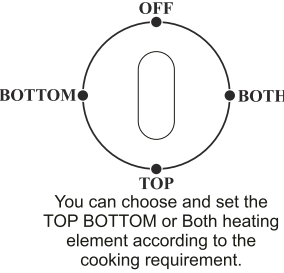
Illuminated lamp indicates that the heaters are ON.

#### 4.Timer: (Optional)

This is used to set the time upto 60 minutes.

#### 5. Rotisserie : (Optional)

The rotation is facilitated by 2 rpm synchronized motor operated by a switch



### आपके ओ.टि.जी. कन्ट्रोल पैनल में दिए गए संकेत।

#### 1. स्लेक्टरस्विच:

हीटर स्लेक्टर स्विच नॉब की चार स्थितियाँ होती हैं :

- 1. बंद (Off)
- 2. नीचे (Bottom)
- 3. ऊपर (Top)
- 4. दोनों (Both)

**(Off)** : ओवन की बिजली की सप्लाई बन्द।

**(Bottom)** : सिर्फ नीचे का हीटर काम करेगा।

**(Top)** : सिर्फ ऊपर का हीटर काम करेगा।

**(Both)** : दोनों ऊपर और नीचे के हीटर काम करेंगे।

#### 2. थर्मोस्टेट :

इस ओ.टि.जी. में 50°C से 270°C तक तापमान नियंत्रण की सुविधा है। आप नॉब को आवश्यकतानुसार तापमान पर सेट करें।

#### 3. इन्डिकेटर

Illuminated lamp दिखाता है कि हीटर ON है।

#### 4. टाईमर : (Optional)

इसके द्वारा आप 60 मिनट तक टाईम सेट कर सकते हैं।

#### 5. रोटीसरी : (Optional)

Synchnorized मोटर को स्विच के द्वारा 2 rpm की दर से घुमाया जा सकता है।

## How to use your OTG

(Please read the following instructions before you start your OTG)

1. Plug in your OTG and switch 'ON' power.
2. Select your mode as per your requirement from "bottom", "top" or "both" element positions.
3. After selecting the required mode pre-heat your oven for 5 minutes.
4. Position the rack as per your cooking requirement and place the dish on the rack.
5. Place the spill tray beneath the rack while grilling only. Do not use the spill tray while baking, roasting or toasting.
6. Baking : Baking means cooking in the dry heat in the oven. Set thermostat at the desired temperature as specified in the recipes. Selector switch knob to be set at "both" position.
7. Toasting: Toasting means cooking in the dry heat in the oven. Set the temperature to max. i.e. 270°C & place the wire grill on the top rack. The selector switch knob to be set at "both" position.
8. Grilling: Grilling means cooking under the red hot grill. Set the thermostat at the highest temperature (270°C). Selector knob switch to be set at "top" position. Place the drip tray in the bottom rack while grilling to prevent the excessive fat or oil from falling on to the bottom element.
9. Warming: The OTG functions as a hot case only when the heat selector is at "bottom" position and the thermostat is set at 60°C and the timer at "hold" position.
10. After the cooking is over, unplug your OTG and then remove the dish.

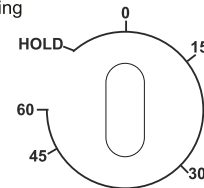
## ओ.टि.जी. कैसे इस्तेमाल करें।

अपने ओ.टि.जी. को चालू करने से पहले कृपया नीचे बताये गए निर्देशों को पढ़ें।

1. ओ.टि.जी. का प्लग लगायें और बिजली का स्विच 'ऑन' करें।
2. आवश्यकतानुसार मोड का चयन करें 'bottom', 'top' and 'both'।
3. मोड का चयन करने के पश्चात् पहले पाँच मिनट तक ओवन गरम करें।
4. कुकिंग की जरूरत के अनुसार रैक को लगा लें और फिर डिश रखें।
5. केवल ग्रिलिंग के समय रैक के नीचे स्पिल ट्रे रखें। बेकिंग, रेसिंग अथवा टोस्टिंग के समय स्पिल ट्रे का इस्तेमाल न करें।
6. Banking : बेकिंग का अर्थ है ओ.टि.जी. में dry heat में पकाना। थर्मोस्टेट को आवश्यकतानुसार तापमान पर सेट करें। स्लेक्टर स्विच नॉब को "both" पर सेट करें।
7. Tosting : टोस्टिंग का अर्थ है ओ.टि.जी. में dry heat में पकाना। तापमान को अधिकतम 270°C पर सेट करके wire grill को ऊपर के रैक में रखें। स्लेक्टर स्विच नॉब को "both" पर सेट करें।
8. Grilling : ग्रिलिंग का अर्थ है सुर्ख गरम ग्रिल के नीचे पकाना। थर्मोस्टेट को अधिकतम तापमान 14270°C पर सेट करके स्लेक्टर नॉब को "top" position में सेट करें। ग्रिल ट्रे को नीचे के रैक पर रखें ताकि तैलीय पदार्थ elements पर न गिरे।
9. Warming: ओ.टि.जी. हॉट केस की तरह सिर्फ तभी काम करेगा जब हीटर स्लेक्टर को "both" की position में रखेंगे और थर्मोस्टेट को 60°C पर तथा टाईमर को "both" position पर सेट करेंगे।
10. खाना तैयार हो जाने के बाद स्विच को ऑफ करके, अपने ओ.टि.जी. का प्लग निकाल दें। और डिश हटा लें।

