

FUTURA[®]

**HARD
ANODISED**

**HANDI (SAUCEPAN)
INSTRUCTION MANUAL
with 18 tested recipes**

VEGETABLE PILAU



SEVIAN KHEER
(VERMICELLI PUDDING)



DUM ALOO
(POTATOES IN THICK GRAVY)



BENGALI FISH CURRY

For You

A Personal Message

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, Deep-fry Pan, Cook 'n' Serve Bowl and Tava were the first four items; and here is the Futura Handi (Saucepan)

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.

The 'handi' has long been a staple in virtually every Indian kitchen. Notwithstanding its many virtues, the traditionally crafted products left something to be desired in terms of fuel efficiency and convenience. You will find that Futura Handi improves upon the traditional product in these respects.

Futura cookware has all the hallmarks of high quality. The handi handle is beautifully balanced and comfortable to hold even when the handi is hot. Sturdy aluminium rivets ensure a permanent attachment. The unique water holding lid condenses steam inside and enables delicious less-water cooking. The handi 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.



BRAHM VASUDEVA, CHAIRMAN, HAWKINS COOKERS LIMITED

What is Satilon?

Satilon is the hard-anodised coating used on all surfaces of the handi and lid. Satilon is not brushed or sprayed on. It is an integral part of the metal, built up molecule by molecule, to the 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 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 cookbook, 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.

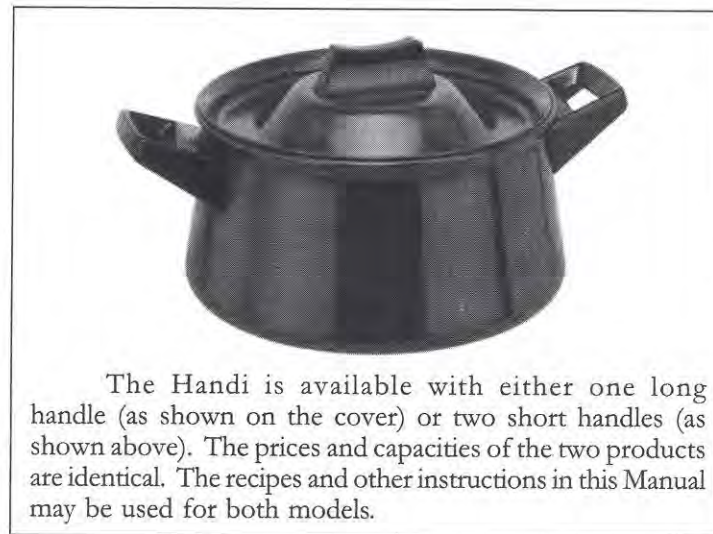
We hope you enjoy using this product for many years. If you ever have any questions, comments or suggestions, do write to me.

Sincerely,
Brahm Vasudeva

Chairman
Hawkins Cookers Limited (Brahm Vasudeva)
P.O.Box 16083
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The Handi 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 Manual may be used for both models.

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Important Safeguards

1. Dry the Futura Handi before adding oil to base.
2. If cooking on high heat for a long time, the handles may be too hot to touch. Use pot holders or dish cloth carefully.
3. Never leave the Handi with the long handle facing outwards – it should be parallel to work space.
4. When removing the Handi lid when water is on the lid, lift lid carefully so that the water does not spill.
5. Do not put Handi in the oven or under a broiler.
6. Do not deep-fry in the Handi. For deep-frying, use the Futura Deep-Fry Pan.
7. Do not put hot Handi in cold water. Allow Handi to cool before washing.
8. While you may use metal utensils, do not hit Handi with them. Do not bang its rim. Do not drop the Handi or the lid or knock them against any hard object. Do not chop or cut food with a knife or other sharp instrument such as the edge of a metal spatula within the Handi.
9. Read and follow Cooking Tips and Care and Cleaning.

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. 3 teaspoons equals 1 tablespoon. $\frac{1}{8}$ cup is 2 tablespoons or 30 ml. $\frac{1}{4}$ cup is 4 tablespoons or 60 ml. $\frac{1}{2}$ cup is 8 tablespoons or 120 ml.

2. The total capacity of the Futura Handi is 3 litres.
3. The Handi heats evenly and efficiently. High heat is rarely necessary. If you are accustomed to using higher heat, try cooking on comparatively lower heat to achieve the same results. Excessive heat may cause sticking and burning of food and wastes fuel.
4. In our recipes we have given indications of time and heat settings on an efficient domestic gas stove. You may have to adjust these timings and settings to suit your stove. You will be helped in making these adjustments by the steps given in various recipes (for example, the frying of onions till transparent). Traditional handi cooking requires slow cooking on very low heat to combine flavours, tenderise and moisturise food without sticking. When a recipe specifies very low heat, use the lowest setting you have. If you do not have a “very low” setting, use a pan support stand to elevate the Handi or place a cast iron piece or tava between the flame and the Handi.
5. When frying, oil is used to help keep food from sticking as well as for taste and colour. In the Handi, it is possible to cook with less oil and minimum or no sticking if you cook on lower heat. Reducing oil is not only economical but also healthful.
6. In the recipes you may substitute oil for ghee. However, this may affect the taste.
7. In line with modern medical thinking, you may reduce or eliminate the salt given in the recipes according to your taste and requirements.
8. The quantities of whole chillies and chilli powder recommended in our recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies/chilli powder according to your taste.

