

FUTURA[®]

NONSTICK

COOKWARE WITH GLASS LIDS INSTRUCTION MANUAL

- FOR ● DEEP-FRY PAN (STIR-FRY PAN)
● COOK-n-SERVE STEWPOTS
● CURRY PAN (SAUTÉ PAN)
● COOK-n-SERVE BOWL
● SAUCEPAN

with 8 tested recipes



COOK-n-SERVE BOWL



DEEP-FRY PAN (STIR-FRY PAN)

SAUCEPAN

CURRY PAN (SAUTÉ PAN)



COOK-n-SERVE STEWPOTS

IF YOU HAVE ANY QUESTIONS, COMMENTS OR SUGGESTIONS OR IF YOU NEED ANY HELP WITH THIS PRODUCT OR WITH ANY OF OUR OTHER PRODUCTS, PLEASE CONTACT THE CONSUMER SERVICE MANAGER AT:



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ALL ABOUT FUTURA GLASS LIDS

A glass lid is not only attractive but also convenient. Cooking and serving in a pan with a glass lid has its own appeal: you can see the food while it is cooking and, on the table, you don't have to lift the lid to know what's there!

Futura glass lids are made from tough, 4 mm thick, heat-resistant glass with strong stainless steel rims and stay-cool knobs. The Futura glass lids are guaranteed against defects in material and workmanship under normal household use for a period of 2 years.

To care for your glass lid, follow these tips:

- The knob and the glass lid can break under a sharp or forceful blow. Handle and store glass lid with appropriate care to avoid hard knocks that may break the glass. Do not drop the lid.
- Turning the plastic knob clockwise will tighten it and turning it anti-clockwise will loosen it. Do not over-tighten the knob – it might break.
- Do not put glass lid in a hot oven or under a broiler.
- Allow lid to cool before washing it. Wash the glass lid after every use in hot water with a mild soap or detergent and a dishcloth or sponge. Dry thoroughly with a soft clean cloth. The glass lid may be washed in a dishwasher but this may dull the finish.
- To avoid 'misting' caused by moisture, store the glass lid in a place with good air circulation/a well-ventilated place. Take the lid out of the **bubble-wrap pouch** in which the lid comes packed in the carton – do not use the bubble-wrap pouch for storing the lid.

IMPORTANT SAFEGUARDS

1. Do not use high heat except to boil liquids. Do not allow pans to boil dry.
2. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat or whose flame spreads beyond the base of the pan.
3. Limit preheating of pan without food on medium heat to no more than the time specified for each pan in the chart on page 4.
4. When pan is hot, ensure that it is never without food.
5. Do not cut on/in pan or scrape it with metal or sharp edged objects.
6. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not use abrasive cleaning agents or scrubbers.
7. Do not put hot pan or glass lid in cold water.
8. Do not wash pan or glass lid in a dishwasher.
9. Do not put pan or glass lid in a hot oven or under a broiler.
10. The handle(s) of the pan should be parallel to the kitchen counter – not sticking out.
11. Always give careful attention to a hot pan, hot oil and flame/heat.
12. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan. Never pour water on the fire as this may spread the fire.
13. Do not drop food or other objects from a height on the pan particularly when it has hot oil or butter. Place food gently in the pan to avoid splashing.
14. If you have no prior experience of deep-frying, do not attempt it without supervision. Once you know the various ways in which to handle the fire, the hot oil or ghee and equipment safely, these products can be used by you fearlessly.
15. Read and follow tips for glass lid given on page 1.
16. Read and follow instructions in this Manual.

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Futura Nonstick Cookware

Futura Nonstick Cookware is made with a patented process by which high quality nonstick coating is fixed on to a hard anodised surface which makes it most durable. Futura Nonstick Cookware comes in many useful shapes and sizes to suit your different cooking needs. All are made from heavy gauge, pure, virgin aluminium for fast and even heat conduction. All pans are well-balanced with sturdy, stay-cool handles. The bottom and outer sides are hard anodised to give you a surface that will not tarnish, pit or corrode and will stay looking new for years.

All pans except the tava are available with lids – either stainless steel or heat-proof glass with a stainless steel rim. All lids have a heat-resistant plastic knob with finger-guard – for easy, safe and comfortable handling. All pans in this Manual have glass lids and are also available with a stainless steel lid except the Cook-n-Serve Bowl.

Using this Manual

This Manual is for all Futura Nonstick Cookware with glass lids except frying pans (two models) – which have their own Manual. It contains instructions common to all pans as well as individual sections on each pan, including a recipe or two. Read both – the general instructions (pages 4 to 9) and the section on your pan. Your pan will give you years of easy, great-tasting, healthful, economical cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

How to Use

Before Use

Remove sticker/label. Remove any adhesive with baby or vegetable oil. Before using pan for the first time, wash in hot water with a mild soap or detergent, rinse in clear water and dry. Do not wash in a dishwasher.

Before putting your pan on the heat, assemble and prepare all ingredients and keep spatula, utensils, serving plate etc. ready in the cooking area. **If you are looking for things once the pan is on the heat, it can overheat quickly and destroy the nonstick coating.**

Seasoning

It is not necessary to season the pan. If, however, you plan to cook food which tends to stick without any oil or butter for the first use or before you have cooked with oil in the pan, seasoning will assist release of the food. To season: rub 1 teaspoon (5 ml) vegetable oil over the clean nonstick surface using a paper napkin or clean cotton cloth. Wipe off oil with a paper napkin or clean cotton cloth. Wash and dry pan.

