

**FUTURA**<sup>®</sup>

**HARD  
ANODISED**

**DEEP-FRY PAN  
INSTRUCTION MANUAL**  
with 22 tested recipes

Rs.25

PANEER PAKORAS  
(COTTAGE CHEESE FRITTERS)

BATATA WADAS  
(POTATO BALLS IN THICK BATTER)

FISH FINGERS

MASOOR CROQUETTES  
(LENTIL CROQUETTES)

GULAB JAMUNS  
(DEEP-FRIED MILK BALLS IN SYRUP)

KADAI PANEER  
(STIR-FRIED COTTAGE CHEESE)

STUFFED VEGETABLE CUTLETS



For You

A Personal Message



BRAHM VASUDEVA, CHAIRMAN, HAWKINS COOKERS LIMITED

You know us as the makers of Hawkins and Futura pressure cookers. Your trust in Hawkins has inspired us to develop the high quality Futura range of cookware in which the Frying pan and Deep-fry pan were the first two items.

Discriminating consumers like yourself have long felt the need for well-designed and well-built cookware that would be efficient, durable and a pleasure to use. Futura cookware meets this need for the first time in India.

Futura cookware has all the hallmarks of high quality. The handles are beautifully balanced and comfortable to hold. Sturdy rivets ensure a permanent attachment. The pan is made of heavy gauge, 4.06 millimetre thick, commercially pure virgin aluminium, which is one of the best, most even conductors of heat, coated with Satilon.

### What is Satilon?

Satilon is the hard-anodised coating used on all surfaces of the pan. Satilon is not brushed or sprayed on. It is an integral part of the metal, built up molecule by molecule to a thickness of more than 50 microns, under very carefully controlled conditions, through

electrolysis. Satilon forms an extremely stable surface that is non-toxic, non-staining and non-reactive with foods. It is naturally dark grey in colour – no pigment is added.

Satilon does not tarnish and, with proper usage and cleaning, will stay looking new for years. Satilon will not scratch. It is highly abrasion-resistant – in fact 2.4 times harder than stainless steel. Satilon is stick-resistant and easy to clean.

Satilon combines the superior heat conductivity of aluminium with the corrosion resistance of stainless steel. Satilon does not develop 'hot spots' like stainless steel.

### The Art of Cooking

As important as the cookware, is the knowledge of the art and science of cooking. Traditionally, in India, knowledge of cooking techniques has been jealously guarded, within families and by professional cooks, and passed down the generations to a favoured few. Lack of knowledge and lack of suitable cooking implements have prevented many from savouring the joys of cooking.

By providing Futura Cookware and this Manual, we have made it possible for you to enjoy cooking and serving delicious foods – including those you would not have dared to attempt before!

Each recipe is actually tried out in the Hawkins Test Kitchen. Do read all the introductory sections before you begin.

We hope you enjoy using this product for many years. If you ever have any questions, comments or suggestions, do write to me.

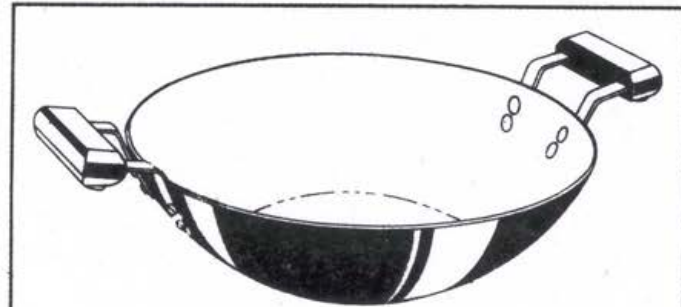
*Sincerely,*

(Brahm Vasudeva)

Chairman  
Hawkins Cookers Limited  
P.O.Box 16083  
Mumbai 400 005

# Contents

	<b>Page</b>		<b>Page</b>
<b>Important Safeguards</b>	2	<i>Sabudana Wadas</i> (Sago Patties)	14
<b>General Cooking Tips</b>	2	<i>Samosas</i> (Savoury Stuffed Pastries)	15
<b>Deep-Frying Tips</b>	3	<i>Shahi Tukra</i> (Fried Bread Pudding)	16
<b>Care and Cleaning</b>	5	Spicy Fried Chicken	16
<b>Recipes:</b>		Stir-Fried Bean Sprouts and Vegetables	17
<i>Batata Wadas</i> (Potato Balls in Thick Batter)	6	Stuffed Vegetable Cutlets	17
Cabbage and Peas – Bengal Style	7	Vegetable <i>Pakor</i> as (Vegetable Fritters)	18
Cheese Toasts	7	Vegetarian Snacks on Toothpicks	19
Fish Fingers	8		
French Fries	8	<b>Meanings and Methods for Special Items</b>	19
<i>Gulab Jamuns</i> (Deep-Fried Milk Balls in Syrup)	9		
<i>Kadai Masala</i> Chicken (Spicy Stir-Fried Chicken)	9		
<i>Kadai Paneer</i> (Stir-Fried Cottage Cheese)	10		
<i>Khasta Kachoris</i> (Crusty Savoury Pastries)	11		
<i>Masoor</i> Croquettes (Lentil Croquettes)	12		
<i>Medu Wadas</i> (Savoury Doughnuts)	12		
<i>Paneer Pakoras</i> (Cottage Cheese Fritters)	13		
<i>Puris</i> (Fried Puffed Unleavened Bread)	13		
<i>Rabri</i> (Scraped Cream Pudding)	14		



This Deep-Fry Pan is available with either one long handle (as shown on the cover) or two short handles (as shown above). The prices and capacities of the two products are identical. The recipes and other instructions in this cookbook may be used for both models.

# Important Safeguards

1. If you have no prior experience of frying, do not attempt to use this product without supervision. Our recipes are written for people with experience of frying. Once you know the various ways in which to handle the fire, the hot oil, butter or other fat and equipment safely, this product and this Manual can be used by you fearlessly.
2. No matter what the level of your experience and expertise, always treat fire, hot oil and frying with careful attention. Constant thoughtfulness is the only way to avoid accidents that are possible with fire and oil at high temperatures.
3. When placing or moving this product on a burner, hold on to the handle until you are certain the pan is seated securely with no possibility of the pan slipping or tipping.
4. Do not put oil in a wet pan.
5. Never put more than 3 cups (720 ml) oil in the deep-fry pan. Remember that foods displace the oil and their water content causes the oil to bubble. Too much oil can cause it to spatter excessively or to bubble out of the pan.
6. Never splash hot oil by dropping food from a height but do not put hands too close to oil in case it spatters. Add food gently at the edges of the pan.
7. Do not add food to hot oil with watery hands.
8. Never leave the pan with handle facing outwards – it should be parallel to work space.
9. 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.

