

DEEP-FRY PAN (STIR-FRY PAN)

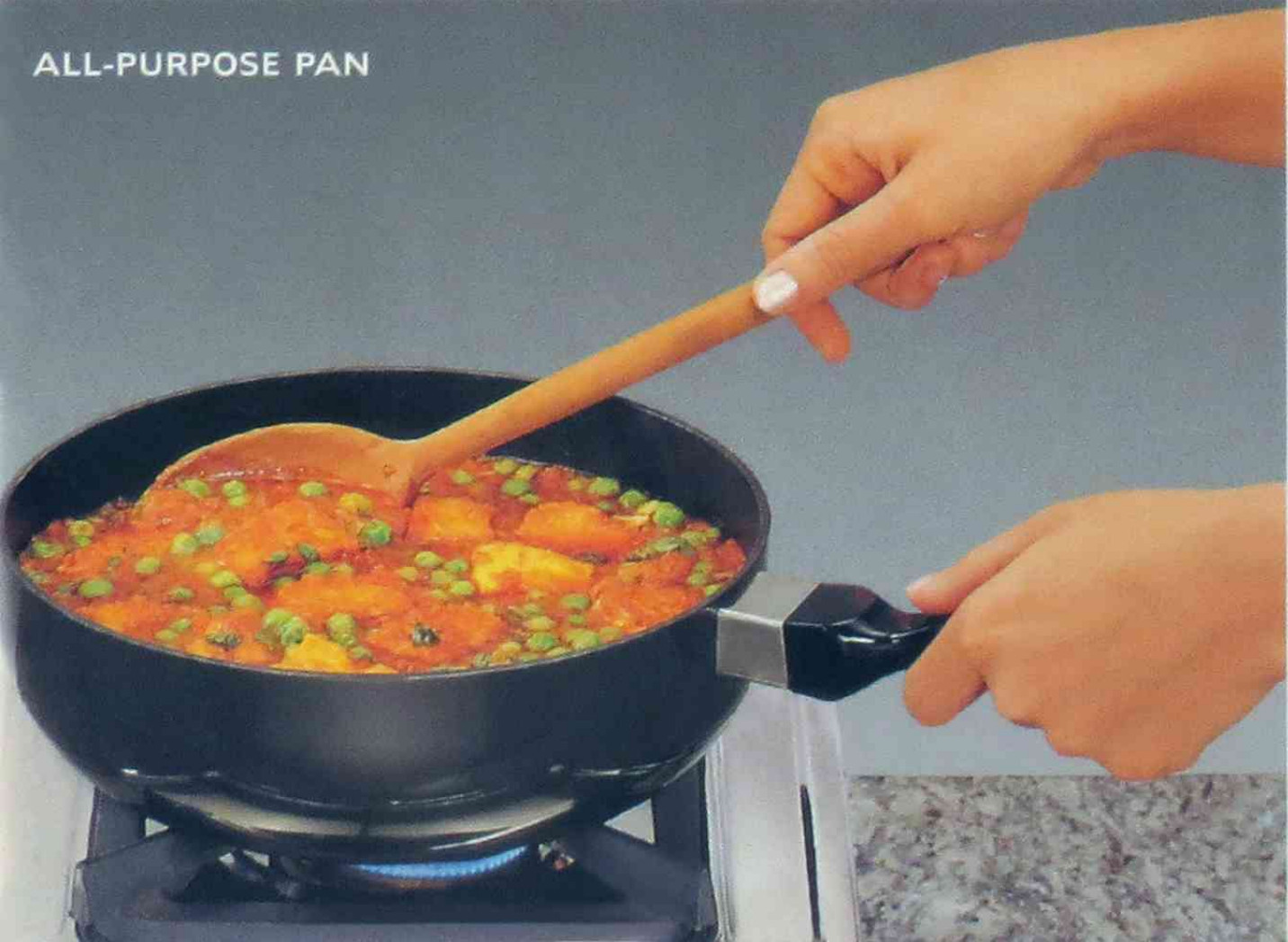


**FUTURA<sup>®</sup>** **NONSTICK**

**COOKWARE INSTRUCTION MANUAL**  
with 8 tested recipes

FOR ALL-PURPOSE PAN, SAUCEPAN, CURRY PAN (SAUTÉ PAN),  
DEEP-FRY PAN (STIR-FRY PAN/KADHAI), COOK-n-SERVE STEWPOT  
AND BREAKFAST PAN (APPACHATTY)

