

MISS MARY[®]

PRESSURE COOKER



INSTRUCTIONS MANUAL

How to Close



1. Hold lid just above cooker body. Lid handle must be at right angle to body handle.



2. Tilt lid into cooker and move lid away from you to wall of cooker body.



3. Move lid handle towards long body handle.



4. Lower rest of lid into cooker body by slight twist of wrist of hand holding lid handle.



5. Place the lid handle bar on the pivot. Centralize lid. Squeeze lid handle and body handle together.



6. Push the locking loop to latch securely.

How to Open



1. Squeeze handles together. Release locking loop.



2. Pushing lid towards far wall of cooker body, move lid handle away from you half way to the right angle and...



3. ...raise lid edge out of cooker body with a slight twist of wrist of hand holding lid handle.



4. Move lid handle further away until at right angle to body handle.



5. Move lid out towards you.



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What is pressure cooking ?

Ordinary cooking takes place at the boiling point of water which at sea level is 100°C. The temperature at which water boils rises with an increase in pressure and this is the principle utilised by the pressure cooker to cook food at 121°C. Since cooking is done at a higher temperature, it is done much faster.

That higher temperatures and faster cooking can be achieved by utilising pressure has been known for centuries but it was not known how to control the necessary pressure safely for domestic use. This was achieved with the invention of the pressure cooker and its introduction for general domestic use over 60 years ago.

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Important Safeguards

1. Close supervision is necessary when the pressure cooker is used near children.
2. Do not place the pressure cooker in a heated oven.
3. Extreme caution must be used when moving a pressure cooker containing hot liquids.
4. Use pressure cooker for pressure cooking only.
5. This appliance cooks under pressure. Improper use may result in a scalding injury. Make certain unit is properly closed before operating.
6. Always check that the vent tube is clear immediately before closing the lid for pressure cooking.
7. Never place anything over the vent weight while cooking.
8. When starting to pressure cook, close the lid WITHOUT the vent weight in position on the vent tube. Place the vent weight on the vent tube ONLY AFTER steam starts to come out of the vent tube steadily.
9. Always place water as indicated in each recipe (or one cup for every 10 minutes of pressure cooking time) in the pressure cooker body before pressure cooking.
10. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full.
11. Never lift vent weight for reducing pressure in the case of liquid or frothing foods.
12. Never attempt to force the pressure cooker open. Do not open the pressure cooker until the cooker has cooled and internal pressure has been reduced.
13. Do not use this pressure cooker for pressure frying with oil.
14. Never use the cooker body for deep frying or light frying for more than 20 minutes at a time or as an oven for dry heating or baking, since the strength of the metal may decrease to a dangerous level.
15. A fused safety valve must be replaced by a genuine MISS MARY or Hawkins safety valve.
16. Repairs other than the replacement of gasket, body handle, safety valve and the vent weight must be done only by a Hawkins Authorised Service Centre. Please insist on genuine parts for replacement.

What you can expect from your MISS MARY pressure cooker

a. Save 53% time and fuel:

Since cooking in a pressure cooker is done at higher temperature, it is done much faster. You will need as little as half the time and fuel you normally need.

b. Cook more healthy food:

The food cooked in a cooker is more health-giving because it is cooked at the temperature of sterilization and the quicker cooking better preserves the nutritional value. In fact, you can use your MISS MARY pressure cooker to sterilise baby's bottles.

c. Cook a variety of delicious dishes:

In the cooker, you can cook all kinds of tasty dishes – vegetarian and non-vegetarian, rice and pilaus, dry vegetables and curries, dals, meats, puddings etc. You can fry masalas in the cooker body itself. In this book, you will find fully-tested recipes, with easy-to-follow directions for each one.

Advantages of buying MISS MARY

- Pure virgin aluminium used for manufacture.
- Each cooker tested for leaks during manufacture.
- Long lasting gasket made from superior material.
- Strong comfortable handles made up of sturdy metal components and well made plastic parts.
- Most reliable whistle which ensures precise pressure regulation.
- Reliable safety valve, made with superior materials and thoroughly tested.
- A 5 year guarantee.
- Over 700 Hawkins Authorised Service Centres provide prompt expert service.

