

## Important Additional Information for this 2 Litre Induction Compatible Hawkins Hevibase Pressure Cooker



This Hawkins Hevibase Pressure Cooker of commercially pure, virgin aluminium is Induction Compatible with an external bottom plate of AISI 430 grade magnetic stainless steel attached to the double thick base.

**It can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for the Hawkins Hevibase Pressure Cooker which is not Induction Compatible. **All the instructions and recipes in this Manual are valid for this Induction Compatible 2 Litre Hawkins Hevibase Pressure Cooker except as stated in this chapter of 6 pages.**

**A view of the Induction Compatible Base.**

**READ THE NEXT FIVE PAGES BEFORE USING THIS COOKER.**

### CAUTION

- **Never "dry heat" the Induction Compatible Hawkins Hevibase Pressure Cooker, that is, never heat the cooker without food or water in it.** Dry heating may permanently damage the cooker.
- **Do not put the hot pressure cooker in water** as it may weaken the attachment of the base over time.
- **Always reduce the heat once full operating pressure is reached.** Cooking on high heat after full operating pressure has been reached wastes fuel and may cause food to burn and/or the cooker to boil dry.

## Product Information

- **Product Information: Getting to Know Your Hawkins Hevibase** (page 6, first column, second paragraph and the chart on page 29): The volumes of the two-thirds, half and one-third capacities for the 2 Litre Hawkins Hevibase are given in the chart below.

Size of Pressure Cooker	Two-Thirds Capacity	Half Capacity	One-Third Capacity
2 Litre	5 <sup>1</sup> / <sub>2</sub> cups (1.3 litres)	4 cups (1 litre)	2 <sup>3</sup> / <sub>4</sub> cups (660 ml)

- **Heat Source** (page 12, second column):
  1. In the first paragraph, delete "not" from the second sentence.
  2. When cooking in the 2 Litre Hawkins Hevibase, use the small burner of a gas stove or do not exceed the medium heat setting of a large burner or an electric hot plate or halogen cooktop.
- **Releasing Pressure** (page 15, first paragraph): **DO NOT** use the third method (point 3, "Release pressure by placing cooker in up to 4 inches/10 cm of cold water in a basin or in a sink for

a few minutes"). One alternative to this method is to reduce the pressure cooking time and allow to cool naturally. In case it is not possible to reduce the pressure cooking time at full pressure (because it is 0 minute or if the step in the recipe requires the pressure cooker to be removed from heat immediately once full operating pressure is reached) the food may be cooked without the vent weight; see examples in the section **Adapting Recipes** on page iii and iv of this chapter, namely, **Mutton Biryani** and **Vegetable Biryani**.

## Comparing Heat Settings in Gas Stoves and Induction Cooktops

- Pressure cooking times and heat settings in the recipes and charts refer to the large burner of a domestic gas stove unless otherwise noted. You may have to adjust these to suit your stove/cooktop. **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer's instructions. Some experimentation may be necessary to find the correct heat setting.
- Given below is an **approximate guide** to the equivalent heat settings in most gas stoves and induction cooktops. In case the watts mentioned are not available on your cooktop, use the nearest wattage available.

Heat Settings in	
Gas Stoves	Induction Cooktops in Watts
High	2000
Medium High	1200
Medium	800
Medium Low	600
Low	400

- Please be advised that many induction cooktops in the market at present do not indicate the settings in watts accurately. Try out the heat settings given in the chart above and adjust them as may be required for cooking on your cooktop.

