

# **Hawkins**<sup>®</sup> **HEVIBASE**

**PRESSURE COOKER**  
**INSTRUCTION MANUAL**  
with 27 tested recipes



## How to Close the Hawkins Hevibase



**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. Centralise lid. Squeeze lid handle and body handle together.



**6.** Push the locking loop to latch securely.

## How to Open the Hawkins Hevibase



**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.

DIAGRAM OF COOKER PARTS ON PAGE 5.  
FURTHER TIPS ON PAGE 8.



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## HAWKINS HEVIBASE PRESSURE COOKER INSTRUCTION MANUAL with 27 tested recipes



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# IMPORTANT SAFEGUARDS

1. Read all instructions.
2. Do not touch hot surfaces. Use handles.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Use the appropriate heat source(s) according to the instructions for use.
5. Do not place the pressure cooker in a heated oven.
6. Do not wash in a dishwasher.
7. Extreme care must be used when moving a pressure cooker containing hot liquids.
8. Do not use the pressure cooker for any use other than its intended use.
9. This appliance cooks under pressure of 103 kPa (15 lbs/in<sup>2</sup>). Improper use may result in scalding injury. Do not use it unless it is properly closed. See "How to Close the Hawkins Hevibase" on the inside front cover.
10. Always check that the vent tube is clear immediately before closing the lid for pressure cooking.
11. The vent weight is an accurately weighted device to regulate operating pressure. Never place anything over the vent weight while cooking.
12. 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. See "Operating Instructions" i.e. "Trial Run" on page 9.
13. Always place water as indicated in each recipe or chart in the pressure cooker body before pressure cooking. As a general rule, place a minimum of one cup water for the first 10 minutes of pressure cooking time plus one-half cup for every subsequent 10 minutes or part thereof. Total contents including water should not exceed as stated in the next point.
14. Do not fill the unit over  $\frac{2}{3}$  full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over  $\frac{1}{2}$  full. When cooking *dal*/pulses which sprout, never fill the cooker more than  $\frac{1}{3}$  full. Overfilling may cause a risk of clogging the vent tube and developing excess pressure. See "Food Preparation Instructions" i.e. "Product Information" on page 6.
15. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth and sputter, and clog the pressure release device (vent tube). These foods should not be cooked in a pressure cooker.
16. After cooking meat with a skin which may swell under the effect of pressure, do not prick the meat while the skin is swollen; you might be scalded.
17. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
18. Never attempt to force open the pressure cooker. Do not open the pressure cooker until the unit has cooled and internal pressure has been released. If the handles are difficult to move apart, this indicates that the cooker is still pressurised – do not force it open. Any pressure in the cooker can be hazardous. See "Operating Instructions" i.e. "Easy Tips for Better Cooking" on page 15.
19. Never lift vent weight for reducing pressure in the case of liquid or frothing foods.
20. Do not use the pressure cooker for pressure frying with oil.
21. 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.
22. The safety valve fuses and operates automatically in the event of excess pressure. If it fuses, please shut off the heat. When cool, replace the safety valve with a genuine Hawkins safety valve. See page 37.
23. Do not attempt to make any changes to the vent weight and safety valve. Repairs other than the replacement of gasket, body handles, safety valve and the vent weight must be done only by an authorised service centre/representative. All replacement parts must be genuine Hawkins parts.
24. In case of use on an electric hot plate, use a plate of diameter equal to or less than that of the base of the pressure cooker.
25. **SAVE THESE INSTRUCTIONS.**



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# OPERATING INSTRUCTIONS

## *Useful General Information*

### **Principles of Pressure Cooking**

Ordinary open-pot cooking is done at the boiling point of water which produces steam at sea level at 100°C (212°F). Pressure cooking works by sealing the steam in a pot so that there is a rise in pressure to a safe, controlled extent which raises the boiling point of water and therefore the cooking temperature. The steam permeates through the food, tenderising it, infusing it with flavour, preserving nutrients, colour, texture and juices and cooking much faster. The Hawkins Hevibase Pressure Cooker cooks food at 121°C (250°F) at a pressure of 15 lb per square inch (psi) or 1 kg per square cm.