9. Never heat oil till it is smoky. It damages the oil and will burn the food.
10. When a recipe calls for simmering, adjust the heat so that bubbles are, very slowly, forming, rising and breaking.
11. When a recipe calls for boiling, boil gently not rapidly. It is rarely desirable to boil food rapidly. 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.
12. Foods such as pulses, pastas and milk may froth up as they come to a boil. To prevent boiling over, uncover the Handi and/or reduce heat.
13. The Handi lid is designed to hold water during cooking. When water is on the lid more of the steam formed while cooking collects on the underside of the lid, condenses and falls back on the food, thereby moistening and tenderising it and enabling you to cook with less water. Cooking with less water preserves flavour and nutritive elements. Water on the lid minimises sticking.
14. We recommend keeping water on the lid when cooking meat and foods which you wish to cook with minimum water such as vegetables and *dal*. We do not recommend putting water on the lid in our rice recipes such as pilaus and *biryani* so that the rice grains remain whole, firm and separate. If you prefer softer rice, you may put water on the lid.
15. When water is on the lid, remove lid carefully so that the water does not spill.
16. Water on the lid reduces somewhat the liquid necessary for cooking. When cooking your own recipes in the Handi with water on the lid, use a similar recipe in the cookbook to adapt the liquid quantity so that the gravy is not too thin.

17. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step by step.
18. If you come across a word in the recipes which you do not understand, please check Meanings and Methods on page 18.
19. Some recipes require the use of other Hawkins products. If necessary, you may use the nearest equivalent.
20. The recipes in this cookbook are only a small sample of the infinite number of dishes – vegetables, *dal*, soups, stews, curries, fruits, desserts – that cook perfectly in the Handi on the stovetop. Its thick base makes it ideal for *biryani*, rice, pilaus, pot roast, milk-based desserts. The Handi is not suitable for food requiring grilling, baking or deep-frying.

Care and Cleaning

1. The Futura Handi can be used on domestic electric, gas or kerosene stoves. Be sure the stove surface in contact with the Handi is free of dirt.
2. Do not place the Handi directly on a coal fire. There should be at least a 5 cm gap between the burning coals and the base of the Handi.
3. While you may use metal spoons and spatulas, do not hit the Handi with them. Do not bang its rim. Do not drop the Handi or the lid or knock them against any hard object. Do not chop or cut food with a knife or other sharp instrument within the Handi.
4. Always clean the Handi thoroughly soon after each use. The hot Handi may be soaked in hot water. Cleaning is easier if it is soaked in hot water before washing. After cooking milk, allow the Handi to

(Continued overleaf)

Care and Cleaning *(continued)*

cool before soaking in cold water. Do not put the hot Handi in cold water. Allow the Handi to cool before washing. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the Handi to avoid scratch marks. Wash all surfaces of the Handi and lid in hot soapy water with a sponge or plastic scouring pad. Rinse in hot water. Dry.

5. To avoid “baked-on” stains, ensure the Handi 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 such as ‘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. To avoid water stains on lid wash the lid surface thoroughly in hot soapy water with a sponge or plastic scouring pad after every use. Rinse in hot water. Dry.

7. Do not store food in the Handi.

8. Do not put the Handi in dishwasher.

Aloo Gobi ki Tehari ***(Rice with Potatoes and Cauliflower)***

Serves 6

1/2 cup (120 ml)	vegetable oil
2	bay leaves
2 sticks (each 2.5 cm)	cinnamon
4	cloves
3 medium (300 gm)	potatoes peeled and cut into quarters
1 medium (500 gm)	cauliflower cut into flowerettes of about 3 cm (250 gm)
2 1/4 cups (450 gm)	Basmati rice
1/2 teaspoon	pepper
1/2 teaspoon	ginger powder
1 1/2 teaspoons	red chilli powder
1 teaspoon	turmeric powder
3 3/4 cups (900 ml)	water
5 teaspoons	salt

1. Heat oil in Handi on medium heat for about 3 minutes. Add bay leaves, cinnamon and cloves. Stir for a few seconds. Add potatoes and cauliflower. Stir fry for about 6 minutes. Add rice, pepper, ginger, chilli and turmeric powders. Mix. Add water and salt. Stir. Bring to boil.

2. Reduce heat to very low. Cover. Simmer for 30 minutes, or till rice is cooked and water is absorbed. Serve hot with butter. ●

Avial ***(Vegetables in Coconut Gravy)***

Serves 6

1 cup (90 gm) **coconut** grated
5 **green chillies**
1 teaspoon **cumin seeds**
1 cup (240 ml) **water**
100 gm **yam** peeled and cut into
4 cm x 1 cm x 1 cm pieces
100 gm **cluster beans** cut into 4 cm
long pieces
100 gm **snake gourd** peeled and cut
into 4 cm x 1 cm x 1 cm pieces
100 gm **French beans** cut into 4 cm
long pieces
1 (85 gm) **green unripe banana** peeled
and cut into 4 cm x 1 cm x 1 cm
pieces
1 (35 gm) **drumstick** cut into 4 cm long
pieces
100 gm **red pumpkin** peeled and cut
into 4 cm x 1 cm x 1 cm pieces
2 1/2 teaspoons **salt**
1/2 teaspoon **turmeric powder**
1 cup (240 gm) **curd** beaten

1 medium (120 gm) **tomato** cut into slices
1 cm thick
20 small **curry leaves**
1 tablespoon **coconut oil** (optional)

Water on Lid

3/4 cup (180 ml)

1. Grind into a paste coconut, green chillies and cumin seeds, adding 1/2 cup water gradually.
2. Put remaining water (1/2 cup), yam, cluster beans and snake gourd in Handi. Bring to boil on high heat.
3. Reduce heat to low. Cover. Put 1/4 cup water on lid. Simmer for 10 minutes, or till vegetables are half cooked.
4. Add French beans, banana, drumstick, pumpkin, salt and turmeric powder. Mix. Cover. Add 1/4 cup water to water already on lid. Simmer till vegetables are tender (about 20 minutes).
5. Add coconut paste, curd, tomato and curry leaves. Mix. Increase heat to high. Bring to boil.
6. Reduce heat to low. Cover. Add 1/4 cup water to water already on lid. Simmer for 10 minutes.
7. Remove from heat. Pour coconut oil over *avial*. Serve hot with rice.

