

FUTURA[®]

NONSTICK

FRYING PAN
INSTRUCTION MANUAL
with 16 tested recipes

FRIED EGGS

ALU TIKKI
(POTATO CUTLETS
- SINDHI STYLE)

COCONUT CHUTNEY

UTTAPAM
(SAVOURY RICE AND
GRAM PANCAKES)

COUNTRY OMELETTE

IMPORTANT SAFEGUARDS

1. Do not use high heat except to boil liquids. Do not allow pan to boil dry.
2. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat or whose flame spreads beyond the base of the pan.
3. Limit preheating of pan without food on medium heat to no more than 3 minutes for the 22 cm pan and 4 minutes for the 26 cm and 30 cm pans.
4. When pan is hot, ensure that it is never without food.
5. Do not cut on/in pan or scrape it with metal or sharp edged objects.
6. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not use abrasive cleaning agents or scrubbers.
7. Do not put hot pan or glass lid in cold water.
8. Do not wash pan or glass lid in a dishwasher.
9. Do not put pan, stainless steel lid or glass lid in a hot oven or under a broiler.
10. The handle of the pan should be parallel to the kitchen counter – not sticking out.
11. When placing or moving pan on a burner, hold on to the handle until you are certain the pan is seated securely with no possibility of the pan slipping or tipping.
12. If you have no prior experience of frying, do not attempt to use the Futura Nonstick 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.
13. No matter what the level of your experience and expertise, always treat fire, hot oil or butter and frying with careful attention. Constant thoughtfulness is the only way to avoid accidents that are possible with fire and oil at high temperatures.
14. For safety reasons, for instance, to minimise spattering of oil, 3 tbsp/45 ml is the maximum amount which should be added to the 22 cm pan; ¼ cup/60 ml to the 26 cm pan; and ½ cup/120 ml to the 30 cm pan.
15. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan. Never pour water on the fire as this may spread the fire.
16. Do not drop food or other objects from a height on the pan particularly when it has hot oil or butter. Place food gently in the pan to avoid splashing.
17. 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 Nonstick Cookware

Futura Nonstick Cookware is made with a patented process by which the high quality nonstick coating is fixed on to a hard anodised surface which makes it most durable. Futura Nonstick Cookware comes in many useful shapes and sizes to suit your different cooking needs. All are made from heavy gauge, pure, virgin aluminium for fast and even heat conduction. The pans are well-balanced with sturdy, stay-cool handles. The bottom and outer sides are hard anodised to give you a surface that will not tarnish, pit or corrode and will stay looking new for years.

Futura Nonstick Frying Pans

This Manual contains instructions and recipes for all the Futura Nonstick Frying Pans: 22 cm, 26 cm, 26 cm (Rounded Sides) 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. Some frying pans 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, healthful, economical cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

Special Instructions for Use of this Frying Pan

The recipes in this Manual are written for the 26 cm Futura Nonstick Frying Pan (though preheating times are given for all sizes). If you have a frying pan of 22 cm, 26 cm (Rounded Sides) 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

Wash Before Use

Remove sticker/label. Remove any adhesive with baby or vegetable oil. Before using pan for the first time, wash in hot water with a mild soap or detergent, rinse in clear water and dry. Do not wash in a dishwasher.

Seasoning

It is not necessary to season the pan. If, however, you plan to cook food which tends to stick such as fried eggs without any oil or butter for the first use or before you have cooked with oil in the pan, seasoning will assist release of the food. To season: rub 1 teaspoon (5 ml) vegetable oil over the clean nonstick surface using a paper napkin or clean cotton cloth. Wipe off oil with a paper napkin or clean cotton cloth. Wash and dry pan.

Suitable Heat Sources

High temperatures will shorten the life of the nonstick and may destroy it. Use pan only on domestic gas, electric or halogen stoves in which the temperature can be regulated to low and medium heat. Use a burner to suit the size of your pan – gas flames should not lick the sides of the pan. Use low to medium heat. Use high heat only to boil liquids.

