

FUTURA[®]

**HARD
ANODISED**

**FLAT TAVA (GRIDDLE)
INSTRUCTION MANUAL**
with 10 tested recipes



ALU PARATHA
(UNLEAVENED BREAD
STUFFED WITH POTATOES)



PARATHA
(LAYERED UNLEAVENED BREAD)



ALU TIKKI
(POTATO CUTLETS - SINDHI STYLE)



COCONUT CHUTNEY



DOSA
(RICE & GRAM PANCAKES)

IMPORTANT SAFEGUARDS

1. Always give careful attention to a hot tava, hot oil and flame/heat.
2. The handle of tava should be parallel to the kitchen counter – not sticking out.
3. Do not leave frying unattended.
4. Do not drop food or other objects from a height on the tava particularly when it has hot oil or butter. Gently place food on the tava to avoid splashing of the contents.
5. Do not put tava with plastic handle in a hot oven or under a broiler as the plastic handle may get damaged. Tava with stainless steel wire handle can be put in an oven or under a broiler – remember to use a pot holder on the handle when it is hot.
6. Do not bang or hit the product hard with any hard or sharp object. Do not cut or chop on tava with a metal knife or sharp object.
7. Do not put hot tava in cold water.
8. Do not wash tava in a dishwasher.
9. This tava is not nonstick – it is hard anodised. Some foods will require some oil or water or careful control of heat to prevent sticking.
10. The tava heats quickly and retains heat well. Do not heat excessively as this may cause burning and sticking of food.
11. Read and follow instructions in this Manual.

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



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Introduction

Futura Hard Anodised Cookware

Futura Hard Anodised Cookware is made from heavy gauge, pure, virgin aluminium for fast and even heat conduction and hard anodised to give you a tough surface that will not pit, tarnish or corrode and will stay looking new for years. Futura Hard Anodised Cookware comes in many useful shapes and sizes to suit your different cooking needs. All pans are well-balanced with sturdy, stay-cool handles.

Futura Hard Anodised Flat Tava (Griddle)

This Manual contains instructions and 10 recipes for the two Futura Hard Anodised Flat Tava (Griddle): 26 cm diameter with stainless steel handle and 26 cm diameter with plastic handle. Your tava will give you years of easy, great-tasting cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

How to Use

Before First Use

Remove sticker/label. Remove any adhesive that may be left by the sticker with baby or vegetable oil. Wash in hot water with a soap or mild detergent; rinse in clear water and dry. Do not wash in a dishwasher.

Suitable Heat Sources

Tava can be used on domestic gas, electric, kerosene or halogen stoves. Do not use tava on a coal fire or any source that cannot be regulated. Ensure that the stove surface in contact with the tava is free of grease and dirt.

Regulate Heat

Futura Tava conduct heat evenly and efficiently so high heat is rarely necessary. When preheating tava on high heat, do not lose track of time so that it becomes too hot. To achieve good results, regulate the heat used with the tava.

Prevent Sticking

Some foods will require some oil or water or careful control of heat to prevent sticking. See **Easy Tips for Better Cooking** page 4, para 7 and 8.

Avoid Scratching, Damage

Do not cut or chop on tava with a knife or other sharp instrument such as the edge of a metal spatula. Do not drop tava or bang it with hard or sharp objects.

Do not bang tava on pan supports. Do not drag tava across the pan supports – lift it.

Do not put tava with plastic handle in a hot oven or under a broiler as the plastic handle may get damaged. Plastic handles can break under a sharp or forceful blow – handle with care.

How to Clean

Avoid “Baked-On” Food

If tava is not cleaned thoroughly, a thin layer of food or grease may remain. When the tava 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 tava.

Wash After Every Use

Always wash tava thoroughly after every use in hot water with a soap or mild detergent and a dishcloth, sponge or plastic scrubber. Do not wash tava in a dishwasher. Let tava cool before immersing in water. For stubborn spots, soak tava in hot water about 10 minutes and rub with a plastic scrubber. While cleaning, keep a folded kitchen cloth or a piece of soft material such as rubber or sponge underneath the tava to avoid damaging the tava. Dry thoroughly with a soft clean cloth. Do not store food on your tava.

