

## Important Additional Information for this Induction Compatible Futura Nonstick Cook n Serve Stewpot

The important features of this Stewpot are:

- It is made from hard anodised, commercially pure, virgin aluminium with a high quality nonstick coating fixed on to the hard anodised surface.
- The body/base of the pan is 3.25 mm thick.
- Permanently attached to the base is a plate of AISI 430 grade magnetic stainless steel which makes the pan Induction Compatible.
- **This pan can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for various Futura Nonstick Cookware pans – including the Futura Nonstick Cook n Serve Stewpot – which are not Induction Compatible. **All the instructions in this Manual are valid for this Induction Compatible Futura Nonstick 3 Litre Cook n Serve Stewpot except as stated in this chapter of 2 pages.** Do not try to make *Appam* in this pan.

### CAUTION

1. Limit pre-heating of the pan without food **on Gas to MEDIUM heat and to no more than 4 minutes.** Limit pre-heating **on an Induction Cooktop to 700 Watts and to no more than 2 minutes.**
2. If you are pre-heating the pan with a small quantity of oil/butter/ghee (less than 4 tbsp), 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 permanently damage the pan.
4. **Do not put the hot pan in water** as it may weaken the attachment of the base over time.

**READ THE NEXT PAGE  
BEFORE USING  
THIS PAN.**

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



## Comparing Heat Settings in Gas Stoves and Induction Cooktops

- Cooking times and heat settings in the recipes refer to the large burner of an efficient domestic gas stove unless otherwise noted. You may have to adjust these to suit your stove/cooktop. To avoid overheating pan, follow the instructions in **How to Use, "Avoid Overheating: Check Your Burner"**, page 4.
- **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 700 Watt setting given for pre-heating the empty pan is not available on your cooktop, use the next **lower** wattage and still limit pre-heating to 2 minutes. In case the watts mentioned are not available when cooking with food/water in the pan, 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 Induction Compatible Futura Stewpot and Induction Cooking

1. If you find that after pre-heating the small quantity of oil/butter/ghee (as mentioned in Point 2 of the **Caution** on page i) it is not as hot as desired, increase the cooking time suitably without increasing the heat setting.
2. Induction cooktops initially heat up faster than gas stoves and the times given in the recipes for heating oil/butter/ghee may need to be reduced.
3. If food is not browning or reaching the colour desired by you in the time given in the recipe and a higher heat setting causes burning, lower the heat setting and cook for a longer time.
4. **Firni** (page 10): Season the pan following the method in **How to Use, Seasoning**, page 3, each time before making *Firni*. In step 6, simmer on 400 Watts. If your cooktop does not produce a gentle simmer at that setting, use a lower heat setting and cook longer.
5. 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 and breaking off when stirred.

### How to Clean

- Do not put the hot pan in water – allow to cool before cleaning.
- The external stainless steel bottom attachment of the pan 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.