## OTG with Timer

11. In timer models, timer is to be set for all operations by turning the knob clockwise for the desired time. However, in warm position the knob should be turn anti-clock-wise in HOLD position.  
Timer can be set upto 60 minutes. Do not turn the knob clockwise beyond that as this may damage the timer.
12. OTG will switch off automatically when the timer knob returns back to the (vertical) upward position after the lapse of pre-set time with a 'click' sound.
13. If you wish to switch off before the lapse of pre-set time, turn the knob anticlockwise to the vertical upward position gently.
14. The time can be set for next operation as per the procedure explained.



## OTG with Rotisserie

15. Rotisserie has been provided to facilitate the automatic rotation of the skewers.
16. The rotation is facilitated by a 2 rpm synchronized motor and is operated by a ON – OFF switch provided on the control panel.
17. Do not run the motor more than 60 minutes at a stretch. If the cooking requires more than 60 minutes, a gap of 5 minutes can be given after running if for 60 minutes again.

## ओ.टि.जी. टाईमर के साथ

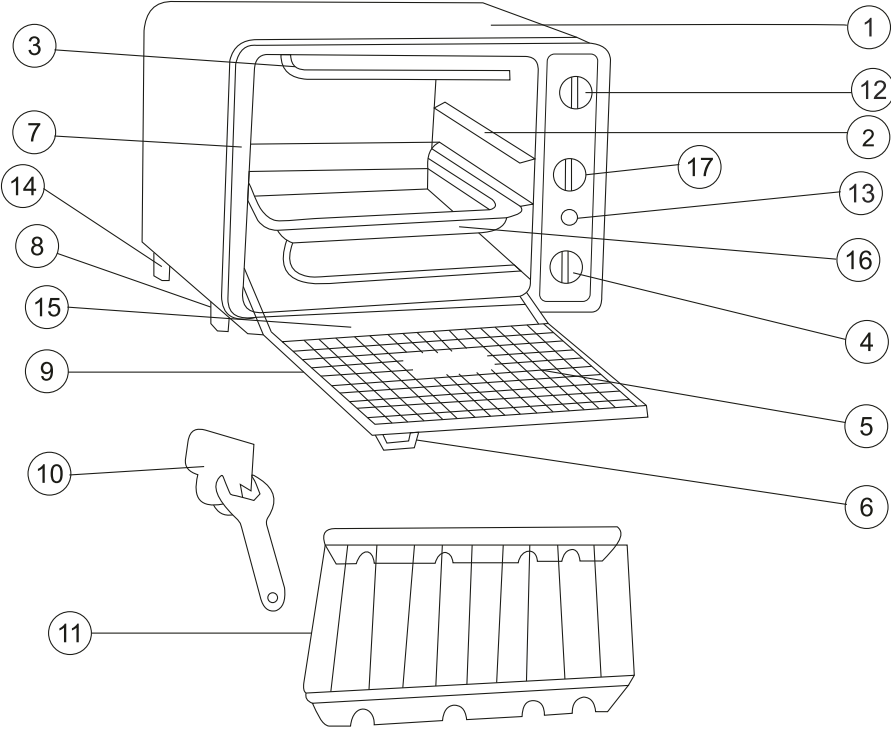
11. टाईमर को बेकिंग रोस्टिंग और ग्रिल पर सेट करने के लिए नॉब को क्लॉकवाइज घुमाएं और जितना समय चाहते हैं उतना सेट कर लीजिए warm position के लिए नॉब को एंटी क्लॉकवाइज दिशा में घुमाकर HOLD position की स्थिति में ले आएँ। टाईमर 60 मिनट तक सेट किया जा सकता है। इसे क्लॉकवाइज दिशा में और अधिक न घुमाएं इससे टाईमर खराब हो जाएगा।
12. पहले से निर्धारित समय समाप्त होने पर जब टाईमर नॉब वापस शून्य स्थिति (vertical) में आ जाएगी। तब 'क्लिक' की आवाज के साथ ओ.टि.जी. अपने आप बंद हो जाएगा।
13. यदि आप समय पूरा होने से पहले ही बंद करना चाहते हैं तो नॉब को एंटी क्लॉकवाइज दिशा में आराम से धीरे – धीरे घुमाएं और प्वाइंटर को शून्य की स्थिति में ले आएँ।
14. टाईमर को अगली बार ऊपर दिए गए तरीके से चालू किया जा सकता है।