Suitable Heat Sources

High temperatures will shorten the life of the nonstick and may destroy it. Use pan only on domestic gas, electric or halogen stoves in which the temperature can be regulated to low and medium heat. Use a burner to suit the size of your pan – gas flames should not lick the sides of the pan. Because Futura Nonstick Cookware heats so fast and evenly, low to medium heat is usually all that is required. Use high heat only to boil liquids and heat oil for deep-frying.

Limit Preheating of Pan

Some foods/recipes may call for preheating of the pan before adding the food. **When preheating a cold empty pan before beginning to cook, it is critical that THE HEAT IS NO MORE THAN MEDIUM and the time is strictly limited to no more than the following:**

Product		Maximum Preheating Time
Cook-n-Serve Bowl		5 minutes
Cook-n-Serve Stewpot	3 Litre	4 minutes
	5 Litre	4 minutes
Curry Pan (Sauté Pan)	2 Litre	3 minutes
	3.25 Litre	4 minutes
Deep-Fry Pan (Stir-Fry Pan)		4 minutes
Saucepan		4 minutes

Even if you have a small quantity of oil or butter or ghee in the pan, you should observe the limits given in the table above. By 'small quantity' we mean any quantity up to 4 tablespoons/one-fourth cup/60 ml.

The actual time required for preheating for best cooking results may be less, depending on the food being cooked and your burner. Overheating can occur quickly if pan is left on the heat without food or water so **NEVER** keep the pan empty on the heat once it is hot.

Avoid Overheating: Check Your Burner

If food is smoking or burning, reduce heat. Using medium or lower heat and limiting the time the empty pan is heating are the basic techniques to avoid overheating.

The pan can overheat even on medium heat if the burner is providing excessive heat. To check if your burner can overheat even on medium heat, place clean pan on medium heat. Heat pan for the minutes given in the following chart:

Product		Heat for:
Cook-n-Serve Bowl		3 minutes
Cook-n-Serve Stewpot	3 Litre	2 minutes
	5 Litre	2 minutes
Curry Pan (Sauté Pan)	2 Litre	1 minute
	3.25 Litre	2 minutes
Deep-Fry Pan (Stir-Fry Pan)		2 minutes
Saucepan		2 minutes

Press one finger firmly into whole wheat flour (*atta*). Do not pinch. Flick from a distance of about 2½ inches/6 cm a small, fine, even dusting of flour on centre of pan and immediately begin counting off seconds ("one second, two second, three second" etc.) while watching the flour. The time the flour takes to become dark brown gives a rough indication of how hot the pan is. As long as flour has not turned dark brown within 15 seconds, the pan is not overheated. Follow the steps in the chart alongside to complete the test. Do not exceed the preheating limit of a pan in any case.

Flour turns dark brown in 15 seconds or less?	Pan is...	Action needed
A. Yes	Overheated	<ol style="list-style-type: none"> 1. Remove pan from heat at once. 2. Reduce heat setting. 3. Try again when pan has cooled.
B. No	Not overheated	<ol style="list-style-type: none"> 1. Continue heating pan. Repeat flour test at 1 minute intervals. 2. If flour turns dark brown in 15 seconds or less, pan is overheated: follow action as per A. 3. If flour does not turn dark brown in 15 seconds or less, stop when recommended Maximum Preheating Time for pan is reached. The heat setting is all right for preheating.

Avoid Scratching, Damage, Breakage

Use wooden, heat-resistant nylon, plastic or rubber spatula/utensils. Metal utensils will scratch and reduce the life of the nonstick coating. Do not cut or scrape with metal objects or knives. If using a metal spatula, try to keep spatula parallel to pan to avoid digging into the coating. Try to touch the food and minimise contact with the coating. Do not leave plastic, nylon or rubber utensils on pan while it is hot.

Do not hit pan or bang its rim. Do not bang pan down on pan supports. Lift pan from the pan supports – do not drag it across the pan supports. When storing pan ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the coating without protecting it.

Turning the plastic knob of the lid clockwise will tighten it and turning it anti-clockwise will loosen it. Do not over-tighten the knob – it might break. Handles, knobs and glass lids can break under a sharp or forceful blow. Handle and store glass lids with appropriate care to avoid hard knocks that may break the glass. Do not drop the lid. To avoid 'misting' caused by moisture, store the glass lid in a place with good air circulation/a well-ventilated place and **not in the bubble-wrap pouch** in which the lid came packed in the carton.

After use, faint scratches or marks may appear on the nonstick coating. These are marks of normal wear and tear and do not affect the performance of the coating. Even if some of the coating is scraped off, the pan is still safe to use. The coating is non-toxic and inert; if accidentally and unknowingly ingested, it passes through the body harmlessly.



How to Clean

Wash After Every Use

Taking care to protect your hand from the hot pan with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot pan immediately after cooking. Doing so makes cleaning very much easier. Allow pan and lid to cool before washing.

