

AKURI
(SCRAMBLED EGGS - PARSİ STYLE)

FUTURA® **HARD ANODISED**

FRYING PAN
INSTRUCTION MANUAL
with 12 tested recipes

BREAKFAST TOMATOES

HASH BROWN POTATOES



FRENCH TOAST

ALU TIKKI
(POTATO CUTLETS - SINDHI STYLE)

IMPORTANT SAFEGUARDS

1. If you have no prior experience of frying, do not attempt to use the Futura Hard Anodised Frying Pan without supervision. Our recipes are written for people with experience of frying. Once you know the various ways in which to handle the fire, the hot oil, butter or other fat and equipment safely, this pan and this Manual can be used by you fearlessly.
2. Always give careful attention to a hot pan, hot oil or butter and flame/heat.
3. The handle of pan should be parallel to the kitchen counter – not sticking out.
4. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan. Avoid pouring water on the fire as this may spread the fire.
5. Do not drop food or other objects from a height on the pan particularly when it has hot oil or butter. Gently place food in the pan to avoid splashing of the contents. Limit the oil or butter quantity to prevent it from spattering out of the pan.
6. Do not put pan with plastic handle or lid with plastic knob in a hot oven or under a broiler as it may get damaged. Pan with stainless steel handle can be put in an oven or under a broiler (remember to use a pot holder on the handle when it is hot).
7. Do not bang or hit the pan hard with any hard or sharp object. Do not cut or chop on the pan with a metal knife or sharp object.
8. Do not put hot pan in cold water.
9. Do not wash pan in a dishwasher.
10. This Frying Pan is not nonstick – it is hard anodised. Some foods will require some oil or water and/or careful control of heat to prevent sticking. The pan heats quickly and retains heat well. Excessive heat will cause some foods to stick. 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. It is 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 Frying Pans

This Manual contains instructions and 12 recipes for all Futura Hard Anodised Frying Pans: 22 cm, 22 cm (Rounded Sides), 25 cm and 30 cm diameter. The size of the pan is stamped on the underside of the pan. There is an optional stainless steel lid for each size. The 22 cm pan can be purchased with a heat-proof glass lid with a stainless steel rim. Your frying pan will give you years of easy, great-tasting cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

The **22 cm (Rounded Sides) frying pan** has curved sides and extra height to prevent spilling of food when stirring. The sides also enable the pan to hold as much quantity as the 25 cm frying pan for recipes such as *Akuri* and Sautéed Vegetables.

The **30 cm frying pan** has a stainless steel handle. The pan can be put in an oven or under a broiler. (To handle pan when it is hot from an oven or broiler, use a pot holder or oven gloves).

Special Instructions for Use of this Frying Pan

The recipes in this Manual are written for the 25 cm diameter Futura Hard Anodised Frying Pan. If your frying pan is 22 cm or 30 cm diameter, you may need to make adjustments in the quantities and size of food items, heat settings and cooking times to suit the particular pan. See **Adapting Recipes to Different Sizes of the Frying Pan**, pages 5 and 6.

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 soap or a mild detergent; rinse in clear water and dry. Do not wash in a dishwasher.

Suitable Heat Sources

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

Regulate Heat

These frying pans conduct heat evenly and efficiently so high heat is rarely necessary. When preheating pan 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 pan. See **Easy Tips**, page 4, para 6, 7, 8, 11 and 12.

Prevent Sticking

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

Avoid Scratching, Damage

Do not cut or chop on pan with a knife or other sharp instrument such as the edge of a metal spatula. Do not drop pan or bang it with hard or sharp objects. Plastic handles and knobs and glass lids can break under a sharp or forceful blow – handle with care.

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

Do not put pan with plastic handle or lid with plastic knob in a hot oven or under a broiler as it may get damaged.

How to Clean

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.

Wash After Every Use

Always wash pan and lid thoroughly after every use in hot water with soap or a mild detergent and a dishcloth, sponge or plastic scrubber. Do not wash pan in a dishwasher. Stainless steel lid and glass lid may be washed in a dishwasher but this can dull the finish. Let pan and lid cool before immersing in water. For stubborn spots, soak pan in hot water (cold water after cooking eggs or milk) 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 pan to avoid damaging the pan. Dry thoroughly with a soft clean cloth. Do not store food in your pan.