### **Benefits of Hawkins Hevibase Pressure Cooking**

Hawkins Hevibase pressure cooking can reduce normal cooking times by as much as half. Economical foods such as legumes (lentils, dried peas and beans) and tough cuts of meat can be cooked to perfection in a fraction of the normal time. Because food cooks faster in a pressure cooker, you save fuel, and therefore money. Scientific literature indicates that certain nutritive elements such as proteins and vitamins are better retained by pressure cooking. Steaming is ideal for low-calorie, low-fat cooking. The higher temperature while pressure cooking gives more hygienic food. Closed cooking in steam under pressure may better evoke the natural flavours of the food – producing delicious results. A wide range of foods, whether parts of recipes or entire meals, can be cooked in your Hawkins Hevibase.

### **Advantages of Hawkins Hevibase**

#### **Safe**

- **Pressure-locked Safety Lid.** When there is pressure inside the cooker, the lid is pressure-locked like a modern jetliner door. It cannot be opened until the pressure has fallen to a safe level.
- **Automatic Safety Valve** is positioned such that, if it operates, the steam and food are deflected safely downwards.

#### **Better Pressure Regulation**

- **New Improved Vent Weight** regulates pressure better, cooks faster, saves more fuel, is easier to insert and remove and reduces *dal* sprouting.

#### **Trouble-Free**

- **Longer Lasting Gasket.** As the lid fits from inside, the gasket does not get rubbed sideways every time the pressure cooker is opened or closed. Also, the gasket is not exposed to food acids in the pressure cooker due to the protection given to it by the rim of the lid.
- **Double thick (6.35 mm), Black, Hard Anodised, Energy-efficient Base** stays flat and absorbs heat quickly and evenly; will not tarnish, pit or corrode. The base is ideal for light, shallow frying before pressure cooking and for quick and economical cooking on electric, gas, ceramic and halogen stoves.

- **Rust Proof Components.** The Hawkins Hevibase Pressure Cooker has special metal alloy handle bar and handle brackets to withstand rust.

### Using Your Own Recipes

We recommend the recipes we have actually tested and included in this Manual. Once you are familiar with cooking with your Hawkins

Hevibase Pressure Cooker, you may adapt recipes from other cookbooks or use your own, making sure that you adjust cooking time, food and water quantities as may be needed (see **Easy Tips for Better Cooking** pages 11 to 16).

**DO NOT ATTEMPT TO COOK IN THE HAWKINS HEVIBASE WITHOUT FIRST READING CAREFULLY THE REMAINING INSTRUCTIONS.** ●

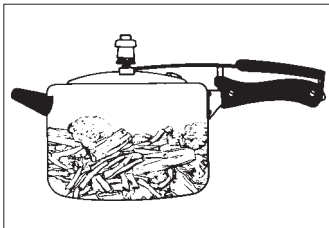
## Parts of the Hawkins Hevibase Pressure Cooker



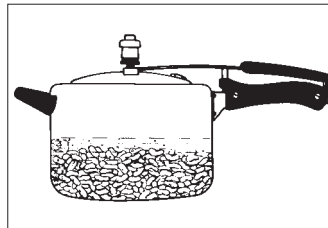
# Product Information: Getting to Know Your Hawkins Hevibase

Illustrated instructions on **how to close and open the Hawkins Hevibase** are given on the inside front cover. Additional tips are on page 8. Closing and opening is easy once you have understood it and practiced it a few times.

The stated volume of all pressure cookers is that of the cooker body. **Cooking capacity** in a pressure cooker is less than its full volume. The pressure **cooker body** should never be filled more than two-thirds its capacity. This is to safeguard against blocking the vent tube and to leave enough space to allow steam to circulate. Certain foods, however – liquid foods such as soups and foods such as lentils, beans and rice which expand during cooking and/or froth – should not be loaded more than half the capacity of the cooker body. Any food which froths excessively and sprouts out of the cooker – such as soybeans and Indian lentils (especially *tuvar dal* and *moong dal*) – should not be loaded more than one-third the capacity of the cooker; if sprouting still occurs, reduce quantity further suitably until sprouting stops. The volumes of the two-thirds, half and one-third capacities for each size of Hawkins Hevibase Pressure Cooker are given in a chart on page 29.