Trial Run

Before cooking in your MISS MARY pressure cooker, take a trial run:

1. Remove label.
2. Pour 1 cup water into cooker body. Add 1 teaspoon fresh lime juice or a little tamarind. This will ensure that the inside of the cooker body remains clean.
3. Remove vent weight from lid. Look through the vent tube and ensure it is clear. Check and adjust the seating of gasket on lid curl. Close cooker without vent weight. Place cooker on high heat.
4. When water boils, steam should come out only from vent tube. If steam comes out around the edges of the lid, unlock and reposition the lid by moving the lid slightly towards spots where steam is escaping and lock.
5. Once steam is coming out of the vent tube in a continuous stream, fit vent weight on vent tube immediately.
6. In about 2 minutes you will hear a slight hissing sound. Soon after, the vent weight will lift and steam will be forced out with a loud hissing sound. This means that the cooker has come to full cooking pressure.
7. Once full pressure is reached, reduce heat so that you are able to hear a slight hissing sound caused by the gentle escape of steam. This is the right level of reduced heat. This is the stage when you start timing the recipe.
8. Turn off heat. Remove cooker from stove. Allow to cool naturally. Certain recipes may require the cooker to be opened immediately. In this case, use a spoon or fork to lift vent weight to release steam. After all steam is released, unlatch handle and remove lid. It will take less than a minute for steam to be released completely.
9. Open cooker. Empty out water and wipe dry cooker. Before cooking in a MISS MARY pressure cooker, read the remaining instructions.

Service

The company has made arrangements for your cooker to be serviced by Hawkins Authorised Service Centres. There are Hawkins Authorised Service Centres in all important towns and cities in India which will enable you to get service within easy reach. Technicians at these service centres have been specially trained and given special tool kits so you can be sure of expert, efficient and prompt service. Hawkins spare parts are applicable to MISS MARY in most of the cases. Always insist on genuine spare parts for safety and longer product life.

The guarantee card is enclosed. Mail this to us to register your guarantee. In case of any difficulty please write to:

Consumer Service Manager

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Or visit www.hawkinscookers.com

Or email: conserve@hawkinscookers.com

Or call: (91 22) 2444 0807

Care and Cleaning Instructions

1. Do not knock rim of cooker body and edge of lid with hard objects like ladle as it may cause dents which may prevent proper sealing.
2. Do not leave food or water in the cooker overnight or for a long duration.
3. Do not attempt to stretch rubber gasket.
4. Clean pressure cooker immediately after use and dry it. Preferably use soft water such as municipal, rain or river water rather than borewell water to avoid pitting. Use soap or a cleaning powder such as "Vim" or "Shine It" to clean your cooker.
5. Avoid using harsh abrasives such as steel wool, mud or ash to clean your cooker. Preferably use nylon or plastic scrubber.
6. Always ensure vent tube is clear to allow easy passage of steam.
7. Store the cooker open to avoid mustiness.

Introduction to recipes

A wide variety of food can be cooked in your MISS MARY pressure cooker. To give you an idea, the recipe section features 5 recipes that are cooked almost everyday in most households. Using these as a base, you can easily adapt your own favourite recipes to pressure cooking.

The quantities given in the recipes are maximum capacities that can be cooked in a 4.5 Litre pressure cooker. For maximum capacity in other sizes see page No. 10 to 17.

Cups in the recipes refer to cups of 250 ml. capacity. Teaspoon and tablespoon are level and are of 5 ml. and 15 ml. capacity respectively.

Plain Rice

Serves 6 Pressure Cooking Time: 2 minutes

5 cups	water
4 cups	colam rice washed
2 teaspoons	salt

1. Pour water into cooker. Bring to boil on high heat. Add rice and salt. Stir once.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 2 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Serve hot. ●

Aloo Mattar

Serves 6 Pressure Cooking Time: 2 minutes

10 gm	ginger
7 tablespoons	vegetable oil
2 medium (200 gm)	onions grated
3 medium (300 gm)	tomatoes chopped
1 tablespoon	salt
$\frac{3}{4}$ teaspoon	turmeric powder
1 tablespoon	coriander powder
1 tablespoon	cumin powder
1 $\frac{1}{4}$ teaspoons	red chilli powder
3 large ($\frac{1}{2}$ kg)	potatoes peeled and cut into 2.5 cm pieces
	peas shelled
5 cups	water
2 $\frac{1}{2}$ cups	coriander leaves chopped
1 tablespoon	

1. Grind ginger into a paste.
2. Heat oil in cooker for about 2 minutes. Add onions and fry till golden brown. Add ginger paste. Stir for a few seconds. Add tomatoes, salt, turmeric, coriander, cumin and chilli powders. Cook till oil shows separately. Add potatoes and peas. Stir fry for 2 minutes. Add water. Stir once.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 2 minutes.
4. Remove cooker from heat. Allow to cool naturally.
5. Open cooker. Serve hot, garnished with coriander leaves. ●