ALL-PURPOSE PAN



COOK-n-SERVE STEWPOT





## 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 3.
4. When pan is hot, ensure that it is never without food.
5. Do not cut on 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 in cold water.
8. Do not wash pan in a dishwasher.
9. Do not put pan, stainless steel lid 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 instructions in this Manual.

# Contents

	Page
<b>Important Safeguards</b>	1
<b>Introduction</b>	2
<b>How to Use</b>	3
<b>How to Clean</b>	6
<b>Easy Tips for Better Cooking</b>	7
<b>Measurements</b>	8
<b>Products and Recipes</b>	
<b>Breakfast Pan (Appachatty):</b> <i>Appam (Rice and Coconut Milk Pancakes), Coconut Chutney</i>	9
<b>Cook-n-Serve Stewpot:</b> <i>Firni (Milk and Ground Rice Pudding)</i>	10
<b>Curry Pan (Sauté Pan):</b> <i>Bengali Fish Curry</i>	11
<b>Deep-Fry Pan (Stir-Fry Pan):</b> <i>Stir-Fried Bean Sprouts and Vegetables</i>	12
<b>Deep-Fry Pan (Kadhai):</b> <i>Samosa (Savoury Stuffed Pastries)</i>	13
<b>Saucepan:</b> <i>Egg Curry</i>	14
<b>All-Purpose Pan:</b> <i>Kadai Masala Chicken (Spicy Stir-Fried Chicken)</i>	16
<b>Glossary (Meanings &amp; Methods)</b>	17
<b>How to Contact Us</b>	22

# Introduction

## 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 stainless steel lids. Some pans are also available with a heat-proof glass lid with a stainless steel rim. All lids have a heat-resistant plastic knob with finger-guard or a rosewood knob – for easy, safe and comfortable handling.

## Using this Manual

This Manual is for all Futura Nonstick Cookware except frying pans (4 models) and tava (6 models) – which have their own Manuals. It contains instructions common to all pans as well as individual sections on each pan, including a recipe. Read both – the general instructions (pages 3 to 8) 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 the small burner for the Breakfast Pan (Appachatty), the 1.5 Litre Deep-Fry Pan (Kadhai) and the 1 Litre Saucepan. Use a burner to suit the size of your pan – gas flames should not lick the sides of the pan or spread beyond the Breakfast Pan (Appachatty). 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 require preheating of pan. Foods such as *appam* require pan to be at a certain temperature before you cook the first batch. This section does not apply to heating large quantities of oil before deep-frying.

**When preheating a cold empty pan (with or without oil) 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
All-Purpose Pan	2.5 Litre	4 minutes
	3 Litre	4 minutes
Breakfast Pan (Appachatty)		2 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 (Kadhai)	1.5 Litre	2 minutes *
	2.5 Litre	4 minutes
	4 Litre	5 minutes
Deep-Fry Pan (Stir-Fry Pan)		4 minutes
Saucepan	1 Litre	2 minutes *
	3 Litre	4 minutes

\* On a small burner

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:
All-Purpose Pan	2.5 Litre	<b>2 minutes</b>
	3 Litre	<b>2 minutes</b>
Breakfast Pan (Appachatty)		<b>1 minute *</b>
Cook-n-Serve Stewpot	3 Litre	<b>2 minutes</b>
	5 Litre	<b>2 minutes</b>
Curry Pan (Sauté Pan)	2 Litre	<b>1 minute</b>
	3.25 Litre	<b>2 minutes</b>
Deep-Fry Pan (Kadhai)	1.5 Litre	<b>1 minute *</b>
	2.5 Litre	<b>2 minutes</b>
	4 Litre	<b>3 minutes</b>
Deep-Fry Pan (Stir-Fry Pan)		<b>2 minutes</b>
Saucepan	1 Litre	<b>1 minute *</b>
	3 Litre	<b>2 minutes</b>