Dum Aloo **(Potatoes in Thick Gravy)**

Serves 6

20 small (1 kg)	potatoes peeled and pricked all over with a fork
1 1/2 cups (360 ml)	vegetable oil
1	brown cardamom
2	cloves
3/4 teaspoon	cumin seeds
2 teaspoons	poppy seeds
1 small (75 gm)	onion coarsely chopped
1 x 5 cm piece (10 gm)	ginger
10 cloves	garlic
2 1/8 cups (510 ml)	water
2	dry red Kashmiri chillies
2 sticks (each 2.5 cm)	cinnamon
2	bay leaves
1 large (150 gm)	onion grated
1 large (150 gm)	tomato puréed
2 1/2 teaspoons	salt
3/4 teaspoon	red chilli powder
1/2 teaspoon	turmeric powder
3/4 cup (180 gm)	curd beaten
	Water on Lid
1/2 cup (120 ml)	

1. Divide potatoes into three batches. Heat oil in Futura Deep-Fry Pan on high heat for 4 minutes (160° C – till a day-old 2.5 cm x 2.5 cm x 1 cm piece of bread browns in 4 minutes when added to the oil). Add a batch 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. Allow oil to cool. Strain oil and put 5 tablespoons in Handi.
2. Place cardamom, cloves, cumin and poppy seeds in the Futura Frying Pan on medium heat. Stir constantly till spices darken by a few shades and give out their aroma. Grind into a paste roasted spices, chopped onion, ginger and garlic, adding 2 tablespoons water gradually.
3. Heat the 5 tablespoons oil in Handi on medium heat for 3 minutes. Add red chillies, cinnamon and bay leaves. Stir for a few seconds. Add grated onion and fry till golden brown (about 5 minutes), stirring occasionally. Add ground paste, tomato purée, salt, chilli and turmeric powders. Stir for a few seconds.
4. Add 1 tablespoon curd. Mix. Add remaining curd (1/2 cup + 3 tablespoons) 1 tablespoon at a time, mixing after each addition. Stir fry till oil shows separately (about 5 minutes). Add potatoes. Stir carefully till potatoes are evenly coated with curd-spice mixture. Add remaining water (2 cups). Stir. Bring to boil.
5. Reduce heat to low. Cover. Put 1/2 cup water on lid. Simmer for 20 minutes, or till potatoes are cooked.
6. To thicken gravy, allow to cool for 1 3/4 hours. Reheat. Serve hot with *paratha* or rice. ●

French Beans with Coconut and Garlic

Serves 6

1 cup (90 gm)	coconut grated
2	green chillies chopped
20 cloves	garlic chopped
1/3 cup (80 ml)	vegetable oil
1 1/2 teaspoons	mustard seeds
20 small	curry leaves
800 gm	French beans cut diagonally into 2.5 cm long strips
3 1/2 teaspoons	salt
1/2 teaspoon	turmeric powder

Water on Lid

1/2 cup (120 ml)

1. Finely grind coconut, green chillies and garlic.
2. Heat oil in Handi on medium heat for about 3 minutes. Add mustard seeds. When crackling, add curry leaves. Stir for a few seconds. Add beans, salt and turmeric powder. Mix.
3. Reduce heat to low. Cover. Put 1/4 cup water on lid. Cook till beans are half tender (about 10 minutes).
4. Add coconut mixture. Mix. Cover. Add 1/4 cup water to water already on lid. Cook till beans are tender (about 10 minutes). Serve hot with *chapatti*.

Sukhi Bhaji (Braised Mixed Vegetables)

Serves 6

1 x 5 cm piece (10 gm)	ginger
5 cloves	garlic
1	green chilli
1/3 cup (80 ml)	vegetable oil
1/2 teaspoon	cumin seeds
1 medium (750 gm)	cauliflower cut into flowerettes of about 2.5 cm (300 gm)
2 cups (300 gm)	shelled peas fresh or frozen
2 large (240 gm)	carrots cut into 1 cm cubes
1 teaspoon	coriander powder
1 teaspoon	cumin powder
1/2 teaspoon	red chilli powder
1/2 teaspoon	turmeric powder
2 1/2 teaspoons	salt

Water on Lid

1/2 cup (120 ml)

1. Grind into a paste ginger, garlic and green chilli.
2. Heat oil in Handi on medium heat for about 2 minutes. Add cumin seeds. Stir for a few seconds. Add ginger paste. Stir for a few seconds. Add remaining ingredients. Mix.
3. Reduce heat to low. Cover. Put 1/2 cup water on lid. Cook till vegetables are tender (about 30 minutes). Serve hot with *paratha*.