Tuvar Dal

Serves 6 Pressure Cooking Time: 1 minute

2 ³ / ₄ cups	water
1 cup	tuvar dal washed
¹ / ₂ teaspoon	turmeric powder
2 ¹ / ₂ teaspoons	salt

Tempering

3 tablespoons	vegetable oil
¹ / ₄ teaspoon	cumin seeds
1 medium (100 gm)	onion chopped

2 flakes	garlic chopped
2	green chillies slit
1 medium (100 gm)	tomato chopped
1 tablespoon	coriander leaves chopped
1 sprig	curry leaves
¹ / ₂ teaspoon	red chilli powder

1. Pour water into cooker. Add dal, turmeric powder and salt. Stir once.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 1 minute.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker.
5. For tempering, heat oil in a pan for about 2 minutes. Add cumin seeds. Stir for a few seconds. Add onion, garlic and chillies. Fry till onion is light brown. Add tomatoes, coriander and curry leaves. Cook till tomatoes are pulpy.
6. Remove pan from heat. Stir in chilli powder and pour over dal. Stir and serve hot. ●

Mutton Curry

Serves 6

Pressure Cooking Time: 10 minutes

5 gm	ginger
16 flakes	garlic
4	green chillies
1/2 cup	vegetable oil
2	bay leaves
2 1/2 cm stick	cinnamon
4	cloves
2	brown cardamoms
4 medium (400 gm)	onions grated
1 kg	mutton leg cut into 4 cms. pieces
2 large (300 gm)	tomatoes chopped
1 tablespoon	salt
2 teaspoons	red chilli powder
1 teaspoon	turmeric powder
1 tablespoon	coriander powder
3 1/4 cups	water

1. Grind together ginger, garlic and green chillies into a paste.
2. Heat oil in cooker for about 3 minutes. Add bay

leaves, cinnamon, cloves and cardamoms. Stir for a few seconds. Add onions and fry till golden brown.

3. Add ground paste. Stir for a few seconds. Add meat and all other ingredients except water. Cook till oil shows separately, stirring occasionally. Continue frying, till meat is well browned sprinkling a little water (1/2 cup) from time to time. Add remaining water (2 3/4 cups). Stir well.
4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 10 minutes.
5. Remove cooker from heat. Allow to cool naturally.
6. Open cooker. Serve hot. ●

Meethe Chawal

Serves 9

Pressure Cooking Time: 3 minutes

6 tablespoons	ghee
1/3 cup	copra cut into 1 cm x 1/4 cm pieces
3 tablespoons	raisins
9	green cardamoms crushed
3 cups	Basmati rice soaked in water for 1/2 hour and drained
3 cups	water
2 1/2 cups	sugar
a large pinch	saffron dissolved in 1 tablespoon hot water

1. Heat ghee in cooker for about 2 minutes. Add copra and fry till pale brown. Add raisins and cardamoms. Stir for a few seconds. Add rice. Stir fry till rice turns opaque (approximately 3 minutes). Add 2 1/2 cups water. Stir once.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 1 minute.
3. Remove cooker from heat. Allow to cool naturally.

4. Meanwhile, in a pan, mix sugar with remaining water (1/2 cup). Bring to boil on high heat stirring until sugar is dissolved. Add saffron. Remove pan from heat.
5. Open cooker. Pour sugar syrup over rice. Mix well.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 2 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Serve hot. ●

MAXIMUM QUANTITIES FOR 1.5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	1 cup (200 gm)	1 ¼ cups (315 ml)	2
Tuvar Dal	¼ cup (50 gm)	⅔ cup (160 ml)	4
Aloo Mattar	200 gm potatoes 350 gm peas shelled	1 cup (250 ml)	2
Mutton Curry	350 gm	1 cup (250 ml)	10
Meethe Chawal	¾ cup (150 gm)	¾ cup (200 ml)	3

* After pressure cooking, allow cooker to cool naturally.

When cooking in 1.5 litre pressure cooker, use the small burner of a gas stove or do not exceed the medium heat setting of the large burner.

MAXIMUM QUANTITIES FOR 2.5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	1 ½ cups (300 gm)	1 ¾ cups (450 ml)	2
Tuvar Dal	½ cup (100 gm)	1 ½ cups (375 ml)	3
Aloo Mattar	250 gm potatoes 400 gm peas shelled	1 ½ cups (375 ml)	2
Mutton Curry	½ kg	1 ¼ cups (300 ml)	10
Meethe Chawal	1 cup (200 gm)	1 cup (250 ml)	3

* After pressure cooking, allow cooker to cool naturally.

