

Sunflame®

Sunflame Enterprises Private Limited.
58, Sector 27C, Mathura Road,
Faridabad-121 003, Haryana, India

For complaint redressal you may either dial (+91) 129-2275723
or e-mail us at customercare@sunflame.com or
write in at the above address.

www.sunflame.com

Sunflame®

Electric Tandoor



Stainless Steel



Black

Read all instructions carefully before use

INDEX

Contents

Setting up your tandoor	1
Preliminary operation	1
Control knob	1
Using the tandoor	2
Safety precautions	2
Specification	2
Part identification	2

Recipes

Masala cheese toast	3
Italian pizza	3
Seekh kabab	4
Malai kabab	4
Tandoori chicken	5
Paneer/Chicken shashlik	5
Patrani machchi	6
Stuffed capsicums	6
Tandoori nan	7
Pudina Parantha	7
Lachcha Parantha	8
Tandoori roti	8
Stuffed paneer parantha	9
Missi roti	9
Paneer toast	10
Tandoori fish fry	10

SETTING UP YOUR TANDOOR

- Unpack the Tandoor and accessories.
- Position the Tandoor in a suitable place.
- Please ensure that the Tandoor is kept 8" away the rear wall and 8" away from other appliance.
- Make sure that the Tandoor is out of children's reach as the outer surface becomes very hot, when in operation.
- To avoid risks of fire, keep curtain or any inflammable material away from the tandoor
- The tandoor is to be used on 6 Amp. electric power supply socket

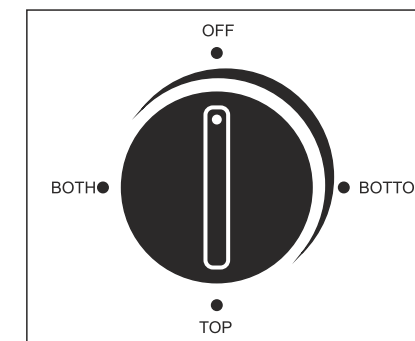
PRELIMINARY OPERATION

- Insert plug of the Tandoor into the socket.
- Set selector knob to position 'BOTH'
- Side out the tray of the Tandoor after 5 minutes. First use might result in a peculiar odour and some smoke, which is absolutely normal.

CONTROL KNOB

- **Selector knob**
The selector knob has 4 possible setting –TOP,' BOTTOM' 'BOTH' 'OFF ' Each has its own special function.

Selector knob



Position	Application
Top	Grilling, Toasting, Roasting
Both	Tandoor
Bottom	Roasting

USING THE TANDOOR

- Preferably the Tandoor should be pre-heated for 7-10 minutes, for better results.
- Place the food to be processed on the tandoor tray.
- Slide the tray into the tandoor chamber.
- Set the selector knob as per requirement.

SAFETY PRECAUTIONS

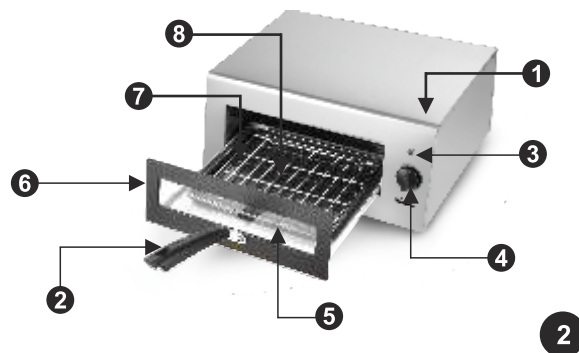
- Keep the Tandoor away from direct heat and sunlight.
- Do not place the Tandoor against the wall; provide a space of 8" between the wall and the appliance. Ensure that it does not come in contact with curtains of other sensitive material.
- Do not remove the tray with bare hands; always use the tray handle and gloves.
- Do not touch the exteriors of the appliance as the metal surfaces are very hot during operation or immediately after use.
- Do not immerse in water or use any abrasive cleaner. Use damp cloth to wipe the exteriors of the Tandoor. Do not allow droplets to enter the heating plate.
- Do not operate on cloth or vinyl table, rubber mats, carpet etc.
- Do not splash water on the glass when it is in operation as it may crack the glass.
- Do not allow the food or aluminum foil to come in contact with the elements.
- Do not put plastic or lacquered utensil inside or on top of the Tandoor.

