

Important Additional Information for the 3.5 Litre (3.7 Quart) Hawkins Ekobase Pressure Cooker

This Instruction Manual was written for the 5 Litre (5 ¼ Quart) Hawkins Ekobase Pressure Cooker. All instructions in this Manual apply to the 3.5 Litre (3.7 Quart) Hawkins Ekobase Pressure Cooker except as stated below:

- The two-thirds capacity (page 6) is about 9½ cups/2.3 litres. DO NOT add food above this level.
- The half capacity is about 7 cups/1.7 litres. DO NOT add above this level liquids or foods which froth or expand during cooking. Any food which froths excessively should be limited to one-third the capacity (about 4½ cups/1.1 litres) of the cooker body (food and water combined). If frothing still occurs, reduce the quantity by a further 10% and bring to full pressure on medium heat – not high heat.
- NEVER obstruct the steam vent. Food can swell during cooking so allow ample space around the steam vent nut. Most roasts, whole birds, whole green peppers and whole tomatoes are too big to fit in the available space. The space from the cooker base to the two-thirds level is 6.7 cm (about 2½ inches). When judging if an item or quantity of food will fit include the height of the grid (1 cm/½ inch) if it is used. The space between the top of the grid and the two-thirds level is 5.7 cm (about 2¼ inches).
- DO NOT reduce cooking liquids (water/stock/wine/sauces etc.) in recipes/charts where the total liquid is ¾ cup or less.
- DO NOT reduce the water quantities given in the Vegetable Pressure Cooking Chart on pages 23 and 24.
- Do not cook more than 1 cup soybeans (in 3 cups water) in this model.
- **To adapt suitable recipes (see previous points) in this Manual to the 3.5 Litre (3.7 Quart) Ekobase, reduce all ingredients in the recipes by 30% unless otherwise specified in this note.**
- If you do not have a 1 litre (1 quart) mold which fits in this cooker, **Crème Caramel** may also be cooked in small individual molds as explained in point 5 on page 11.
- To cook rice and *dal* follow the charts overleaf.

Rice Chart for 3.5 Litre Ekobase

| Rice | Maximum Quantity | Water Quantity | Water Quantity for 1 cup Rice | Pressure Cooking Time in Minutes | Pressure Release |
|-----------------------|-------------------------|-----------------------|--------------------------------------|---|--|
| Colam Rice | 3 cups / 600 g | 4 cups / 960 ml | 1¼ cups / 300 ml | 2 | Allow to cool naturally |
| Basmati Rice | 3 cups / 600 g | 3½ cups / 840 ml | 1⅞ cups / 270 ml | 3 | Allow to cool 5 minutes and release pressure |
| Parboiled Rice | 2¾ cups / 550 g | 4½ cups / 1.1 litres | 1⅔ cups / 400 ml | 7 | Allow to cool naturally |

Dal Chart for 3.5 Litre Ekobase

| Dal | Maximum Quantity | Water Quantity | Pressure Cooking Time in Minutes (soaked/unsoaked) | Pressure Release |
|-------------------|-------------------------|-----------------------|---|-------------------------|
| Tuvar dal* | 1 cup / 200 g | 2¾ cups / 700 ml | 1 | Allow to cool naturally |
| Moong dal* | ½ cup / 100 g | 1¼ cups / 300 ml | 1 | Allow to cool naturally |
| Chana dal* | 1¾ cups / 350 g | 3 cups / 720 ml | 6 | Allow to cool naturally |
| Sabat Urad | 1¼ cups / 250 g | 5¾ cups / 1.4 litres | 25 | Allow to cool naturally |

* To reduce frothing: Soak 15 minutes in water and drain; add salt, turmeric and oil. You may add water to cooked *moong dal* to adjust its consistency to taste.