To make cleaning much easier, 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.

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 pan 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. If your pan is 22 cm or 30 cm diameter see **Adapting Recipes to Different Sizes of the Frying Pan**, pages 5 and 6. Note any adaptations to the recipe. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 6.
3. Unless otherwise noted, in the recipes:
 - All foods are to be appropriately cleaned and washed.
 - Onions, potatoes, 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, if not translated in the recipes, are translated to English or explained in the **Glossary (Meanings and Methods)** on pages 12 and 13. If you come across a word you do not know, check **Glossary** pages 12 and 13.
6. Time and heat settings in these recipes refer to the large burner of an efficient domestic gas stove unless otherwise noted. 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, stir fry till onion is transparent).
7. All frying requires the correct oil temperature for good results. Excessive heat may cause sticking and burning of food and wastes fuel. Insufficient heat may also cause sticking.
8. **If sticking occurs** in recipes not in this Manual (other than *dosa*): heat pan for some time before adding oil; add oil and heat briefly; add food. For subsequent batches, food can be added immediately after adding oil. Examples of this technique are in **Alu Tikki**, **Besan Poora**, **Spicy Fish Fry** etc. These recipes and the chart on pages 5 and 6 give

various heating times and settings for the different sizes of pans and the oil. **To minimize sticking of dosa:** before heating pan, rub $\frac{1}{4}$ tsp/1.3 ml vegetable oil using a clean cotton cloth or paper napkin on the inside base of pan. Heat pan on medium-high heat till oil **just** begins to smoke. Reduce heat to medium. This is the point to pour batter into pan. Heating pan to the correct temperature is critical: if pan is heated beyond the point when oil just begins to smoke, pan will be too hot and batter will be difficult to spread; if pan is not hot enough (before oil just begins to smoke) batter will spread but *dosa* will stick. For cooking subsequent *dosa* do not add oil in pan before pouring batter.

9. Butter or oil can be spread in frying pan 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. Eggs and batters should be at room temperature before beginning to cook. Eggs require controlled heat or they may become tough. Except for omelettes, eggs should be cooked on low to medium heat.
12. 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.
13. To ensure even cooking, shape foods (such as patties) evenly and cut foods (such as potatoes) evenly.
14. Brown pieces of food a few at a time. This allows the oil/fat to stay at a high temperature so food browns quickly. This also makes turning easier for even browning. If too much food is added at one time, the temperature reduces, steam forms, and food starts to cook, not brown.
15. Some recipes require the use of a lid on the pan while cooking, for example, **Fried Eggs**, **Hash Brown Potatoes** and **Sautéed Vegetables**.

Adapting Recipes to Different Sizes of the Frying Pan

The recipes in this Manual are written for the 25 cm Futura Hard Anodised Frying Pan. When using the 22 cm, the 22 cm (Rounded Sides) or the 30 cm frying pan, follow the recipes except as noted below:

Recipe	22 cm Frying Pans	30 cm Frying Pan
1. <i>Akuri</i> 2. <i>Sautéed Vegetables</i>	22 cm: Reduce ingredients by one-third.	Increase ingredients by two-thirds. <i>Akuri</i> Step 2 and <i>Sautéed Vegetables</i> Step 1: Heat oil about 2½ minutes.
	22 cm (Rounded Sides): No change required.	
3. <i>Alu Tikki</i>	Step 2: Heat pan about 1½ minutes for 22 cm/about 2 minutes for 22 cm (Rounded Sides). Heat 2¼ tsp/11.3 ml oil about 30 seconds. Each batch: 2¼ tsp/11.3 ml oil; 3 <i>tikki</i> .	Step 2: Heat pan about 2½ minutes. Heat 1 tbsp + ¾ tsp/19 ml oil about 30 seconds. Each batch: 1 tbsp + ¾ tsp/19 ml oil; 5 <i>tikki</i> .
4. <i>Besan Poora</i>	22 cm: Use small burner.	Step 2: Heat pan about 2½ minutes. For one 6¾ inch/17 cm <i>poora</i> : ⅓ cup/80 ml batter.
	22 cm (Rounded Sides): No change required.	
5. <i>Breakfast Tomatoes</i>	No change required.	Increase ingredients by one-half.
6. <i>French Toast</i>	Each batch: ½ tsp/2.5 ml butter; 1 slice.	Each batch: 1½ tsp/7.5 ml butter; 3 slices.
7. <i>Fried Eggs</i>	No change required.	Double all ingredients. Step 2: Heat pan about 3 minutes.
8. <i>Hash Brown Potatoes</i>	Reduce ingredients by one-third. Form potato cake about 4¾ inch/12 cm in diameter, ¾ inch/1.9 cm thick.	Increase ingredients by two-thirds. Step 2: Heat pan about 2 minutes. Form potato cake about 8 inch/20 cm in diameter, ¾ inch/1.9 cm thick.
9. <i>Mutton Hamburgers</i>	Step 3: Heat pan about 1½ minutes. Heat 1 tbsp + 1 tsp/20 ml oil about 30 seconds. First batch: 2 patties. Remaining batches: 1½ tsp/7.5 ml oil; 2 patties.	Step 3: Heat pan about 2½ minutes. Heat 2½ tbsp/37.5 ml oil about 30 seconds. First batch: 5 patties. Remaining batch: 2½ tsp/12.5 ml oil; 4 patties.
10. <i>Omelette – Indian Style</i>	Reduce oil to 2 tsp/10 ml. Step 3: Heat pan about 1½ minutes.	Double all ingredients. Step 3: Heat pan about 2½ minutes.
11. <i>Pancakes</i>	Step 4: Heat pan about 1 minute. Each batch: 1 pancake.	No change required.
12. <i>Spicy Fish Fry</i>	No change required.	Increase oil to ¼ cup + 1 tsp/65 ml. Step 2: Heat pan about 2 minutes. Heat remaining oil (¼ cup/60 ml) about 1 minute. One batch: 4 fish steaks.

Adapting Recipes to Different Sizes of the Frying Pan (*continued*)

Heat Setting

The 22 cm pans may require lower heat and the 30 cm pan higher heat to achieve the cooking time in the recipes – depending on the volume and size of the food being cooked. When using the 22 cm pan, a small burner is recommended when frying **Besan Poora**.

Cooking Times

In recipes which involve frying in batches such as **Alu Tikki** and **Mutton Hamburgers** cooking times remain the same if the size of the food is the same. In recipes which are cooked in one batch such as **Akuri** and **Sautéed Vegetables** reduce or increase the cooking time depending on the volume of food being cooked.

Measurements

Volume		Weight			
All measurements are level, not heaped.		Metric	Equivalent		
Measurement	Equivalent	28 g	1 oz		
1 teaspoon	5 ml	450 g	16 oz / 1 lb		
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml	1 kg	2.2 lb		
1 tablespoon	3 teaspoons / 15 ml	Length			
1/4 cup	4 tablespoons / 60 ml	Measurement	Equivalent		
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml	1/4 inch	6 mm		
1/2 cup	8 tablespoons / 120 ml	1/2 inch	1.3 cm		
3/4 cup	12 tablespoons / 180 ml	3/4 inch	1.9 cm		
1 cup	16 tablespoons / 240 ml	1 inch	2.5 cm		
Abbreviations					
Abbreviation	Equivalent	Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	oz	ounce	mm	millimetre
tbsp	tablespoon	lb	pound	cm	centimetre
ml	millilitre	g	gram		

Akuri (Scrambled Eggs – Parsi Style)

Serves 6

6	eggs
¼ cup / 60 ml	milk
¾ tsp / 3.8 ml	salt
¼ tsp / 1.3 ml	pepper
2½ tbsp / 37.5 ml	vegetable oil
1 medium (4 oz / 115 g)	onion finely chopped
1 x ½ inch / 1.3 cm piece (⅙ oz / 5 g)	fresh ginger finely chopped
1 medium (4 oz / 115 g)	tomato chopped
3	green chillies finely chopped
⅛ tsp / 0.6 ml	turmeric
2 tbsp / 30 ml	coriander leaves chopped
¼ tsp / 1.3 ml	garam masala powder