10. Do not put hot pan in cold water. Allow pan to cool before washing.

11. Read and follow all instructions given in this Manual.

## General Cooking Tips

1. The cups used in these recipes are 240 ml capacity. The teaspoon is 5 ml and the tablespoon is 15 ml. All are level, not heaping, measurements.
2. The Futura Deep-Fry Pan conducts heat well and evenly. It is possible to cook with less oil and no sticking if you cook on lower heat.
3. Never heat oil till it is smoky. It damages the oil and will burn the food.
4. In most cases when an extra pan is called for in the recipes, the Futura Deep-Fry Pan can be used. If you use it, be sure to wash and thoroughly dry it before frying in it.
5. In some recipes for a part of the operation, the food needs to be covered while cooking in the pan. We supply a specially designed stainless steel lid for the Futura Deep-Fry Pan as an optional extra item. If needed, please contact:

Manager – Consumer Service  
Hawkins Cookers Limited  
Udyog Mandir II, Pitamber Lane,  
P.O. Box 6481,  
Mahim,  
Mumbai 400 016, India

Telephones: 24440809/24440816

# Deep-Frying Tips

1. Organise work area. Keep ingredients, deep-fry pan, perforated or slotted spoon with long handle and colander handy.
2. Cut or shape the food items evenly.
3. The food to be fried should be at room temperature.
4. Put deep-fry pan with oil on stove with handle facing sideways.
5. Heat oil to the correct temperature. It is very important that the oil is the right temperature for deep-frying. If oil is too cold,

excess oil will be absorbed producing greasy, soggy food. If oil is too hot, the food will brown too fast on the outside while the inside remains uncooked. Be sure oil is at the correct temperature before adding each batch. We have given the required temperature for each recipe. We recommend using a deep-fry thermometer for checking oil temperatures. When no thermometer is available, a test for temperature can be done with a day-old 2.5 cm x 2.5 cm x 1 cm piece of bread. Heat oil (or other cooking medium) until you think it is the correct temperature. Add bread. The time taken to brown the bread indicates the temperature of the fat. For example, if bread browns in 1 minute the fat is 190°C which is satisfactory for frying most foods. Use the following chart to test for correct temperature:

Food	Cooking Medium	Temperature	Approximate time required to brown bread in hot cooking medium
Gulab Jamuns	Oil	90°C	15 minutes
Khasta Kachoris	Vanaspati	90°C	15 minutes
Shahi Tukra	Ghee	130°C	2 minutes 30 seconds
Samosas	Oil	160°C	4 minutes
Paneer Pakoras	Oil	180°C	1 minute 10 seconds
Fish Fingers	Oil	190°C	1 minute
Stuffed Vegetable Cutlets	Oil	190°C	1 minute
Masoor Croquettes	Oil	190°C	1 minute
Medu Wadas	Oil	190°C	1 minute
Puris	Oil	190°C	1 minute
Sabudana Wadas	Oil	190°C	1 minute
Spicy Fried Chicken	Oil	190°C	1 minute
Batata Wadas	Oil	190°C	1 minute
Cheese Toasts	Oil	190°C	1 minute
Vegetarian Snacks on Toothpicks	Oil	190°C	1 minute

Two recipes in this Manual specify that you fry the food to a certain degree, remove it and then fry the same food again. In such cases the temperatures for the first and second frying are different, as give in the following chart :

Food	Temperature	Approximate time required to brown bread in hot oil
French Fries		
First Frying	160°C	3 minutes
Second Frying	190°C	1 minute
Vegetable Pakoras		
First Frying	170°C	2 minutes
Second Frying	190°C	1 minute

6. Add only the recommended number of food items one after the other to hot oil by carefully sliding in from the edges of the pan. Do not attempt to cook too much at one time; the temperature of oil will decrease too fast for crisp results and the oil may splash out of the pan.

7. Food usually drops toward the base and then rises to the surface, bubbling gently. Once food has surfaced, turn the food with a slotted, long-handled spoon to cook evenly.

8. Heat may be adjusted if required to maintain constant temperature.

9. Fry until food reaches the desired colour. The recipes specify three different colour categories, as follows:

Colour Specified in Recipe	Description of Food
'Light Golden Brown'	One shade darker than original colour and batter (if any) is set
'Golden Brown'	Four shades darker than original colour
'Dark Golden Brown'	Six shades darker than original colour; very brown but not burned

The actual colour of the finished food may vary according to the colour of the food being cooked. If a batter is made from Bengal gram flour, the colour will be yellowish; if a batter is made from refined flour, the colour will be more reddish brown.

10. Lift food with slotted, long-handled spoon a few at a time. Rest spoon on one side of the pan for a few seconds to allow oil to drop into pan. Place food in a colander or paper napkins to drain excess oil. This procedure is called 'Drain' in the recipes.

11. Remove broken food particles, if any, from the oil with a slotted, long-handled spoon. Heat or cool oil to the required temperature before adding more food. Fry other batches as required.

12. When finished frying, allow fat to cool. Strain it through a muslin cloth and store it for future use if it is still useable.

# Care and Cleaning

1. The Futura Deep-Fry Pan can be used on domestic electric, gas or kerosene stoves. Be sure the stove surface in contact with the pan is free of dirt.
2. Do not place pan directly on a coal fire. There should be at least a 5 cm gap between the burning coals and the base of deep-fry pan.
3. While you may use metal spoons and spatulas, do not hit the pan with them. Do not bang the rim of the pan. Do not drop the pan or knock it against any hard object. Do not chop or cut food with a knife or other sharp instrument within the pan.
4. Always clean pan thoroughly soon after each use. Cleaning is easier if pan is soaked in hot water before washing. After cooking eggs, soak in cold water. Never soak the wooden handle in water. Wash all surfaces of the pan and handle in hot soapy water with a sponge or nylon scouring pad. Rinse in hot water. Dry wooden handle immediately after rinse. Dry rest of product.
5. To avoid baked-on stains, ensure the pan is completely clean before each use. If you get baked-on stains, tackle them while they are still fresh. Make a thick paste of a kitchen cleanser like 'Shine It' or 'Vim' and apply it to the surface. Wait 5 to 10 minutes, then scour with steel wool using a circular motion. Wash. However, this treatment may affect the Satilon finish and is best avoided by following the procedure specified in paragraph 4 above.
6. Do not store food in your pan.
7. Do not put pan in a dishwasher.