**CAPACITY FOR SOLID FOODS:  
TWO-THIRDS FULL**



**CAPACITY FOR LIQUID OR  
FROTHING FOODS: HALF FULL**

The cooker body comes fitted with a **body handle** attached to the cooker body. There is a **subsidiary body handle** attached to the

cooker body in all models of 3.5 Litre capacity and larger, which helps carry the cooker when it is loaded.

The **lid** comes assembled with the detachable rubber **gasket**. It can be removed from the **lid curl** with the fingers. The gasket can be easily put back by slipping the **lid handle** through the gasket and patting and pushing it down all along the lid curl until it is seated properly.



The **vent weight** automatically maintains the cooking pressure of about 15 pounds per square inch. The vent weight has to be placed on the **vent tube** and pressed into position. When the vent weight is pressed down on the vent tube, there is a slight click which indicates the vent weight is in the correct position.



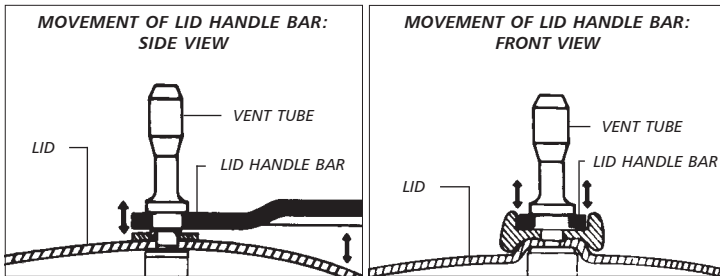


The vent weight has a spring mechanism which holds the vent weight on to the vent tube and is strong enough to prevent it from falling off should the lid be inverted.

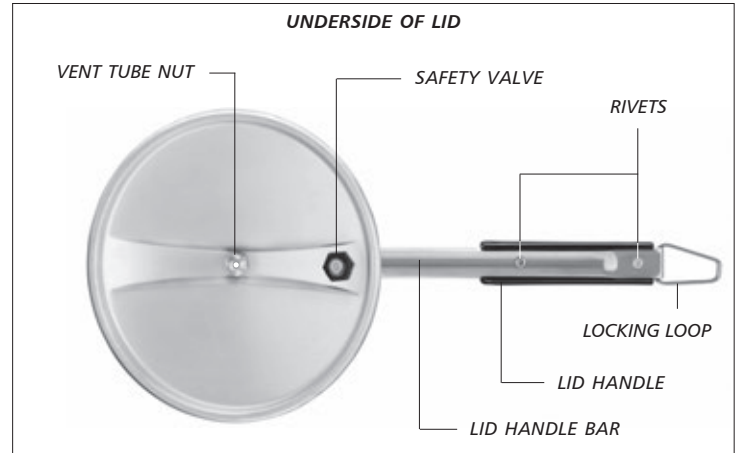


The vent tube seats the vent weight and is the outlet for excess steam. The vent tube is also the point at which the lid handle is connected to the lid.

The **lid handle bar** is so attached to the lid that there is extra space for deliberate "play" or movement. This ensures better sealing of the lid with the rim of the cooker body.



On the underside of the lid, the **vent tube nut** secures the vent tube. The vent tube nut has seven holes so that even if a few holes are clogged, the other holes will allow the escape of steam. Always keep the vent tube clean and check before every use by looking through it.



If the normal escape of steam is blocked, the **safety valve** will operate. The safety valve will also operate if there is insufficient water in the pressure cooker and it boils dry, causing the temperature to rise beyond the normal operating range. The fusible alloy in the safety valve melts at the required temperature and releases pressure. The safety valve can be replaced as shown on page 37.



**FUSIBLE ALLOY...**



**...WHICH MELTS WHEN REQUIRED**

A **grid** comes with every Hawkins Hevibase. The use of the grid is explained on page 30.

## How to Close and Open the Hawkins Hevibase

For instructions on how to close and open the Hawkins Hevibase, see inside front cover.

Here are some tips to make the closing and opening easier:

1. While closing and opening, do not tilt the lid deeply into the cooker body. The minimum tilt that will get the lid into and out of the cooker body should be used so that the lid does not touch the food inside the cooker.