Limit Preheating of Pan

Some foods require preheating of the pan. Foods such as pancakes, *besan poora* and *uttapam* require the pan to be at a certain temperature before you cook the first batch.

When preheating the cold empty pan (with or without oil)

before beginning to cook, it is critical that **THE HEAT IS NO MORE THAN MEDIUM** and the time is strictly limited as follows:

Frying Pan	Maximum Preheating Time
22 cm	3 MINUTES
26 cm and 30 cm	4 MINUTES

The actual time required for preheating for best cooking results may be less, depending on the food being cooked and your burner. Overheating can occur quickly if the pan is left on the heat without food or water so NEVER keep the pan empty on the heat once it is hot.

Avoid Overheating: Check Your Burner

If food is smoking or burning, reduce heat. Using medium or lower heat and limiting the time the empty pan is heating are the basic techniques to avoid overheating.

The pan can overheat even on medium heat if the burner is providing excessive heat. To check if your burner can overheat even on medium heat, place clean pan on medium heat. Heat pan for 2 minutes. Press one finger firmly into whole wheat flour (*atta*). Do not pinch. Flick from a distance of about 2½ inch/6 cm a small, fine, even dusting of flour on centre of pan and immediately begin counting off seconds (“one second, two second, three second” etc.) while watching the flour. The time the flour takes to become dark brown gives a rough indication of how hot the pan is. As long as flour has not turned dark brown in 15 seconds, the pan is not overheated.

Follow the steps in the chart below to complete the test. Do not exceed the limit of preheating for 3 minutes for 22 cm pan and 4 minutes for 26 cm/30 cm pans in any case.

Flour turns dark brown in 15 seconds or less?	Pan is...	Action needed
A. Yes	Overheated	<ol style="list-style-type: none"> 1. Remove pan from heat at once. 2. Reduce heat setting. 3. Try again when pan has cooled.
B. No	Not overheated	<ol style="list-style-type: none"> 1. Continue heating pan. Repeat flour test at 1 minute interval(s) up to 3 minutes for 22 cm pan and 4 minutes for 26 cm/30 cm pans. 2. If flour turns dark brown in 15 seconds or less, pan is overheated: follow action as per A. 3. If flour does not turn dark brown in 15 seconds or less, the heat setting is all right for preheating.

Avoid Scratching, Damage, Breakage

Use wooden, heat-resistant nylon, plastic or rubber spatula/utensils. Metal utensils will scratch and reduce the life of the nonstick coating. Do not cut or scrape with metal objects or knives. If using a metal spatula, try to keep spatula parallel to the pan to avoid digging into the coating. Try to touch the food and minimise contact with the coating. Do not leave plastic, nylon or rubber utensils in pan while it is hot.

Do not hit the pan or bang its rim. Do not bang pan down on pan supports. Lift pan from the pan supports – do not drag it across the pan supports. When storing the pan ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the coating without protecting it. Plastic handles and knobs are liable to break under a sharp or forceful blow. Handle and store glass lids with appropriate care to avoid hard knocks that may break the glass.

After use, faint scratches or marks may appear on the nonstick coating. These are marks of normal wear and do not affect the performance of the coating. Even if some of the coating is scraped off, the pan is still safe to use. The coating is non-toxic and inert; if accidentally and unknowingly ingested, it passes through the body harmlessly.

Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Before putting the pan on the heat, prepare all ingredients and keep spatula, utensils, serving plate etc. ready in the cooking area. If you are looking for things once the pan is on the heat, it can overheat quickly and destroy the nonstick coating.
3. See **Measurements** page 6 for information on weights and measures.
4. 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.
5. **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.
6. All Hindi words used in the recipes are translated to English on page 17 or explained in the **Glossary**. If you come across a word you do not know, check **Glossary** page 16.
7. Time and heat settings in these recipes refer to the large burner of an efficient domestic gas stove. (For a 22 cm diameter pan, use the small burner.) 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). Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.
8. 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.
9. Adding a little oil or butter to the pan may enhance the colour, taste and texture of many foods.
10. Eggs and batters should be at room temperature before frying.
11. To ensure even cooking, shape foods (such as patties) evenly and slice foods (such as potatoes) evenly.
12. Do not heat oil till it is smoky. It damages the oil and will burn the food.
13. The nonstick coating of the pan retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.
14. For crispy, light crusts on food such as *alu tikki*, fried fish and *kheema kebab*, adjust heat so that food bubbles and sizzles gently as it cooks in the oil.
15. When frying delicate foods such as *uttapam*, pancakes, hash brown potatoes and fish, the food should be turned once; when the first side is browned to the desired degree, turn and brown the other side.
16. Some recipes require the use of a lid on the pan while cooking. We supply a specially designed stainless steel lid for the Futura Nonstick Frying Pan as an optional extra item. Some pans are also available with a heat-proof glass lid with a stainless steel rim.

Adapting Recipes to Different Sizes of the Frying Pan

The recipes in this Manual are written for the 26 cm Futura Nonstick Frying Pan (though preheating times are given for all sizes). When using the 22 cm, the 26 cm (Rounded Sides) or the 30 cm frying pan, recipes may be adapted as given in the chart below and the sections that follow on page 6.

Recipe	22 cm Frying Pan: Maximum Quantities	30 cm Frying Pan: Maximum Quantities
1. <i>Akuri</i>	Reduce ingredients by one-third.	Increase ingredients by two-thirds.
2. <i>Sautéed Vegetables</i>		
3. <i>Coconut Chutney</i>	Ingredients may be increased/reduced as required. Cooking groundnuts in a single layer recommended.	
4. <i>Alu Tikki</i>	Each batch: 1 1/8 tsp oil; 3 <i>tikki</i>	Each batch: 2 1/4 tsp oil; 6 <i>tikki</i>
5. <i>Mutton Hamburgers</i>	First batch: 2 tsp oil; 2 patties Remaining batches: 3/4 tsp oil; 2 patties	First batch: 1 tbsp oil; 4 patties Remaining batch: 2 tsp oil; 5 patties
6. <i>Kheema Kebab</i>	Each batch: 1 1/8 tsp oil; 3 patties	Each batch: 2 1/4 tsp oil; 6 patties
7. <i>Besan Poora</i>	No change required	For one 6 3/4 inch / 17 cm <i>poora</i> : No change in oil; 1/3 cup / 80 ml batter.
8. <i>Country Omelette</i>	Reduce ingredients by one-half.	Increase ingredients by one-half.
9. <i>Omelette – Indian Style</i>	No change required	Increase ingredients by one-half.
10. <i>Fried Eggs</i>		
11. <i>Breakfast Tomatoes</i>		
12. <i>Uttapam</i>	No change required	For one 7 1/4 inch / 18 cm <i>uttapam</i> : No change in oil; 3/4 cup / 180 ml batter.
13. <i>Spicy Fish Fry</i>	No change required	No change in oil; 4 fish steaks
14. <i>Pancakes</i>	Each batch: 1 pancake	No change required
15. <i>French Toast</i>	Each batch: 1/4 tsp butter; 1 slice	Each batch: 3/4 tsp butter; 3 slices
16. <i>Hash Brown Potatoes</i>	Reduce ingredients by one-third. Form potato cake about 4 3/4 inch / 12 cm in diameter, 3/4 inch / 1.9 cm thick.	Increase ingredients by two-thirds. Form potato cake about 8 inch / 20 cm in diameter, 3/4 inch / 1.9 cm thick.

26 cm Pan (Rounded Sides): Maximum Quantities

The recipes in this Manual apply to the 26 cm Futura Nonstick Frying Pan (Rounded Sides) without change. However, larger quantities of certain recipes may be cooked in the Frying Pan (Rounded Sides). For instance, **Akuri** may be cooked 50% more and **Sautéed Vegetables** may be cooked 25% more than the quantity stated in these recipes.