## रोटीसरी के साथ ओ.टि.जी.

15. इसमें सीखों को अपने आप घुमाने के लिए रोटीसरी मोटर लगी हुई है।
16. पैनल पर लगे स्विच को 'आन' करने पर रोटीसरी मोटर 2 चक्कर प्रति मिनट की चाल से स्वयं चलने लगेगी।
17. मोटर को एक साथ 60 मिनट से अधिक न चलाएं। यदि एक घंटे से ज्यादा समय तक कुकिंग करनी है तो एक घंटे के बाद पांच मिनट तक मोटर बंद कर दें और फिर चालू करें।

IDENTIFICATION OF PARTS

- 1.Top cover
- 2.Rack
- 3.Element
- 4.Rotary switch / knob
- 5.Door glass
- 6.Door handle
- 7.Front panel
- 8.Hinge
- 9.Door
- 10.Tray handle
- 11.Wire grill
- 12.Thermostat
- 13.Indicator
- 14.Legs
- 15.Door glass frame
- 16.Banking tray
- 17.Timer (Optional)



Schematic diagram of OTG (front opening door) OTG-1600, OTG-3000, Regency

SPECIFICATION FOR OVEN TOSTER GRILLER

Power supply : Single phase 230 Vol., AC 50 Hz.  
Fitted with thermostat for controlling temp. from 50°C - 270°C

Model	Wattage full on	Heater	Capacity ltrs.	Inner chamber	Door	Accessories	Weight	Outer dimension
1. Regency/ OTG-1600 with auto cut timer	1200W	2 sheathed tubular heater 600W each	15	Stainless steel	Front opening	1 spill tray, 1 wire grill, 1 tray handle, 3 bar-be-que skewers.	8 kg.	40x30x30 cm.
2. Regency/ OTG-3000 with auto cut timer	2000W	2 sheathed tubular heater of 1000W each	31	- do -	- do -	1 spill tray, 1 wire grill, 1 tray handle, 3 bar-be-que skewers,	17 kg.	58x32x37 cm.
3. Regency/ OTG-3000 (T & R) with auto cut timer & motorised rotisserie	2000W	2 sheathed tubular heater of 1000W each	31	- do -	- do -	1 spill tray, 1 wire grill, 1 skewer with fork set, 3 bar-be-que skewers, 1 tray handle, 1 wire handle,	17 kg.	58x32x37 cm.

### Do's and Dont's OTG

1. Always switch off and unplug your OTG while not in use.
2. Avoid spilling of liquids inside your OTG, to prevent electrical hazard.
3. Do not touch the hot surface. Always use the handle provided to remove the tray / grill rack.
4. Do not put any object on top of the OTG while it is in use.
5. Keep the OTG six inches away from the wall.
6. Do not apply water on the glass window while it is in use. This could crack the glass.
7. Do not operate while standing in a damp area.
8. In case of any fault contact your nearest dealer.
9. Use only recommended accessories which are provided along with the unit.

### ओ.टि.जी. इस्तेमाल करते समय बरती जाने वाली सावधानियाँ

1. जब ओ.टि.जी. इस्तेमाल में न ला रहे हों तब उसका स्विच बंद कर दें और प्लग बाहर निकाल दें।
2. बिजली के कारण पैदा होने वाली दिक्कत से बचने के लिए अपने ओ.टि.जी. में कोई तरल पदार्थ न जाने दें।
3. गरम सतह को न छुएं। ट्रे/रैक को हटाने के लिए जो हैंडल दिया गया है, हमेशा उसी का इस्तेमाल करें।
4. ओ.टि.जी. पर काम करते समय उसके ऊपर कोई सामान न रखें।
5. ओ.टि.जी. को दीवार से छः इंच दूर रखें।
6. ओ.टि.जी. इस्तेमाल करते समय उसके कांच वाले दरवाजे पर पानी के छिंटे न गिरने दें। इससे कांच टूटने का डर है।
7. गीले स्थान पर खड़े होकर इसे इस्तेमाल न करें।
8. कोई भी खराबी होने पर अपने निकट के डीलर संपर्क करें।
9. केवल उन्हीं उपकरणों का इस्तेमाल करें जो आपकी यूनिट के साथ दिए गए हैं।

## RECIPES

The recipes given in this book are for guidance only. The timing and temperature given for each recipe may vary to a certain extent depending upon voltage, ambient conditions, quantity and quality of the ingredients used.