Always wash all surfaces of pan and lid thoroughly **after every use** in hot water with a mild soap or detergent and a dishcloth or sponge. Dry glass lid thoroughly with a soft clean cloth. Do not wash pan in a dishwasher. The glass lid may be washed in a dishwasher but this may dull the finish. For stubborn spots on the **nonstick surface**, soak pan in hot water about 10 minutes and rub with a non-abrasive plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the pan, ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the pan to avoid damaging the pan.

Wash wooden spatula in hot water with a mild soap or detergent, rinse and dry immediately – do not soak.

Metallic marks – most often from gas stove pan supports – may appear on the hard anodised base. To remove metallic marks from base: apply a kitchen cleanser, such as 'Vim', to the marks and rub with an abrasive kitchen scrubber, such as 'Scotch-Brite' or fine steel wool.

Avoid "Baked-On" Food/Stains

If pan is not cleaned thoroughly, a thin layer of food or grease may remain. When the pan is heated next, this food/grease becomes "baked-on" and very difficult to remove. "Baked-on" food and the stains from "baked-on" food may be impossible to remove without damaging the pan.

If you get "baked-on" food/stains, you may try the following methods (knowing that the pan surface may get damaged):

On the Hard Anodised (Exterior Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

On the Nonstick (Interior Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with a plastic scrubber using a circular motion. Wash.

Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 9.
3. Unless otherwise noted, in the recipes:
 - All foods are to be appropriately cleaned and washed.
 - Onions, potatoes, carrots, garlic and fresh ginger are to be peeled.
4. **For Users Outside India:** In the recipes, size descriptions of ingredients refer to food available in India. Outside India, follow the weights rather than the size descriptions.
5. All Hindi words used in the recipes are translated to English and/or explained in the **Glossary (Meanings and Methods)**. If you come across a word you do not know, check **Glossary** pages 18 to 20.
6. Time and heat settings in the recipes refer to the large burner of an efficient domestic gas stove unless otherwise specified. You may have to adjust these times and settings to suit your stove. For best cooking results, adjust the heat so that cooking times are the same as those given in the recipes. You will be helped in making these adjustments by the steps and indications given in the recipes. Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.
7. Certain recipes specify "medium-high" heat setting. By "medium-high" heat we mean a setting between medium and high. Certain recipes specify "medium-low" heat setting. By "medium-low" heat we mean a setting between medium and low.
8. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
9. To ensure even cooking, cut foods (such as onions and potatoes) evenly.
10. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium temperatures. Higher heat hardens the protein, resulting in rubbery eggs.
11. Do not heat oil till it smokes. It damages the oil and will burn the food.
12. The nonstick coating of the pan retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.
13. When a recipe calls for boiling, boil lightly not rapidly. Except for cooking pasta, it is rarely desirable to rapidly boil food. For most foods, any slight savings in cooking time gained by rapidly boiling the food is offset by the loss of flavour, texture, nutrients and fuel.

Measurements

Volume		Weight	
All measurements are level, not heaped.		Metric	Equivalent
Measurement	Equivalent	28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml	450 g	16 oz / 1 lb
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml	1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml	Length	
1/4 cup	4 tablespoons / 60 ml	Measurement	Equivalent
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml	1/4 inch	6 mm
1/2 cup	8 tablespoons / 120 ml	1/2 inch	1.3 cm
3/4 cup	12 tablespoons / 180 ml	3/4 inch	1.9 cm
1 cup	16 tablespoons / 240 ml	1 inch	2.5 cm
1 litre	1000 ml	Abbreviations	
Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	oz	ounce
tbsp	tablespoon	lb	pound
ml	millilitre	g	gram
		mm	millimetre
		cm	centimetre
		°C	degree centigrade

The quantities of ingredients in the recipes are given in two measuring systems – U.S. and metric – separated by this mark "/". Use any one of the measurements.

Cook-n-Serve Bowl

Capacity: 3 Litre

Maximum Preheating Time on medium heat: 5 minutes

Suitable for:

- *Biryani, dum aloo, dum gosht*
- Rice, pilau, *khichdi*
- Stews, curries, *korma, kofta*
- *Halwa*
- Cabbage rolls, stuffed vegetables
- Sautéing vegetables, seafood, chicken, meat
- Cooking and serving food

The *Mutton Biryani* recipe requires the use of one or two bowls other than the Futura Nonstick Cook-n-Serve Bowl. An additional ordinary bowl is referred to as a bowl. The Futura Nonstick Cook-n-Serve Bowl is referred to as The Bowl.