Paneer Pasanda ***(Cottage Cheese Simmered in Spices and Cream)***

Serves 6

16 ² / ₃ cups (4 litres)	milk
¹ / ₄ cup + 1 tablespoon	lemon juice
3 medium (350 gm)	onions chopped
1 x 5 cm piece (10 gm)	ginger
10 cloves	garlic
1 ³ / ₄ cups + 1 tablespoon (435 ml)	water
¹ / ₂ cup (60 gm)	broken cashew nuts or cashew nuts coarsely chopped
¹ / ₄ cup + 2 tablespoons (90 gm)	ghee
5	green cardamoms
1	brown cardamom
5	cloves
1 stick (2.5 cm)	cinnamon
1	bay leaf
5 teaspoons	red chilli powder
2 ¹ / ₂ teaspoons	coriander powder
1 teaspoon	turmeric powder
1 tablespoon	salt
1 ¹ / ₄ cups (300 gm)	curd beaten
¹ / ₂ cup (120 gm)	cream
	Water on Lid
¹ / ₄ cup (60 ml)	

1. To make *paneer*: Bring milk to boil in a large pan on medium heat. Add lemon juice, stirring constantly (about 1 minute) till milk has curdled (curd separated from whey). Remove pan from heat. Place muslin cloth 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 ¹/₂ hour. Gently squeeze bag to drain excess whey and place between two chopping boards. Place on top board about 2 ¹/₂ kg heavy object (such as a saucepan filled with water) for about 2 hours till *paneer* layer is about 1 cm thick. Remove weight. Untie cloth bag and remove. Weigh 600 gm *paneer*. Cut *paneer* into 5 cm x 2 cm x 1 cm pieces.

2. Grind onions into a paste.

3. Grind into a paste ginger and garlic, adding 2 tablespoons water gradually.

4. Grind cashew nuts into a paste adding 3 tablespoons water gradually.

5. Heat ghee in Handi on medium heat for about 3 minutes. Add cardamoms, cloves, cinnamon and bay leaf. Stir for a few seconds. Add onion paste and fry till light golden (about 10 minutes), stirring occasionally. Add ginger-garlic paste. Stir for a few seconds. Add chilli, coriander and turmeric powders and salt. Stir.

6. Remove Handi from heat. Add curd. Mix. Add remaining water (1 ¹/₂ cups). Mix. Bring to boil on medium heat. Reduce heat to low. Add cashew nut paste and cream. Mix. Simmer for 5 minutes. Add *paneer*. Stir. Increase heat to medium. Bring to boil.

7. Reduce heat to very low. Cover. Put ¹/₄ cup water on lid. Simmer for 10 minutes. Serve hot with *paratha*.

Sukhi Dal ***(Dry Split Skinned Green Gram)***

Serves 6

2 cups (400 gm)	split skinned green gram
1/4 cup (60 gm)	ghee
1 small (75 gm)	onion chopped
2 teaspoons	salt
1/4 teaspoon	turmeric powder
2 teaspoons	red chilli powder
1 tablespoon	coriander powder
1 small (75 gm)	tomato chopped
3	green chillies chopped
1 cup (240 ml)	water other than for step 1
1 small (75 gm)	onion thinly sliced
3 tablespoons	coriander leaves chopped

Water on Lid

1/2 cup (120 ml)

1. In a bowl, cover gram with water at least 2 cm above gram. Soak for 1 hour. Drain.
2. Heat 2 tablespoons ghee in Handi on medium heat for about 2 minutes. Add chopped onion and stir fry till transparent (about 1 minute). Add gram, salt, turmeric, chilli and coriander powders. Stir fry for about 3 minutes.
3. Add tomato and green chillies. Mix. Add water. Stir. Bring to boil.

4. Reduce heat to very low. Cover. Put 1/4 cup water on lid. Simmer for 10 minutes.
5. Scatter sliced onion over *dal*.
6. In a small pan, heat remaining ghee (2 tablespoons) on medium heat for about 1 minute. Pour ghee over *dal* in Handi. Add coriander leaves.
7. Cover. Add 1/4 cup water to water already on lid. Cook for 10 minutes, or till *dal* is cooked. Serve hot with *paratha*.

Aloo Talasani ***(Potatoes – Saraswat Style)***

Serves 6

1/3 cup (80 ml)	vegetable oil
1 1/2 teaspoons	cumin seeds
1 kg	potatoes peeled and cut lengthwise 4 cm x 1 cm x 1 cm
1 tablespoon	salt
2 teaspoons	red chilli powder
1/2 teaspoon	turmeric powder

1. Heat oil in Handi on medium heat for about 3 minutes. Add cumin seeds. Stir for a few seconds. Add potatoes. Stir. Add remaining ingredients. Mix.
2. Reduce heat to very low. Cover. Cook for 10 minutes. Stir. Cover. Cook till potatoes are tender (about 15 minutes). Serve hot with *paratha*.

Vegetable Pilau

Serves 6

1/3 cup + 4 teaspoons (100 gm)	ghee
1/2 teaspoon	cumin seeds
2	bay leaves
2 sticks (2.5 cm each)	cinnamon
2	brown cardamoms
4	cloves
2 cups (400 gm)	Basmati rice
1 large (120 gm)	carrot peeled and cut into 2.5 cm long strips
100 gm	French beans cut diagonally into 2.5 cm long strips
2/3 cup (100 gm)	shelled peas fresh or frozen
2 1/2 teaspoons	salt
3 1/3 cups (800 ml)	water

1. Heat ghee in Handi on medium heat for about 2 minutes. Add cumin seeds, bay leaves, cinnamon, cardamoms and cloves. Stir for a few seconds. Add rice. Stir fry till rice is opaque (about 3 minutes). Add remaining ingredients. Mix. Bring to boil.