The timing mentioned in the recipes for OTG are based on supply voltage of 230V. Any variation in supply voltage can cause changes in the timings.

When a light brown crust forms on top of the cake, switch off the OTG and let the cake remain inside the OTG for at least 5 minutes. This will ensure that the core of the cake will not loosen and the upper crust does not burn.

## Baked Egg or Egg on Birds Nest

**No. of servings** 1  
**Size of serving** 1

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Egg 1, bread slice 30 gms (1big), butter 5 gms, processed cheese 15 gms, salt and pepper to taste.

### Method

1. Butter the slice and sprinkle half of grated cheese over it.
2. Break the egg, separate yolk from the white and beat egg whites with egg beater till stiff.
3. Pile the egg white on the bread slice.
4. Drop the egg yolk in the center of the egg white.
5. Sprinkle rest of the grated cheese over egg.
6. Sprinkle salt and pepper and bake in a moderate hot oven (approx.190°C) till egg white is baked and light brown in colour.
7. Remove from oven and serve hot.



## Paneer a La King

**No. of servings** 2  
**Size of serving** 1 small bowl

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Paneer 100 gms (cut into cubes), capsicum 100 gms, onion 125 gms, tomato 150 gms, curds 20 gms, cashewnuts 10 gms, fat 30 gms, salt 1/2 tsp, red chilli powder 1/4 tsp, haldi 1/8 tsp, garam masala 1/4 tsp, jeera 1/4 tsp, ginger 5 gms, (1/4th piece), garlic 5 gms (3-5 cloves).

### Method

1. Prepare puree from 100 gms tomatoes.
2. Grind to a paste 25 gms onion, ginger, garlic and cashewnuts.
3. Cut capsicum, onion and tomatoes into quarters with salt and heat.
4. Heat ghee in a pan, add jeera and ground paste and fry for a little while (do not let it brown).
5. Add beaten curds and tomato puree and dry spices and fry for 5 minutes.
6. Cut paneer into one inch cubes and smear with the prepared paste.
7. Insert the paneer and vegetables alternately on the greased skewers and place it on top rack of the oven at 220°C temperature.
8. Brush with oil and roast for about 10-15 minutes turning often till evenly done.

## Sponge Cake (Basic Recipe)

**No. of servings** 4  
**Piece of serving** 1 piece each

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Eggs 2, flour 125 gms, castor sugar 125 gms, vanilla essence a few drops, baking powder 10 gms, ghee 120 gms.

### Method

1. Beat the eggs to mix yolk and white.
2. Add castor sugar, eggs and warm ghee / butter bit by bit.
3. Keep this pan over warm water and beat the mixture till the mixture becomes fluffy.
4. Sieve the flour twice and add baking powder.
5. Add the flour to the prepared mixture by cut and fold method.
6. Add milk, if required so that the mixture should be in dropping consistency, essence can be added, if required.
7. Pour into the prepared greased cake tin.
8. Bake at 190°C on bottom rack for about 25-30 minutes, till the top of the cake becomes brown.
9. Allow to cool off in the oven for 3 to 5 minutes.
10. Remove from oven and cool on a wire rack.

**Note:-** All ingredients must be at room temperature.

## Chouse Pastry (Basic Recipe)

**No. of servings** 2  
**Size of serving** 2 eclairs

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Flour (maida) 50 gms, butter 50 gms, salt a pinch, water 50 ml, egg 2 small.

### Method

1. Sift flour and salt together.
2. Put butter and water into a saucepan and heat till butter melts. Raise heat and bring the mixture to boil.
3. Remove from fire and add sifted flour all at one time.
4. Return to fire and cook stirring all the time till mixture leaves the sides of the pan.
5. Remove and cool slightly.
6. Beat egg lightly and add little at a time into the flour mixture. The mixture should become smooth, shiny, soft and firm enough to hold its shape.

Use this paste for making chocolate eclair, cheese balls as per method given in the following pages.

# Hot Puddings, Hot Orange Souffle

No. of servings 2  
Size of serving 1 bowl

Pre heat oven at 250°C  
for 5 minutes

## Ingredients

Butter 12 gms (2tsp), flour 12 gms (1tbs), milk 1/4 c, orange (kinoo) 1/2, castor sugar 30 gms, egg yolk 1 & 1/2, egg white 2 eggs.