TECHNICAL SPECIFICATIONS

Model	Electric Tandoor (Stainless Steel / Black)
Power	1100W
Voltage	230V AC 50Hz

PART IDENTIFICATION

1. Aesthetically Designed
Stainless Steel / Black Body
2. Tray Handle
3. Power Indicator
4. Control Knob
5. See Through Window
6. Slide-out Tray
7. Wire Grill Rack
8. Vitreous Enamelled Drip Tray



RECIPES

MASALA CHEESE TOAST



You will need:

- 8 slices of Bread (white or brown)
- 50 gms. Butter
- 200 gms. Grated Cheese
- ½ tsp. Mustard powder
- 3(150 gms.) Onions
- 2 (100gms) Tomatoes
- 1 tsp. fresh Green Coriander

How to prepare

- Butter one side of 4 slices.
- Chop fine onions tomatoes and coriander.
- Mix with all the other ingredients so that the mixture can be easily spread.
- Spread 1/8th of the mixture on the buttered side of each slice.
- Place in tandoor.
- Set the selector knob to both position.
Toast for 2-3 minutes or more depending upon the required crispness.
- Serve hot with tomato or tobasco sauce.

ITALIAN PIZZA



You will need:

For the Dough

- 3 ¼ cup (400 gms.) flour,
- 3 tbsp. (40 ml.) milk, 25 gm. Fresh yeast,
- 1 Egg, 1 tsp Salt, 80 gms. Butter

For the Spread

- 8-10 (500 gms.) Tomatoes,
- 2 (100gms.) Onion, 4cloves, Garlic, ½ tsp. Pepper,
- 100 gms. Butter, 1 tsp Salt, 3-4 Basil Leaves,
- ½ tsp. Oregano, 1/3 cup (75 gms.) Refined Oil, 1tsp. Cornflour, 350 gms. Mozzarella Cheese, Boiled juliennes or Capsicum, Slices of Salami or Pepperoni can be added for a non-veg variation

How to prepare

- Mix the ingredients for the dough to form a smooth ball. Cover with a polythene sheet and keep aside for an hour for it to rise.
- Chop onions garlic and fry in the oil.
- Add pureed tomatoes and cook for 2-3 minutes.
- Add salt, pepper and basil leaves. Cook till paste thickens. Add corn flour to thicken further.
- Spread dough on a greased pizza tray. Put into preheated tandoor.
- Put out the tray after 3 minutes spread the pizza spread and top with thinly sliced mozzarella cheese and any other desired topping sprinkle oregano. Place back in the tandoor
- The pizza top will get brown as the cheese melts.

SEEKH KABAB



Serves
4

You will need:

500gms. Minced Meat, ½ cup (150 gms.) Curd, 2 tbsp. (15 gms.) parched gram (Channa) 1tbsp. Desicated Coconut, 1 ½ tsp. Salt, 4-6 Cardamoms, 1 tsp. Red paper 1 tsp. mace, 1 tsp . Nutmeg, 1 tsp. cumin seeds 1 tsp, poppy seeds, 1 tsp. black pepper, 1 ½ " Ginger 12 cloves Garlic, ½ (30 gms.) Onion, 1 ¼ tbsp. (15 gms.) Oil

How to prepare

- Grind all the ingredients except meat, curd and oil.
- Add curd to make a masala paste.
- Mix minced meat with the paste and leave for ½ hour to marinate.
- Roll like a seekh.
- Apply oil on seekhs, put on the tandoor tray, push into a pre-heated tandoor.
- Set the selector knob to BOTH position allow to cook for about 7-8 minutes.
- Remove and serve hot with slices of tomato, onion, cucumber, lemon wedges and mint chutney.