2. Reduce heat to low. Cover. Simmer for 20 minutes, or till rice is cooked and water is absorbed. Serve hot with curd.

Bengali Fish Curry

Serves 6

2 1/2 teaspoons	salt
1/2 teaspoon	turmeric powder
12 (760 gm)	fish steaks 1 cm thick
2 medium (200 gm)	onions chopped
1 x 5 cm piece (10 gm)	ginger
10 cloves	garlic
2	green chillies
2 cups (480 ml)	water
2 tablespoons	coriander seeds
2 teaspoons	poppy seeds
1/2 + 1/8 teaspoon	mustard seeds
4	dry red Kashmiri chillies de-seeded
1/3 cup (80 ml)	mustard oil
1/8 teaspoon	fenugreek seeds
1/8 teaspoon	cumin seeds
2 teaspoons (10 gm)	jaggery

1. Mix 1/2 teaspoon salt and turmeric powder. Rub all over fish. Cover and marinate for about 1/2 hour.

2. Grind into a paste onions, ginger, garlic and green chillies, adding 1/4 cup water gradually.

3. Finely grind coriander, poppy and 1/2 teaspoon mustard seeds and 3 red chillies.

4. Heat oil in Handi on medium-high heat for 3 minutes. Reduce heat to medium. 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 Handi, add remaining red chilli (1), fenugreek, cumin and remaining mustard seeds (1/8 teaspoon). When mustard seeds begin crackling, add onion paste and ground spices. Stir fry for about 4 minutes till colour darkens slightly. Add remaining salt (2 teaspoons), jaggery and remaining water (1 3/4 cups). Bring to boil on high heat.

6. Reduce heat to low. Cover. Simmer for 10 minutes.

7. Add fish steaks. Increase heat to medium. Bring to boil.

8. Reduce heat to low. Cover. Simmer for 10 minutes. Serve hot with rice. •

Dum Gosht ***(Mutton Simmered in Gravy)***

Serves 6

1 x 2.5 cm piece (5 gm)	ginger
5 cloves	garlic
3	green chillies
2 tablespoons	vinegar
750 gm	mutton chops pounded to flatten slightly
1/3 cup + 4 teaspoons (100 gm)	ghee
2	bay leaves

8	cloves
15	peppercorns
5	brown cardamoms
1 stick (2.5 cm)	cinnamon
1 teaspoon	black cumin seeds
3 large (450 gm)	onions chopped
2 1/2 teaspoons	salt
1 medium (100 gm)	onion sliced
4 teaspoons	red chilli powder
2 teaspoons	coriander powder
1 1/2 teaspoons	cumin powder
1/4 cup (60 ml)	water

Water on Lid

3/4 cup (180 ml)

1. Grind into a paste ginger, garlic and green chillies, adding vinegar gradually. Rub ginger paste all over chops. Cover and marinate for 1 hour or more.

2. Heat ghee in Handi on medium heat for about 3 minutes. Add bay leaves, cloves, peppercorns, cardamoms, cinnamon and black cumin seeds. Stir for a few seconds. Add chopped onions and stir fry till transparent (about 5 minutes). Add chops with marinade, salt and sliced onion. Fry till chops are browned (about 10 minutes), stirring occasionally. Add chilli, coriander and cumin powders. Mix. Add water. Stir.

3. Reduce heat to very low. Cover. Pour 1/4 cup water on lid. Simmer till chops are tender (about 45 minutes), stirring at 15 minute intervals. Each time you stir, replace lid and add 1/4 cup water to water already on lid. Serve hot with rice or *paratha*. •

Chicken Pilau

Serves 4

1 $\frac{3}{4}$ cups (350 gm)	Basmati rice
1 x 2.5 cm piece (5 gm)	ginger
10 cloves	garlic
3	green chillies
1 tablespoon	lemon juice
$\frac{1}{2}$ cup + 2 tablespoons (150 gm)	curd beaten
1 teaspoon	turmeric powder
2 teaspoons	red chilli powder
1 tablespoon	coriander powder
1 kg	chicken pieces
$\frac{1}{3}$ cup (80 ml)	vegetable oil
4	cloves
2	brown cardamoms
2 sticks (2.5 cm each)	cinnamon
2	bay leaves
10	peppercorns
1 large (150 gm)	onion sliced
4 teaspoons	salt
1 $\frac{2}{3}$ cups (400 ml)	water other than for step 1

1. In a large bowl, cover rice with water at least 2 cm above rice. Soak for $\frac{1}{2}$ hour. Drain.
2. Grind into a paste ginger, garlic, green chillies and lemon juice.

3. In a large bowl, combine ginger paste, curd, turmeric, chilli and coriander powders. Add chicken. Rub curd mixture all over chicken. Cover and marinate for 15 minutes.

4. Heat oil in Handi for 3 minutes on medium heat. Add cloves, cardamoms, cinnamon, bay leaves and peppercorns. Stir for a few seconds. Add onion and fry till golden brown (about 5 minutes), stirring occasionally. Add chicken, reserving marinade. Mix. Fry till chicken is browned (about 10 minutes), stirring occasionally. Add marinade and salt. Mix.

5. Reduce heat to low. Cover. Cook for 10 minutes. Meanwhile, do **step 6**.

6. In a separate pan, bring water to boil on high heat. Remove from heat. Cover and keep aside.

7. Remove Handi lid. Increase heat to medium-high. Boil chicken till liquid has evaporated, stirring occasionally (about 5 minutes). Add rice. Reduce heat to medium. Stir fry for 3 minutes. Add boiled water from step 6. Mix.