## Method

1. Melt the butter in a sauce pan, stir in the flour and cook for 1-2 min.
2. Gradually add milk, stirring continuously and bring to boil and cook for 1 min. remove from fire.
3. Grate orange rind fine and extract juice of orange. Stir in orange juice and castor sugar into above sauce. Allow the mixture to cool slightly and beat in the egg yolks.
4. Whisk egg whites until stiff and then fold them gently into the egg yolk mixture.
5. Spoon the mixture into a greased oven proof dish and bake at approx. 170°C for 20-25 min.
6. Serve hot decorated with grated orange rind.

## For chocolate souffle

Increase castor sugar to 40 gms in the basic recipe stir in 60 gms melted unsweetened chocolate or 1 tbs cocoa and 30 ml of milk in place of orange juice.

## For vanilla souffle

Add 1/2 tsp of vanilla essence and 30 ml milk instead of orange juice.

**Note:** Do not open the oven till the end of cooking time as the souffle might sink.



# Shepherd's Pie

No. of servings 2  
Size of serving 1 bowl

Pre heat oven at 250°C  
for 5 minutes

## Ingredients

For potatoes layer 250 gms potato, butter 25 gms, milk 50 ml, salt 1/2 tsp.

## For filling

Paneer 125 gms, peas 250 gms (unshelled ), onion 100 gms, green chillies 2, coriander leaves few, salt 1/2 tsp, red chilli powder 1/4 tsp, garam masala 1/4 tsp, fat 1 tsp, butter (for lining dish) 25 gms.

## Method

1. Boil the potatoes, peel and mash them well.
2. Add salt, butter and milk to mashed potatoes and beat to an thick smooth consistency.
3. Chop onions and green chillies and fry lightly in fat. Add salt, chilli powder and garam masala. Add shelled peas and cook in a covered pan on slow fire.
4. Add crumbled paneer and cook till dry.
5. Grease a pie dish with butter (10 gms). Spread the mashed potatoes on it. Cover with peas and paneer mixture. Do with 15 gms butter and bake in a moderate oven till brown on top. (approx. temp. 190 °C).

# Fish Tikka

Pre heat oven at 250°C  
for 5 minutes

## Ingredients

Singhara fish 100 gms (cut into 1/2 piece), ginger 5 gms (grind to a paste), garlic 5 gms, lemon 1/2 (take out juice), salt 1/2 tsp, chilli powder & coriander powder 1/4 tsp each, oil 1 tsp, red colour 1-2 drops.

## For coating of fish

Maida 1 tsp, salt 1/4 tsp, chilli powder 1/4 tsp.

## For garnishing

Onion rings 20 gms

## Method

1. Wash and wipe the fish pieces.
2. Coat them with flour, chilli powder and salt.
3. Prick the fish pieces with fork. Combine all the other ingredients. Coat the fish pieces with this masala. Keep aside for 2-3 hours.
4. Grill fish pieces for 5-10 min. on both the sides or roast in a oven on top rack at 220°C temperature.
5. Serve hot with onion rings.

Baked Vegetables with Spinach

No. of servings 2  
Size of serving 1 small bowl

Pre heat oven at 250°C  
for 5 minutes

Ingredients

For spinach base spinach 500 gms, onion (sliced) 75 gms, green chilli (chopped) 1, cornflour 1/2 tsp, fresh cream 15 ml, fat 1/2 tsp, salt 1/2 tsp, papper 1/4 tsp.

Method

For spinach base

- 1. Wash and chop spinach
- 2. Cook till soft and dry.
- 3. Grind it to a paste.
- 4. Heat ghee, fry onions, flour and green chilli for a little white (avoid browning of onion).
- 5. Add ground spinach, cream, salt and pepper. Cook for one minute.

For vegetables

- 6. Shell the peas, cut cauliflower, beans and carrots into small pieces.
- 7. Steam the vegetables till tender.
- 8. Prepare white sauce (as given in baked vegetables) using butter, cornflower and milk.
- 9. Add salt, black pepper and mix in the grated cheese.
- 10. Mix the vegetables with the sauce.

For baking

- 11. Spread the spinach on a greased baking dish and cover with vegetables mixture.
- 12. Sprinkle grated cheese on top and arrange tomato slices. Bake in a hot oven at 220°C for about 20 minutes.

Sweet Plain Biscuits (Basic Recipe)

No. of servings 3  
Size of serving 2-3 biscuits

Pre heat oven at 250°C  
for 5 minutes

Ingredients

Flour 50 gms, butter 25 gms, castor sugar 25 gms, baking powder 1/4 tsp, egg 1/4 tsp, milk to make the dough (approx. 1tsp)

Method

- 1. Sieve flour and baking powder together.
- 2. Beat egg and mix the butter and sugar till the mixture becomes light and fluffy.
- 3. Add the flour and beat the above mixture and make the dough if necessary add milk.
- 4. Roll out the dough on floured board into 1/4” thickness. Cut into biscuits and prick each biscuit with a fork.
- 5. Place on a greased baking tray and bake in a moderate oven (180°C – 220°C ) approx. for about 20-25 minutes or till golden brown in colour.
- 6. Remove and cool on a wire rack before serving.