To make cleaning much easier, immediately after cooking while the tava 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.

Metallic marks from pan supports may appear on the base. To remove such marks: 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.

If you get “baked-on” food, you may try the following method knowing that the tava surface may get damaged: 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 steel wool using a circular motion. Wash.

Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 5.
3. Unless otherwise noted, in the recipes:
 - All foods are to be appropriately cleaned and washed.
 - Onions 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, if not translated in the recipes, are translated to English or explained in the **Glossary (Meanings and Methods)** on page 12. If you come across a word you do not know, check **Glossary** page 12.
6. Time and heat settings in these recipes refer to the large burner of an efficient domestic gas stove. 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 various recipes (for example, a few light brown specks should appear on the underside of a *paratha* after 1 minute on medium heat).
7. Excessive heat may cause sticking and burning of food and wastes fuel.
8. **To prevent sticking of foods** such as *dosa*, *uttapam* and *poora* on the tava: before heating tava, rub $\frac{1}{4}$ tsp/1.3 ml vegetable oil using a clean cotton cloth or paper napkin all over the inside base of tava. Heat tava on medium-high heat till oil **just** begins to smoke. Reduce heat to medium. This is the point to pour batter on tava. Heating tava to the correct temperature is critical: if tava is heated beyond the point

when oil just begins to smoke, tava will be too hot and batter will be difficult to spread; if tava is not hot enough (before oil just begins to smoke) batter will spread but *dosa/poora* will stick. For cooking subsequent *dosa/poora* do not add oil on tava before pouring batter.

9. Ghee, butter or oil can be spread on tava with a pastry brush or spatula.
10. The quantities of green chillies recommended in the recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies according to your taste.
11. Do not leave tava unattended while cooking as cooking times are short and food may burn.
12. It is possible to cook with less ghee or butter than given in the recipes or substitute oil for ghee or butter. However, this may affect the taste.
13. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium temperatures.
14. Certain recipes specify “medium-high” or “medium-low” heat setting. By “medium-high” we mean a setting between medium and high. By “medium-low” we mean a setting between medium and low.
15. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
16. To prevent sticking when rolling out rounds of dough: slightly flatten balls and press the balls/coils lightly in flour on both sides. Shake off excess flour and roll out.
17. While cooking on tava, *paratha* and *phulka* leave a residue of flour that will burn. Using a kitchen cloth, wipe off accumulated residue after every third *roti*.

How to Cook *Paratha*

THESE INSTRUCTIONS ARE TO BE USED AS INDICATED IN THE RECIPES.

***Paratha* take about 4 minutes to cook; stuffed *paratha* take about 5 minutes.**

1. Put round on preheated tava. Cook 1 minute. (Top should begin to look dry and darken. There should be a few light brown specks on the underside. If you can adjust the heat so that a few brown specks appear on the underside in 1 minute, you will be cooking at the ideal temperature.) Turn over round with a broad spatula.
2. Spread ½ tsp/2.5 ml ghee all over top surface of round. Turn over.
3. Spread ½ tsp/2.5 ml ghee in the same way. Turn over.
4. Lightly press entire round with spatula, rotating and pressing a small area at a time. (Pressing *paratha* ensures even cooking. If you notice a lighter area, press on the opposite side of that area when you have turned over *paratha*.) Turn over.
5. Press in the same way. Turn over.
6. Spread ½ tsp/2.5 ml ghee over round. Turn over.
7. Spread ½ tsp/2.5 ml ghee over round. Turn over.
8. Continue pressing and turning till *paratha* is evenly browned (medium-brown) on both sides. Remove.
9. For instructions on how to stuff *paratha*: see page 10.

Measurements

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

Measurements of ghee in the recipes are for ghee at room temperature.