Mutton Biryani ***(Rice Layered with Spicy Mutton)***

Serves 4

1 x 1 inch / 2.5 cm piece ($\frac{1}{3}$ oz / 10 g)	fresh ginger
12 small cloves	garlic
4	green chillies
$6\frac{3}{4}$ cups + 2 tbsp / 1.6 litres	water
1 lb 2 oz / 510 g	mutton leg cut into $1\frac{1}{2}$ inch / 3.8 cm pieces
1 small ($2\frac{1}{2}$ oz / 75 g)	tomato chopped

1 tbsp + 1 tsp / 20 ml	lemon juice
1 tbsp + 1 tsp / 20 ml	salt
1 tbsp / 15 ml	red chilli powder
2 tsp / 10 ml	cumin powder
2 tsp / 10 ml	<i>garam masala</i> powder
1 tbsp + 1 tsp / 20 ml	coriander leaves chopped
1 tbsp + 1 tsp / 20 ml	mint leaves chopped
$\frac{3}{4}$ cup / 180 ml	curd beaten
3	green cardamoms
4	cloves
1	bay leaf
1 x 1 inch / 2.5 cm stick	cinnamon
$1\frac{3}{4}$ cups ($12\frac{1}{2}$ oz / 350 g)	Basmati rice
$\frac{2}{3}$ cup / 160 ml	vegetable oil
4	cashew nuts halved lengthwise
2 medium (7 oz / 200 g)	potatoes cut into $1\frac{1}{2}$ inch / 3.8 cm long and 1 inch / 2.5 cm thick pieces
3 medium (12 oz / 340 g)	onions thinly sliced
3 tbsp + 1 tsp / 50 ml	ghee
$1\frac{1}{2}$ tbsp / 22.5 ml	milk
a pinch	saffron dissolved in 1 tbsp / 15 ml hot water
$\frac{1}{4}$ tsp / 1.3 ml	black cumin seeds or cumin seeds

1. Grind into a paste ginger, garlic and green chillies, gradually adding 2 tbs/30 ml water.
2. In a bowl, rub ginger paste all over mutton pieces. Add tomato, 2 tsp/10 ml lemon juice, 1 tbs/15 ml salt, red chilli, cumin and *garam masala* powders, coriander and mint leaves and ½ cup/120 ml curd. Mix. Cover and keep aside 4 hours or in refrigerator overnight.
3. Pour 6½ cups/1.5 litres water in The Bowl. Bring to boil on high heat – with lid covering The Bowl. Add remaining salt (1 tsp/5 ml), cardamoms, cloves, bay leaf, cinnamon and rice. Stir. Bring to boil. Reduce heat to medium. Cook till rice is just cooked (about 15 minutes) but not soft. Immediately transfer rice to a colander and drain. Spread rice thinly on 2 large plates/*thali*, dividing rice into 2 equal batches. Dribble 1 tsp/5 ml lemon juice over rice (½ tsp/2.5 ml on each plate). Mix rice and lemon juice gently with a fork. Wash and wipe dry The Bowl.
4. In a deep-frying pan, heat oil on high heat about 2 minutes. Reduce heat to medium. Add cashew nuts. Fry till light golden brown, turning with a slotted, long-handled spoon to brown evenly. Remove and drain, leaving oil in the pan. Increase heat to high. Add potatoes. Fry till light golden brown (about 3 minutes), turning potatoes to brown evenly. Remove and drain, leaving oil in pan. Divide onions into 2 batches. Add one batch onions. Fry till golden brown and crisp, turning onions frequently to cook evenly. Remove and drain, leaving oil in pan. Fry and drain remaining onions in the same way. Reserve 3 tbs/45 ml fried onions. Crumble remaining onions. Add to mutton mixture. Mix.
5. Heat 1 tbs/15 ml ghee in The Bowl on medium heat about 2 minutes. Add mutton mixture. Mix. Increase heat to medium-high. Stir about 2 minutes. Add remaining water (¼ cup/60 ml). Stir. Reduce heat to low. Cover and simmer 15 minutes. Add potatoes. Mix. Cover and simmer till mutton is cooked (about 30 minutes), stirring at 10 minute intervals.

6. Remove The Bowl from heat. Add remaining curd (¼ cup/60 ml) and lemon juice (1 tsp/5 ml). Mix. Transfer the mutton mixture to a bowl and keep covered. Wipe The Bowl clean with a paper towel.
7. Melt 1 tsp/5 ml ghee in The Bowl on medium heat and spread over base. Remove The Bowl from heat. Place one batch rice evenly on base. Place mutton mixture evenly on rice. Place remaining rice evenly on mutton. Dribble milk over rice. Dribble saffron water over rice.
8. In a small pan or a Futura Tadka Pan, heat remaining ghee (2 tbs/30 ml) on medium heat about 2 minutes. Add cumin seeds. When cumin seeds begin to darken, immediately dribble over rice in The Bowl. Cover.
9. Place The Bowl with *biryani* on a **small burner** on medium-high heat 2 minutes. Reduce heat to low* and cook about 20 minutes till rice is hot and steaming. Sprinkle cashew nuts and reserved onions over *biryani*. Cover. Serve hot, accompanied with curd.

