

Important Additional Information for this Futura Nonstick Flat Bottom Deep-Fry Pan – 2.5 Litre

This Manual was written for various Futura Nonstick Cookware pans stated on the cover. The 2.5 Litre Deep-Fry Pan has a flat bottom and two short rosewood handles (shown below). **All the instructions and recipes in this Manual are valid for this Futura Nonstick 2.5 Litre Deep-Fry Pan except as stated in this chapter of 3 pages.**

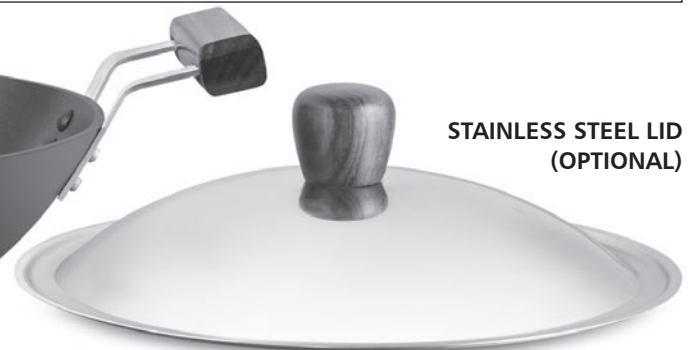
The Pan is suitable for:

- Stir-frying vegetables, rice, seafood, chicken, meat, noodles
- Sautéing vegetables, seafood, chicken, meat, noodles
- Deep-frying *puri*, *samosa*, *wada*, French fries, *pakora*, cutlets
- Cooking gravies, curries, sauces
- Cooking *upma*, *poha*, *halwa*, *seviaan kheer*, *firni*, *rabri*

THE 2.5 LITRE
FLAT BOTTOM DEEP-FRY PAN



STAINLESS STEEL LID
(OPTIONAL)



CAUTION

1. **Limit pre-heating of the pan without food on MEDIUM heat to no more than 3 minutes.**
2. If you are heating the pan with less than 4 tbsp of oil/butter/ghee, you should limit the heat setting and time as given in Point 1 above.
3. After pre-heating, when pan is hot, ensure that it is never without food. Never "dry heat", that is, never heat the pan without food or water in it except as stated in Point 1 above. Dry heating may damage the pan.
4. **For safety reasons and to minimise spattering of oil, 3 cups/720 ml is the maximum quantity of oil which should be put in the pan.**
5. 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.
6. **Do not leave a ladle in the pan while cooking.**

READ THE NEXT TWO PAGES BEFORE USING THIS PAN.

How to Use

- **Limit Preheating of Pan**, page 3, second column: Limit pre-heating of the pan without food on MEDIUM heat to no more than 3 minutes.
- **Avoid Overheating: Check Your Burner**, page 4, first column, second paragraph: To check if your burner can overheat even on medium heat, place clean pan on medium heat. Heat pan **1 minute**. Do the test prescribed on page 4.

Adapting Recipes to the 2.5 Litre Deep-Fry Pan

1. The recipes in this Manual have been written for various sizes and types of pans and thus for various maximum quantities, which are stated in the recipes along with tips for increasing/decreasing the quantities of ingredients. All the recipes in the Manual can be made in the Pan except *Appam*. To adapt the recipes in this Manual to this Pan: follow the quantities given for a 2.5 litre pan; quantities given for a 2 litre pan may be increased by one-fourth; quantities given for a 3 litre and 3.25 litre pan should be reduced by 20%. Also follow the changes to specific recipes stated below:

a) **Coconut Chutney** (page 9/10): Ingredient quantities may be increased up to 2 times.

b) **Firni** (page 10): Season the pan following the method in **How to Use, Seasoning**, page 3, each time before making *Firni*.

c) **Samosa** (page 13/14): Oil for Frying: 2½ cups/600 ml. In step 8, add 6 *samosa* in each batch instead of 12.

2. Season pan each time before boiling only milk, following the method in **How to Use, Seasoning**, page 3, to avoid a brown skin forming on the base of the pan. The brown skin breaks off when it is stirred and floats in the dish (which is not liked by most people).

How to Clean

- Do not wash pan or lid in a dishwasher.
- Do not allow the rosewood handles of the pan and lid to soak in water.
- For a pan that has been used for frying (other than deep-frying), immediately after cooking while the pan is still hot, wipe off residual oil with a folded paper napkin or cloth sufficiently thick to protect your hand from the hot metal and oil. This will make the rest of the cleaning much easier.

**See Next Page
for a Recipe for
Stuffed Vegetable Cutlets**

Stuffed Vegetable Cutlets

Serves 9

Yield: 18 cutlets

2 tsp / 10 ml	butter
1 tbsp / 15 ml	onion finely chopped
1 tsp / 5 ml	fresh ginger finely chopped
1/8 tsp / 0.6 ml	cumin seeds
2	green chillies finely chopped
1/4 cup / 40 g	peas shelled or frozen
1 2/3 oz / 50 g	green beans cut into 1/8 inch / 3 mm pieces
1 small (1 2/3 oz / 50 g)	carrot finely chopped
1 tbsp / 15 ml	salt
1 1/4 cups / 300 ml	water
1/4 tsp / 1.3 ml	garam masala powder
1 tbsp / 15 ml	coriander leaves chopped, lightly pressed into tbsp
6 slices (each 3 1/2 inch x 3 1/2 inch x 3/8 inch / 9 cm x 9 cm x 1 cm)	bread crusts removed
5 large (1 lb 11 oz / 750 g)	potatoes 'boiled' (see page 17), peeled and mashed while still hot

Oil for Frying

2 cups / 480 ml

1. To make stuffing: Melt butter in pan. Add onion and ginger. Fry till onion is transparent. Add cumin seeds, green chillies, peas, beans, carrots and 1/4 tsp/1.3 ml salt. Stir a few seconds. Add 1/4 cup/60 ml water. Stir. Cover and cook on low heat (about 11 minutes) till vegetables are just tender and water has evaporated, stirring occasionally. Add *garam masala* powder and coriander leaves. Mix. Remove and keep aside. Allow mixture to cool. Wash and wipe dry pan.

2. Immerse each bread slice in remaining water (1 cup/240 ml) for 15 seconds. Squeeze out and discard water. Break bread into tiny pieces. Mix bread, potatoes and remaining salt (2 3/4 tsp/13.8 ml). Divide into 36 portions. Make 2 patties about 1 1/2 inch/3.8 cm in diameter using 2 portions. Place 1 tsp (heaped)/8 g stuffing in centre of one patty. Cover with second patty. Press edges to seal. Gently pat all around to give an even shape (about 2 inch/5 cm diameter and 3/4 inch/1.9 cm thick patty). Assemble remaining patties in the same way.

3. Heat oil in pan on high heat about 7 minutes (190 °C). Add 4 patties one after the other. Reduce heat to medium. Fry till golden brown. Remove and drain. Fry remaining patties in the same way (increasing heat after each batch and reducing heat to medium after adding patties). Serve hot, accompanied with chutney or tomato ketchup. ●

Space for your Notes/Recipes