MALAI KABAB



Serves
4

You will need:

250 gms. Minced Mutton, 1 slice wheat Bread, Milk to soak the bread, 1 (30 gms.) Onion, 2 Green Chillies without seeds, 1tsp. salt ½ tsp Red pepper ½ tsp ground Coriander seeds flour rolling Kababs 1 egg

For Garnishing

½ tsp salt 1 tsp Garam Masala, 2 shredded Green chillies, ½ tsp Red pepper 1 tsp chopped coriander leaves

How to prepare

- Mince the meat.
- Soak slice of bread in milk.
- Chop fine onions ginger green chillies and coriander leaves and mix with minced mutton soaked bread (after squeezing out the milk) salt red pepper ground coriander seeds garam masala and egg.
- Knead for 5 minutes. Divide mixture into 3 equal parts shape into round and flat cakes about 1 ½ in diameters and roll in dry flour.
- Fry in little hot ghee till browned from all sides.
- Place in a pyrex dish and pour sour cream. Sprinkle salt red pepper garam masala and coriander leaves.
- Set the selector knob to Top position and grill for approx 7 minutes. Serve hot.

4

TANDOORI CHICKEN



Serves
4

You will need:

1 Chicken (cut at joints or whole) 3 tbsp (50 gms.) curd 1" Ginger 10 cloves Garlic, 1 tsp Garam masala, ½ tsp Red chilly powder, 1 tsp salt ½ tsp pepper 2-3 drops Red Colouring, 2 lemons, ½ tsp . Mace, ½ tsp Nutmeg, 3 ½ tbsp (50 gms.) cooking oil

How to prepare

- Wash chicken and make slits with a knife.
- Mix lemon juice and salt. Rub into the slits. Keep aside.
- Grind ginger garlic curd garam masala red chilly power salt pepper mace nutmeg and red colouring mix well.
- Apply this masala on the chicken leave to marinate for 2-3 hours. Preheat Tandoor (10-15 minutes) place chicken on a greased tray.
- Baste chicken and cook till done.
- Garnish with garam masala lemon juice slice of lemon and serve hot.

PANEER/ CHICKEN SHASHLIK



Serves
4

You will need:

500 gms. Panner or 500 gms. Boneless chicken, 8-10 (500 gms.) Tomatoes, 3 (250 gms.) Capsicums 3-4 (200 gms.) Onions 3" Ginger, 1 pod Garlic, 1 tsp Red chilly power, 1 tsp. salt ½ tsp. Turmeric, ¼ cup (75 gms.) curd 3 tbsp. (45 gms.) cooking oil 1 tsp Garam Masala, 1 tsp Nutmeg, tsp. Mace, 2tbsp. lemon juice.

How to prepare

- Grind ginger and garlic to make a smooth paste.
- Mix curd garam masala salt red chilly powder turmeric mace nutmeg, lemon juice to form a paste.
- Slice paneer/chicken into small squares.
- Cut onions, tomatoes capsicums into quarters.
- Mix the two with masala paste. Add marinate for half an hour.
- Place the paneer/chicken with tomato, onions and capsicums on the tray.
- Set the selector knob to 'Both' position and Roast for about 7-9 minutes or more as per the desired browning.
- Fry left over masala in a small pan with 2 tsp. curd and serve with pulao.

5

PATRANI MACHCHI



Serves
4

You will need:

1 LARGE (75 gms) pomfret, Aluminium foil

For the chutney

½ coconut, A large bunch of coriander leaves, 5 Green chillies, 1 tsp cumin seeds, ½ Ginger 12 cloves Garlic, 12 mint leaves 3 tsp lime juice 1 tbsp. sugar 1 tsp. Garam masala, 1 tsp ground cumin seeds, salt & chilly powder to taste.

How to prepare

- Grind all the chutney ingredients to paste without adding water.
- Cut the fish into 5 slices.
- Coat the fish slices with the paste.
- Wrap the fish in aluminum foil. Place it on the tandoor tray.
- Set the selector knob to BOTH' position and roast for about 8-10 minutes.
- Serve hot with pudina chutney.