*The heat required is very low. Traditional *dum* cooking requires slow cooking on very low heat to combine flavours, tenderise and moisturise food. The low heat setting of the small burner of a gas stove should give very low heat. If your stove is not capable of giving very low heat, use a tava between the flame and The Bowl or use a suitable metallic ring on the pan supports to increase the distance between the flame and The Bowl. ●

Cook-n-Serve Bowl (continued)

Sooji Halwa (Semolina Pudding)

Serves 12

$\frac{3}{4}$ cup / 180 ml	ghee
1½ cups (8½ oz / 240 g)	sooji (finely ground)
3¾ cups / 900 ml	water
2 tbs (½ oz / 15 g)	raisins
15	almonds blanched, skins removed and slivered
1 tbs (⅙ oz / 5 g)	green cardamoms husks removed, seeds powdered
1¾ cups (12½ oz / 350 g)	sugar

1. Heat ghee in The Bowl on medium heat about 3 minutes. Add *sooji*. Stir fry till light brown (about 15 minutes).
2. Reduce heat to medium-low. Add water, raisins and half each of almonds and cardamom. Cook till water is absorbed, stirring constantly.
3. Add sugar. Cook, stirring constantly, till ghee just begins to show on sides (about 10 minutes).
4. Sprinkle remaining almonds and cardamom. Cover and serve hot. •

Curry Pan (Sauté Pan)

Capacity	2 Litre	3.25 Litre
Maximum Preheating Time on medium heat	3 minutes	4 minutes

Suitable for:

- Sautéing vegetables, seafood, chicken, meat
- Stir-frying vegetables, rice, seafood, chicken, meat
- Gravies, curries, sauces
- Rice, pilau
- *Halwa*

The quantity of the following recipe is for the 3.25 litre pan. When using the 2 litre pan, reduce the quantity of ingredients by one-third.

Bengali Fish Curry

Serves 6

2½ tsp / 12.5 ml	salt
½ tsp / 2.5 ml	turmeric
12 (1 lb 11 oz / 760 g)	fish steaks ½ inch / 1.3 cm thick
2 medium (7 oz / 200 g)	onions chopped
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	fresh ginger
10 small cloves	garlic
2	green chillies
2 cups / 480 ml	water

2 tbsp / 30 ml	coriander seeds
2 tsp / 10 ml	poppy seeds
½ + ⅛ tsp / 3 ml	mustard seeds
4	dry red Kashmiri chillies de-seeded
⅓ cup / 80 ml	mustard oil
⅛ tsp / 0.6 ml	fenugreek seeds
⅛ tsp / 0.6 ml	cumin seeds
2 tsp / 10 ml	jaggery

1. Mix ½ tsp/2.5 ml salt and turmeric. Rub all over fish. Cover and keep aside 30 minutes.
2. Grind into a paste onions, ginger, garlic and green chillies, gradually adding ¼ cup/60 ml water.
3. Finely grind coriander, poppy and ½ tsp/2.5 ml mustard seeds and 3 red chillies.
4. Heat oil in pan on medium heat about 2 minutes. Add 3 fish steaks. Fry on both sides till light golden (about 3 minutes on each side). Remove. Fry remaining steaks in the same way except do not add oil.
5. To oil remaining in pan, add remaining red chilli (1), fenugreek, cumin and remaining mustard seeds (⅛ tsp/0.6 ml). When mustard seeds begin crackling, add onion paste and ground spices. Stir-fry about 4 minutes till colour darkens slightly. Add remaining salt (2 tsp/10 ml), jaggery and remaining water (1¾ cups/420 ml). Bring to boil on high heat.
6. Reduce heat to low. Cover and simmer 10 minutes.
7. Add fish steaks. Increase heat to medium. Bring to boil.
8. Reduce heat to low. Cover and simmer 10 minutes. Serve hot with rice. ●

The quantity of the following recipe is for the 2 litre pan.
When using the 3.25 litre pan, the quantity of ingredients may be increased by two-thirds.

Sautéed Vegetables

Serves 8

1 tbsp + 1 tsp / 20 ml	vegetable oil
1¼ tsp / 6.3 ml	cumin seeds
1 small (2⅔ oz / 80 g)	onion finely chopped
1 x ¾ inch / 1.9 cm piece (¼ oz / 7 g)	fresh ginger finely chopped
1¾ cups (9½ oz / 265 g)	peas shelled or frozen
2	green chillies finely chopped
⅓ cup + 2 tbsp / 110 ml	water
4 large (1 lb 5½ oz / 600 g)	potatoes 'boiled' (see page 18), peeled and cut into ½ inch / 1.3 cm cubes
2 tsp / 10 ml	salt
¼ tsp / 1.3 ml	<i>garam masala powder</i>

1. Heat oil in pan on medium heat about 3 minutes. Add cumin seeds. Stir a few seconds.
2. Add onion and ginger. Stir fry till onion is transparent (about 2 minutes). Add peas, chillies and water. Stir. Cover and cook on medium-low heat till peas are just tender and water has evaporated (about 10 minutes), stirring occasionally. (If water remains when peas are tender, uncover pan and boil away water.)
3. Add potatoes and salt. Stir fry about 3 minutes. Add *garam masala powder*. Mix. Serve hot. ●

Cook-n-Serve Stewpot

Capacity	3 Litre	5 Litre
Maximum Preheating Time on medium heat	4 minutes	4 minutes

Suitable for:

- *Biryani, dum aloo, dum gosht*
- Rice, pilau, *khichdi*
- Stews, curries, *korma*
- *Dal*
- *Halwa*
- Boiling pasta
- Serving food

The quantity of the following recipe is for the 3 litre pan.

When using the 5 litre pan, the quantity of ingredients may be increased by two-thirds.