When cooking in 2.5 litre pressure cooker, use the small burner of a gas stove or do not exceed the medium heat setting of the large burner.

MAXIMUM QUANTITIES FOR 3 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	2 cups (400 gm)	2 cups (500 ml)	2
Tuvar Dal	$\frac{3}{4}$ cup (150 gm)	1 $\frac{3}{4}$ cups (450 ml)	3
Aloo Mattar	400 gm potatoes 600 gm peas shelled	2 cups (500 ml)	2
Mutton Curry	$\frac{3}{4}$ kg	2 $\frac{1}{2}$ cups (625 ml)	10
Meethe Chawal	2 $\frac{1}{4}$ cups (450 gm)	2 $\frac{1}{3}$ cups (580 ml)	3

* After pressure cooking, allow cooker to cool naturally.

When cooking in 3 litre pressure cooker, use the small burner of a gas stove or do not exceed the medium heat setting of the large burner.

MAXIMUM QUANTITIES FOR 3.5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	3 cups (600 gm)	3 $\frac{3}{4}$ cups (950 ml)	2
Tuvar Dal	$\frac{3}{4}$ cup (150 gm)	1 $\frac{3}{4}$ cups (450 ml)	3
Aloo Mattar	350 gm potatoes 600 gm peas shelled	2 cups (500 ml)	2
Mutton Curry	$\frac{3}{4}$ kg	1 $\frac{3}{4}$ cups (450 ml)	10
Meethe Chawal	1 $\frac{1}{2}$ cups (300 gm)	1 $\frac{1}{2}$ cups (375 ml)	3

* After pressure cooking, allow cooker to cool naturally.

When cooking in 3.5 litre pressure cooker, use the small burner of a gas stove or do not exceed the medium heat setting of the large burner.

MAXIMUM QUANTITIES FOR 5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	4 ½ cups (900 gm)	5 ½ cups (1.4 lit.)	2
Tuvar Dal	1 ¾ cups (350 gm)	4 ¾ cups (1.2 lit.)	1
Aloo Mattar	650 gm potatoes 1 kg peas shelled	3 ½ cups (875 ml)	2
Mutton Curry	2 kg	6 ½ cups (1.6 lit.)	10
Meethe Chawal	3 ¾ cups (750 gm)	4 cups (1 lit.)	3

* After pressure cooking, allow cooker to cool naturally.

MAXIMUM QUANTITIES FOR 5.5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	4 $\frac{3}{4}$ cups (975 gm)	6 cups (1.5 lit.)	2
Tuvar Dal	2 cups (400 gm)	6 cups (1.5 lit.)	1
Aloo Mattar	750 gm potatoes 1.1 kg peas shelled	2 $\frac{3}{4}$ cups (700 ml)	2
Mutton Curry	1 $\frac{1}{2}$ kg	3 cups (750 ml)	10
Meethe Chawal	3 $\frac{1}{2}$ cups (700 gm)	4 $\frac{1}{4}$ cups (1.06 lit.)	3

* After pressure cooking, allow cooker to cool naturally.

MAXIMUM QUANTITIES FOR 7 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	5 ½ cups (1.1 kg)	6 ½ cups (1.6 lit.)	2
Tuvar Dal	3 ½ cups (700 gm)	10 cups (2.5 lit.)	1
Aloo Mattar	1 ¼ kg potatoes 1.3 kg peas shelled	3 cups (750 ml)	2
Mutton Curry	2 ½ kg	4 cups (1 lit.)	10
Meethe Chawal	4 ½ cups (900 gm)	5 ¼ cups (1.3 lit.)	3

* After pressure cooking, allow cooker to cool naturally.

MAXIMUM QUANTITIES FOR 8.5 LITRE MISS MARY PRESSURE COOKER

Item	Maximum Quantity	Water Quantity	Pressure Cooking Time* (in minutes)
Plain Rice (Colam)	6 ½ cups (1.3 kg)	7 ⅔ cups (1.9 lit.)	2
Tuvar Dal	4 ¼ cups (850 gm)	12 cups (3 lit.)	1
Aloo Mattar	1 ½ kg potatoes 1 ½ kg peas shelled	3 ½ cups (875 ml)	2
Mutton Curry	3 kg	4 ¾ cups (1.2 lit.)	10
Meethe Chawal	5 ½ cups (1.1 kg)	6 ½ cups (1.6 lit.)	3

* After pressure cooking, allow cooker to cool naturally.

Space for Your Notes