1. In a bowl, beat eggs just till yolks and whites are mixed. Add milk, salt and pepper. Mix.

2. Heat oil in frying pan on medium heat about 2 minutes. Add onion and ginger. Stir fry till onion is transparent (about 2 minutes). Add tomato, chillies and turmeric. Stir fry about 1 minute. Reduce heat to low (medium-low for 30 cm pan). Add egg mixture and coriander leaves. When mixture starts to set on bottom and sides, stir and lift so uncooked part goes to bottom. Continue cooking till eggs have just thickened and are moist and soft, stirring constantly. Sprinkle *garam masala powder* on top. Serve hot, accompanied with toast, *phulka* or *paratha*. ●

Alu Tikki (Potato Cutlets – Sindhi Style)

Yield: 12 *tikki*

4 slices (each 3¼ inch x 3¼ inch x ⅜ 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 13), peeled and mashed while still hot
2	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
1½ tbsp / 22.5 ml	mint leaves finely chopped
1½ tsp / 7.5 ml	salt
½ 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 2¾ inch / 7 cm in diameter, ½ inch / 1.3 cm thick.

2. Heat frying pan on medium heat about 2 minutes. Add 1 tbsp / 15 ml oil and heat about 30 seconds. Spread oil in base of pan.

3. Add 4 patties. Fry on both sides till golden brown (about 2 minutes on each side). Remove.

4. Fry remaining patties in the same way as in **step 3**, adding and immediately spreading 1 tbsp / 15 ml oil in pan for each batch. Serve hot, accompanied with chutney or tomato ketchup. ●

Besan Poora (Savoury Bengal Gram Flour Pancakes)

Yield: 6 *poora*

1 ² / ₃ cups / 150 g	besan (see page 12)
1 ¹ / ₄ tsp / 6.3 ml	salt
³ / ₄ cup + 2 tbsp / 210 ml	water
1 small (2 oz / 60 g)	onion finely chopped
1 small (2 ¹ / ₂ oz / 75 g)	tomato chopped
3	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
¹ / ₄ cup + 2 tbsp / 90 ml	vegetable oil

1. Sift together *besan* and salt into a bowl. Gradually add water, stirring constantly to make a smooth batter. Add all other ingredients except oil. Mix.
2. Heat frying pan on medium-high heat about 1¹/₂ minutes. Add 1 tbsp/15 ml oil and heat about 30 seconds.
3. Stir batter and pour ¹/₄ cup/60 ml in centre of pan. Place the back of a rounded ladle very lightly on batter. Gently spread batter evenly outwards from centre to make a round about 5¹/₂ inch/14 cm in diameter. Reduce heat to medium. Fry on both sides till golden brown and slightly crisp (about 1¹/₂ minutes on each side). Remove.
4. Fry remaining *poora* in the same way as in **step 3** except adjust heat only if required to adjust browning; add 1 tbsp/15 ml oil in pan for each *poora* and immediately add batter. Serve hot. ●

French Toast

Yield: 8 toasts

3	eggs
³ / ₄ cup + 3 tbsp / 225 ml	milk
1 ¹ / ₂ tbsp / 22.5 ml	sugar
3 drops	vanilla essence (optional)
¹ / ₄ tsp / 1.3 ml	salt
8 slices (each about 3 ¹ / ₂ inch x 3 ¹ / ₂ inch x 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 frying pan on medium heat about 1 minute. Add 1 tsp/5 ml butter and spread in pan 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 (about 2 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 in pan for each batch. Adjust heat to medium-low if pan is too hot for later batches. Serve hot with honey or jam. ●

Fried Eggs

Yield: 2 eggs

2	eggs
1½ tsp / 7.5 ml	butter
2 tsp / 10 ml	water
a pinch	salt
a pinch	pepper

1. Break eggs on a saucer.
2. Heat frying pan on low heat about 2 minutes. Add butter and spread till melted to cover inside base of pan. Slide eggs into pan. Pour 1 tsp/5 ml water over each egg. (For 30 cm pan: increase heat to medium-low at this point.) Cover and cook about 1 minute or to desired doneness. Remove. Sprinkle salt and pepper. Serve hot.