STUFFED CAPSICUM



Serves
4

You will need:

6 (½ kg) capsicums, 50 gms. Butter, 1-2 (200gms.) potatoes, 100 gms. Shelled Green peas, 1 ½ Ginger, 2 (100 gms.) Onions 2 bunches coriander leaves 2 Green Chillies, salt to taste, ½ tsp. Red chilly powder, 1 tsp Garam masala, 2 tbsp . Bread Crumbs

How to prepare

- Boil the potatoes and green peas separately.
- Peel and mash the potatoes. Add the boiled peas chopped onions ginger green chillies and coriander leaves mix red chilly powder salt and garam masala.
- Cut the capsicum heads and remove the seeds.
- Stuff the mixture into the capsicums. Place them in a greased pan with the open side up.
- Put melted butter and a portion of the breadcrumbs on top each of the capsicums. Place in the tandoor tray for 5-7 minutes.

6

TANDOORI NAN



Serves
4

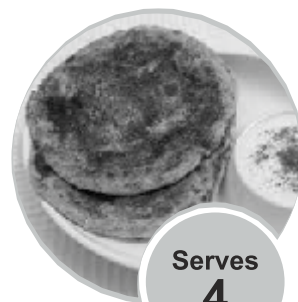
You will need:

3 ½ cup (450 gms.) Flour, 25gms. Fresh yeast, ½ tsp. salt, lightly beaten Egg, ½ cup (150 gms.) Curd, 2 tbsp. (30 gms.) vegetable oil, 2tbsp. Nigella seeds, 2 tbsp. poppy seeds

How to prepare

- Dissolve yeast a little bit of warm water.
- Sift flour into a bowl with yeast and salt.
- Add beaten egg, curd and oil and mix then into firm dough.
- Knead well until the dough leaves sides of the bowl.
- Shape into a smooth ball.
- Put the dough back in the bowl. Cover with a damp cloth and leave it in a warm place to rise for about 1 hour or until the dough has doubled in size.
- Knead again for other minute or two.
- Divide the dough into 8 equal portions.
- Lightly roll each portion out an oblong shape about 15 cms long and about 7.5 cm wide with one end tapered.
- Brush inside of nan with a little cold water. On the other side brush a thin layer of oil sprinkle a few poppy and nigella seeds.
- Set the selector knob to BOTH position.
- Place it in the preheated tandoor applying a little water on the side touching the tandoor.
- Remove the nan and serve hot.

PUDINA PARANTHA



Serves
4

You will need:

2 cups wheat flour water as required ½ tsp. salt, 2 tbsp. (30 gms.) vegetable oil, ½ cup fresh pudina leaves, dried pudina leaves crumpled.

How to prepare

- Mix the flour with salt & fresh pudina leaves which have been washed well and chopped.
- Knead the dough using small quantities to water.
- Divide into 8-10 portions.
- Place one portion in your hand and roll it into a smooth ball.
- Roll the dough into a round and put a little ghee or butter.
- Fold it like a fan and then roll in into a ball.
- Sprinkle some dried pudina leaves on this ball & flatten to form a parantha.
- Set the selector knob to BOTH position.
- Put the parantha into the tandoor preheated for 10 min, applying a little water on the side touching the tandoor tray.
- Remove the parantha and serve hot.
- Repeat for the remaining portions.

7

LACHCHA PARANTHA



Serves
4

You will need:

2 cups wheat flour, water as required,
½ tsp. salt 2 tbsps. (30 gms.) vegetable oil

How to prepare

- Mix salt to the flour. Knead the dough using small quantities of water as required. Divide into 8-10 portions.
- Place one portion in your hand and roll it into a smooth ball.
- Roll the dough into a round and put a little ghee.
- Cut the round with a knife twice vertically & twice horizontally. Put all pieces one on top the other putting a little ghee on each piece.
- Press and flatten with hand into 4"x4" squares to give you a perfect lachcha.
- Set the selector knob to BOTH position.
- Place 4 paranthas into the preheated tandoor applying a little water on the side touching the tandoor tray.
- Remove the parantha and serve hot with cooked vegetable or daal.
- Repeat for the remaining portions.

8

TANDOORI ROTI



Serves
4

You will need:

2 cups wheat flour, water as required

How to prepare

- Knead the dough using small quantities of water as required. Take the portions depending upon the size you want and roll each portion in the form of a roti about 4-5" in diameter.
- Set the selector knob to both position.
- Preheat the tandoor for 10 minutes.
- Place 4 chappatis of the above size in the tandoor tray applying a little water on the side touching the tandoor tray.
- Remove the tandoori roti and serve hot with cooked vegetable or daal.
- Repeat for the remaining portions.