## Batata Wadas

(Potato Balls in Thick Batter)

Yield: 18 wadas

### Batter

1 <sup>2</sup> / <sub>3</sub> cups (150 gm)	<b>Bengal gram flour</b> (see page 19)
1 teaspoon	<b>rice flour</b>
<sup>1</sup> / <sub>4</sub> teaspoon	<b>turmeric powder</b>
a pinch	<b>cooking soda</b>
1 teaspoon	<b>salt</b>
<sup>1</sup> / <sub>2</sub> teaspoon	<b>red chilli powder</b>
<sup>3</sup> / <sub>4</sub> cup + 2 tablespoons (210 ml)	<b>water</b>

### Potato Mixture

5 gm	<b>ginger</b>
4 flakes	<b>garlic</b>
2	<b>green chillies</b>
4 medium (500 gm)	<b>potatoes</b> 'boiled' (see page 19), peeled and while still hot, slightly mashed so that some small pieces remain
2 tablespoons	<b>coriander leaves</b> chopped
1 <sup>1</sup> / <sub>4</sub> teaspoons	<b>salt</b>
1 teaspoon	<b>sugar</b>
1 <sup>1</sup> / <sub>2</sub> teaspoons	<b>lemon juice</b>
<sup>1</sup> / <sub>2</sub> teaspoon	<b>turmeric powder</b>
1 <sup>1</sup> / <sub>2</sub> teaspoons	<b>vegetable oil</b>
<sup>1</sup> / <sub>4</sub> teaspoon	<b>mustard seeds</b>
<sup>1</sup> / <sub>2</sub> teaspoon	<b>split skinned black gram</b>
<sup>1</sup> / <sub>4</sub> teaspoon	<b>cumin seeds</b>

10 **curry leaves**

a pinch **asafoetida**

### Oil for Frying

2 <sup>1</sup>/<sub>2</sub> cups (600 ml)

1. To make batter: Sift together gram flour, rice flour, turmeric powder, soda and salt into a bowl. Add chilli powder. Gradually add water, stirring constantly to make a smooth batter. Keep aside for <sup>1</sup>/<sub>2</sub> hour.
2. To make potato mixture: Grind ginger, garlic and green chillies into a paste.
3. Mix ginger-garlic paste, potatoes, coriander leaves, salt, sugar, lemon juice and turmeric powder.
4. Heat oil in a pan on medium heat for about 30 seconds. Add mustard seeds. When crackling, add black gram. Stir for a few seconds. Add cumin seeds and curry leaves. Stir fry till gram is light golden brown. Remove pan from heat. Add asafoetida. Add to potatoes. Mix. Make 18 balls 4 cm in diameter.
5. To fry wadas: Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Roll 6 balls in batter to coat. Add one after the other to hot oil. Reduce heat to medium. Fry till light golden brown. Remove and drain. Fry remaining balls in the same way, increasing heat after each batch. Serve hot, accompanied with chutney.



## Cabbage and Peas – Bengal Style

Serves 6

8 gm	<b>ginger</b>
1 1/2 teaspoons	<b>cumin seeds</b>
2 teaspoons	<b>water</b>
3	<b>green cardamoms</b> peeled
2	<b>cloves</b>
2 sticks (2.5 cm each)	<b>cinnamon</b>
3 tablespoons	<b>mustard oil</b>
2	<b>bay leaves</b>
500 gm	<b>cabbage</b> shredded
1 1/2 cups	<b>peas</b> shelled or frozen
1 1/4 teaspoons	<b>coriander powder</b>
3/4 teaspoon	<b>turmeric powder</b>
1 1/4 teaspoons	<b>red chilli powder</b>
2 teaspoons	<b>salt</b>
2 medium (200 gm)	<b>tomatoes</b> chopped
1 1/4 teaspoons	<b>sugar</b>
2 tablespoons	<b>milk</b>
3/4 teaspoon	<b>refined flour</b>
1 tablespoon	<b>ghee</b>

1. Grind ginger and 1 teaspoon cumin seeds into a coarse paste gradually adding 2 teaspoons water.
2. Grind cardamoms, cloves and cinnamon into a powder.
3. Heat oil in deep-fry pan on high heat for about 3 minutes. Add bay leaves, ginger paste and remaining cumin seeds (1/2 teaspoon). Stir for a few seconds. Add cabbage and peas. Stir fry for about 2 minutes. Add all other ingredients except ground spices, milk, flour

and ghee. Mix. Reduce heat to low. Cover and cook for about 10 minutes, stirring occasionally.

4. In a separate bowl, gradually add milk to flour, blending till smooth. Add to vegetables. Stir. Increase heat to medium. Cover and cook for about 5 minutes, stirring occasionally.

5. Add ground spices. Mix. Pour ghee over vegetables. Serve hot.

## Cheese Toasts

Yield: 18 toasts

1/2 cup (40 gm)	<b>cornflour</b>
60 gm	<b>cheese</b> grated
1 1/2 teaspoons	<b>mustard powder</b>
1/2 teaspoon	<b>red chilli powder</b>
1/8 teaspoon	<b>cooking soda</b>
1/4 cup (60 ml)	<b>milk</b>
1/2 teaspoon	<b>salt</b>
9 slices (each 8 cm x 7 cm x 1 cm)	<b>bread</b> crusts removed and cut in half diagonally

### Oil for Frying

2 cups (480 ml)

1. Mix all ingredients except bread. Keep aside for about 1/2 hour.
2. Spread cheese mixture on bread slices.
3. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Add 3 bread pieces one after the other (topping side up). Reduce heat to medium. Spoon a little oil over topping till set. Turn over and fry on both sides till golden brown. Remove and drain. Fry remaining slices in the same way, increasing heat after each batch. Serve hot.

## Fish Fingers

Serves 6

- 1 1/2 tablespoons **vegetable oil**
- 2 tablespoons **lemon juice**
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 teaspoon **mustard powder**
- 400 gm **fish** cut into 8 cm x 1 1/2 cm x 1 1/2 cm pieces
- 1 **egg** beaten
- 1/2 cup **dry bread crumbs**
- Oil for Frying**  
2 cups (480 ml)

**1.** Mix oil, lemon juice, salt, pepper and mustard powder. Add fish. Mix gently. Keep covered in a cool place for 1/2 hour.

**2.** Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Drain fish. Roll 6 pieces in egg and then roll in bread crumbs. Add one after the other to hot oil. Reduce heat to medium-high. Fry till light golden brown. Remove and drain. Fry remaining pieces in the same way, increasing heat after each batch. Serve hot, accompanied with tomato ketchup.

## French Fries

Serves 6

- 4 large (600 gm) **potatoes** peeled and cut lengthwise into 6 mm x 6 mm thick pieces
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- Oil for Frying**  
2 cups (480 ml)

**1.** Heat oil in deep-fry pan on high heat for about 4 minutes (160°C – see para 5 page 3). Add a handful of potatoes. Reduce heat to medium-low. Fry till potatoes just start changing colour (they should not brown). Remove and drain. Fry remaining potatoes in the same way, increasing heat after each batch. **Step 1.** may be done 1-2 hours in advance. Keep potatoes at room temperature.

**2.** When ready to serve, reheat oil on high heat for about 5 minutes (190°C – see para 5 page 3). Reduce heat to medium-high. Fry potatoes, a handful at a time, till golden brown. Remove and drain. Sprinkle salt and pepper. Serve hot.