8. Reduce heat to very low. Cover. Simmer for 20 minutes, or till rice is cooked and water is absorbed. Serve hot with curd. ●

Dabba Gosht ***(Spicy Mutton Cubes)***

Serves 6

1 x 9 cm piece (30 gm)	ginger
15	green chillies
1/4 cup (60 ml)	water
1 kg	boneless mutton cut into 3 cm cubes
3/4 cup	coriander leaves chopped
16 cloves	garlic
2 tablespoons	cumin seeds
10	peppercorns
2 1/2 teaspoons	salt
1/4 cup (60 gm)	ghee
2	eggs beaten
Water on Lid	
3/4 cup (180 ml)	

1. Grind into a paste ginger, 10 green chillies and 1 tablespoon water. Rub all over mutton. Cover and marinate for about 15 minutes.
2. Grind into a paste remaining green chillies (5), coriander leaves, garlic, cumin seeds and peppercorns, adding remaining water (3 tablespoons) gradually.
3. Put mutton with marinade in Handi on medium heat. Add 2 teaspoons salt. Mix. Reduce heat to very low. Cover. Put 1/2 cup water on lid. Cook till mutton is tender (about 50 minutes, adding

1/4 cup water to lid after 30 minutes). Drain mutton, reserving 3/4 cup liquid. Wash and dry Handi.

4. Heat 2 tablespoons ghee in Handi on medium heat for about 3 minutes. Add coriander paste. Stir fry for about 3 minutes, adding the 3/4 cup reserved liquid gradually. Add mutton and 1/2 teaspoon salt. Mix. Bring to boil. Pour eggs evenly over meat. Reduce heat to very low.

5. In a separate pan, heat remaining ghee (2 tablespoons) on medium heat for 3 minutes. Pour evenly over *dabba gosht* in Handi.

6. Cover. Cook for 15 minutes. Serve hot with *paratha*. ●

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

Serves 4

Fish

- 1 teaspoon **red chilli powder**
- 1 teaspoon **turmeric powder**
- 2 tablespoons **salt**
- 6 (500 gm) **fish steaks** 1 cm thick

Rice

- 6 1/2 cups + 4 teaspoons **water**
(1.6 litres)
- 1 3/4 cups (350 gm) **Basmati rice**

Gravy

- 15 **green chillies**
- 15 cloves **garlic**
- 1 x 6 cm piece (15 gm) **ginger**
- 2 teaspoons **poppy seeds** soaked in
2 tablespoons water for
15 minutes (keep seeds in
water)
- 3/4 cup (180 ml) **vegetable oil**
- 3 large (450 gm) **onions** thinly sliced
- 1 cup (240 gm) **curd** beaten
- 3 tablespoons **mint leaves** chopped
- 3 tablespoons **coriander leaves** chopped
- 1 teaspoon **red chilli powder**

2 teaspoons **coriander powder**

2 teaspoons ***garam masala* powder**

1 tablespoon **lemon juice**

1/8 teaspoon **saffron** dissolved in 1/3 cup
warm water

Tempering

- 1/4 cup + 1 teaspoon (65 gm) **ghee**
- 1/2 teaspoon **black cumin seeds**

- 1. To make fish:** Mix chilli and turmeric powders and 1 teaspoon salt. Rub all over fish. Cover and marinate for 1/2 hour.
- 2. To make rice:** Put 4 teaspoons salt and 6 1/4 cups water in Handi. Bring to boil on high heat. Add rice. Stir. Bring to boil. Reduce heat to medium. Cook till rice is half cooked (about 8 minutes). Drain rice in a colander. Wash and dry Handi.
- 3. To make gravy:** Grind into a paste green chillies, garlic, ginger and poppy seeds in 2 tablespoons water.
- 4.** Heat oil in Handi on medium-high heat for 3 minutes. Add 3 fish steaks. Reduce heat to medium. 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.** Add half onions to oil remaining in Handi. Fry till golden brown (about 6 minutes), stirring occasionally. Remove and reserve. Fry remaining onions in the same way except do not remove from Handi.
- 6.** Add green chilli paste, curd, mint and coriander leaves, chilli, coriander and *garam masala* powders, remaining salt (1 teaspoon), lemon juice and remaining water (1/3 cup). Stir. Cook for 1 minute.

7. Add fish. Cover. Simmer for 2 minutes. Remove and reserve fish. Remove and reserve gravy. Wash and dry Handi.

8. **To make biryani:** Spread 1 teaspoon ghee evenly all over inside of Handi. Add 3 fish steaks in a single layer. Spread gravy evenly over fish. Arrange half the rice evenly over gravy. Sprinkle half the reserved onions. Add remaining fish. Spread remaining rice. Sprinkle remaining onions. Dribble saffron-water mixture.

9. In a small pan, heat remaining ghee (1/4 cup) on medium heat for 1 minute. Add cumin seeds. Pour over *biryani* in Handi.