Variations:

- a. For firmer whites: cover at once but do not add water and proceed as given above; or do not cover frying pan at all.
- b. If eggs are to be turned, you may or may not cover frying pan. Turn eggs after whites have set and yolks are as firm as desired using a thin, broad spatula.
- c. For well done eggs in oil: heat 1 tbsp/15 ml oil on low heat about 5 minutes. Slide in eggs. When whites are set, increase heat to medium; turn eggs or spoon oil over eggs and cook to desired doneness. ●

Hash Brown Potatoes

Serves 4

4 large (1 lb 5 oz / 600 g)	potatoes cut into ¼ inch / 6 mm cubes
1 tsp / 5 ml	onion grated
½ tsp / 2.5 ml	salt
¼ tsp / 1.3 ml	pepper
1 tsp / 5 ml	lemon juice
3 tbsp / 45 ml	butter

1. Mix potatoes, onion, salt, pepper and lemon juice.
2. Heat frying pan on medium-high heat about 1 minute. Add butter and spread till melted. Add potato mixture. Mix. Reduce heat to medium-low. Cover and cook 10 minutes. Uncover. Cook till potatoes are tender and light golden brown (about 15 minutes), stirring and scraping pan with a spatula. Partially mash potatoes. Pat to form a potato cake about 6 inch/15 cm in diameter, ¾ inch/1.9 cm thick. Fry till underside is browned and a crust has formed (about 5 minutes). Using a spatula, divide cake into 4 portions. Turn over each portion, reforming into round shape. Fry till browned and crust has formed (about 5 minutes). Serve hot. ●

Mutton Hamburgers

Yield: 9 hamburgers

10 small cloves	garlic
14 oz / 400 g	mutton finely minced
1 medium (3½ oz / 100 g)	onion finely chopped
1¼ tsp / 6.3 ml	salt
4	green chillies finely chopped
¼ cup / 60 ml	coriander leaves finely chopped
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	fresh ginger finely chopped
2	eggs beaten
⅓ cup / 40 g	dry bread crumbs
3 tbsp + 1 tsp / 50 ml	vegetable oil

1. Grind garlic into a paste.
2. Mix garlic paste and all other ingredients except eggs, bread crumbs and oil. Add eggs. Mix. Add bread crumbs. Mix. Make 9 patties about 3¼ inch / 8 cm in diameter, ½ inch / 1.3 cm thick.
3. Heat frying pan on medium heat about 2 minutes. Add 2 tbsp / 30 ml oil and heat about 30 seconds.
4. Add 3 patties. Reduce heat to low. Fry on both sides till browned (about 10 minutes on each side). Remove.
5. Fry remaining patties in the same way as in **step 4**, adding 2 tsp / 10 ml oil in pan for each batch and immediately adding patties. Serve hot. ●

Omelette – Indian Style

Serves 1

2 tsp / 10 ml	onion finely chopped
2 tsp / 10 ml	tomato chopped
1 tsp / 5 ml	coriander leaves finely chopped
¼ tsp / 1.3 ml	green chilli finely chopped
2	eggs
⅛ tsp / 0.6 ml	salt
1 tbsp / 15 ml	vegetable oil

1. Mix onion, tomato, coriander leaves and chilli.
2. Separate egg yolks and whites. Beat lightly egg yolks and salt. Beat egg whites till frothy. Add yolks to whites. Mix gently.
3. Heat frying pan on medium-high heat about 2 minutes. Add oil and heat about 30 seconds. Spread oil in base of pan. Add egg mixture. If necessary, gently spread eggs to cover base. Reduce heat to medium. Cook till edges start to set. Scatter onion-tomato mixture over eggs. Cook till underside is lightly browned (about 1 minute). Loosen omelette edges with a spatula. Using two spatulas, lift half omelette and fold over other half. Cook about 30 seconds. Turn over. Cook about 30 seconds. Serve hot. ●

Pancakes

Yield: 10 pancakes

1½ cups / 190 g	sifted refined flour
2½ tsp / 12.5 ml	baking powder
¾ tsp / 3.8 ml	salt
1	egg beaten
1½ 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 frying pan on medium-high heat about 1½ minutes to the correct temperature. To test pan for correct temperature: sprinkle a few drops water in pan. If water just sits and boils, pan is not hot enough. If water forms into tiny balls that sit like beads of mercury, pan is too hot. If water forms tiny balls which bounce and skitter before vaporising, pan is ready to use. Reduce heat to medium.
5. Pour ¼ cup/60 ml mixture into pan and pour again another ¼ cup/60 ml mixture into pan 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 (only once). 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.** ●