## Gulab Jamuns

(Deep-Fried Milk Balls in Syrup)

Yield: 36 gulab jamuns

4 cups (960 ml)	<b>milk*</b>
1 tablespoon	<b>lemon juice</b>
3 <sup>1</sup> / <sub>3</sub> cups + 1 <sup>1</sup> / <sub>2</sub> tablespoons (820 ml)	<b>water</b>
3 cups (600 gm)	<b>sugar</b>
2	<b>green cardamoms</b> crushed
<sup>1</sup> / <sub>2</sub> small	<b>lemon</b> sliced
<sup>1</sup> / <sub>2</sub> cup + 2 tablespoons (75 gm)	<b>refined flour</b>
<sup>1</sup> / <sub>8</sub> teaspoon	<b>baking powder</b>
300 gm	<b>haryali khoya</b> grated if hard
<b>For Centre</b>	
<sup>1</sup> / <sub>8</sub> teaspoon	<b>green cardamom seeds</b>
<sup>1</sup> / <sub>8</sub> teaspoon	<b>sugar</b>
<b>Oil for Frying</b>	
2 cups (480 ml)	

**1.** To make paneer: Bring milk to boil in a pan. Add lemon juice, stirring constantly. When milk curdles, remove pan from heat. Place muslin over a bowl. Pour curdled milk into muslin and strain. Gather up corners of muslin and tie about 5 cm above curds. Hang this bag for about 15 minutes. Gently squeeze bag, take down and place between two cutting boards. Place on top board about 2 kg heavy object for about <sup>1</sup>/<sub>2</sub> hour. Remove weight. Untie bag. Weigh 150 gm paneer to make gulab jamuns.

**2.** To make syrup: Put water, sugar, cardamoms and lemon slices in a pan. Bring to boil on high heat stirring till sugar is dissolved. Reduce heat to medium-high and boil for about 15 minutes. Strain syrup through a muslin cloth.

**3.** Sift together flour and baking powder. Knead khoya for 10 minutes. Knead paneer for 5 minutes. Mix khoya, paneer and flour. Knead for 5 minutes.

**4.** Divide dough into 36 portions. Put 1 green cardamom seed and 2 grains sugar in the centre of 1 portion. Roll between palms to make a smooth, crack-free ball. Make remaining balls in the same way.

**5.** Heat oil in deep-fry pan on high heat for about 2 minutes (90°C – see para 5 page 3). Reduce heat to low. Add 8 balls one after the other. Fry till dark golden brown (turn balls occasionally by gently shaking the pan instead of using a ladle). Remove and drain. Put gulab jamuns in warm syrup. Fry remaining balls in the same way except do not increase or reduce heat. Keep aside gulab jamuns in syrup for at least 1 hour. Reheat. Serve hot.

\* High quality whole milk should yield the 150 gm paneer required for this recipe.

## Kadai Masala Chicken

(Spicy Stir-Fried Chicken)

Serves 4

15 gm	<b>ginger</b>
7 flakes	<b>garlic</b>
7	<b>cashew nuts</b>
<sup>3</sup> / <sub>4</sub> cup (180 ml)	<b>water</b>
2 tablespoons	<b>coriander powder</b>
2 <sup>1</sup> / <sub>2</sub> teaspoons	<b>red chilli powder</b>
<sup>1</sup> / <sub>2</sub> teaspoon	<b>pepper</b>
1 teaspoon	<b>cumin powder</b>
<sup>1</sup> / <sub>4</sub> teaspoon	<b>turmeric powder</b>



### **Kadai Masala Chicken** (Continued)

1 teaspoon	<b>garam masala powder</b>
1 tablespoon	<b>lemon juice</b>
3 tablespoons	<b>vegetable oil</b>
1 medium (100 gm)	<b>onion</b> chopped
750 gm	<b>chicken pieces</b>
1 teaspoon	<b>salt</b>

1. Grind ginger and garlic into a paste.
2. Grind cashew nuts into a paste gradually adding 2 tablespoons water.
3. Mix coriander, chilli, pepper, cumin, turmeric and garam masala powders, lemon juice and 2 tablespoons water.
4. Heat oil in deep-fry pan on medium heat for about 2 minutes. Add onion and fry till golden brown. Add ginger-garlic paste. Stir for a few seconds. Add chicken and spice mixture. Stir fry till chicken is lightly browned and oil shows separately (about 15 minutes).
5. Add cashew nut paste. Mix. Add remaining water ( $\frac{1}{2}$  cup) and salt. Stir. Cover and cook on low heat till chicken is tender and water has evaporated, stirring occasionally (about 20 minutes). Serve hot.

### **Kadai Paneer**

(Stir-Fried Cottage Cheese)

Serves 6

1 tablespoon	<b>coriander seeds</b>
4 teaspoons	<b>cumin seeds</b>
1 $\frac{1}{4}$ teaspoons	<b>peppercorns</b>
2 tablespoons	<b>vegetable oil</b>
2 medium (200 gm)	<b>onions</b> chopped
6	<b>dry red chillies</b> deseeded and torn into small pieces
2 medium (200 gm)	<b>tomatoes</b> chopped
2	<b>green chillies</b> chopped
15 flakes	<b>garlic</b> finely chopped
2 $\frac{1}{4}$ teaspoons	<b>salt</b>
350 gm	<b>paneer</b> cut into 3 cm x 2 cm x 1 cm pieces
2 tablespoons	<b>coriander leaves</b> chopped

1. Roast together coriander seeds, cumin seeds and peppercorns (see page 20). Grind roasted spices to a coarse mixture.
2. Heat oil in deep-fry pan on medium-high heat for about 1 minute. Add onions. Stir fry till onions are transparent. Add spice mixture and all other ingredients except paneer and coriander leaves. Stir for a few seconds. Add paneer. Mix. Cover and cook on medium-low heat till liquid has evaporated, stirring occasionally (approximately 5 minutes). Add coriander leaves. Mix. Serve hot.

## **Khasta Kachoris** (Crusty Savoury Pastries)

Yield: 15 kachoris

### **Dough**

2 cups + 2 1/2  
tablespoons (250 gm) **refined flour**

2 teaspoons **salt**

1/4 cup (60 gm) **vanaspati**

1/2 cup (120 ml) **water**

### **Filling**

1/8 cup (25 gm) **split skinned black gram**

3/4 teaspoon **aniseed**

2 1/4 teaspoons **coriander seeds**

1 teaspoon **cumin seeds**

1 **brown cardamom** peeled

3 **cloves**

1 cm piece **cinnamon**

1 1/2 teaspoons **vanaspati**

a pinch **asafoetida** (optional)

1/4 teaspoon **salt**

1/2 teaspoon **red chilli powder**

2 tablespoons **water**

1/2 teaspoon **sugar**

### **Vanaspati for Frying**

2 cups (480 gm)

1. To make dough: Sift together flour and salt into a bowl. Add vanaspati and rub it in with your fingers till mixture resembles fine bread crumbs. Gradually add water, mixing and gathering flour to

make a stiff ball. Knead till dough is smooth and elastic (about 3 minutes). Keep covered with a damp cloth for 1/2 hour.