**\* On a small burner**

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 below 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
<b>A. Yes</b>	<b>Overheated</b>	<ol style="list-style-type: none"> <li>1. Remove pan from heat at once.</li> <li>2. Reduce heat setting.</li> <li>3. Try again when pan has cooled.</li> </ol>
<b>B. No</b>	<b>Not overheated</b>	<ol style="list-style-type: none"> <li>1. Continue heating pan. Repeat flour test at 1 minute intervals (only 1 more minute/ one more test for pans with Maximum Preheating Time of 2 minutes).</li> <li>2. If flour turns dark brown in 15 seconds or less, pan is overheated: follow action as per <b>A</b>.</li> <li>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.</li> </ol>

### **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 overtighten the knob – it might break. Handles and knobs are liable to break under a sharp or forceful blow. Handle and store glass lids with appropriate care to avoid hard knocks that may break the glass.

After use, faint scratches or marks may appear on the nonstick coating. These are marks of normal wear 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.

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. Do not wash pan in a dishwasher. Except the Breakfast Pan (Appachatty) lid, the stainless steel and glass lids may be washed in a dishwasher but this can dull the finish. Let pan and lid cool before immersing in water. 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. Do not allow the rosewood handles of the Breakfast Pan (Appachatty) to soak in water. 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. Dry thoroughly with a soft clean cloth.

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

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 may be impossible to remove without damaging the pan.

If you get "baked-on" food, 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 surface. 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. 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. See page 8 for information on weights and measures.
3. Unless otherwise noted, in the recipes:
  - All foods are to be appropriately cleaned and washed.
  - Onions, 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 on page 19 or explained in the **Glossary (Meanings and Methods)**. If you come across a word you do not know, check **Glossary** pages 17 to 19.
6. Time and heat settings in the recipes refer to the large burner of an efficient domestic gas stove. Use the small burner for the Breakfast Pan (Appachatty), the 1.5 Litre Deep-Fry Pan (Kadhai) and the 1 Litre Saucepan. 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.
8. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
9. To ensure even cooking, shape foods (such as patties) evenly and slice foods (such as 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 smoky. It damages the oil and will burn the food.
12. Adding a little oil or butter to the pan may enhance the colour, taste and texture of many foods.
13. The nonstick coating of the pan retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.
14. 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

<b>Volume</b>		<b>Weight</b>	
All measurements are level, not heaped.		<b>Metric</b>	<b>Equivalent</b>
<b>Measurement</b>	<b>Equivalent</b>	28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml	450 g	16 oz / 1 lb
½ tablespoon	1½ teaspoons / 7.5 ml	1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml	<b>Length</b>	
¼ cup	4 tablespoons / 60 ml	<b>Measurement</b>	<b>Equivalent</b>
⅓ cup	5 tablespoons + 1 teaspoon / 80 ml	¼ inch	6 mm
½ cup	8 tablespoons / 120 ml	½ inch	1.3 cm
¾ cup	12 tablespoons / 180 ml	¾ inch	1.9 cm
1 cup	16 tablespoons / 240 ml	1 inch	2.5 cm
<b>Abbreviations</b>			
<b>Abbreviation</b>	<b>Equivalent</b>	<b>Abbreviation</b>	<b>Equivalent</b>
tsp	teaspoon	oz	ounce
tbsp	tablespoon	lb	pound
ml	millilitre	g	gram
		mm	millimetre
		cm	centimetre
		°C	degree centigrade

## Breakfast Pan (Appachatty)

**Maximum Preheating Time on medium heat: 2 minutes**

**Capacity: 0.9 Litre**

**Special Care:** Do not soak the rosewood handles or knob in water; dry them immediately after rinse. Do not put lid or pan in a dishwasher.