2. Before latching the handles together, centralise the lid so that the gasket is in even contact with the rim of the cooker body.
3. When opening after releasing locking loop, do not let go of the lid handle or the lid will fall into the cooker.
4. Squeeze the lid and body handles together at the end away from the cooker body. This requires the least force.



# Trial Run

Even if you have used a pressure cooker previously, take a trial run before cooking in your Hawkins Hevibase. This section will take you step-by-step through your trial run in about 30 minutes.

## 1. Preliminary Steps

Remove label and wash cooker, removing any adhesive with vegetable oil. Read pages 2 to 8. Identify parts. Remove and place the vent weight on the vent tube, the gasket on the lid curl. Close and open the pressure cooker a few times.



## 2. Placing Cooker on Stove

Pour 2 cups/480 ml water in cooker body. Add 1 teaspoon/5 ml lemon juice or vinegar to prevent discolouring the cooker. Remove vent weight from vent tube. **Look through vent tube and ensure it is clear.**

Check and adjust the seating of the gasket on the lid curl by patting down snugly. Close cooker (without vent weight). Place cooker on high heat.

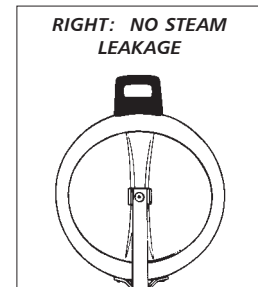
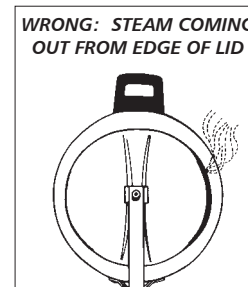
## 3. Placing the Vent Weight

Once steam is coming out of the vent tube steadily, place the vent weight on the vent tube and press down firmly. Keep fingers on top of the vent weight and away from the steam when placing the vent weight on the vent tube. A click indicates that the vent weight is in position. In about 2 minutes, the cooker should come to full operating pressure.



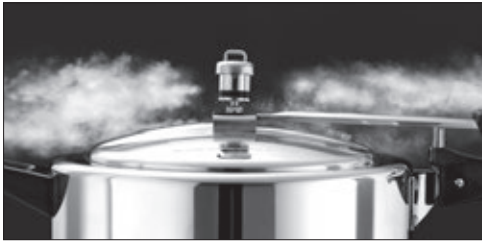
## 4. Ensuring a Steam-tight Seal

When water boils, hot air and/or steam should issue only from the vent tube. If steam comes out around the edge of the lid, check the centralisation of the lid thus: unlatch and reposition the lid by moving the lid slightly towards the spot where steam is escaping and relatch. **DO NOT TOUCH LID** with bare hands since it will be hot.



## 5. How to Recognise Full Operating Pressure

After the vent weight is placed on the vent tube, there is at first a very low hissing sound of steam from the vent weight. Then steam emission increases to full force and the vent weight lifts with a whistling sound.



**COOKER WHISTLES AT FULL OPERATING PRESSURE**

The pressure cooker is now at full operating pressure. When cooking, this is the point at which to reduce the heat and start timing the recipe. When cooking, the time between the start of the steam coming out of the vent weight and the cooker reaching full operating pressure may vary from a few seconds to about one minute depending upon the type and quantity of food in the pressure cooker.

## 6. Maintaining Pressure on Reduced Heat

Once full pressure is reached, reduce heat from HIGH to MEDIUM or lower. When cooking, the correct heat setting to maintain pressure on reduced heat will vary with the type and quantity of food and also your stove. The pressure inside the cooker will be maintained at about 15 pounds per square inch. If the cooker whistles too frequently (more than 4 whistles per minute), reduce the heat still further.

If there is no steam coming out of the vent weight for a few minutes, increase the heat gradually until the steam comes out.

Please remember that, particularly on electric heat, it may take some time for heat level adjustments to have an effect on the frequency of whistles. A little practice will make clear the correct heat setting and adjustments, if any, that may be required.

## 7. Releasing Pressure

Turn off heat. Remove pressure cooker from heat. With a fork, slightly lift vent weight to release steam. Do not remove vent weight. When cooking, release pressure as indicated in the recipe or on page 15.