Paratha (Layered Unleavened Bread)

Yield: 12 *paratha*

6 cups / 600 g	sifted wheat flour
1¼ tsp / 6.3 ml	salt (optional)
2 cups + 4 tsp / 500 ml	water
½ cup + 2 tbsp / 150 g	ghee

1. Mix flour, salt and 1½ cups/360 ml water. Add enough of remaining water (½ cup + 4 tsp/140 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 1¾ inch/4.5 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll a ball of dough into a flat round 7¼ inch/18 cm in diameter (see page 4 para 16). Spread ½ tsp/2.5 ml ghee all over the top surface of the round.

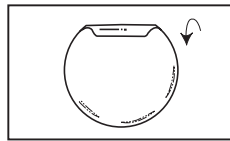


Figure A

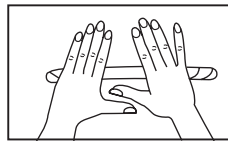


Figure B

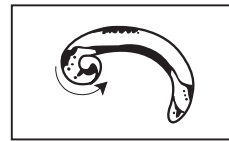


Figure C

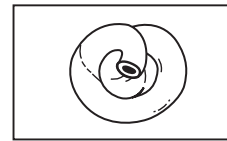


Figure D

4. Starting at one edge, tightly roll up round (Figure A). With palms of both hands roll back and forth till extended to 9½ inch/24 cm long (Figure B). Wind around one end into a flat coil (Figure C). Put free end over centre top of coil (Figure D). Press down free end gently. Flatten coil slightly.
5. Make remaining balls into coils in the same way as given in **step 3** and **step 4**. Keep covered with a damp cloth.
6. On a floured board, roll each coil into a flat round 7¼ inch/18 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.
7. Heat tava on medium heat about 3 minutes.
8. Put round on tava. Cook as explained on page 5.
9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot. ●

Uttapam (Savoury Rice and Gram Pancakes)

Yield: 7 *uttapam*

2 cups / 400 g	rice
1 cup / 200 g	urad dal
1½ cups / 360 ml	water other than for step 1
1 tbsp + 1 tsp / 20 ml	salt
2 medium (8½ oz / 240 g)	onions finely chopped
5	green chillies chopped
3 tbsp / 45 ml	coriander leaves chopped
3½ tsp + ¼ tsp / 54 ml	vegetable oil

1. In separate bowls, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a paste, gradually adding ⅔ cup/160 ml water.
3. Grind *dal* into a paste, gradually adding remaining water (¾ cup + 4 tsp/200 ml).
4. In a large bowl, mix rice and *dal* pastes and salt to make batter. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
5. Mix fermented batter and all other ingredients except oil.
6. Rub ¼ tsp/1.3 ml oil all over the inside base of tava using a clean cotton cloth or paper napkin. Heat tava on medium-high heat till oil **just** begins to smoke (about 4 minutes). Reduce heat to medium. Heating tava to the correct temperature is critical (see page 4 para 8).
7. Stir batter and pour 1 cup/240 ml in centre of tava. With the back of a rounded ladle, quickly and gently spread batter to make a round of even thickness about 7½ inch/19 cm in diameter. Add ½ tsp/2.5 ml oil mainly on *uttapam* all around its edge, letting some oil flow onto tava. Fry till surface appears dull and underside is golden brown (about

3 minutes). Dribble 1 tsp/5 ml oil all over *uttapam*. Turn over. Fry till underside is golden brown (about 3 minutes). Remove. Fry remaining *uttapam* in the same way except do not add oil on tava before pouring batter. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 9). ●

Dosa (Rice and Gram Pancakes)

Yield: 21 *dosa*

1½ cups / 300 g	rice
½ cup / 100 g	urad dal
1½ cups + 2½ tsp / 400 ml	water other than for step 1
2 tsp / 10 ml	salt
7 tsp + ¼ tsp / 107 ml	vegetable oil