Baked Vegetables

No. of servings 1  
Size of serving 1 small bowl

Pre heat oven at 250°C  
for 5 minutes

Ingredients

Peas 100 gms (50 gms shelled), beans 50 gms, carrots 50 gms, cauliflower 50 gms, potato 50 gms, milk 200 ml, cornflour 3 tsp, butter 3 tsp, salt 1/2 tsp, white pepper 1/4 tsp, tomato 50 gms (for garnishing), processed cheese 25 gms (grated).

Method

- 1. Shell peas, cut cauliflower, beans and carrot into small pieces.
- 2. Steam these vegetables till tender.
- 3. Boil potato, peel and cut into pieces.
- 4. To prepare white sauce. Heat butter in a pan, add corn flour and fry lightly on slow fire. Remove from fire. Add milk gradually with constant stirring. Cook with constant stirring till thick. Add seasonings and half of the grated cheese.
- 5. Mix well the vegetables with the prepared sauce. Put the mixture in an oven proof dish. Arrange tomato slices on top and sprinkle the left over grated cheese.
- 6. Bake at approx. 190°C till the top of the vegetable becomes golden brown.

Mushroom and Cheese Toasted Sandwich

No. of servings 1  
Size of serving 2 sandwich

Pre heat oven at 250°C  
for 5 minutes

Ingredients

Bread 2 slices, butter 20 gms, processed cheese 25 gms, mushroom 50 gms, salt & pepper to taste, mustard powder a pinch.

Method

- 1. Wash the mushrooms and cut into 4 each.
- 2. Heat 1 tsp of butter in a pan and sauté the mushrooms over low heat, till dry.
- 3. Toast the bread slices lightly.
- 4. Mix a pinch of mustard powder in butter and spread over the toasted bread.
- 5. Arrange mushrooms on toast, sprinkle salt and pepper and cover with grated cheese.
- 6. Cook under the grill, till cheese melts and turns golden brown. (temp. 220 °C)
- 7. Serve hot.

## Chocolate Pudding

**No. of servings**    2  
**Size of serving**    1/2 mould

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Cocoa powder 1 tsp (level), milk 75 ml, fresh bread crumbs 2 big slices, butter 25 gms, sugar 30 gms, egg 1/2, baking powder 1/8 tsp, vanilla essence few drops.

### Ingredients for sauce

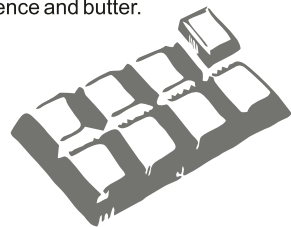
Cocoa powder 1/2 tsp (level), water 75 ml, cornflour 1/2 tsp, salt a pinch, vanilla essence few drops, butter 1 gm, sugar 30 gms.

### Method

1. Dissolve cocoa in mild, pour on to the bread crumbs and leave to soak for 15-20 min.
2. Cream together fat and sugar till light and soft.
3. Beat in the egg yolk and then pour over the soaked crumbs.
4. Add a few drops of vanilla essence and lastly fold in the egg white and baking powder.
5. Put the mixture into an greased mould and bake for about an hour till well risen and firm (temp. 170°C-190°C approx.).
6. Cool, turn out and serve with chocolate sauce.

### Method for sauce

1. Mix the corn flour and salt to a smooth paste with a little water.
2. Heat rest of the water and when boiling pour on to the blended cornflour stirring all the time.
3. Return to heat and continue boiling with constant stirring.
4. Add cocoa dissolved in a little water and sugar and cook for 4-5 min. stirring and beating.
5. Stir in vanilla essence and butter.



## Short Crust Pastry (Basic Recipe)

Prepare shot crust pastry and use for the preparation of custard tarts, lemon tarts, jam jarts, orange cream tarts, and pineapple tarts.

**No. of servings**    3  
**Size of serving**    2-3 pastries

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Flour 50 gms, fat 25 gms, sugar 1/2 tsp, salt a pinch, cold water as required.