**Suitable for:**

- *Appam*
- *Upma*
- *Poha*
- Eggs
- *Alu Bhaji*
- *Tadka*

**Recipes:**

### ***Appam (Rice and Coconut Milk Pancakes)***

Yield: 10 *appam*

4 cups / 320 g	<b>coconut</b> brown skin peeled, grated
1¼ cups / 300 ml	<b>hot water</b>
1 cup / 200 g	<b>rice</b> soaked 4 hours and drained
¼ cup / 60 ml	<b>cooked rice</b>
1½ tsp / 7.5 ml	<b>sugar</b>
1 tsp / 5 ml	<b>salt</b>

**1. To make coconut milk:** Put 2 cups/160 g coconut and hot water in a mixer-blender/grinder and mix the mixture about 3 minutes. Place muslin cloth over a bowl. Put mixture into muslin cloth; allow to cool till it is comfortable to handle. Gather up the corners and squeeze through as much milk as possible. Measure 1½ cups/360 ml milk and keep aside.

**2.** Grind into a paste rice, cooked rice and remaining coconut (2 cups/160 g), gradually adding coconut milk.

**3.** In a large bowl, mix rice paste, sugar and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.

**4.** Heat pan on medium heat no more than 2 minutes. Stir batter and pour ⅓ cup/80 ml in centre of pan. With both hands lift pan from heat. Tilt and rotate pan to spread batter to make a round about 6½ inch/16 cm in diameter. Return pan to heat. (The batter which slides/flows back to the centre produces the desired fluffy, soft centre which is thicker than the "lacy" edges.) Cover and cook till surface appears dry (about 1½ minutes). Remove. Cook remaining *appam* in the same way. Serve hot with vegetable/chicken stew or **Coconut Chutney** (see following recipe). ●

### ***Coconut Chutney***

Yield: 1 cup

¼ cup / 60 ml	<b>groundnuts</b>
1 cup / 80 g	<b>coconut</b> grated
⅓ cup / 80 ml	<b>curd</b> beaten
3	<b>green chillies</b>
1 tsp / 5 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>sugar</b>
2 tbsps / 30 ml	<b>water</b>

#### **Tempering**

1½ tsp / 7.5 ml	<b>vegetable oil</b>
½ tsp / 2.5 ml	<b>mustard seeds</b>
½ tsp / 2.5 ml	<b>urad dal</b>
6 small	<b>curry leaves</b>

1. Put groundnuts in pan on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from pan. Allow to cool. Remove skins by rubbing groundnuts. Wipe pan.
2. Grind into a paste groundnuts, coconut, curd, chillies, salt and sugar, gradually adding water.
3. **Tempering:** Heat oil in pan on medium heat about 1 minute. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves. Stir constantly till *dal* is light golden brown. Immediately pour over chutney. Mix. Serve with **Appam** (for recipe, see page 9).

## Cook-n-Serve Stewpot

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

### Suitable for:

- Dum cooking *biryani*, *Dum Aloo*, *Dum Gosht*
- Rice, pilaf, *khichdi*
- Stews, curries, *korma*
- *Dal*
- *Halwa*, *kheer*, *firni*
- Boiling pasta
- Serving food

### Recipe:

The quantity of this recipe is for the 3 litre pan. When using the 5 litre pan, the quantity of ingredients may be increased by

two-thirds and the steps modified thus: step 3, reduce milk by about 1<sup>2</sup>/<sub>3</sub> cups/400 ml (about 25 minutes); step 6, simmer about 30 minutes; step 7, pour *firni* into 10 shallow dessert bowls.

## ***Firni (Milk and Ground Rice Pudding)***

Serves 6

¼ cup / 60 ml	<b>Basmati rice</b> soaked 2 hours and drained
¼ cup / 60 ml	<b>water</b>
6¼ cups / 1.5 litres	<b>milk</b>
¾ cup + 2½ tbsp / 180 g	<b>sugar</b>
1 tbsp / 15 ml	<b>green cardamoms</b> husks removed, seeds powdered
15	<b>pistachio nuts</b> shredded

1. Grind rice till smooth, gradually adding water.
2. Bring milk to boil in pan on medium-high heat, stirring occasionally. Reduce heat to medium.
3. Boil, stirring and scraping the sides occasionally to prevent skin forming on top and milk thickening on sides, till milk is reduced by about 1 cup/240 ml (about 15 minutes).
4. Add sugar. Stir till sugar is dissolved. Remove from heat.
5. Mix ground rice. Gradually add to milk, stirring constantly.
6. Simmer on low heat about 20 minutes, stirring constantly.
7. Pour *firni* into 6 shallow dessert bowls (about ¾ cup in each). Sprinkle cardamom and pistachio nuts. Allow to cool to room temperature. Refrigerate. Serve cold.