**RELEASE PRESSURE WITH SLIGHT LIFTING OF VENT WEIGHT WITH A FORK**

## 8. Final Steps

With a fork, slightly lift vent weight once again to ensure that there is zero extra or unsafe pressure in the cooker. Open cooker. Empty out water. Remove vent weight. Wash and wipe dry body, lid and vent weight. Store without closing the pressure cooker. Before cooking in your Hawkins Hevibase, READ THE REMAINING INSTRUCTIONS. ●

# Easy Tips for Better Cooking

Read this section after you have taken the **Trial Run** and before you attempt to cook in the Hawkins Hevibase.

## Ingredients

- See **Measurements** page 17 for information on weights and measures.
- The pressure cooker should not be filled more than its appropriate capacity. See **Product Information** page 6 and the chart on page 29.

## QUANTITY

- The recipes in this Manual are for the maximum quantities which should be cooked in the 5 Litre Hawkins Hevibase Pressure Cooker. When cooking reduced quantities, always ensure there is enough cooking liquid for the entire pressure cooking time as explained in various parts of this section.
- To adapt these recipes to other sizes of the Hawkins Hevibase, see **Cooking Capacities in Different Sizes of the Hawkins Hevibase and Adapting Recipes for Different Sizes** page 29.
- Never reduce cooking liquid in recipes/charts where the total liquid is  $\frac{3}{4}$  cup (or less).



## SIZE

- The size of the individual pieces of food and not the total quantity determines the cooking time.
- Cut food in even sizes for even cooking.
- Smaller individual pieces of food will cook faster than larger pieces of the same food.

## COMBINING FOODS

- Ingredients requiring roughly the same cooking time can be cooked together without mixing their flavours if kept physically separated and not mixed in the same liquid.
- Ingredients with different cooking times may be cooked together by using the following techniques:

1. Speed up cooking time by cutting food into smaller pieces and by presoaking lentils, beans and cereals.
2. Slow down cooking time by cutting food into larger pieces and by wrapping in foil.
3. Start longer-cooking ingredients first, interrupt pressure cooking to add quicker-cooking ingredients and then complete pressure cooking.



## SUBSTITUTIONS

The salt and other seasonings in the recipes may be varied or eliminated according to your taste or health requirements.

## Adapting Your Own Recipes

- Most foods that can be cooked with moist heat – boiled, steamed, braised and stewed – are suitable for pressure cooking.
- The recipes and charts in this Manual are examples of the correct way to cook in the Hawkins Hevibase Pressure Cooker. Find a recipe in the Manual similar to yours and use broadly similar methods, food and water quantities and cooking times.
- If there is no similar recipe to match for timing, a general rule is to pressure cook one-third the normal cooking time and then check the food for doneness. If undercooked, reclose the pressure cooker and cook for a suitable amount of additional time.
- There is little evaporation in pressure cooking so liquid quantity ordinarily has to be reduced – always ensuring there is enough liquid for the entire cooking time (see page 13).
- Pressure cooking retains flavours so season with restraint. Taste and add more seasoning, if required, after pressure cooking.
- Milk, cream and yogurt tend to curdle and froth when pressure cooked in the base of the cooker and should generally be added to recipes after pressure cooking.



## Heat Source

- The Hawkins Hevibase can be used on domestic electric, gas, halogen, ceramic and kerosene stoves. It is not suitable for induction stoves.
- Use a burner to suit the size of the cooker – gas flames should not lick the sides of the cooker and the hot plate of an electric stove should be equal to or less than the diameter of the base of the pressure cooker. When cooking in the 3 Litre Hawkins Hevibase on a gas stove, use the small burner or do not exceed the medium heat setting of a large burner. See page 29, **Adapting Recipes for the 3 Litre.**
  - The cooker can be used on wood or coal fires provided it is not in direct contact with hot coals. **WARNING: DIRECT CONTACT WITH HOT COALS CAN DAMAGE THE METAL.** There should be at least a 1 inch/2.5 cm gap between the burning coals and the base of the cooker. On improvised fires or commercial burners, limit the heat to the level usually found in domestic stoves. This pressure cooker must not be used on an industrial burner.
- When cooking foods that may sprout such as pulses or legumes, bring cooker to full operating pressure on **medium** heat and reduce heat as soon as full pressure is reached. Remove cooker briefly from heat if the steam seems to be evacuating too forcefully.