STUFFED PANEER PARANTHA



Serves
4

You will need:

2 cup wheat flour, water as required For the stuffing 100 gm of Paneer (Crumpled) 1 finely chopped onion, ½ cup finely chopped coriander leaves, 2 green chillies finely chopped, salt as per taste

How to prepare

- Knead the dough using small quantities of water. Divide into 8-10 portions.
- Place one portion in your hand and roll it into a smooth ball.
- Mix all the ingredients of the stuffing together and divide this into 8-10 portions.
- Roll one portion of the dough and put one portion of the stuffing, seal the sides and flatten into a parantha.
- Put it into a preheated tandoor applying a little water on the side touching the tandoor.
- Remove the parantha and serve hot.
- Repeat for the remaining portions.
- Put it into a preheated tandoor applying a little water on the side touching the tandoor.
- Remove the parantha and serve hot.
- Repeat for the remaining portions.

MISSI ROTI



Serves
4

You will need:

2 cup wheat flour,
1 cup besan,
1 cup finely chopped dhanias,
1 tsp salt as per taste,
½ tsp red chillies,
2 green chillies finely chopped,
water as required

How to prepare

- Mix all the above ingredients except the water.
- Knead the dough using small quantities of water.
- Dived into 8-10 portions depending upon the desired size and roll each portion in the form of a roti 4-5" in diameter.
- Smear each portion with ghee or butter. Fold each portion like a fan and then roll it into a ball.
- Flatten each portion and place 4 rotis in a preheated tandoor (10 min) applying a little water on the side touching the tandoor tray.
- Remove the roti and serve hot.
- Repeat for remaining portions.

9

PANEER TOAST



Serves
4

You will need:

8 Slice or bread (white or brown) 1 cup paneer crumpled, 1 onion finely chopped, 1 Tomato finely chopped, 2 tsp chopped coriander leaves, 30 gm butter grated, 30 gm cheese grated

How to prepare

- Mix all the ingredient together to form the stuffing.
- Take 4 slices of bread. Butter one side and put a little stuffing on each toast.
- Set selector knob to "Both" position.
- Place in a preheated tandoor (10 minutes)
- Allow to toast for 2-3 minutes or more depending upon the crispness desired.
- Serve hot with tomato sauce.

10

TANDOORI FISH FRY



Serves
4

You will need:

Fish 5 to 7 pieces,
Tandoori paste 2 tbsp,
Red Chilli powder - 1 tbsp
Ginger-garlic paste - 2 tbsp,
Turmeric powder - 1/4 tbsp,
Salt as per taste
Oil - 3 tbsp

How to prepare

- Mix 2 tbsp of salt with fish pieces in bowl.
- Keep aside for 10 mins, then wash fish thoroughly and let it dry for some time.
- Masala for tandoori fish fry:
- Take a bowl. Add tandoori paste, red chilli powder, ginger-garlic paste, turmeric powder and salt. Mix all the ingredients and marinate fish pieces in this paste for at least half an hour.
- Heat oil in a pan. Fry fish pieces one by one till they become golden brown.
- Garnish with parsley. Serve hot with sambhar and rice.

ENGLISH -HINDI INDEX

Basil	Tulsi	Mint	Pudeena
Capsicum	Simla Mirch	Mustard oil	Sarson ka tel
Cardamom	Elaichi	Nigella Seeds	Kalonji
Clove	Laung	Nutmeg	Jaifal
Coriander Leaves	Hara Dhania	Peanuts	Moongphali
Curd	Dahi	Pepper	Kali mirch
Cumin	Jeera	Poppy seeds	Khus Khus
Garlic	Lahsun	Rad pepper	Degi Mirch
Ginger	Adrak	Tamarind	Imli
Gram Flour	Besan	Turmeric	Haldi
Green Chillies	Hari Mirch	Whole wheat flour	Atta
Mace	Javitri	Yeast	Khameer

11