2. To make filling: Place black gram in a Futura or other heavy frying pan on medium heat. Stir constantly till gram darkens by a few shades to a light brown and gives out a strong aroma (about 4 minutes). Grind roasted gram to a powder.

3. Grind aniseed, coriander seeds, cumin seeds, cardamom, cloves and cinnamon to a coarse powder.

4. Heat vanaspati in a pan on medium heat for about 1 minute. Add asafoetida and spice mixture. Stir for a few seconds. Add powdered gram. Stir. Add salt, chilli powder and water. Stir fry for about 2 minutes. Add sugar. Mix. Allow mixture to cool.

5. To make kachoris: Knead dough briefly. Divide into 15 portions. Roll one portion into a flat round 8 cm in diameter. Place round on palm of hand, pressing centre to form a cup shape. Put 1 teaspoon filling in centre. Press filling down firmly. Gather dough from sides to the centre, pinching together to form a peak. Push down peak, pressing to seal any openings. Pat kachori between palms to flatten to about 8 cm in diameter. Dampen fingers to help sealing only if necessary. Assemble remaining portions in the same way.

6. Heat vanaspati in deep-fry pan on medium-high heat for about 3 minutes (90°C – see para 5 page 3). Add 4 kachoris one after the other. Reduce heat to medium-low. As kachoris start to rise in the oil push down each kachori with back of a perforated spoon and hold under oil for 10-15 seconds. Continue this procedure till kachoris are puffed. Fry till golden brown. Remove and drain. Fry remaining kachoris in the same way except do not increase or reduce heat. Serve hot, accompanied with chutney.

## Masoor Croquettes

(Lentil Croquettes)

Yield: 12 croquettes

1 cup (200 gm)	<b>whole lentils</b>
3 cups (720 ml)	<b>water</b>
3 slices (each 8 cm x 7 cm x 1 cm)	<b>bread</b>
1 tablespoon	<b>coriander leaves</b> finely chopped
6	<b>green chillies</b> finely chopped
1 1/2 teaspoons	<b>salt</b>
1 teaspoon	<b>garam masala powder</b>
1 1/2 teaspoons	<b>lemon juice</b>
1 small (80 gm)	<b>onion</b> finely chopped
1	<b>egg</b> beaten*
<b>Oil for Frying</b>	
2 cups (480 ml)	

1. Put lentils and 2 cups water in Hawkins pressure cooker. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 6 minutes. Remove cooker from heat. Allow to cool naturally. Open cooker. Cook on medium-high heat till liquid has evaporated, stirring constantly.

2. Soak bread in remaining water (1 cup) for 15 seconds. Squeeze out water. Mix bread, lentils and all other ingredients. Make 12 barrel-shaped croquettes 6 cm long, 2 1/2 cm in diameter.

3. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Add 2 croquettes one after the other. Reduce heat to medium. Fry till golden brown. Remove and drain. Fry remaining croquettes in the same way, increasing heat after each batch. Serve hot, accompanied with chutney or tomato ketchup.

\* Egg may be omitted by adding 1 1/2 tablespoons cornflour and deleting bread.

## Medu Wadas

(Savoury Doughnuts)

Yield: 18 wadas

1 1/4 cups (250 gm)	<b>split skinned black gram</b> soaked for 1 hour and drained
3/4 cup (180 ml)	<b>water</b>
1 1/4 teaspoons	<b>salt</b>
5 gm	<b>ginger</b> finely chopped
6	<b>curry leaves</b> torn into pieces
2	<b>green chillies</b> finely chopped
20 gm	<b>coconut</b> cut into 1 cm x 1/4 cm x 1/4 cm pieces
a pinch	<b>asafoetida</b>
<b>Oil for Frying</b>	
2 cups (480 ml)	

1. Grind black gram into a fine paste gradually adding water. In a bowl, beat paste with fork for about 5 minutes to fluff up thus: move fork up from bottom of bowl, breaking paste's surface and plunging fork down in a continuous circular motion rapidly.

2. Add all other ingredients. Mix.

3. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Reduce heat to medium-high. Wet your left palm. Put about 1/4 cup paste on palm. Wet fingertips of right hand. Pat paste into round shape and slightly flatten to about 2 1/2 cm thick. Make a hole in the centre with a finger. Wet right hand fingers. Overturn wada and place on right hand fingers. Put thumb in centre to enlarge hole. Slip wada into hot oil. Repeat

this procedure for 2 more wadas. Fry till dark golden brown. Remove and drain. Fry remaining wadas in the same way except do not increase or reduce heat. Serve hot, accompanied with sambar or chutney.

## **Paneer Pakoras** (Cottage Cheese Fritters)

Yield: 16 pakoras

250 gm **paneer** cut into 6 cm x 3 cm x 1/2 cm pieces

### **Batter**

1 cup (90 gm) **Bengal gram flour**  
(see page 19)

3/4 teaspoon **salt**

1/2 cup + 1 tablespoon **water**  
(135 ml)

1/4 teaspoon **red chilli powder**

### **Chutney**

1 teaspoon **lemon juice**

1/2 teaspoon **water**

2 tablespoons **coriander leaves**

1 tablespoon **mint leaves**

1 **green chilli**

1/4 teaspoon **salt**

### **Oil for Frying**

2 cups (480 ml)

1. To make batter: Sift together gram flour and salt into a bowl. Gradually add water, stirring constantly to make a smooth batter. Add chilli powder. Mix.

2. To make chutney: Mix lemon juice and water. Grind coriander, mint leaves and green chilli into a paste gradually adding lemon juice mixture. Add salt. Mix.

3. Spread 1/4 teaspoon chutney between two pieces of paneer. Assemble remaining paneer pieces in the same way.

4. Heat oil in deep-fry pan on high heat for about 5 minutes (180°C – see para 5 page 3). Dip 5 assembled pieces in batter to coat. Add one after the other to hot oil. Reduce heat to medium-high. Fry till golden brown. Remove and drain. Fry remaining assembled pieces in the same way, increasing heat after each batch. Serve hot.

## **Puris**

(Fried Puffed Unleavened Bread)

Yield: 25 puris

1 1/2 cups (200 gm) **wheat flour**

1/2 teaspoon **salt**

1 teaspoon **vegetable oil**

2/3 cup + 1 teaspoon **water**  
(165 ml)

### **Oil for Frying**

2 1/2 cups (600 ml)

1. Sift together flour and salt into a bowl. Add oil. Mix with your fingers. Gradually add water, mixing and gathering flour to make a firm ball. Knead till dough is smooth and elastic (approximately 2 minutes). Keep covered for 1/2 hour.