10. Cover. Cook on very low heat till rice is cooked (about 35 minutes). Serve hot.

Handi Chicken ***(Chicken Simmered in Gravy)***

Serves 6

1 x 5 cm piece (10 gm)	ginger
10 cloves	garlic
5	green chillies
1 tablespoon	lemon juice
1/4 cup + 1 tablespoon (75 ml)	water
1 kg	chicken pieces
1 large (150 gm)	onion chopped
1/2 cup (60 gm)	broken cashew nuts or cashew nuts coarsely chopped
1/4 cup + 2 tablespoons (34 gm)	coconut grated

1/2 cup	coriander leaves chopped
1/4 cup + 1 tablespoon (75 gm)	ghee
2 teaspoons	red chilli powder
2 1/2 teaspoons	salt
1/2 cup + 2 tablespoons (150 gm)	curd beaten
1/3 cup (80 gm)	cream
	Water on Lid
1/2 cup (120 ml)	

- 1. Grind into a paste ginger, garlic, green chillies and lemon juice, adding 1 tablespoon water gradually. Rub ginger paste all over chicken pieces. Cover and marinate for 1/2 hour.
- 2. Grind onion into a paste.
- 3. Grind into a paste cashew nuts, coconut and coriander leaves, adding remaining water (1/4 cup) gradually.
- 4. Heat ghee in Handi on medium heat for about 3 minutes. Add onion paste and fry till light golden (about 2 minutes), stirring occasionally. Add chicken with marinade and fry till lightly browned (about 5 minutes), stirring occasionally.
- 5. Reduce heat to very low. Add cashew nut paste and remaining ingredients. Mix.
- 6. Cover. Put 1/2 cup water on lid. Cook for 30 minutes, or till chicken is tender. Serve hot with rice or *paratha*.
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Mutton Biryani

(Rice Layered with Spicy Mutton)

Serves 4

1 x 5 cm piece (10 gm)	ginger
12 cloves	garlic
4	green chillies
6 1/2 cups + 2 tablespoons (1.6 litres)	water
500 gm	mutton cut into 4 cm pieces
1 small (75 gm)	tomato chopped
4	almonds blanched, skins removed and halved lengthwise
4	dry plums de-seeded
4 teaspoons	salt
4 teaspoons	red chilli powder
2 teaspoons	cumin powder
2 teaspoons	garam masala powder
4 teaspoons	coriander leaves chopped
4 teaspoons	mint leaves chopped
2/3 cup (160 gm)	curd beaten
a pinch	saffron dissolved in 2 teaspoons hot water
2 3/4 cups (350 gm)	Basmati rice
1/2 cup + 2 tablespoons (150 gm)	ghee

2 medium (200 gm)	potatoes peeled and quartered
3 medium (300 gm)	onions thinly sliced
1 1/2 tablespoons	milk
1	green cardamom
1/8 teaspoon	black cumin seeds
	Water on Lid
1/4 cup (60 ml)	

1. Grind into a paste ginger, garlic and green chillies, adding 2 tablespoons water gradually.
2. Rub ginger paste all over mutton in a shallow bowl. Add tomato, almonds, dry plums, 1 tablespoon salt, chilli, cumin and *garam masala* powders, coriander and mint leaves, curd and saffron-water mixture. Mix. Cover and marinate in refrigerator for 4 hours or overnight.
3. Bring 6 1/2 cups water to boil in Handi on medium heat. Add rice and 1 teaspoon salt and cook till rice is half cooked (about 10 minutes). Drain rice in a colander. Wash and dry Handi.
4. Heat 1/2 cup ghee in Handi on medium heat for 3 minutes. Add potatoes and fry till light yellow (about 3 minutes), stirring occasionally. Remove and drain potatoes, leaving ghee in the Handi.
5. To ghee remaining in Handi, add sliced onions and fry till golden brown (about 10 minutes), stirring occasionally. Add mutton with marinade. Stir fry for about 2 minutes. Add potatoes and 2 tablespoons water. Mix.

6. Reduce heat to very low. Cover. Put $\frac{1}{4}$ cup water on lid. Simmer till mutton is almost cooked (about 30 minutes), stirring at 10 minute intervals. Each time you stir, replace lid and add $\frac{1}{4}$ cup water to water already on lid.

7. Remove Handi from heat. Remove lid and discard water on lid. Add rice evenly on mutton. Dribble milk over rice.

8. In a small pan, heat remaining ghee (2 tablespoons) on medium heat for about 2 minutes. Add cardamom and cumin seeds. When cumin seeds begin crackling, immediately pour over *biryani* in Handi.

9. Cover. Cook on very low heat till rice is cooked and mutton is tender (about 30 minutes). Serve hot accompanied with curd. •

Meethe Chawal ***(Sweet Saffron Rice)***

Serves 6

8 $\frac{1}{2}$ cups (2.1 litres)	water
2 cups (400 gm)	Basmati rice
2 $\frac{1}{2}$ teaspoons	salt
$\frac{1}{2}$ cup (120 ml)	milk
$\frac{1}{2}$ teaspoon	saffron
2 cups (400 gm)	sugar

$\frac{1}{4}$ cup (60 gm)	ghee
8	green cardamoms husks removed, seeds powdered
6	almonds blanched, skins removed and slivered

1. Bring 8 cups water to boil in Handi on high heat. Add rice and salt. Stir. Bring to boil.

2. Reduce heat to medium. Boil till rice is half cooked (about 10 minutes). Drain rice in a colander. Wash and dry Handi.

3. In a large saucepan, put remaining water ($\frac{1}{2}$ cup), milk and saffron. Bring to boil on high heat. Add sugar. Stir constantly till sugar is dissolved. Add rice. Mix. Remove from heat.

4. Heat ghee in Handi on medium heat for about 3 minutes. Add cardamom and rice mixture. Stir. Bring to boil (about 3 minutes).