## Curry Pan (Sauté Pan)

	2 Litre	3.25 Litre
<b>Maximum Preheating Time on medium heat</b>	<b>3 minutes</b>	<b>4 minutes</b>

### Suitable for:

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

### Recipe:

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

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

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. ●

## Deep-Fry Pan (Stir-Fry Pan)

**Maximum Preheating Time on medium heat: 4 minutes**

**Capacity: 2 Litre**

**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*, *rabri*

**Caution:**

1. To avoid spattering: 2½ cups/600 ml is the maximum quantity of oil that should be used in this pan.
2. It is advisable not to leave the ladle in the pan while deep-frying or cooking.

**Recipe:**

### ***Stir-Fried Bean Sprouts and Vegetables***

Serves 6

¼ tsp / 1.3 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>sugar</b>
½ tsp / 2.5 ml	<b>lemon juice</b>
1 tbsp / 15 ml	<b>vegetable oil</b>
1 x ¼ inch / 6 mm piece (⅓ oz / 2 g)	<b>fresh ginger</b> cut into long strips, ⅓ inch x ⅓ inch / 3 mm x 3 mm wide
2 small cloves	<b>garlic</b> finely chopped

1 medium (3½ oz / 100 g)	<b>carrot</b> cut into matchstick-thin strips, 1½ inch / 3.8 cm long
2	<b>spring onions</b> including tender green portion cut lengthwise into strips up to 1½ inch / 3.8 cm long, ⅓ inch x ⅓ inch / 3 mm x 3 mm
3½ oz / 100 g	<b>cabbage</b> cored and cut into long strips, ⅓ inch / 3 mm wide
2 cups / 170 g	<b>whole mung bean sprouts*</b>
1	<b>green chilli</b> chopped
1 tbsp / 15 ml	<b>water</b>

1. Mix salt, sugar and lemon juice in a bowl. Stir till sugar is dissolved.
2. Heat oil in pan on medium heat about 2 minutes. Add ginger and garlic. Stir a few seconds. Increase heat to medium-high. Add carrot. Stir about 1 minute. Add onions. Stir-fry till onions are transparent. Add cabbage, sprouts and green chilli. Stir-fry about 2 minutes, pouring water around the sides of the pan. Add lemon juice mixture. Stir a few seconds. Serve hot.

\* To sprout whole mung beans: Soak ¼ cup + 1 tbsp/60 g whole mung beans in 1 cup/240 ml water overnight. Drain. Place a wet cloth on a flat plate. Spread mung beans. Fold cloth over mung beans. Cover with another plate. Keep aside 2 days, sprinkling water on cloth to keep it damp (once or twice a day). ●



## Deep-Fry Pan (Kadhai)

	1.5 Litre	2.5 Litre	4 Litre
<b>Maximum Preheating Time on medium heat</b>	<b>2 minutes</b>	<b>4 minutes</b>	<b>5 minutes</b>

### Suitable for:

- Sautéing vegetables, chicken, meat
- Deep-frying *samosa*, *wada*, French fries, *pakora*, *kofta*
- Stir-frying vegetables, rice, seafood, chicken, meat
- *Upma*, *poha*; *halwa*, *sevian kheer*, *firni*, *rabri*

### Caution:

1. Oil for deep-frying: do not exceed 1¾ cups/420 ml in the 1.5 litre pan, 3 cups/720 ml in the 2.5 litre pan and 5 cups/1.2 litres in the 4 litre pan.
2. **The short handles may become too hot to touch while deep-frying; tentatively feel the handles before gripping or use a pot holder.**
3. When placing or moving pan on a burner, hold on to the handles until you are certain pan is seated securely with no possibility of pan slipping or tipping.
4. Do not leave a ladle in the pan while cooking.