Vegetable Pilau

Serves 6

1½ tbsp / 22.5 ml	vegetable oil
1 tbsp / 15 ml	cumin seeds
1	bay leaf
1 x 2 inch / 5 cm stick	cinnamon
2	brown cardamoms
3	cloves
1 medium (3½ oz / 100 g)	carrot cut into strips 1 inch / 2.5 cm long and about ½ inch / 1.3 cm thick
½ cup (2½ oz / 70 g)	green beans cut diagonally into thin strips 1 inch / 2.5 cm long
¾ cup (4 oz / 115 g)	peas shelled or frozen
4 medium (14 oz / 400 g)	potatoes cut into ½ inch / 1.3 cm cubes
1½ cups (10⅔ oz / 300 g)	Basmati rice
2¼ tsp / 11.3 ml	salt
2¾ cups / 660 ml	water

1. Heat oil in pan on medium heat about 2 minutes. Add cumin seeds. Stir a few seconds. Add bay leaf, cinnamon, cardamoms and cloves. Stir a few seconds. Add carrots, beans, peas and potatoes. Stir fry a few seconds. Add rice. Stir fry about 2 minutes. Add salt and water. Stir. Bring to boil.

2. Reduce heat to low. Cover and simmer till rice is cooked and water is absorbed (about 20 minutes). Lift rice gently with a fork to mix pilau. Serve hot. ●

Deep-Fry Pan (Stir-Fry Pan)

Capacity: 2 Litre

Maximum Preheating Time on medium heat: 4 minutes

Suitable for:

- Stir-frying vegetables, rice, seafood, chicken, meat
- Sautéing vegetables, seafood, chicken, meat
- Deep-frying *puri*, *samosa*, *wada*, French fries, *pakora*
- *Upma*, *poha*
- *Halwa*

Caution:

1. Oil for deep-frying: do not exceed 2½ cups/600 ml in this pan.
2. Do not leave the ladle in the pan while deep-frying or cooking.

Kadai Paneer (Stir-Fried Cottage Cheese)

Serves 6

1 tbsp / 15 ml	coriander seeds
1 tbsp + 1 tsp / 20 ml	cumin seeds
1¼ tsp / 6.3 ml	peppercorns
2 tbsp / 30 ml	vegetable oil
2 medium (7 oz / 200 g)	onions chopped
6	dry red chillies deseeded and torn into small pieces
2 medium (7 oz / 200 g)	tomatoes chopped
2	green chillies chopped
15 small cloves	garlic finely chopped
2 tsp / 10 ml	salt
12 oz / 340 g	paneer cut into 1¼ inch x ¾ inch x ½ inch / 3 cm x 2 cm x 1 cm pieces (see page 19)
2 tbsp / 30 ml	coriander leaves chopped

1. Roast together coriander seeds, cumin seeds and peppercorns (see *Roasting of spices* on page 19). Grind roasted spices to a coarse mixture.

2. Heat oil in pan on medium heat about 2 minutes. Add onions. Stir-fry till onions are transparent. Add spice mixture and all other ingredients except *paneer* and coriander leaves. Stir a few seconds. Add *paneer*. Mix. Cover and cook on medium-low heat till liquid has evaporated (about 5 minutes), stirring occasionally. Add coriander leaves. Mix. Serve hot. ●

Saucepan

Capacity: 3 Litre

Maximum Preheating Time on medium heat: 4 minutes

Suitable for:

- Boiling noodles, pasta, eggs
- Soups, sauces, chutneys, gravies, curries
- Rice, pilau
- *Dal*

Egg Curry

Serves 6

8	eggs
1 x 2 inch / 5 cm piece (² / ₃ oz / 20 g)	fresh ginger
15 small cloves	garlic
1	green chilli
¹ / ₄ cup + 1 tbsp / 75 ml	vegetable oil
4 medium (14 oz / 400 g)	onions chopped
1 tsp / 5 ml	cumin seeds
3 large (1 lb 2 oz / 510 g)	tomatoes puréed (see page 19)
8	cloves
4	brown cardamoms
4 x 1 inch / 2.5 cm sticks	cinnamon
2 tsp / 10 ml	salt
1 ¹ / ₂ tsp / 7.5 ml	red chilli powder

2 tsp / 10 ml **coriander powder**

1 tsp / 5 ml **turmeric**

¹/₂ tsp / 2.5 ml **sugar**

2 tbsp / 30 ml **coriander leaves** chopped

2¹/₂ cups / 600 ml **water**

1. To boil eggs: Place eggs in pan and cover with water at least 1 inch/2.5 cm above eggs. Bring to boil on medium-high heat. Reduce heat to low. Cover and simmer 15 minutes. Meanwhile, do **step 2**. Pour off water. Pour tap water slowly over eggs till eggs are cool. Drain. Remove and keep aside eggs. Wash and dry pan.

2. Grind into a paste ginger, garlic and green chilli.

3. Heat ¹/₄ cup/60 ml oil in pan on medium heat about 2 minutes. Add onions. Fry till light golden brown. Add cumin seeds and ginger paste. Stir a few seconds. Add tomatoes. Mix. Remove from heat.

4. In a mixer-blender/grinder, mix tomato mixture till smooth. Wash and dry pan.

5. Heat remaining oil (1 tbsp/15 ml) in pan on medium heat about 1 minute. Add cloves, cardamoms and cinnamon. Stir a few seconds. Reduce heat to low. Add tomato mixture and remaining ingredients except eggs and water. Cook about 3 minutes, stirring constantly. Add water. Stir. Bring to boil on medium-high heat. Reduce heat to low.