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.

Heat Setting

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

Measurements

Volume		Weight	
All measurements are level, not heaped.		Metric	Equivalent
Measurement	Equivalent	28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml	450 g	16 oz / 1 lb
½ tablespoon	1½ teaspoons / 7.5 ml	1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml	Length	
¼ cup	4 tablespoons / 60 ml	Measurement	Equivalent
⅓ cup	5 tablespoons + 1 teaspoon / 80 ml	¼ inch	6 mm
½ cup	8 tablespoons / 120 ml	½ inch	1.3 cm
¾ cup	12 tablespoons / 180 ml	¾ inch	1.9 cm
1 cup	16 tablespoons / 240 ml	1 inch	2.5 cm
Abbreviations			
Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	oz	ounce
tbsp	tablespoon	lb	pound
ml	millilitre	g	gram
		mm	millimetre
		cm	centimetre

How to Clean

Wash After Every Use

Taking care to protect your hand from the hot pan with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot pan immediately after cooking. Doing so makes cleaning very much easier.

Always wash all surfaces of pan and lid thoroughly after every use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not wash pan in a dishwasher. Let pan cool before immersing in water. For stubborn spots on the **nonstick surface**, soak pan in hot water (cold water after cooking eggs or milk) for about 10 minutes and rub with a non-abrasive plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the pan ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the pan to avoid damaging the pan. Dry thoroughly with a soft clean cloth.

Stainless steel lid and glass lid may be washed in a dishwasher but this can dull the finish. Wash wooden spatula in hot water with a mild soap or detergent, rinse and dry immediately – do not soak.

Metallic marks – most often from gas stove pan supports – may appear on the hard anodised base. To remove metallic marks from base: 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.

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.

If you get “baked-on” food, you may try the following methods knowing that the pan surface may get damaged:

On the Hard Anodised (Exterior Surface): Make a thick paste of a cleaning powder such as ‘Vim’ and apply it to the surface. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

On the Nonstick (Interior Surface): 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 a plastic scrubber using a circular motion. If the residue persists, try the following method: With an efficient exhaust system over your heat source or in a well-ventilated room (as the fumes can be irritating), add 1 tbsp/15 ml vinegar and 1 tbsp/15 ml bleaching powder per cup water sufficient to cover the residue. Mix until the powder is dissolved. Bring to boil. Reduce heat and simmer 10 minutes. Allow solution to cool and drain. Scour with a plastic scrubber and cleaning powder. Do not use this solution on the hard anodised surface.

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 for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. 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. 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 8 cm x 7 cm x 1 cm)	bread
1 cup / 240 ml	water
4 large (1⅓ lb / 600 g)	potatoes 'boiled' (see page 16), 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
1½ tbsp / 22.5 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 1½ tsp/7.5 ml oil in frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans.

Add 4 patties. Fry on both sides till golden brown (about 3 minutes on each side). Remove. Fry remaining patties in the same way. Serve hot, accompanied with chutney or tomato ketchup. •

Besan Poora ***(Savoury Bengal Gram Flour Pancakes)***

Yield: 6 *poora*

1½ cups / 150 g	besan (see page 16)
1¼ tsp / 6.3 ml	salt
¾ cup + 2 tbsp / 210 ml	water
1 small (2 oz / 60 g)	onion finely chopped
1 small (2½ oz / 75 g)	tomato chopped
3	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
3 tbsp / 45 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 heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add ¼ tsp/1.3 ml oil and spread over inside base with wooden spatula. Stir and pour ¼ cup/60 ml batter in centre of pan. Place the back of a rounded ladle very lightly on batter. Slowly and gently spread batter evenly outwards from centre to make a round about 5½ inch/14 cm in diameter. Add 1 tsp/5 ml oil around edges of *poora*. Dribble

¼ tsp/1.3 ml oil over centre. Fry till underside is golden brown and slightly crisp (about 1½ minutes). Turn over. Press all over top surface of *poora* with spatula.* Fry till golden brown and slightly crisp (about 1½ minutes). Remove. Fry remaining *poora* in the same way. Serve hot.