### Recipe:

The recipe alongside is for the 4 litre pan. When using another pan, modify the recipe according to the pan size thus:

	1.5 Litre	2.5 Litre
<b>Oil for Frying</b>	1¾ cups/420 ml	3 cups/720 ml
<b>Step 8</b>	Heat oil on high heat about 5 minutes, add 4 <i>samosa</i> in each batch instead of 12.	Heat oil on high heat about 6 minutes, add 6 <i>samosa</i> in each batch instead of 12.

## *Samosa (Savoury Stuffed Pastries)*

Yield: 24 *samosa*

### Dough

- 1⅓ cups + 2 tbsp / 180 g **refined flour**  
 ¼ tsp / 1.3 ml **salt**  
 3 tbsp / 45 ml **vegetable oil**  
 ¼ cup / 60 ml **water**

### Stuffing

- 4 medium (14 oz / 400 g) **potatoes** 'boiled' (see page 17) and peeled  
 ¼ cup / 60 ml **vegetable oil**  
 1 medium (3½ oz / 100 g) **onion** finely chopped  
 1⅛ cups / 170 g **peas** shelled or frozen  
 1 x ½ inch / 1.3 cm piece **fresh ginger** finely chopped (⅙ oz / 5 g)  
 2 **green chillies** finely chopped  
 3 tbsp / 45 ml **coriander leaves** finely chopped  
 3 tbsp / 45 ml **water**  
 2 tsp / 10 ml **salt**  
 1 tsp / 5 ml **coriander powder**  
 ½ tsp / 7.5 ml ***garam masala* powder**  
 ½ tsp / 7.5 ml **cumin powder**  
 1 tsp / 5 ml **red chilli powder**  
 1 tbsp / 15 ml **mango powder**  
 1 tbsp / 15 ml **lemon juice**

## Oil for Frying

5 cups / 1.2 litres

- 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 about 30 minutes.
- 2. To make stuffing:** Cut 3 potatoes into ¼ inch/6 mm cubes. Mash 1 potato.
- 3.** Heat oil in pan on medium heat 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 about 2 minutes. Add mashed potatoes and lemon juice. Stir about 1 minute. Allow mixture to cool.
- 5. To make samosa:** Knead dough about 1 minute. Make 12 balls. On a floured board, roll a ball of dough into a thin flat round 6 inch/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 ¼ inch/6 mm overlapping seam. Press to seal. Fill cone with 1½ tbsp/22.5 ml stuffing.
- 7.** Close top of cone by sticking the open edges together with a little water to form a ¼ inch/6 mm seam. Pinch top seam firmly to form a scalloped edge. Cover with damp cloth. Assemble 23 more *samosa* in the same way. Wash and wipe dry pan thoroughly.
- 8.** Heat oil in pan on high heat about 8 minutes (160°C). Reduce heat to medium. Add 12 *samosa* one after the other. Fry till dark golden brown. Remove and drain. Fry remaining *samosa* in the same

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

## Saucepan

	1 Litre	3 Litre
Maximum Preheating Time on medium heat	2 minutes	4 minutes

### 1 Litre suitable for:

- Tea, coffee
- Sauces, gravies, curries
- Cooking food for infants
- Reheating foods
- *Tadka*

**Caution:** Do not use the 1 Litre Saucepan for boiling milk as it may spill/boil over.

### 3 Litre suitable for:

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

### Recipe:

The recipe on the next page is for the 3 litre pan.

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## Egg Curry

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Serves 6

8	<b>eggs</b>
1 x 2 inch / 5 cm piece ( $\frac{2}{3}$ oz / 20 g)	<b>fresh ginger</b>
15 small cloves	<b>garlic</b>
1	<b>green chilli</b>
$\frac{1}{2}$ cup + 2 tbsp / 150 ml	<b>vegetable oil</b>
4 medium (14 oz / 400 g)	<b>onions</b> chopped
1 tsp / 5 ml	<b>cumin seeds</b>
3 large (1 lb 2 oz / 510 g)	<b>tomatoes</b> puréed (see page 18)
8	<b>cloves</b>
4	<b>brown cardamoms</b>
4 x 1 inch / 2.5 cm sticks	<b>cinnamon</b>
2 tsp / 10 ml	<b>salt</b>
1½ tsp / 7.5 ml	<b>red chilli powder</b>
2 tsp / 10 ml	<b>coriander powder</b>
1 tsp / 5 ml	<b>turmeric</b>
$\frac{1}{2}$ tsp / 2.5 ml	<b>sugar</b>
2 tbsp / 30 ml	<b>coriander leaves</b> chopped
2½ cups / 600 ml	<b>water</b>