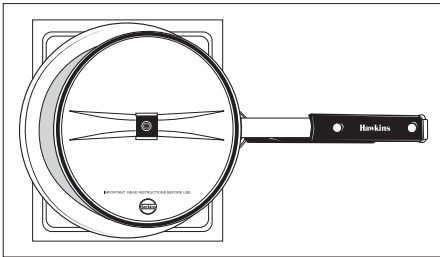
## Adapting Recipes to the 2 Litre Induction Compatible Hawkins and Induction Cooking

**The recipes in this Manual have been written for the 5 Litre Hawkins Hevibase Pressure Cooker.** To adapt the recipes in this Manual to the 2 Litre model, reduce all ingredients in the recipes by 60% without any other changes (pressure cooking times remain the same) except as mentioned in the recipes or as stated below:

- NEVER reduce the water quantities given in the **Seafood Pressure Cooking Chart** on page 24 or the **Vegetable Pressure Cooking Chart** on pages 25 and 26.
  - Most roasts, large pieces of meat, whole birds, whole artichokes, whole cauliflowers, whole green peppers and whole tomatoes are too big to fit in this model.
  - Cooking *moong dal* is not recommended in this model.
  - Do not cook more than  $\frac{3}{4}$  cup soybeans in this model. Use 2 cups water for soaked soybeans and  $2\frac{1}{4}$  cups water for unsoaked soybeans. See **Soaking Legumes**, page 27 and 28.
  - **Chola Dal** (page 40): Reduce water by only 50%. Pressure cooking time: 11 minutes.
  - If you do not have a mold which fits in this cooker, **Crème Caramel** and **Pâté** may also be cooked in small individual molds as explained below:
    1. To cook **Crème Caramel** (page 54) in 4 small individual molds: Reduce custard quantity by 33%. Keep caramel quantity same. Use 1 cup/240 ml water in cooker body. Pressure cooking time: 5 minutes.
    2. To cook **Pâté** (page 59) in 4 small individual molds: Use  $1\frac{1}{2}$  cups/360 ml water in cooker body. Pressure cooking time: 20 minutes.
- Because the base of the Induction Compatible Hawkins Hevibase cannot be put in water to reduce pressure, the statements and recipes in this Manual require change as follows:
    1. **Pressure Cooking Legumes** (page 28, point 5): DO NOT place cooker in cold water in a basin or in a sink.
    2. **Sambar** (page 43): Replace fourth sentence in step 8 in the recipe with the following: "Allow to cool naturally 5 minutes. Release pressure with slight lifting of vent weight."
    3. **Mutton Biryani** (page 44/45):
      - (1) Replace steps 6, 7 and 8 in the recipe with the following: "6. Pour 2 cups/480 ml water in cooker. Bring to boil on high heat with lid closed without the vent weight. Open cooker. Add remaining salt (1 tsp/5 ml), cardamom, cloves, bay leaf, cinnamon and rice. Stir.

*Notes on adapting this recipe continued on the next page*

7. Bring to boil in open cooker body. Reduce heat to low. Place lid on top of the mouth of cooker body such that there is a gap of about 1/5 inch/5 mm from the edge of the lid to the cooker body on the side opposite the cooker body handle (see sketch below). Cook till rice just turns opaque (about 5 minutes).



8. Remove lid. Remove cooker from heat. Immediately transfer rice to a colander and drain. Wash and wipe dry cooker."

(2) In step 9, do not reduce water (1/4 cup/60 ml) at all.

(3) Replace step 12 with the following: "12. Close cooker. Bring to full pressure on high heat on gas/on medium-high heat on induction cooktop. Reduce heat and cook 10 minutes."

#### 4. Vegetable Biryani (page 50/51):

(1) Replace steps 3, 4 and 5 in the recipe with the following: "3. Pour 2 cups/480 ml water in cooker. Bring to boil on high heat with lid closed without the vent weight. Open cooker. Add salt (1 tsp/5 ml), cardamom, cloves, bay leaf, cinnamon and rice. Stir. 4. Bring to boil in open cooker body. Reduce heat to low. Place lid on top of the mouth of cooker body such that there is a gap of about 1/5 inch/5 mm from the edge of the lid to the cooker body on the side opposite the cooker body handle (see sketch above). Cook till rice just turns opaque (about

5 minutes). 5. Remove lid. Remove cooker from heat. Immediately transfer rice to a colander and drain. Wash and wipe dry cooker."