* Pressing makes *poora* crisper, as well as ensuring even cooking and browning. For a softer *poora* omit pressing. •

Hash Brown Potatoes

Serves 4

4 large (1⅓ lb / 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. Melt butter in frying pan on medium heat. Add potato mixture. Mix. Reduce heat to medium-low. Cover and cook 10 minutes. Uncover. Cook till potatoes are tender (about 15 minutes), stirring occasionally. 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 wooden 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. •

Coconut Chutney

Yield: 1 cup

¼ cup / 60 ml	groundnuts
1 cup / 80 g	coconut grated
⅓ cup / 80 ml	curd beaten
3	green chillies
1 tsp / 5 ml	salt
½ tsp / 2.5 ml	sugar
2 tbsp / 30 ml	water

Tempering

1½ tsp / 7.5 ml	vegetable oil
½ tsp / 2.5 ml	mustard seeds
½ tsp / 2.5 ml	urad dal
6 small	curry leaves

1. Put groundnuts in frying pan on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from pan. Allow to cool. Remove skins by rubbing groundnuts. Wipe pan.
2. Grind into a paste groundnuts, coconut, curd, chillies, salt and sugar, gradually adding water.
3. **Tempering:** Heat oil in frying pan on medium heat about 1 minute for 22 cm pan/about 2 minutes for 26 cm and 30 cm pans. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves. Stir fry till *dal* is light golden brown. Immediately pour over chutney. Mix. Serve with **Uttapam** (for recipe, see page 15). •

Country Omelette

Serves 2

1¼ cups / 300 ml	water
¾ tsp / 3.8 ml	salt
¼ cup / 60 ml	peas shelled or frozen
1 medium (3½ oz / 100 g)	potato cut into ¼ inch / 6 mm cubes
1 tbsp / 15 ml	onion chopped
4	eggs
2	green chillies chopped
1 tbsp / 15 ml	butter

1. In a pan, boil water and salt. Add peas, potato and onion. Cover and cook on low heat till vegetables are just tender (about 7 minutes). Drain and discard water.
2. In a bowl, beat eggs with a fork just till yolks and whites are mixed. Add vegetables and chillies. Mix.
3. Heat frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add butter and spread over inside base with wooden spatula. Heat till butter has foamed up and subsides. Quickly stir egg mixture and pour into pan. When sides start setting (this should happen immediately), lift an edge of omelette with spatula and tilt pan so unset egg runs under edge. Quickly continue lifting and tilting procedure all around omelette till egg no longer runs freely. Loosen edges with spatula and shake pan gently so omelette slides in one piece. Slide omelette onto a large plate. Wearing oven mitts, place upside down pan over omelette and invert plate on pan, dropping omelette in pan. Remove plate. Return

pan to medium heat and cook till eggs are just set (about 30 seconds). Serve hot.

Note: Omelette may be made with 1 cup of any diced, cooked vegetables, chicken, ham, seafood etc. •

French Toast

Yield: 12 toasts

2	eggs
½ cup + 2 tbsp / 150 ml	milk
1 tbsp / 15 ml	sugar
2 drops	vanilla essence (optional)
¼ tsp / 1.3 ml	salt
12 slices (each 8 cm x 7 cm x 1 cm)	bread
1 tbsp / 15 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 30 seconds. Remove 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 for 22 cm pan/about 2 minutes for 26 cm and 30 cm pans. Add ½ tsp/2.5 ml butter and spread over inside base with wooden spatula. Add the 2 soaked slices. 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 para 2 and keep aside.) Soak and fry

remaining slices in the same way. Serve hot accompanied with butter and 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 for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add butter and spread over inside base with wooden spatula. Slide eggs into pan. Pour 1 tsp/5 ml water over each egg. Cover and cook about 1 minute or to desired doneness. 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.