2. Knead dough briefly. Make 25 balls. Rub a little oil on rolling pin and board. Roll a ball of dough into a flat round 8 cm in



### **Puris** (Continued)

diameter. Roll out remaining balls in the same way, greasing rolling pin and board occasionally.

3. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Add 2 rounds one after the other. Push down slightly with back of a perforated spoon. Puris should puff up in a few seconds. Turn over and fry on both sides till golden brown. Remove and drain. Fry remaining rounds in the same way. Serve hot.

### **Rabri**

(Scraped Cream Pudding)

Serves 6

4 cups (960 ml) **milk**

1/4 cup + 1 tablespoon **sugar**  
(65 gm)

6 **almonds** thinly sliced

6 **pistachio nuts** thinly sliced

1. Bring milk to boil in deep-fry pan on high heat, stirring occasionally. Reduce heat to low. As a layer of cream forms on top, move layer to the edges, slightly pushing it up the sides of pan and leaving it to set. Continue this process till milk is reduced to about 1 cup.

2. Add sugar. Stir till sugar is dissolved. Remove pan from heat. Scrape cream from the sides into milk. Mix.

3. Place rabri in serving bowl. Sprinkle almonds and pistachio nuts. Serve at room temperature or cold.

### **Sabudana Wadas**

(Sago Patties)

Yield: 20 wadas

1/2 cup (90 gm)

**sago**

1/2 cup

**groundnuts**

5 gm

**ginger**

1 teaspoon

**cumin seeds**

2 medium (250 gm)

**potatoes** 'boiled' (see page 19),  
peeled and coarsely mashed  
while still hot

1 1/2 teaspoons

**salt**

2 tablespoons

**coriander leaves** chopped

3

**green chillies** chopped

**Oil for Frying**

2 cups (480 ml)

1. Wash and drain sago. Keep aside for 1 1/2 hours. Stir thoroughly. Keep aside another 1 1/2 hours.

2. Place groundnuts in Futura or other heavy frying pan on medium heat. Stir constantly till groundnuts darken by a few shades to brown and give off an aroma (about 5 minutes). Remove from pan. Allow to cool. Remove skins by rubbing groundnuts. Break groundnuts into 3 mm - 4 mm pieces.

3. Grind ginger and cumin seeds into a paste.

4. Mix ginger-cumin paste and all other ingredients. Knead mixture just enough to bind. Make 20 patties 6 cm in diameter, about 3/4 cm thick.

5. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Add 6 patties one after the other. Reduce heat to medium-low. Fry till light golden brown. Remove



and drain. Fry remaining patties in the same way, increasing heat after each batch. Serve hot, accompanied with chutney.

## Samosas

(Savoury Stuffed Pastries)

Yield: 24 samosas

### Dough

1 1/2 cups + 1 tablespoon (180 gm)	<b>refined flour</b>
1/4 teaspoon	<b>salt</b>
3 tablespoons	<b>vegetable oil</b>
1/4 cup (60 ml)	<b>water</b>

### Stuffing

4 medium (400 gm)	<b>potatoes</b> 'boiled' (see page 19) and peeled
1/4 cup (60 ml)	<b>vegetable oil</b>
1 medium (100 gm)	<b>onion</b> finely chopped
1 1/8 cups	<b>peas</b> shelled or frozen
5 gm	<b>ginger</b> finely chopped
2	<b>green chillies</b> finely chopped
3 tablespoons	<b>coriander leaves</b> finely chopped
3 tablespoons	<b>water</b>
2 teaspoons	<b>salt</b>
1 teaspoon	<b>coriander powder</b>
1 1/2 teaspoons	<b>garam masala powder</b>
1 1/2 teaspoons	<b>cumin powder</b>
1 teaspoon	<b>red chilli powder</b>
1 tablespoon	<b>mango powder</b>

1 tablespoon **lemon juice**

**Oil for Frying**  
2 1/2 cups (600 ml)

1. To make dough: Sift together flour and salt into a bowl. Add oil and rub it in with your fingers till mixture resembles fine bread crumbs. Gradually add water, mixing and gathering flour to make a stiff ball. Knead till dough is smooth and elastic (about 3 minutes). Keep covered with a damp cloth for 1/2 hour.
2. To make stuffing: Cut 3 potatoes into 3/4 cm cubes. Mash 1 potato.
3. Heat oil in a pan on medium heat for about 2 minutes. Add onion. Fry till light brown. Add peas, ginger, green chillies, coriander leaves and water. Stir. Cover and cook on low heat till peas are tender and water has evaporated, stirring occasionally.
4. Add cut potatoes, salt, coriander, garam masala, cumin, chilli and mango powders. Stir fry for about 2 minutes. Add mashed potatoes and lemon juice. Stir fry for about 1 minute. Allow mixture to cool.
5. To make samosas: Knead dough for about 1 minute. Make 12 balls. On a floured board, roll a ball of dough into a thin flat round 15 cm in diameter.
6. Cut round in half with a sharp knife. Dampen the cut edge of one half with water. Pick up and form a cone, making a 1/2 cm overlapping seam. Press to seal. Fill cone with 1 1/2 tablespoons stuffing.
7. Close top of cone by sticking the open edges together with a little water to form a 1/2 cm seam. Pinch top seam firmly to form a scalloped edge. Cover with damp cloth. Assemble 23 more samosas in the same way.
8. Heat oil in deep-fry pan on high heat for about 5 minutes (160°C – see para 5 page 3). Reduce heat to medium. Add 6 samosas one after the other. Fry till dark golden brown. Remove



## **Samosas** (Continued)

and drain. Fry remaining samosas in the same way, increasing heat after each batch. Serve hot, accompanied with chutney or tomato ketchup.

## **Shahi Tukra**

(Fried Bread Pudding)

Serves 6

1/2 cup (120 ml)	<b>water</b>
1 1/4 cups (250 gm)	<b>sugar</b>
2 cups (480 ml)	<b>milk</b>
5	<b>green cardamoms</b> crushed
250 gm	<b>khoya</b>
1/3 cup + 1 tablespoon (100 gm)	<b>ghee</b>
12 slices (each 8 cm x 7 cm x 1 cm)	<b>bread</b> crusts removed and cut in half diagonally
10	<b>almonds</b> thinly sliced
10	<b>pistachio nuts</b> thinly sliced

1. To make syrup: Boil water and sugar in a pan till sugar is dissolved, stirring constantly.

2. In a separate pan, bring milk to boil. Add cardamoms and khoya. Cook till milk thickens, breaking up lumps while stirring constantly.

3. Heat ghee in deep-fry pan on medium heat for about 2 minutes (130°C – see para 5 page 3). Add 2 bread pieces. Fry on both sides till golden brown. Remove and drain. Immerse bread in syrup and arrange on serving dish. Repeat this procedure for remaining slices.