(2) Replace steps 9 and 10 with the following: "9. Close cooker. Bring to full pressure on high heat on gas/on medium-high heat on induction cooktop. Reduce heat and cook 3 minutes. 10. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of vent weight."

5. **Minestrone Soup** (page 54): In step 2, reduce pressure cooking time to 3 minutes. In step 3, do not release pressure by placing hot cooker in cold water; instead, allow cooker to cool naturally about 10 minutes. Release pressure with slight lifting of vent weight.

- Some induction cooktops initially heat up faster than gas stoves and the times given in the recipes for heating oil may need to be reduced.
- **Pressure Cooking Rice:** When cooking rice, use the highest heat setting on your induction cooktop (around 2000 W) to bring the cooker to full operating pressure and reduce heat immediately thereafter. If the heat setting is not high enough to bring the cooker to full operating pressure quickly enough, all the water may be absorbed by the rice, causing the rice on the base to stick and burn before cooker has reached full operating pressure and heat is reduced. If your cooktop does not have enough power to cook rice without burning, you may alternatively pressure cook rice in a mold (see **Cooking Rice**, page 18, "To pressure cook Basmati rice in a mold").

- **Pressure Cooking Dal:** When cooking the following recipes of *dal*, use the medium heat setting on your induction cooktop (around 800 W) to bring the cooker to full operating pressure and reduce heat immediately thereafter.

1. **Tuvar dal**, *Dal Chart*, page v
2. **Chana dal**, *Dal Chart*, page v
3. **Sambar**, page 43, step 5

- For cooking rice and *dal*, see page 18 and 20 respectively and note the quantities in the charts below:

<b>Rice Chart</b>						
<b>Size of Cooker</b>	<b>Rice</b>	<b>Maximum Quantity</b>	<b>Water Quantity</b>	<b>Water Quantity for 1 cup Rice</b>	<b>Pressure Cooking Time in Minutes</b>	<b>Pressure Release</b>
<b>2 Litre</b>	Colam Rice	1¼ cups / 250 g	1⅔ cups / 400 ml	1¼ cups / 300 ml	2	Allow to cool naturally
	Basmati Rice	1¼ cups / 250 g	1⅔ cups / 400 ml	1⅛ cups / 270 ml	3	Allow to cool 5 minutes and release pressure
	Parboiled Rice	1 cup / 200 g	1⅔ cups / 400 ml	1⅔ cups / 400 ml	7	Allow to cool naturally

<b>Dal Chart</b>					
<b>Size of Cooker</b>	<b>Dal</b>	<b>Maximum Quantity</b>	<b>Water Quantity</b>	<b>Pressure Cooking Time in Minutes (soaked or unsoaked)</b>	<b>Pressure Release</b>
<b>2 Litre</b>	<i>Tuvar dal</i> *	⅓ cup / 70 g	¾ cup + 2 tbsp / 200 ml	4	Allow to cool naturally
	<i>Moong dal</i>	Do not cook this <i>dal</i> in this size of cooker			
	<i>Chana dal</i> *	1 cup / 200 g	2 cups / 480 ml	10	Allow to cool naturally
	<i>Sabat Urad</i>	¾ cup / 150 g	3½ cups / 840 ml	25 (Do not soak)	Allow to cool naturally
* To reduce sprouting: Soak 15 minutes in water and drain; add salt, turmeric and oil as specified in <b>To Reduce Dal Sprouting</b> , page 20. When cooking on induction, bring to full pressure on medium heat and reduce heat immediately when the pressure cooker reaches "Full Operating Pressure".					

## Care and Cleaning

- Do not put the hot pressure cooker in water.
  - The external stainless steel bottom attachment of the cooker may develop blue and/or golden stains which may be caused by overheating. To remove these stains:
    - Clean the external base with a stainless steel cleanser or
    - Clean the external base with a non-abrasive cleansing powder and
    - Wash and dry.
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## Space for your Notes/Recipes