1. In a bowl, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice-*dal* mixture into a paste gradually adding 1¼ cups/300 ml water.
3. In a large bowl, mix rice-*dal* paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
4. Mix fermented paste and enough of remaining water (¼ cup + 2½ tsp/100 ml) to make a thin batter.
5. Rub ¼ tsp/1.3 ml oil all over the inside base of tava using a clean cotton cloth or paper napkin. Heat tava on medium-high heat till oil **just** begins to smoke (about 4 minutes). Reduce heat to medium. Heating tava to the correct temperature is critical (see page 4 para 8).
6. Stir batter and pour 3 tbsp/45 ml in centre of tava. Quickly place the back of a rounded ladle very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards

from centre to make a round about 7½ inch/19 cm in diameter. Add ½ tsp/2.5 ml oil mainly on *dosa* all around its edge, letting some oil flow onto tava. Dribble ½ tsp/2.5 ml oil all over *dosa*. Cook about 2 minutes. Turn over. Cook 1 minute. Remove. Cook remaining *dosa* in the same way except do not add oil on tava before pouring batter. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 9). ●

Fried Eggs

Yield: 4 eggs

4 **eggs**
1 tbsp / 15 ml **butter**
a large pinch **salt**
a large pinch **pepper**

1. Break 2 eggs on a saucer. Repeat with another saucer.
2. Heat tava on low heat about 2 minutes. Spread butter to cover inside base of tava. Slide eggs onto tava. Increase heat to medium-low. Cook about 2 minutes or to desired doneness. Sprinkle salt and pepper. Serve hot. ●

Rawa Dosa (Semolina and Gram Pancakes)

Yield: 25 *dosa*

¾ cup / 150 g **urad dal** soaked for 2 hours and drained
3 cups + 2 tbsp / 750 ml **water**
2 cups / 300 g **rawa**
2 tsp / 10 ml **salt**
¼ tsp / 1.3 ml **vegetable oil**
½ cup + 1 tsp / 110 g **butter** melted

1. Grind *urad dal* into a paste gradually adding 1¼ cups/300 ml water.
2. Put *rawa* in a large bowl. Gradually add remaining water (1¾ cups + 2 tbsp/450 ml), stirring constantly to make a smooth batter. Add *dal* paste and salt. Mix. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
3. Rub oil all over the inside base of tava using a clean cotton cloth or paper napkin. Heat tava on medium-high heat till oil **just** begins to smoke (about 4 minutes). Reduce heat to medium. Heating tava to the correct temperature is critical (see page 4 para 8).
4. Stir batter and pour 3 tbsp/45 ml in centre of tava. Quickly place the back of a rounded ladle very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about 7½ inch/19 cm in diameter. Add ½ tsp/2.5 ml butter mainly on *dosa* all around its edge, letting some butter flow onto tava. Dribble ½ tsp/2.5 ml butter all over *dosa*. Cook about 2 minutes. Turn over. Cook 1 minute. Remove. Cook remaining *dosa* in the same way except do not add oil on tava before pouring batter. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 9). ●

Coconut Chutney

Yield: 2 cups

1/2 cup / 80 g	groundnuts
2 cups / 160 g	coconut grated
2/3 cup / 160 ml	curd beaten
6	green chillies
2 tsp / 10 ml	salt
1 tsp / 5 ml	sugar
1/4 cup / 60 ml	water

Tempering

1 tbsp / 15 ml	vegetable oil
1 tsp / 5 ml	mustard seeds
1 tsp / 5 ml	urad dal
12 small	curry leaves

1. Put groundnuts on tava on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from tava. Allow to cool. Remove skins by rubbing groundnuts. Wipe tava.
2. Grind into a paste groundnuts, coconut, curd, chillies, salt and sugar, gradually adding water.
3. **Tempering:** Heat oil in a small 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 **Uttapam, Dosa** and **Rawa Dosa** (for recipes, see pages 7 and 8). ●

Alu Tikki (Potato Cutlets – Sindhi Style)