**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  $\frac{1}{2}$  cup/120 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 (2 tbsp/30 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. Meanwhile, shell eggs and cut lengthwise into halves. When gravy is slightly thickened (about 20 minutes), 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. ●

## All-Purpose Pan

	<b>2.5 Litre</b>	<b>3 Litre</b>
<b>Maximum Preheating Time on medium heat</b>	<b>4 minutes</b>	<b>4 minutes</b>

### Suitable for:

- Sautéing vegetables, seafood, chicken, meat
- Stir-frying vegetables, rice, scrambled eggs, seafood, chicken, meat
- Deep-frying French fries, *pakora*
- Stuffed capsicum, whole cauliflower, whole chicken
- Stews, curries, *korma*
- Rice, pilaf, *khichdi*
- Cooking and serving food (particularly in the 3 litre pan)

### Caution:

1. Oil for deep-frying: do not exceed 3 cups/720 ml in the 2.5 litre pan and 3½ cups/840 ml in the 3 litre pan.
2. Do not leave a ladle in the pan while cooking.

### Recipe:

The quantity of this recipe is for the 2.5 litre pan. When using the 3 litre pan, the quantity of ingredients may be increased by one-fourth.

## ***Kadhai Masala Chicken (Spicy Stir-Fried Chicken)***

Serves 4

- |   |                     |
|---|---------------------|
| 1 x 1½ inch / 3.8 cm piece<br>(½ oz / 15 g) | <b>fresh ginger</b> |
| 7 small cloves                              | <b>garlic</b>       |
| 7   | <b>cashew nuts</b>  |

- |                          |                                   |
|--------------------------|-----------------------------------|
| ¾ cup / 180 ml           | <b>water</b>                      |
| 2 tbsp / 30 ml           | <b>coriander powder</b>           |
| 2½ tsp / 12.5 ml         | <b>red chilli powder</b>          |
| 1 tsp / 5 ml             | <b>cumin powder</b>               |
| 1 tsp / 5 ml             | <b><i>garam masala</i> powder</b> |
| ½ tsp / 2.5 ml           | <b>pepper</b>                     |
| ¼ tsp / 1.3 ml           | <b>turmeric</b>                   |
| 1 tbsp / 15 ml           | <b>lemon juice</b>                |
| 3 tbsp / 45 ml           | <b>vegetable oil</b>              |
| 1 medium (3½ oz / 100 g) | <b>onion</b> chopped              |
| 1 lb 11 oz / 760 g       | <b>chicken pieces</b>             |
| 1 tsp / 5 ml             | <b>salt</b>                       |

1. Grind into a paste ginger and garlic.
2. Grind cashew nuts into a paste gradually adding 2 tbsp/30 ml water.
3. Mix coriander, chilli, cumin and *garam masala* powders, pepper, turmeric, lemon juice and 2 tbsp/30 ml water.
4. Heat oil in pan on medium heat about 2 minutes. Add onion. Fry till golden brown. Add ginger-garlic paste. Stir a few seconds. Add chicken and spice mixture. Stir-fry till chicken is lightly browned (about 15 minutes).
5. Add cashew nut paste. Mix. Add remaining water (½ cup/120 ml) and salt. Stir. Cover and cook on low heat till chicken is tender and water in the gravy has evaporated (about 20 minutes), stirring occasionally. Gravy should be thick but moist enough to spread over chicken. If gravy is watery when chicken is tender, uncover pan, increase heat to medium and boil till gravy is thick. Stir. Serve hot.

# Glossary (Meanings and Methods)

**Alu Bhaji** : Sautéed spiced potatoes.

**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.

**Biryani** : A spicy rice dish layered with mutton, chicken, seafood or vegetables.

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

Size of Potatoes (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. Place potatoes in cooker, preferably on a 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.