4. Pour thickened milk on top of bread. Sprinkle almonds and pistachio nuts. Serve hot or cold. Shahi Tukra may be reheated in oven.

## **Spicy Fried Chicken**

Serves 4

1 small (80 gm)	<b>onion</b>
6 flakes	<b>garlic</b>
7 gm	<b>ginger</b>
2 tablespoons	<b>coriander leaves</b>
1 teaspoon	<b>cumin seeds</b>
2	<b>dry red Kashmiri chillies</b> deseeded and soaked in 1/2 cup hot water for 5 minutes and drained
2 tablespoons	<b>lemon juice</b>
1/2 teaspoon	<b>garam masala powder</b>
1 1/2 teaspoons	<b>salt</b>
1/2 teaspoon	<b>pepper</b>
2 teaspoons	<b>red chilli powder</b>
3/4 cup + 2 tablespoons (175 gm)	<b>curd</b> beaten
1 kg	<b>chicken pieces</b>
<b>Batter</b>	
2 teaspoons	<b>Bengal gram flour</b>
1/4 teaspoon	<b>salt</b>
1/4 teaspoon	<b>red chilli powder</b>
2	<b>eggs</b> beaten
<b>Oil for Frying</b>	
2 cups (480 ml)	

1. Grind onion, garlic, ginger, coriander leaves, cumin seeds and red chillies into a paste gradually adding lemon juice. Mix ground paste, garam masala powder, salt, pepper, chilli powder and curd.

Mix with chicken. Cover and keep aside overnight in refrigerator to marinate.

2. Put chicken and marinade in a pan. Bring to boil on medium-high heat. Reduce heat to medium-low and cook till liquid has evaporated, stirring occasionally (about  $\frac{1}{2}$  hour).

3. To make batter: Sift together gram flour and salt into a bowl. Add chilli powder and eggs. Mix.

4. Heat oil in deep-fry pan on high heat for about 5 minutes ( $190^{\circ}\text{C}$  – see para 5 page 3). Roll 2 chicken pieces in batter to coat. Add one after the other to hot oil. Reduce heat to medium-high. Fry till golden brown. Remove and drain. Fry remaining chicken in the same way, increasing heat after each batch. Serve hot.

## Stir-Fried Bean Sprouts and Vegetables

Serves 6

$\frac{1}{4}$ teaspoon	<b>salt</b>
$\frac{1}{4}$ teaspoon	<b>sugar</b>
$\frac{1}{2}$ teaspoon	<b>lemon juice</b>
1 tablespoon	<b>vegetable oil</b>
2 gm	<b>ginger</b> cut into long strips, 2 mm x 2 mm
2 flakes	<b>garlic</b> finely chopped
1 medium (100 gm)	<b>carrot</b> cut into matchstick-thin strips, 4 cm long
2	<b>spring onions</b> including tender green portion cut lengthwise into strips up to 4 cm long, 2 mm x 2 mm

125 gm	<b>cabbage</b> cored and cut into long strips, 3 mm wide
2 cups (170 gm)	<b>whole green gram sprouts*</b>
1	<b>green chilli</b> chopped
1 tablespoon	<b>water</b>

1. Mix salt, sugar and lemon juice in a bowl. Stir till sugar is dissolved.

2. Heat oil in deep-fry pan on medium-high heat for about 2 minutes. Add ginger and garlic. Stir for a few seconds. Add carrots. Stir fry for about 1 minute. Add onions. Stir fry till onions are transparent. Add cabbage, sprouts and green chilli. Stir fry for about 2 minutes, pouring water around the sides of the pan. Add lemon juice mixture. Stir for a few seconds. Serve hot.

\* To sprout whole green gram: Soak 60 gm whole green gram in 1 cup water overnight. Drain. Place a wet cloth on a flat plate. Spread gram. Fold cloth over gram. Cover with another plate. Keep aside for 2 days, sprinkling water on cloth to keep it damp (once or twice a day).

## Stuffed Vegetable Cutlets

Yield: 18 cutlets

2 teaspoons	<b>butter</b>
1 tablespoon	<b>onion</b> finely chopped
1 teaspoon	<b>ginger</b> finely chopped
$\frac{1}{8}$ teaspoon	<b>cumin seeds</b>
2	<b>green chillies</b> finely chopped
$\frac{1}{4}$ cup	<b>peas</b> shelled or frozen
50 gm	<b>french beans</b> cut into 3 mm pieces



## Stuffed Vegetable Cutlets (Continued)

50 gm	<b>carrot</b> finely chopped
1 tablespoon	<b>salt</b>
1 1/4 cups (300 ml)	<b>water</b>
1/4 teaspoon	<b>garam masala powder</b>
1 tablespoon	<b>coriander leaves</b> chopped
6 slices (each 8 cm x 7 cm x 1 cm)	<b>bread</b> crusts removed
5 large (750 gm)	<b>potatoes</b> 'boiled' (see page 19), peeled and mashed while still hot

### Oil for Frying

2 cups (480 ml)

1. To make stuffing: Melt butter in a pan. Add onion and ginger. Fry till onion is transparent. Add cumin seeds, green chillies, peas, french beans, carrots and 1/4 teaspoon salt. Stir for a few seconds. Add 1/4 cup water. Stir. Cover and cook on low heat till vegetables are just tender and water has evaporated, stirring occasionally. Add garam masala powder and coriander leaves. Mix. Allow mixture to cool.

2. Put bread in remaining water (1 cup) for 15 seconds. Squeeze out water. Mix bread, potatoes and remaining salt (2 3/4 teaspoons). Divide into 36 portions. Make 2 patties 4 cm in diameter using 2 portions. Put 1 teaspoon stuffing in centre of 1 patty. Cover with second patty. Press edges to seal. Gently pat all around to give an even shape. Assemble remaining patties in the same way.

3. Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Add 4 cutlets one after the other. Reduce heat to medium. Fry till golden brown. Remove and drain. Fry remaining cutlets in the same way, increasing heat after each batch. Serve hot, accompanied with chutney or tomato ketchup.

## Vegetable Pakoras

(Vegetable Fritters)

Serves 6

250 gm	<b>cauliflower</b> cut into 3 cm flowerettes
2 medium (250 gm)	<b>potatoes</b> peeled and cut lengthwise into 1/2 cm thick slices
2 1/2 teaspoons	<b>salt</b>
2 1/2 teaspoons	<b>red chilli powder</b>
8 flakes	<b>garlic</b> (optional)
1 teaspoon	<b>ajowan</b> (optional)
2 1/4 cups (200 gm)	<b>Bengal gram flour</b> (see page 19)
1 1/4 cups (300 ml)	<b>water</b>
1/3 cup	<b>coriander leaves</b> chopped

### Oil for Frying

2 1/2 cups (600 ml)

1. Mix cauliflower, potatoes, 1/2 teaspoon salt and 1/2 teaspoon chilli powder. Keep aside for 1/2 hour. Drain.

2. Grind garlic and ajowan into a paste.

3. Sift together gram flour and remaining salt (2 teaspoons) into a bowl. Gradually add water, stirring constantly to make a smooth batter. Add remaining chilli powder (2 teaspoons), garlic-ajowan paste and coriander leaves. Mix.

