

Important Additional Information for This Induction Compatible Futura Hard Anodised Cook n Serve Bowl

The important features of this Bowl are:

- It is made from hard anodised, commercially pure, virgin aluminium.
- The body/base of the Bowl is 4.06 mm thick.
- Permanently attached to the base is a plate of AISI 430 grade magnetic stainless steel which makes the Bowl Induction Compatible.
- **This Bowl can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for the Futura Hard Anodised Cook n Serve Bowl which is not Induction Compatible. **All the instructions and recipes in this Manual are valid for this Induction Compatible Futura Hard Anodised 3 Litre Cook n Serve Bowl except as stated in this chapter of 2 pages.**

**A view of the
Induction
Compatible
Base.**



CAUTION

- 1. Limit pre-heating of the Bowl without food on Gas to MEDIUM heat and to no more than 4 minutes. Limit pre-heating on an Induction Cooktop to 800 Watts and to no more than 2 minutes.**
- 2. If you are pre-heating the Bowl with a small quantity of oil/butter/ghee (less than 4 tbsps), you should limit the heat setting and time as given in Point 1 above.**
- 3. After pre-heating, when Bowl is hot, ensure that it is never without food. Never “dry heat”, that is, never heat the Bowl without food or water in it except as stated in Point 1 above. Dry heating may permanently damage the Bowl.**
- 4. Do not put the hot Bowl in water as it may weaken the attachment of the base over time.**

**READ THE NEXT PAGE
BEFORE USING
THIS BOWL.**

Comparing Heat Settings in Gas Stoves and Induction Cooktops

- Cooking times and heat settings in the recipes refer to the large burner of an efficient domestic gas stove unless otherwise noted. You may have to adjust these to suit your stove/cooktop. **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer’s instructions. Some experimentation may be necessary to find the correct heat setting.
- Given below is an **approximate guide** to the equivalent heat settings in most gas stoves and induction cooktops. In case the 800 Watt setting given for pre-heating the empty Bowl is not available on your cooktop, use the next **lower** wattage and still limit pre-heating to 2 minutes. In case the watts mentioned are not available when cooking with food/water in the Bowl, use the nearest wattage available.

Heat Settings in	
Gas Stoves	Induction Cooktops in Watts
High	2000
Medium High	1200
Medium	800
Medium Low	600
Low	400

- Please be advised that many induction cooktops in the market at present do not indicate the settings in watts accurately. Try out the heat settings given in the chart above and adjust them as may be required for cooking on your cooktop.

Adapting Recipes to the Induction Compatible Futura Bowl and Induction Cooking

1. If you find that after pre-heating the small quantity of oil/butter/ghee (as mentioned in Point 2 of the **Caution** on page i) it is not as hot as desired, increase the cooking time suitably without increasing the heat setting.
2. Induction cooktops initially heat up faster than gas stoves and the times given in the recipes for heating oil/butter/ghee may need to be reduced.
3. If food is not browning or reaching the colour desired by you in the time given in the recipe and a higher heat setting causes burning, lower the heat setting and cook for a longer time.
4. **Firni** (page 5): In step 6, simmer on 400 Watts. If your cooktop does not produce a gentle simmer at that setting, use a lower heat setting and cook longer.

Care and Cleaning

- Do not put the hot Bowl in water – allow to cool before cleaning. Page 3, point 4, second sentence: DO NOT ever soak the hot Bowl in hot water.
- The external stainless steel bottom attachment of the Bowl may develop blue and/or golden stains which may be caused by overheating. To remove these stains:
 - Clean the external base with a stainless steel cleanser or
 - Clean the external base with a non-abrasive cleansing powder and
 - Wash and dry.