### Method

1. Sieve flour and salt.
2. Rub in the butter gently using finger tips till the mixture resembles fine bread crumbs. Use minimum handling. (rub quickly and lightly lifting mixture up all the time to get a much cool air in as possible).
3. Add cold water, sprinkling it evenly over the mixture.
4. Mix with a palette knife or a round blade kitchen knife, cutting through and pressing together (a knife keeps the pastry cool).
5. Put down the knife and bind the mixture into a smooth dough with the hand.
6. Place the dough on a lightly floured board or table top.
7. Flour the rolling pin lightly and roll the pastry in one direction only, without pressing or stretching it.
8. Roll out the pastry 1/4" thick and cut into 4 rounds using a biscuit cutter. Clean and grease a tart tray and line with pastry rounds.

9. Bake the pastry blend in a hot oven (app. 220°C) for above 10 minutes to set the bottom.
10. Now fill the tarts with the given filling and bake further for 10 minutes in moderate oven (190°C).

### For filling:

Milk 120 ml, sugar 1 tsp, custard powder 2 tsp, banana 20 gms, apple 20 gms.

### Method

1. Make a paste of custard powder with a little water or milk.
2. Add to hot milk with continuous stirring.
3. Cook till mixture thickens. Add chopped fruits.

**Note: Recipe with 50 gms pastry means pastry made with 50 gms flour custard tarts.**



Gobhi Masallam

No. of servings 2  
Size of serving 1 bowl

Pre heat oven at 250°C  
for 5 minutes

**Ingredients**  
Cauliflower 250 gms (1 small), onion 75 gms (1 small), tomato 75 gms (1 small), ginger 1/2” piece, coriander leaves few, fat 10 gms, bread crumbs 1 tsp, salt 1/2 tsp, haldi 1/8 tsp, red chilli powder 1/4 tsp, garam masala 1/4 tsp, garlic 3-4 cloves.

- Method**
1. Steam the whole cauliflower in salted water till slightly tender.
  2. Grind onion, ginger and garlic to a paste.
  3. Blanch tomatoes.
  4. Heat ghee and fry onion, ginger and garlic paste to golden brown. Add blanched tomatoes and fry for some time more. Add dry masalas and cook the above mixture by adding small amount of water left after boiling the cauliflower.
  5. Remove the masala and fill it in the cauliflower and cover it with the rest if the mixture.
  6. Sprinkle bread crumbs and bake or grill at 190°C till golden brown.
  7. Serve garnished with chopped coriander leaves on top.

Chocolate Eclair

Ingredients

For chouse pastry as given in the basic recipe.

For filling

Fresh cream 100 gms, icing sugar 1 tsp, cocoa 5 gms water 1 tsp.

Method

1. Make the chouse pastry as given in basic recipe.
2. Put the mixture into a piping bag.
3. Pipe the mixture into a baking tray into 3” long finger.
4. Bake at 200°C for about 25 to 30 minutes till crisp.
5. When baked do not remove from oven immediately but open the door and leave it in the oven for about 10 minutes to prevent collapsing.
6. Remove from the oven and slit them on one side to let the steam escape, leave to cool.
7. Whip the cream and sweeten it with sugar fill into the éclairs.
8. Cover the top of the éclairs with chocolate icing.

For icing

1. Sieve icing sugar and cocoa together.
2. Add warm water and mix to a paste till smooth and glossy.

Pre heat oven at 250°C  
for 5 minutes

Black Forest Pastries

No. of servings 4  
Size of serving 1 pastry

Pre heat oven at 250°C  
for 5 minutes

**Ingredients**  
Cake of 2 eggs (baked in rectangular tin) (15 cms x 8 cms)  
\*chocolate sponge  
Cream 100 gms, icing sugar 2 tsp, tinned cherries 12, syrup (from the tinned cherries) 2 tsp, plain milk chocolate 10 gms.

Method

1. Cool the sponge cake and cut into pastries (approx. 8 cms x 4 cms).
2. Cut each pastry horizontally into two.
3. Soak these pieces with syrup.
4. Whip the chilled cream till stiff. Add icing sugar and mix well.
5. Put a layer of cream and chopped cherries (2 in each pastry on one piece of each pastry and sandwich the other on top).
6. Apply cream on top of each pastry and decorate with scraped or grated chocolate and place one cherry in centre on top of the pastry.  
\*a typical black forest pastry has black cherries as a filling and decoration.

Baked Fish with Cheese Sauce

No. of servings 4  
Size of serving 1 piece

Pre heat oven at 250°C  
for 5 minutes

**Ingredients**  
Fish (pomfret) 1 fillet 500 gms, lemon 1/2, salt 1/4 tsp, chilli powder, green chilli minced.

For white sauce

Milk 200 ml, maida 1 & 1/2 tsp, butter 1 & 1/2 tsp, salt 1/4 tsp, pepper a pinch, grated cheese 25 gms & 3/4 tsp mustard powder.