**Clove of garlic**: 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.

**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.

**Firni** : A smooth pudding of milk and ground rice. See recipe page 10.

**Floured board**: A flat smooth piece of rigid material (such as wood or marble) used for rolling or shaping the dough, also known as **chackla**, dusted lightly with flour to prevent dough sticking.

## 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 (shah jeera) 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.



**Ghee:** Clarified butter.

**Ginger, fresh (Adrak):** Peel off the smooth 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 slits and perforations).

**Halwa:** A thick pudding of cereals or vegetables and ghee.

**Kheer :** A creamy milk pudding of rice, vegetables or cereals.

**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.

**Knead:** To work dough with hands by pushing into the dough, folding it over and pushing again until dough is resilient, smooth and satiny.

**Mango powder (Amchur):** Unripe mango which has been dried and then ground. It imparts a sour, fruity flavour. May be substituted with lemon juice.

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

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

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

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

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

**Puri :** Deep-fried puffed unleavened bread.

**Rabri :** A pudding of milk which has been thickened by evaporation.

**Rasogolla:** A sweet dish of fresh milk cheese (**chenna**) balls cooked in syrup.

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

**Refined flour (Maida):** White flour made from wheat which has had the bran and germ removed before grinding.

**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 and deep-fried. See recipe page 13.

**Saut eing:** Frying in a small amount of oil; shallow frying.

**Sevian Kheer :** A pudding of milk and vermicelli.

**Shred:** To cut into thin irregular strips.

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

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

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

**Tempering (*Tadka*):** Heating oil in a pan, adding spices and/or herbs and quickly pouring oil mixture onto a food; the oil mixture prepared in this way.

**Upma:** Semolina 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 and English:

Garlic	<i>Lassan</i>
Ginger, fresh	<i>Adrak</i>
Green chillies	<i>Hari mirch</i>
Butter	<i>Makkhan</i>
Cabbage	<i>Bandh gobi</i>
Capsicum	<i>Simla mirch</i> ; Green pepper
Cardamoms (brown)	<i>Moti elaichi</i>
Cardamoms (green)	<i>Choti elaichi</i>
Carrots	<i>Gajar</i>
Cashew nuts	<i>Kaju</i>
Cauliflower	<i>Phulgobi</i>
Cinnamon	<i>Dalchini</i>
Cloves	<i>Laung</i>
Coconut	<i>Nariyal</i>

Coriander leaves	<i>Hara dhania ke patte</i>
Coriander powder	<i>Pissa sukha dhania</i>
Coriander seeds	<i>Sukha dhania</i>
Cumin powder	<i>Pissa jeera</i>
Cumin seeds	<i>Jeera</i>
Curd	<i>Dahi</i> ; Yogurt
Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>
Dry red Kashmiri chillies	<i>Sukhi lal Kashmiri mirch</i>
Fenugreek seeds	<i>Methi dana</i>
Groundnuts	<i>Moongphalli ke dane</i>
Jaggery	<i>Gur</i>
Lemon juice	<i>Nimbu ka rus</i>
Mango Powder	<i>Amchur</i>
Mustard oil	<i>Sarson ka tel</i>
Mustard seeds	<i>Rai</i>
Peas	<i>Matar</i>
Pepper	<i>Pissi kali mirch</i>
Pistachio nuts	<i>Pista</i>
Poppy seeds	<i>Khuskhus</i>
Red chilli powder	<i>Pissi lal mirch</i>
Refined flour	<i>Maida</i>
Spring onions	<i>Hare pyaz</i>
Turmeric	<i>Haldi</i>
<i>Urad dal</i>	Split skinned black gram
Whole mung bean sprouts	<i>Ankurit sabat moong</i>

## Space for Your Notes/Recipes

## Space for Your Notes/Recipes



DEEP-FRY PAN (STIR-FRY PAN)



CURRY PAN (SAUTÉ PAN)



SAUCEPAN



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SAUCEPAN (3 LITRE)



SAUCEPAN (1LITRE)



BREAKFAST PAN (APPACHATTY)