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. •

Pancakes

Yield: 11 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 heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans.
5. Pour ¼ cup/60 ml mixture into frying pan and pour again another ¼ cup/60 ml mixture into the same 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. Cook second side till golden brown (about 2 minutes). Serve hot immediately, accompanied with butter and honey or maple syrup. Make remaining pancakes in the same way.

* May be reduced to 1½ tbsp/22.5 ml.

Kheema Kebab (Minced Mutton Cutlets)

Yield: 24 kebab

1 lb / 450 g	mutton minced
¼ cup / 60 ml	chana dal
5 small cloves	garlic chopped
1 tsp / 5 ml	garam masala powder
⅓ cup / 80 ml	water
1 x ½ inch / 1.3 cm piece (⅙ oz / 5 g)	fresh ginger chopped
1 small (3 oz / 85 g)	onion chopped
1 tbsp / 15 ml	mint leaves chopped
1½ tbsp / 22.5 ml	coriander leaves chopped
1 tsp / 5 ml	red chilli powder
1½ tsp / 7.5 ml	salt
1	egg beaten
1½ tbsp / 22.5 ml	vegetable oil

1. Put mutton, *chana dal*, garlic, *garam masala* powder and water in a pressure cooker. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes. Remove cooker from heat. Allow to cool naturally. Open cooker. Place cooker on medium-high heat and cook till liquid has evaporated (about 3 minutes), stirring occasionally.
2. Grind mutton mixture into a paste.

3. Mix mutton paste and all other ingredients except oil. Make 24 patties about 1½ inch/4 cm in diameter, ½ inch/1.3 cm thick.

4. Heat 1½ tsp/7.5 ml oil in frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add 8 patties. Fry on both sides till browned (about 2 minutes on each side). Remove. Fry remaining patties in the same way. Serve hot, accompanied with chutney. ●

Mutton Hamburgers

Yield: 9 hamburgers

10 small cloves	garlic
14 oz / 400 g	mutton finely minced
1 medium (3½ oz / 100 g)	onion 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
1 tbsp + 2 tsp / 25 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 1 tbsp/15 ml oil in frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add 3 patties. Reduce heat to low. Fry on both sides till browned (about 10 minutes on each side). Fry remaining patties in the same way except add 1 tsp/5 ml oil after each batch and do not increase or reduce heat. 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
1½ tsp / 7.5 ml	vegetable oil

1. Mix onion, tomato, coriander leaves and chilli.

2. Separate egg yolks and whites. Beat egg whites till frothy. Beat egg yolks and salt lightly. Add yolks to whites. Mix gently.

3. Heat oil in frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Spread oil over inside base with wooden spatula. Add eggs. If necessary, gently spread eggs to cover base. Cook till edges start to set. Scatter onion mixture over eggs. Cook till underside is lightly browned (about 1½ minutes). Loosen omelette edges with spatula. Using spatula, lift half omelette and fold over other half. Cook about 30 seconds. Turn over. Cook about 30 seconds. Serve hot. ●

Sautéed Vegetables

Serves 6

2 tbsp / 30 ml	vegetable oil
1 tsp / 5 ml	cumin seeds
1 small (2 oz / 60 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 16), peeled and cut into ½ inch / 1.3 cm cubes
1½ tsp / 7.5 ml	salt
¼ tsp / 1.3 ml	garam masala powder

1. Heat oil in frying pan on medium heat no more than 3 minutes for 22 cm pan/no more than 4 minutes for 26 cm and 30 cm pans. 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 till peas are just tender and water has evaporated (about 10 minutes), stirring occasionally.
3. Add potatoes and salt. Stir fry about 3 minutes. Add *garam masala powder*. Mix. Serve hot. ●