Method

1. Clean and wash the fish.
2. Apply lemon and salt and marinate for an hour.
3. Wash the fish again after marinating.
4. Prepare the white sauce and add grated cheese to it.
5. Arrange fish in pyrex dish and pour the cheese sauce over it.
6. Bake in moderately hot oven (approx. 220°C) till fish is tender and the top is browned.



## Pizza

### Ingredients

Maida 2 cups, milk 1/2 cup, salt 1 tsp, yeast one level tsp, egg 1, butter 2 tsp.

### For filling

3/4 kg. Skinned tomato or pizza toppings, mushroom, onions 2, garlic 3-5 flakes, chilli flakes, salt pepper to taste, oil 2 tsp, grated cheese 100 gms.

### Method

Sift maida with salt, melt butter and beat the egg, mix yeast and sugar in warm milk. Mix all this to a soft dough, adding warm water if required. Knead the mixture to a supple dough which does not stick to the side of the bowl. Cover the bowl with a cloth and a piece of plastic for about 1/2 an hour till the dough becomes double in volume. Knead the dough second time and roll a portion of this dough like a chapatti and cover with a cloth and piece of plastic and allow the chapatti type dough to rise again for a further 45 minutes in a warm place. This forms the pizza base. Alternatively you can purchase pizza base from any bakery shop.

Place a layer of tomato slices, add onion rings, mushroom, mixed herbs and cheese top with all fillings on pizza base and sprinkle oil over it. Place pizza on wire grill on middle rack o preheated oven bake it for 20 minutes at 220°C temperature.

Pre heat oven at 250°C  
for 5 minutes

## Tomato and Cheese Toasted Sandwich

No. of servings

1

Size of serving

1 sandwich

Pre heat oven at 250°C  
for 5 minutes

### Ingredients

Bread 2 slices, butter 15 gms, processed cheese 25 gms, tomato 100 gms (2small), salt & pepper to taste, mustard powder a pinch.

### Method

1. Slice the tomatoes and grate the cheese.
2. Toast the bread slices lightly.
3. Mix a pinch of mustard powder in butter and spread over the toasted bread.
4. Arrange tomatoes slices on toast, sprinkle salt and pepper and cover with grated cheese.
5. Cook under the grill, till cheese melts and turns golden brown on top rack at 220°C temperature.
6. Serve hot.



## Grilled Chicken

### Ingredients

Chicken (broiler) 1 small, cooking oil 4 tbsp, soya sauce 1 desert spoon, lemon juice 1 tbsp, salt & pepper to taste, green salad.

### Method

Cut the chicken into four joints – the two legs, and two joints of breast and wing. Wash dry and prick the pieces a little with a fork. Put the pieces into the grill pan. Mix the oil, lemon juice, soya sauce and seasoning together. Pour over the chicken and leave to stand for one or two hours, turning round occasionally. Put these pcs. on wire grill & place the drip tray underneath. Cook under a medium hot 240°C grill for about 30 minutes on top rack turning and busting with the oil mixture until tender and browned. Serve with crisp green lettuce, tomato slices and onion rings.



## Cooking terms explained

**Baking:** Cooking in dry heat in the oven

**Boiling:** Cooking by immersing the food in a pan of liquid, which must be kept boiling gently – all the time.

**Baste:** To wipe the meat with fat and / or sauce while cooking.

**Braising:** Almost a combination of stewing and roasting. Meat is placed on a bed of vegetables with a little surrounding, in a covered vessel, and cooked slowly in the oven.

**Broil:** To cook in a hot pan without fat.

**Casserole:** Cooking slowly in the oven in a covered casserole dish-usually meat, rabbit, etc.

**Frying:** Cooking in a little hot fat in an open pan. Deep frying is cooking by immersion in a deep pan of smoking hot fat.

**Grilling:** Cooking quickly under a red-hot grill; used for small tender pieces of meat, fish etc.

**Marinate:** Generally used in meat dished where the meat has to be pricked and soaked for some hours in a sauce of spices.

**Poaching:** Cooking gently in water which is just below boiling point usually eggs or fish.

**Pressure cooking:** Cooking at higher temperatures than usual. So that food is cooked much more quickly.

**Roasting:** Cooking with a little fat in hot oven.

**Simmering:** The rate of cook in used for stews-just below boiling point so that the liquid bubbles gently at the side of the pan.

**Steaming:** Cooking either in a steamer over a pan of boiling water, or in a basin standing in (but not covered by) boiling water.

**Stewing:** Cooking slowly until the food is tender. It is done in just enough liquid to cover the food, as the liquid is served with it and should be rich. Stews may be cooked in covered saucepans casseroles, on a hotplate or in the oven-but always at a low temperature.

**Saute:** To lightly fry in oil.

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