

# FUTURA<sup>®</sup> COOK-n-SERVE BOWL

(2 Litre, 3 Litre, 4 Litre, 5 Litre )

This cookbook was written for the Futura Cook-n-Serve Bowl (3 litre). The recipes and instructions are valid for all the sizes except as stated for each size:

## 2 Litre

- Reduce the quantity of ingredients in all recipes by one-third (33%).
- As this is a smaller vessel than the 3 litre Cook-n-Serve Bowl, some recipes may cook about 20% faster than the times stated. For any particular recipe, please check after 80% of the stated cooking time to see whether the food is cooked as you would like it and adjust the cooking time as required.

**Caution:** Cook on low or medium heat only. Cooking on high heat may damage the plastic handles.

## 4 Litre and 5 Litre

In general you may increase the quantity of ingredients in all recipes by one-third (33%) for the 4 litre; two-thirds (66%) for the 5 litre and increase cooking times as required. For recipes listed below follow the directions given against each:

- *Firni*

You may increase the quantity as stated above and cook 30 minutes in step 6.

- Cabbage Rolls
- Egg *Ras Malai*
- *Kheema Kofta* Curry

Do not increase as the food should be cooked in a single layer.