Spicy Fish Fry

Serves 2

1 x ½ inch / 1.3 cm piece (⅙ oz / 5 g)	fresh ginger
5 small cloves	garlic
1	green chilli
1 tsp / 5 ml	lemon juice
1½ tbsp + 1 tsp / 27.5 ml	vegetable oil
1½ tsp / 7.5 ml	salt
1½ tsp / 7.5 ml	red chilli powder
½ tsp / 2.5 ml	cumin powder
¼ tsp / 1.3 ml	turmeric
4 (14 oz / 400 g)	fish steaks (½ inch / 1.3 cm thick)
¼ cup / 60 ml	besan

1. Grind ginger, garlic and green chilli into a paste. 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. Roll fish steaks in *besan* and pat them.
2. Heat remaining oil (1½ tbsp/22.5 ml) on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Add 2 fish steaks. Fry on both sides till dark golden brown (about 5 minutes on each side). Remove. Fry remaining steaks in the same way except do not add oil. Serve hot. ●

Uttapam

(Savoury Rice and Gram Pancakes)

Yield: 6 *uttapam*

1 cup / 200 g	rice
½ cup / 100 g	urad dal
⅔ cup + 2 tsp / 170 ml	water other than for step 1
1½ tsp / 7.5 ml	salt
1 medium (4 oz / 115 g)	onion chopped
3	green chillies chopped
1½ tbsp / 22.5 ml	coriander leaves chopped
3 tbsp / 45 ml	vegetable oil

1. In separate bowls, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a paste, gradually adding ⅓ cup/80 ml water.
3. Grind *dal* into a paste, gradually adding remaining water (⅓ cup + 2 tsp/90 ml).
4. In a large bowl, mix rice and *dal* pastes and salt to make batter. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
5. Mix fermented paste and all other ingredients except oil.
6. Heat frying pan on medium heat about 2 minutes for 22 cm pan/about 3 minutes for 26 cm and 30 cm pans. Stir and pour ½ cup/120 ml batter in centre of pan. With the back of a rounded ladle, quickly and gently spread batter to make a round of even thickness about 5½ inch/14 cm in diameter. Add ½ tsp/2.5 ml oil

around edges of *uttapam*. Fry till surface appears dull and underside is golden brown (about 3 minutes). Dribble 1 tsp/5 ml oil over *uttapam*. Turn over. Fry till underside is golden brown (about 3 minutes). Remove. Fry remaining *uttapam* in the same way. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 10). ●

Breakfast Tomatoes

Serves 2

1 tbsp / 15 ml	butter
2 large (10½ 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 about 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.

'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. Put grid in cooker. Place potatoes on grid. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat 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.

Garam Masala Powder:

Yield: About 2½ tbsp / 37.5 ml

1 tsp / 5 ml **peppercorns**

¾ tsp / 3.8 ml **cloves**

7 x 1 inch / 2.5 cm sticks **cinnamon**

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

¾ tsp / 3.8 ml **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.

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 ⅓ 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 and perforations).

Maple Syrup: A sweet syrup made from the sap of the sugar maple tree. Golden syrup or honey may be used as a substitute.

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

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

Sift: To pass dry ingredients through a sieve.

Translations to Hindi and English

Butter	<i>Makkhan</i>	Green chillies	<i>Hari mirch</i>
<i>Chana dal</i>	Bengal gram	Groundnuts	<i>Moongphalli ke dane</i>
Coconut	<i>Nariyal</i>	Lemon juice	<i>Nimbu ka rus</i>
Coriander leaves	<i>Hara dhania ke patte</i>	Minced mutton	<i>Kheema</i>
Cumin seeds	<i>Jeera</i>	Mint leaves	<i>Pudina</i>
Cumin powder	<i>Pissa jeera</i>	Mustard seeds	<i>Rai</i>
Curd; Yogurt	<i>Dahi</i>	Peas	<i>Matar</i>
Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>	Pepper	<i>Pissi kali mirch</i>
Dry bread crumbs	<i>Sukhi dabalroti ka chura</i>	Red chilli powder	<i>Pissi lal mirch</i>
Garlic	<i>Lassan</i>	<i>Urad dal</i>	Split skinned black gram
		Turmeric	<i>Haldi</i>

Space for Your Notes/Recipes