5. Reduce heat to very low. Cover. Simmer for 20 minutes, or till rice is cooked and liquid is absorbed.

6. Place *meethe chawal* in serving bowl. Sprinkle almonds. Serve hot. •

Sevian Kheer (Vermicelli Pudding)

Serves 6

1 tablespoon	ghee
1 cup (90 gm)	thin vermicelli broken into 1 inch pieces
6 1/4 cups (1.5 litres)	milk
3/4 cup (150 gm)	sugar
6	green cardamoms
1/4 teaspoon	saffron
1/4 cup (45 gm)	raisins (optional)
15 (8 gm)	pistachio nuts shredded

1. Heat ghee in Handi on medium heat for about 2 minutes. Add vermicelli. Stir fry till golden brown (about 4 minutes). Remove from heat.
2. Add milk. Increase heat to high. Bring to boil, stirring constantly (about 6 minutes). Add sugar, cardamoms and saffron. Reduce heat to medium. Stir till sugar is dissolved.
3. Reduce heat to very low. Simmer for 30 minutes, stirring and scraping the sides occasionally to prevent skin forming on top and milk thickening on sides. Add raisins. Continue stirring and scraping in the same way till milk has thickened (about 30 minutes).
4. Place *kheer* in serving bowl. Sprinkle pistachio nuts. Serve hot or cold.

Meanings and Methods

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

Blanch: To plunge food in boiling water. To blanch almonds: pour boiling water over nuts, cover and allow to cool. Slip off skins.

Chapati: Unleavened Indian bread made with whole wheat flour dough.

Clove of Garlic: One of the small curved segments which make up one large garlic bulb.

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

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 Frying Pan on medium heat. Stir constantly till spices just darken by one shade and give out their aroma. Grind to a powder and sift.

Ghee: Clarified butter.

Grate (Kasna): To reduce food to fine particles by rubbing it against the surface of an abrasive implement with sharp edged slits and perforations.

Grind: To crush into bits or fine particles by rubbing between two hard surfaces. The traditional way to grind fresh herbs, dry spices, pulses, coconut etc. is to use grinding stones (a hollow or flat stone slab and a stone roller called *sil batta*) or mortar and pestle. The modern and easier method is to use an electric mixer-blender.

To grind ingredients with no liquid added: put the ingredients in the jar of an electric mixer-blender (for small quantities use the mixer's small grinding attachment). Blend at high speed for about 1 minute. Stop. Stir the ingredients preferably with a rubber spatula, scraping mixture from sides of the jar. Continue electric mixing at high speed, stopping the machine and stirring occasionally until the mixture is the desired consistency. (For coarse grinding, stop the machine after 30 seconds to check consistency).

To grind ingredients with up to one tablespoon liquid added: use the method above.

To grind ingredients with more than one tablespoon liquid added: put all the ingredients except liquid in the jar of an electric mixer-blender. Blend at high speed for 1 minute, adding the liquid gradually. Stop. Scrape mixture from sides of the jar. Repeat procedure until the mixture is the desired consistency.

Marinade: A liquid mixture usually of vinegar, oil, curd and spices in which fowl, fish, meat or vegetables are soaked before cooking to enrich their flavour or tenderise them.

Marinate: To soak in a marinade.

Milk: The milk used in these recipes is fresh whole milk.

Muslin: A thin, plain-weaved cotton cloth.

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

Pepper (*Kali Mirch*): In the recipes the word pepper refers to ground or powdered black pepper.

Peppercorns: Whole *kali mirch*.

Pound: To strike repeatedly with a meat hammer or rolling pin.

Puréed: To purée is to rub food through a sieve or blend in an electric blender until the food is pulpy. If using a blender to purée tomatoes, remove cores first. Alternatively, tomatoes can be grated to make a purée. Discard the hard skin and core, if any.

Shred: To cut or tear into long irregular strips.

Simmer: See page 3 para 10 of Cooking Tips.

Translations to Hindi:

Almonds	<i>Badam</i>
Bay leaf	<i>Tej patta</i>
Cardamoms (brown)	<i>Moti elaichi</i>
Cardamoms (green)	<i>Choti elaichi</i>
Cashew nuts	<i>Kaju</i>
Cauliflower	<i>Phulgobi</i>
Cinnamon	<i>Dalchini</i>
Cloves	<i>Laung</i>
Cluster beans	<i>Gawar ke phali</i>
Coriander leaves	<i>Hara dhania ke patte</i>
Coriander seeds	<i>Sukha dhania</i>

(Continued overleaf)

Translations to Hindi (continued)

Cream	<i>Malai</i>
Cumin seeds	<i>Jeera</i>
Cumin seeds (black)	<i>Shahjeera</i>
Curry leaves	<i>Kadi patta/ Meethi neem ke patte</i>
Drumstick	<i>Sabjan ki phali</i>
Dry plums	<i>Alu bukara</i>
Fenugreek seeds	<i>Methi dana</i>
Garlic	<i>Lassan</i>
Ginger	<i>Adrak</i>
Ginger powder	<i>Sonth</i>
Jaggery	<i>Gur</i>
Lemon juice	<i>Nimbu ka rus</i>
Mace	<i>Javitri</i>
Mint leaves	<i>Pudina</i>
Mustard seeds	<i>Rai</i>
Nutmeg	<i>Jaiphal</i>
Pistachio nuts	<i>Pista</i>
Poppy seeds	<i>Kbuskbus</i>
Raisins	<i>Kishmish</i>
Red chilli powder	<i>Pissi lal mirch</i>
Red pumpkin	<i>Bhopla/Kaddu</i>
Saffron	<i>Kesar</i>
Snake gourd	<i>Parval</i>
Split skinned green gram	<i>Moong dal (Bina chilka)</i>
Turmeric	<i>Haladi</i>

Vermicelli	<i>Sevian</i>
Vinegar	<i>Sirka</i>
Yam	<i>Suran</i>