Yield: 12 *tikki*

4 slices (each 3 1/4 inch x 3 1/4 inch x 3/8 inch / 8 cm x 8 cm x 1 cm)	bread
1 cup / 240 ml	water
6 medium (1 lb 5 oz / 600 g)	potatoes 'boiled' (see page 12), peeled and mashed while still hot
2	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
1 1/2 tbsp / 22.5 ml	mint leaves finely chopped
1 1/2 tsp / 7.5 ml	salt
1/2 tsp / 2.5 ml	red chilli powder
1 tsp / 5 ml	cumin seeds
3 tbsp / 45 ml	vegetable oil

1. Immerse each bread slice in water for 15 seconds. Squeeze out and discard water. Break bread into tiny pieces. Mix bread and all other ingredients except oil. Make 12 patties about 2 3/4 inch / 7 cm in diameter, 1/2 inch / 1.3 cm thick.
2. Heat 1 1/2 tbsp / 22.5 ml oil on tava on medium heat about 3 minutes. Spread oil on tava all over the area where the patties will be placed.
3. Add 6 patties. Fry on both sides till golden brown (about 3 minutes on each side), if necessary tilting tava to spread oil around *tikki*. Remove.
4. Spread remaining oil (1 1/2 tbsp / 22.5 ml) on tava. Fry remaining patties in the same way as in **step 3**. Serve hot, accompanied with chutney or tomato ketchup. ●

Alu Paratha (Unleavened Bread Stuffed with Potatoes)

Yield: 12 *paratha*

Filling

8 medium (1lb 11 oz / 760 g)	potatoes 'boiled' (see page 12), peeled and mashed while still hot; allow to cool
2 medium (8½ oz / 240 g)	onions finely chopped
2	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves chopped
1 tbsp / 15 ml	salt
1¾ tsp / 8.8 ml	cumin seeds
½ tsp / 2.5 ml	red chilli powder
1½ tsp / 7.5 ml	coriander powder
a pinch	pepper
1¼ tbsp / 19 ml	pomegranate seeds crushed

Dough

4½ cups / 450 g	sifted wheat flour
¾ tsp / 3.8 ml	salt
2 tbsp / 30 ml	ghee
1½ cups / 360 ml	water

Ghee for Frying

½ cup / 120 g

- To make filling:** Mix all Filling ingredients.
- Rub hands with a little ghee. Make 12 balls about 1¾ inch / 4.5 cm in diameter. Keep covered.

- To make dough:** Mix flour, salt, ghee and 1 cup / 240 ml water. Add enough of remaining water (½ cup / 120 ml), 2 tbsp / 30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

- Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 1½ inch / 3.8 cm in diameter. Keep covered with a damp cloth.

- On a floured board, roll each ball of dough into a flat round 4¾ inch / 12 cm in diameter (see page 4 para 16). Keep on a lightly floured surface, covered with a damp cloth.

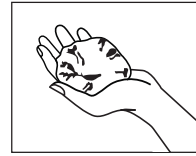


Figure A

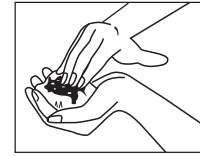


Figure B

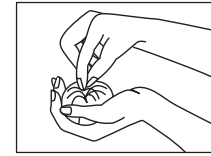


Figure C

- To stuff *paratha*:** Place round on palm of hand. Cup hand slightly to form a depression in centre of round (Figure A). Put a ball of filling on round (Figure B). Surround filling evenly with dough by gently opening and closing hand slightly in a pulsating motion till some edges just meet. Pinch together the edges which meet just enough to seal (Figure C). Pat sealed area to get an even thickness of dough. Repeat till round is closed fully.

- Place stuffed round on board. Flatten slightly. Stuff and place remaining rounds of dough in the same way. Keep covered with a damp cloth.

- On a floured board, roll each stuffed ball gently into a flat round 7¼ inch / 18 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.

- Heat tava on medium heat about 3 minutes.