Sautéed Vegetables

Serves 6

2 tbsp / 30 ml	vegetable oil
1 tsp / 5 ml	cumin seeds
1 small (1¾ oz / 50 g)	onion finely chopped
1 x ½ inch / 1.3 cm piece (⅙ oz / 5 g)	fresh ginger finely chopped
1⅓ cups / 200 g	peas shelled or frozen
2	green chillies finely chopped
⅓ cup / 80 ml	water
4 medium (1 lb / 450 g)	potatoes 'boiled' (see page 13), peeled and cut into ½ inch / 1.3 cm cubes
1½ tsp / 7.5 ml	salt
¼ tsp / 1.3 ml	<i>garam masala</i> powder

1. Heat oil in frying pan on medium heat about 2 minutes. Add cumin seeds. Stir a few seconds.
2. Add onion and ginger. Stir fry till onion is transparent (about 2 minutes). Add peas, chillies and water. Stir. Cover and cook on low heat (medium-low for 30 cm pan) till peas are just tender and water has evaporated (about 10 minutes), stirring occasionally. (If water remains when peas are tender, uncover pan and boil away water.)
3. Add potatoes and salt. Stir fry about 3 minutes. Add *garam masala* powder. Mix. Serve hot. ●

Spicy Fish Fry

Serves 2

1 x 1/2 inch / 1.3 cm piece (1/6 oz / 5 g)	fresh ginger
5 small cloves	garlic
1	green chilli
1 tsp / 5 ml	lemon juice
3 tbsp + 1 tsp / 50 ml	vegetable oil
1 1/2 tsp / 7.5 ml	salt
1 1/2 tsp / 7.5 ml	red chilli powder
1/2 tsp / 2.5 ml	cumin powder
1/4 tsp / 1.3 ml	turmeric
4 (14 oz / 400 g)	fish steaks (1/2 inch / 1.3 cm thick)
1/3 cup / 30 g	besan

1. Grind into a paste ginger, garlic and green chilli. Mix ginger-garlic paste, lemon juice, 1 tsp/5 ml oil, salt, chilli and cumin powders and turmeric. Rub on fish. Cover and keep aside about 30 minutes. Turn fish steaks on all sides in *besan* till covered.

2. Heat frying pan on medium-high heat about 1 1/2 minutes. Add remaining oil (3 tbsp/45 ml) and heat about 1 minute. Add 2 fish steaks. Reduce heat to medium. Fry on both sides till fish is cooked (about 3 minutes on each side). To test if fish is cooked: stick a fork into fish; gently twist fork; if cooked, fish will separate into flakes easily. Remove. Fry remaining steaks in the same way except do not add oil. Serve hot. ●

Breakfast Tomatoes

Serves 2

1 tbsp / 15 ml	butter
2 large (10 1/2 oz / 295 g)	tomatoes cut into halves parallel to the base
a pinch	salt
a pinch	pepper

1. Melt butter in frying pan on medium heat. As soon as butter starts browning, add tomatoes (cut side down). Fry on both sides till slightly browned (about 1 1/2 minutes on each side).

2. Place tomatoes (cut side up) on serving dish. Pour leftover pan juices on tomatoes. Sprinkle salt and pepper. Serve hot. ●

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.

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

Glossary (Meanings and Methods) *continued*

'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.

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.

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/perforations).

Garam Masala Powder:

Yield: About 2½ tbsp / 37.5 ml

1 tsp / 5 ml
 ¾ tsp / 3.8 ml
 7 x 1 inch / 2.5 cm sticks
 4
 ¾ tsp / 3.8 ml

peppercorns
cloves

cinnamon

brown cardamoms
 seeds taken out and kept, pods discarded. Measure ¾ tsp / 3.8 ml seeds.

black cumin seeds

(*shah jeera*) or **cumin seeds**

1. Roast together all ingredients in frying pan on medium heat. Stir continuously 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.

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

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

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

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

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

Sift: To pass dry ingredients through a sieve.