6. Cover and simmer (about 20 minutes). Meanwhile, shell eggs and cut lengthwise into halves. When gravy is slightly thickened, remove pan from heat.

7. Add eggs, keeping yolk sides up. Cover and simmer on low heat just till eggs are hot (about 2 minutes). Serve hot. ●

Sukhi Dal (Dry Split Skinned Green Gram)

Serves 6

2 cups (14 oz / 400 g)	moong dal
3 tbsp / 45 ml	ghee
1 small (2½ oz / 75 g)	onion chopped
2 tsp / 10 ml	salt
¼ tsp / 1.3 ml	turmeric
2 tsp / 10 ml	red chilli powder
1 tbsp / 15 ml	coriander powder
1 small (2½ oz / 75 g)	tomato chopped
3	green chillies chopped
1 cup / 240 ml	water other than for step 1
1 small (2½ oz / 75 g)	onion thinly sliced
3 tbsp / 45 ml	coriander leaves chopped

1. In a bowl, cover *dal* with water at least 1 inch/2.5 cm above *dal*. Soak 1 hour. Drain.
2. Heat 1½ tbsp/22.5 ml ghee in pan on medium heat about 3 minutes. Add chopped onion and stir fry till transparent (about 1 minute). Add *dal*, salt, turmeric, red chilli and coriander powders. Stir fry about 3 minutes.
3. Add tomato and green chillies. Mix. Add water. Stir. Bring to boil.
4. Reduce heat to very low*. Cover and simmer 10 minutes.
5. Scatter sliced onion over *dal*.

6. In a small pan, heat remaining ghee (1½ tbsp/22.5 ml) on medium heat about 1 minute. Pour ghee over *dal* in pan. Sprinkle coriander leaves.

7. Cover and cook about 10 minutes, or till *dal* is cooked. Serve hot with *paratha*.

*The low heat setting of the small burner of a gas stove should give very low heat. If your stove is not capable of giving very low heat, use a tava between the flame and the pan or use a suitable metallic ring on the pan supports to increase the distance between the flame and the pan. ●

Glossary (Meanings and Methods)

Batter: A mixture made from flour and a liquid such as water, milk or egg which is thin enough to pour or drop from a spoon.

Beat: To mix with an instrument such as a spoon, whisk or electric beater using a regular, rapid, rhythmic movement.

Biryani: A spicy rice dish layered with mutton, chicken, seafood or vegetables. See recipe page 10.

'Boiled' Potatoes cooked in a Hawkins Pressure Cooker:

Size of the Potato (Whole, Unpeeled)	Water Quantity	Pressure Cooking Time
(Small – 75 g)	1 cup	6 minutes
(Medium – 100 g)	1 cup	10 minutes
(Large – 150 g)	1½ cups	15 minutes

Method: Pour water in cooker. Put grid in cooker. Place potatoes on grid. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat and cook the required time. Remove cooker from heat. Release pressure by slight lifting of vent weight. Open cooker.

Colander: A perforated bowl-shaped utensil for draining off liquids and rinsing food.

Dal: Various dried edible seeds such as lentils; curries made from these seeds.

Deep-frying: Cooking in hot fat or oil deep enough in a utensil to cover the food to be cooked.

Dough: A mixture of flour and a liquid such as milk or water which is stiff enough to knead or roll.

Dum: Cooking in steam and simmering on very low heat in a closed vessel during the final stages of cooking.

Dum Aloo: A dum cooked dish of small whole potatoes in thick gravy.

Dum Gosht: A dum cooked dish of mutton in thick gravy.

Garam Masala Powder:

Yield: About 2½ tbsp / 37.5 ml

1 tsp / 5 ml	peppercorns
¾ tsp / 3.8 ml	cloves
7 x 1 inch / 2.5 cm sticks	cinnamon
4	brown cardamoms
	seeds taken out and kept, pods discarded. Measure ¾ tsp / 3.8 ml seeds.
¾ tsp / 3.8 ml	black cumin seeds or cumin seeds

1. Roast together all ingredients in a small, heavy skillet (pan) on medium heat. Stir constantly until the spices darken by a few shades and give out their distinct aromas (about 5 minutes). Remove from heat, spread on a plate and allow to cool.

2. Grind to a powder. Store in an air-tight jar.

Garlic: A clove of garlic is one of the small curved segments which make up one whole garlic bulb. Small cloves specified in the recipes weigh about 1 g and measure about 2 cm from tip to tip and about 1 cm at the widest part. If you have larger cloves, adjust the quantity appropriately. Large cloves can be five times larger than small cloves.

Ghee: Clarified butter.

Ginger, fresh (Adrak): Peel off the brown skin before grating or chopping. The recipes give the weight as well as the length of fresh ginger required. Since the width and thickness of ginger pieces vary, the width of a piece of ginger is taken to be 1 inch/2.5 cm for quantities specified in the recipes. A 1 inch/2.5 cm long and 1 inch/2.5 cm wide piece of ginger is taken to weigh 1/3 oz/10 g.

Grate (Kasna): To reduce food to fine particles by rubbing it against the surface of a grater (an abrasive implement with sharp-edged, raised perforations).