4. Heat oil in deep-fry pan on high heat for about 4 minutes (170°C – see para 5 page 3). Roll 8 cauliflower and potato pieces in batter to coat. Add one after the other to hot oil. Reduce heat to medium and fry till light golden brown. Remove and drain. Fry remaining vegetables in the same way, increasing heat after each batch.

- Press cauliflower pakoras between palms to flatten slightly.
- When ready to serve, reheat oil on high heat for about 5 minutes (190°C – see para 5 page 3). Reduce heat to medium-high. Fry pakoras in batches till dark golden brown. Remove and drain. Serve hot, accompanied with chutney.

**Note:** Pakoras can also be made using vegetables such as onion, spinach, brinjal, pumpkin, green chilli etc.

## Vegetarian Snacks on Toothpicks

Yield: 24 snacks

1 cup + 1 1/2 tablespoons (125 gm)	<b>refined flour</b>
1 1/2 teaspoons	<b>salt</b>
1/4 teaspoon	<b>pepper</b>
3/4 cup (180 ml)	<b>water</b>
1 medium (100 gm)	<b>capsicum</b> cut into 2 cm squares
1 large (150 gm)	<b>tomato</b> cut into 2 cm squares
150 gm	<b>paneer</b> cut into 2 cm x 2 cm x 3/4 cm pieces

**Oil for Frying**  
2 cups (480 ml)

- Sift together flour, salt and pepper into a bowl. Gradually add water, stirring constantly to make a smooth batter.
- Assemble vegetables and paneer on a toothpick in the following order: capsicum, tomato, paneer, tomato, paneer, capsicum.
- Heat oil in deep-fry pan on high heat for about 5 minutes (190°C – see para 5 page 3). Dip 8 snacks in batter to coat. Add one after the other to hot oil. Reduce heat to medium. Fry till light golden brown. Remove and drain. Fry remaining snacks in the

same way, increasing heat after each batch. Serve hot, accompanied with tomato ketchup.

## Meanings and Methods for Special Items

**Batter:** A thick, beaten mixture of flour and a liquid such as water, milk or egg.

**Beat:** To mix with an instrument using a regular, rapid, rhythmic movement.

**Bengal Gram Flour (*Besan*):** *Besan* used in all the recipes has been ground from pure Bengal gram (*chana dal*). If you use commercial *besan*, water quantities in these recipes may have to be reduced if *besan* is adulterated or contains ingredients other than Bengal gram. Our testing indicates that adulterated *besan* takes less water than given in our recipes to reach the desired consistency.

### 'Boiled' Potatoes in a Hawkins Pressure Cooker:

Size of Potatoes	Water Quantity	Pressure Cooking Time
Whole (Small – 75 gm)	1 cup	6 minutes
(Medium – 100 gm)	1 1/2 cups	10 minutes
(Large – 150 gm)	1 1/2 cups	15 minutes

Method: Pour water into cooker. Put grid in cooker. Place potatoes on grid. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 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

**Cooking Soda:** Sodium bicarbonate

**'Cornflour' (cornstarch):** The starch of corn very finely ground; used as a thickener. Available in grocery shops in plastic packets.

**Garam Masala Powder:**

Yield: 50 gm

- 20 gm **peppercorns**
- 10 gm **cloves**
- 20 gm **cinnamon**
- 15 gm **brown cardamoms** peeled
- 10 gm **caraway or cumin seeds**

Place all ingredients in the Futura Deep-Fry Pan on medium heat. Stir constantly till spices just darken by one shade and give out their aroma. Grind to a powder and sift.

**Haryali Khoya:** Cow's milk which has been boiled down until all moisture has been removed; specially required for gulab jamuns.

**Khoya:** Milk which has been boiled down until all moisture has been removed.

**Marinade:** A liquid mixture usually of vinegar, oil, sauces and various spices in which fowl, fish or meat is soaked before cooking.

**Muslin:** A thin, plain-weaved cotton cloth.

**Mustard Powder:** Commercially prepared yellow powder made from mustard. Available in grocery shops.

**Patty:** A small oval or round flattened cake of chopped or minced food.

**Paneer:**

Yield: 400 gm

- 10 cups (2 1/2 litre) **whole milk**
- 1/4 cup (60 ml) **lemon juice**

1. In a pan bring milk to boil, stirring occasionally to prevent skin from forming on top. Add lemon juice and stir till milk curdles (curd separates from whey). Remove pan from heat.

2. Place muslin cloth over bowl. Pour curdled milk into muslin and strain. Gather up corners of muslin and tie about 5 cm above curd. Hang this bag for about 1/2 hour.

3. Gently squeeze bag and place between two cutting boards. Place on top board about 2 1/2 kg heavy object (saucepan filled with water) for about 2 hours until paneer layer is 1 cm thick. Remove weight. Untie cloth bag and remove.

4. Cut as desired or as per recipe requirement.

**Pepper:** In the recipes the word pepper refers to ground or powdered *kali mirch*.

**Peppercorns:** Whole *kali mirch*

**Roasting of Spices:** Before grinding, the spices are sometimes roasted to bring out the characteristic aromas and intensify the flavour. To roast, place spices in the Futura Deep-Fry Pan on medium heat. Stir constantly until the spices darken by a few shades and give out their distinct aromas.

**Sift:** To pass dry ingredients through a sieve.

**Translation to Hindi:**

Ajowan	Ajwain	Fenugreek seeds	Methi dana
Aniseed	Saunf	Garlic	Lassan
Asafoetida	Hing	Ginger	Adrak
Bay leaf	Tej patta	Lemon	Nimbu
Bengal gram	Chana dal	Mango powder	Amchur
Bengal gram flour	Besan	Mint leaves	Pudina
Black gram (split)	Urad dal	Mustard seeds	Rai
Cardamoms (brown)	Moti elaichi	Pistachio nuts	Pista
Cardamoms (green)	Choti elaichi	Refined flour	Maida
Cinnamon	Dalchini	Sago	Sabudana
Cloves	Laung	Spring onions	Hare pyaz
Coriander leaves	Hara dhania ke patte	Turmeric	Haldi
Coriander seeds	Sukha dhania	Whole green gram sprouts	Ankurit sabat moong
Cumin seeds	Jeera	Whole lentils	Sabat masoor
Curry leaves	Kadi patta		

**Vanaspati:** Hydrogenated vegetable oil