

## Important Additional Information for this 3.5 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 3.5 Litre Hawkins Hevibase Pressure Cooker except as stated in this chapter of 5 pages.**

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

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

**ALSO, READ IMPORTANT SAFEGUARDS (ON PAGE 2 OF THE MANUAL) AND PAGES 3 TO 38 OF THE MANUAL.**

### 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 3.5 Litre Hawkins Hevibase are given in the chart below.

Size of Pressure Cooker	Two-Thirds Capacity	Half Capacity	One-Third Capacity
3.5 Litre	9¾ cups (2.3 litres)	7¼ cups (1.7 litres)	5 cups (1.2 litres)

- **Heat Source** (page 12, second column): In the first paragraph, delete "not" from the second sentence.
- **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 "**Heat Settings in**" chart on page ii and adjust them as may be required for cooking on your cooktop.
- 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.

## Adapting Recipes to the 3.5 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 3.5 Litre model, reduce all ingredients in the recipes by 30% 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 page 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.
- Do not cook more than 1 cup soybeans (in 3 cups water) in this model. See **Soaking Legumes**, page 27 and 28.
- If you do not have a 1 litre/1 quart 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 1½ cups/360 ml water in cooker body. Pressure cooking time: 20 minutes.

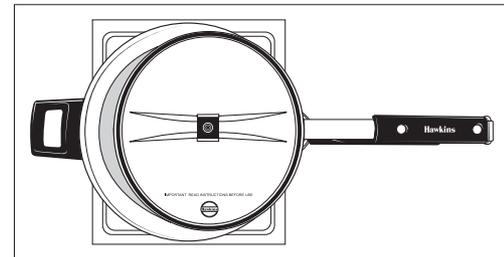
- Because the base of the Induction Compatible Hawkins Hevibase cannot be put in water to reduce pressure, the statements and recipes in this Manual require change as follows:

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 3½ cups/840 ml water in cooker. Bring to boil on high heat with lid closed without the vent weight. Open cooker. Add remaining salt (1¾ tsp/8.8 ml), cardamoms, cloves, bay leaf, cinnamon and rice. Stir. 7. Bring to boil in open cooker body. Reduce heat to medium. Place lid on top of the mouth of cooker body such that there is a gap of about ¾ inch/1 cm from the edge of the lid to the cooker body near the subsidiary 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 (¼ 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 3½ cups/840 ml water in cooker. Bring to boil on high heat with lid closed without the vent weight. Open cooker. Add salt (1¾ tsp/8.8 ml), cardamoms, cloves, bay leaf, cinnamon and rice. Stir. 4. Bring to boil in open cooker body. Reduce heat to medium. Place lid on top of the mouth of cooker body such that there is a gap of about ⅜ inch/1 cm from the edge of the lid to the cooker body near the subsidiary handle (see sketch on page iii). 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.

- **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").
- For cooking rice and *dal*, see page 18 and 20 respectively and note the quantities in the charts alongside (page v).

## 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.

<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>3.5 Litre</b>	Colam Rice	3 cups / 600 g	4 cups / 960 ml	1 <sup>1</sup> / <sub>4</sub> cups / 300 ml	2	Allow to cool naturally
	Basmati Rice	3 cups / 600 g	3 <sup>1</sup> / <sub>2</sub> cups / 840 ml	1 <sup>1</sup> / <sub>8</sub> cups / 270 ml	3	Allow to cool 5 minutes and release pressure
	Parboiled Rice	2 <sup>3</sup> / <sub>4</sub> cups / 550 g	4 <sup>1</sup> / <sub>2</sub> cups / 1.1 litres	1 <sup>2</sup> / <sub>3</sub> 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>3.5 Litre</b>	<i>Tuvar dal</i> *	1 cup / 200 g	2 <sup>3</sup> / <sub>4</sub> cups / 660 ml	1	Allow to cool naturally
	<i>Moong dal</i> *	1 <sup>1</sup> / <sub>2</sub> cup / 100 g	1 <sup>1</sup> / <sub>4</sub> cups / 300 ml	1	Allow to cool naturally
	<i>Chana dal</i> *	1 <sup>3</sup> / <sub>4</sub> cups / 350 g	3 cups / 720 ml	6	Allow to cool naturally
	<i>Sabat Urad</i>	1 <sup>1</sup> / <sub>4</sub> cups / 250 g	5 <sup>3</sup> / <sub>4</sub> cups / 1.4 litres	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 **To Reduce Dal Sprouting**, page 20.

**Space for your Notes/Recipes**