Halwa: A thick pudding of cereals or vegetables cooked in ghee and sugar.

Khichdi: A soft rice and *dal* dish cooked with or without vegetables.

Kofta: Deep-fried balls of minced vegetables or meat.

Korma: A vegetable, fish, chicken or meat stew with a yogurt-based gravy.

Moong dal: Split, skinned green gram; also known as yellow *dal*.

Pakora: Pieces of food dipped in batter and deep-fried.

Paneer: Yield: 350 g

8 1/3 cups / 2 litres **whole milk**

3 tbsp / 45 ml **lemon juice**

1. Place a strainer over a bowl large enough to hold the milk. Line strainer with a muslin cloth large enough to hold the curds and then be tied by winding one corner around the others and knotting. Keep aside.

2. Pour milk into a pan and bring to boil on high heat, stirring occasionally to prevent skin from forming on top. Reduce heat to medium. Add lemon juice. Stir till milk curdles (curds separate from whey). Cook till whey has a yellow tint and has turned from cloudy to clear (about 2 minutes), stirring and scraping the sides and base of pan. Remove pan from heat.

3. Stir curdled milk and pour into muslin-lined strainer. Allow to strain till whey is drained into bowl.

4. Gather up corners of muslin and tie a knot above curds to make a bag. Place bag on a *thali*, plate or board with knot on top and press gently for a few seconds on knot to level curds. (Option: For a flatter top, press top of bag evenly with a flat board about 30 seconds). Tilt *thali* slightly to drain and leave 20 minutes. Untie bag and remove *paneer*.

5. Cut *paneer* as desired or as per recipe requirement. *Paneer* may be stored submerged in the whey for moister *paneer*. Whey may also be used to make soups, thin gravies and added to flour while kneading; or it may be discarded.

Paratha: Layered unleavened Indian bread made with whole wheat flour dough and ghee.

Pilau: A spiced rice dish of fried raw rice, vegetables, seafood, chicken or meat, cooked together with minimum water.

Poha: Puffed rice; a dish of puffed rice, onions and potatoes.

Purée: To purée is to rub food through a sieve or blend in a mixer-blender/grinder until the food is pulpy/finely mashed. If using a mixer-blender/grinder to purée tomatoes, remove cores first. Alternatively, tomatoes can be grated to make a purée. Discard the hard skin and core, if any.

Puri: Deep-fried puffed unleavened bread.

Red chilli powder: Whole dried red chillies which have been ground.

Roasting of spices: Before grinding, spices are sometimes roasted to bring out the characteristic aromas and to intensify their flavour. To roast, place spices in a small, heavy skillet (pan) on medium heat. Stir constantly until the spices darken by a few shades and give out their distinct aromas. Remove from heat, spread on a plate and allow to cool.

Samosa: Pastry cones stuffed with vegetables or meat, sealed/closed and deep-fried.

Sautéing: Frying in a small amount of oil; shallow frying.

Simmer: To cook gently just at or below the boiling point; adjust heat so that bubbles form, rise and break very slowly.

Sooji: Semolina – grainy, pale-yellow meal derived from hard wheat.

Stir-frying: Frying in a small amount of oil, stirring at least two-thirds of the cooking time.

Thali: A round, flat, metal plate with a short straight rim; used for food preparation, serving or eating.

Upma: Semolina/*sooji* seasoned with spices and herbs, often cooked with onions and vegetables.

Wada: Deep-fried balls/patties of ground *dal* or of mashed vegetables coated with batter.

Translations to Hindi

Almonds	<i>Badam</i>	Fenugreek seeds	<i>Methi dana</i>
Bay leaf	<i>Tej patta</i>	Garlic	<i>Lassan</i>
Black cumin seeds	<i>Shah jeera</i>	Ginger, fresh	<i>Adrak</i>
Butter	<i>Makkhan</i>	Green beans	<i>Pharasbeen</i>
Cardamoms (brown)	<i>Moti elaichi</i>	Green chillies	<i>Hari mirch</i>
Cardamoms (green)	<i>Choti elaichi</i>	Jaggery	<i>Gur</i>
Carrots	<i>Gajar</i>	Lemon juice	<i>Nimbu ka rus</i>
Cashew nuts	<i>Kaju</i>	Mint leaves	<i>Pudina</i>
Cinnamon	<i>Dalchini</i>	Mustard oil	<i>Sarson ka tel</i>
Cloves	<i>Laung</i>	Mustard seeds	<i>Rai</i>
Coriander leaves	<i>Hara dhania ke patte</i>	Peas	<i>Matar</i>
Coriander powder	<i>Pissa sukha dhania</i>	Peppercorns	<i>Kali mirch</i>
Coriander seeds	<i>Sukha dhania</i>	Poppy seeds	<i>Khuskhus</i>
Cumin powder	<i>Pissa jeera</i>	Raisins	<i>Kishmish</i>
Cumin seeds	<i>Jeera</i>	Red chilli powder	<i>Pissi lal mirch</i>
Curd; Yogurt	<i>Dahi</i>	Saffron	<i>Kesar</i>
Dry red Kashmiri chillies	<i>Sukhi lal Kashmiri mirch</i>	Turmeric	<i>Haldi</i>