

## Important Additional Information for The Induction Compatible 2 Litre/3 Litre/4 Litre Futura Hard Anodised Cook-n-Serve Bowl

This Induction Compatible Futura Hard Anodised Cook-n-Serve Bowl has these important additional features:

- Permanently attached to the base is a plate of AISI 430 grade magnetic stainless steel which makes the Bowl Induction Compatible.
- The 2 Litre and 3 Litre Bowl has a hard anodised lid and 4 Litre Bowl has a Glass lid.
- **This Bowl can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for the 3 Litre Futura Hard Anodised Cook-n-Serve Bowl which is not Induction Compatible. **All the instructions and recipes in this Manual are valid for the Induction Compatible Futura Hard Anodised 2 Litre, 3 Litre and 4 Litre Cook-n-Serve Bowl except as stated in this chapter of two pages.**

A view of the Induction Compatible Base.



### CAUTION

1. Limit pre-heating of the Bowl with a small quantity of oil/butter/ghee (1/4 cup/60 ml or less) as follows:

Size of Bowl (Litre)	Heat Setting in Gas Stoves	Maximum Pre-Heating Time	Heat Setting in Induction Cooktops	Maximum Pre-Heating Time
2	Small Burner, Medium	3 minutes	600 Watts	3 minutes
3 & 4	Big Burner, Medium	5 minutes	800 Watts	1 minute

2. After pre-heating, when the Bowl is hot, ensure that it is never without food. **Never “dry heat”, that is, never heat the Bowl without food or water in it except as stated in Point 1 above.** Dry heating may permanently damage the Bowl.
3. When using the 2 Litre Bowl, use a small burner of a gas stove. Cook on medium to low heat only, cooking on high heat may damage the plastic handles.
4. **Do not put the hot Bowl in water** as it may weaken the attachment of the base over time. Allow to cool first.

### Comparing Heat Settings in Gas Stoves and Induction Cooktops

1. The two tables given on page ii are approximate guides to the equivalent heat settings of the small and big burner in most gas stoves and induction cooktops. Choose the appropriate table based on the size of your Bowl. You may have to adjust these settings to suit your stove/cooktop.
2. Induction cooktops initially heat up faster than gas and electric stoves and the times normally required for initial heating of oil/butter/ghee may need to be reduced.

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

### Equivalent Heat Settings in Gas and Induction Cooktops

For 2 Litre		For 3 Litre & 4 Litre	
Gas Stove Small Burner	Induction Cooktop in Watts	Gas Stove Big Burner	Induction Cooktop in Watts
High	1000	High	2000
Medium-high	600	Medium-high	1200
Medium	400	Medium	800
Medium-low	300	Medium-low	600
Low	100	Low	400

3. Please be advised that many induction cooktops at present may not indicate the settings in Watts accurately. 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. Try out the heat settings given in the chart above and adjust them as may be required for cooking on your cooktop or gas stove.

### Adapting Recipes to the Induction Compatible Futura Bowl and Induction Cooking

1. If you find that after pre-heating the small quantity of oil/butter/ghee (as mentioned in Point 1 of the **Caution**) it is not as hot as desired, increase the heating 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. **For 2 Litre:** reduce all ingredients in all recipes proportionately by one-third (33%).
5. **For 3 Litre and 4 Litre: *Firni*** (page 5): 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.
6. **For 4 Litre:** In general, you may increase the quantity of ingredients in all recipes by one-third (33%). For recipes listed alongside follow the

directions given against each:

- a. ***Firni*** (page 5): In step 6, cook 30 minutes.
- b. Do not increase quantity of the following recipes as the food should be cooked in a single layer.
  - ***Egg Ras Malai*** (page 8)
  - ***Kheema Kofta Curry*** (page 9)
  - ***Cabbage Rolls*** (page 10)

### About the Futura Glass Lid

The glass lid is made from tough, 4 mm thick, heat-resistant glass with a strong stainless steel rim and a stay-cool plastic knob. A glass lid is not only attractive but also convenient. You can see the food while it is cooking without lifting the lid. The lid protects you from the spattering of thick gravies during cooking.

#### To care for your glass lid, follow these tips:

- The glass lid can break under a sharp or forceful blow. Handle and store with care. Do not drop the lid.
- Turning the knob clockwise will tighten it and turning it anti-clockwise will loosen it. Do not over-tighten.
- Do not wash in a dishwasher. Allow to cool before washing. Hand wash after every use in hot water with mild soap or detergent and a dishcloth or sponge. Dry thoroughly with a soft clean cloth.
- To avoid 'misting' caused by moisture, store in a well-ventilated place with good air circulation.
- If you store the lid vertically, water or oil may accumulate over time in the space between the glass and the stainless steel rim – wipe clean with a paper napkin or a soft clean cloth.

### Care and Cleaning

- Do not wash the Bowl/lid in a dishwasher. Do not put the hot Bowl or lid in water – allow to cool before cleaning.
- The external stainless steel bottom attachment of the Bowl may develop blue and/or golden/brown stains which may be caused by overheating. To remove these stains: clean the external base with a stainless steel cleanser or with a non-abrasive cleansing powder and wash and dry.