- Put round on tava. Cook as explained on page 5. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

French Toast

Yield: 8 toasts

3	eggs
$\frac{3}{4}$ cup + 3 tbsp / 225 ml	milk
1 $\frac{1}{2}$ tbsp / 22.5 ml	sugar
3 drops	vanilla essence (optional)
$\frac{1}{4}$ tsp / 1.3 ml	salt
8 slices (each about 3 $\frac{1}{2}$ inch x 3 $\frac{1}{2}$ inch x $\frac{3}{8}$ inch / 9 cm x 9 cm x 1 cm)	bread
1 tbsp + 1 tsp / 20 ml	butter

1. In a bowl, beat eggs just till yolks and whites are mixed. Add milk, sugar, vanilla essence and salt. Mix.
2. Turn 1 slice bread in egg mixture leaving each side in mixture about 20 seconds. Remove with a spatula and put on a plate. Turn and remove 1 more slice in the same way.
3. Heat tava on medium heat about 3 minutes. Spread 1 tsp/5 ml butter on tava all over the area where the slices will be placed.
4. Add the 2 soaked slices. Pour egg mixture leftover on the plate back into the bowl. Fry on both sides till browned (2-3 minutes on each side). Remove. (While slices are frying turn 2 more slices in egg mixture as described in **step 2** and keep aside.)
5. Soak and fry remaining slices in the same way as in **step 4**, adding 1 tsp/5 ml butter on tava for each batch. Adjust heat to medium-low if tava is too hot for later batches. Serve hot with honey or jam. ●

Pancakes

Yield: 10 pancakes

1 $\frac{1}{2}$ cups / 190 g	sifted refined flour
2 $\frac{1}{2}$ tsp / 12.5 ml	baking powder
$\frac{3}{4}$ tsp / 3.8 ml	salt
1	egg beaten
1 $\frac{1}{2}$ cups / 360 ml	milk
3 tbsp / 45 ml	butter melted and cooled

1. Sift together flour, baking powder and salt, three times. Place in a bowl.
2. In a separate bowl, mix egg, milk and butter.
3. Pour milk mixture into flour mixture. Stir quickly till all the flour is just moistened. Do not break the lumps.
4. Heat tava on medium-high heat about 2 minutes to the correct temperature. To test tava for correct temperature: sprinkle a few drops water on tava. If water just sits and boils, tava is not hot enough. If water forms into tiny balls that sit like beads of mercury, tava is too hot. If water forms tiny balls which bounce and skitter before vaporising, tava is ready to use. Reduce heat to medium.
5. Pour $\frac{1}{4}$ cup/60 ml mixture on tava and pour again another $\frac{1}{4}$ cup/60 ml mixture on tava to make 2 separate cakes. Bubbles will appear on the upper sides and pop. Cook till edges appear dry (about 2 minutes). Bottom surface should be golden brown. Turn pancakes. Cook second side till golden brown (about 2 minutes). Remove. Serve hot immediately, with butter and honey or maple syrup.
6. Cook and serve remaining pancakes in the same way as in **step 5**. ●

Glossary (Meanings and Methods)

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

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

'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 to medium and cook the required time. Remove cooker from heat. Release pressure by slight lifting of vent weight. Open cooker.

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

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.

Ghee: Clarified butter

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

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

Maple Syrup: A sweet syrup made from the sap of the sugar maple tree.

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

Phulka: Puffed unleavened Indian bread made with whole wheat flour.

Rawa: Semolina (the middling part of wheat). Also known as *sooji*.

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

Roti: A general term for Indian unleavened breads.

Sift: To pass dry ingredients through a sieve.

Urad dal: Split skinned black gram

Wheat flour (Gehun ka atta): Flour made from whole wheat (usually a variety low in gluten), very finely ground for making Indian bread.

Outside India, this flour is called '*chapatti flour*' and is available in East Indian food stores. A fairly close substitute is whole wheat pastry flour. Regular whole wheat flour gives heavier *roti* and is stiffer and more difficult to work with than '*chapatti flour*'. If regular whole wheat flour must be used, sift it several times through a very fine sieve (to get a fine flour and to remove bran) and substitute refined flour for half the whole wheat flour in a recipe. Once adept at handling the dough, you may decrease the quantity of refined flour to suit your taste.

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