## Frying Prior to Pressure Cooking

- Some recipes require light, shallow frying before pressure cooking. Frying or browning in a small amount of butter, oil or other fat can be done in the pressure cooker body without the lid.
- Browning meat and poultry before pressure cooking helps to seal in the juices and improves the appearance and taste of the food. If you want to eliminate the additional fat and/or save time, browning can be omitted – it is not necessary for pressure cooking.
- Brown pieces of food in small batches to keep the oil temperature high so the food is seared but does not cook. Brown all sides evenly.
- After frying, remove cooker body from heat before adding liquid to the cooker.
- **It is a safety requirement that deep-frying, involving more than 1/2 cup oil or frying for more than 20 minutes at a time, is not done in the pressure cooker body.**
- **Do not pressure fry in the pressure cooker. It is designed to be operated only with liquid which produces steam.**



produce steam and should not be counted as cooking liquid for steam. Cooking liquid should always be water or a liquid which produces steam.

- The minimum quantity of cooking liquid required is 1 cup/240 ml for the first 10 minutes of pressure cooking time plus 1/2 cup/120 ml for every subsequent 10 minutes or part thereof. This quantity will prevent boiling dry provided you reduce the heat when cooker has reached full operating pressure.
- Some of the recipes have less (or more) cooking liquid than the amount prescribed in the preceding paragraph. Foods such as meat, fish, poultry, tomatoes and other vegetables give off juices during cooking (whereas pulses or legumes and rice absorb liquid). The recipes and charts reflect this.
- Do not cook with less cooking liquid than stated in the recipe as you run the risk of either a ruined recipe or having to replace a safety valve – or both.
- If you open the cooker and decide to pressure cook longer, always check that there is enough cooking liquid to bring the cooker back to full pressure and cook the additional time.
- **The Hawkins Hevibase Pressure Cooker should never be used as an oven for dry heating or baking as it may reduce the strength of the metal.**

## Water

- There must be enough water (or stock, juice, vinegar, beer or wine) in the pressure cooker to make steam throughout the entire pressure cooking time and to prevent burning. Oils and fats do not

## Vent Weight

Allow steam to start issuing from the vent tube in a steady stream before placing the vent weight (see page 9, point 3).

## Reducing Heat

- When the Hawkins Hevibase has reached full operating pressure (see page 10, point 5), reduce the heat to medium or lower. If the cooker whistles too frequently (more than 4 whistles per minute), reduce the heat still further. If there is no steam coming out of the vent weight for a few minutes, increase the heat gradually until the steam comes out. The heat setting required varies according to the type and quantity of food in the cooker and the stove.
- Cooking on high heat after full pressure is reached does not result in faster cooking. It wastes energy and increases the likelihood of boiling dry and/or spoiling the food.
- When cooking on wood stoves or camp fires, move the pressure cooker to a cooler part of the stove or shift cooker partly off the burner to cook at reduced heat ensuring that cooker is not tilted.



## Timing

- Reaching full operating pressure (first whistle) is also the signal to start timing the recipe/food.

- Use a kitchen timer or watch/clock. Exact timing is critical to successful pressure cooking. Counting whistles may give you the wrong time required for cooking any particular food or recipe. Pressure cooking is much faster than conventional cooking so timing errors have greater consequences. If in doubt, cook for less time rather than more. It is possible to correct undercooking by cooking or pressure cooking more.
- If the food is only slightly undercooked, you may be able to complete the cooking without pressure. This method is especially suitable for foods which are easily overcooked. If the food requires more pressure cooking, decide how many minutes, ensure there is enough cooking liquid for the extra time, and bring cooker back to full operating pressure and cook the additional time.
- Cooking times given in this Manual are a guide. More or less time may be necessary depending on the age, tenderness and variety of the ingredients and how well cooked you prefer the food to be. Experience will enable you to adjust the times suitably.
- "Pressure Cooking Time 0 minute" in the charts and recipes signifies that the pressure cooker is to be taken off the heat as soon as the pressure cooker has reached full operating pressure.

## Releasing Pressure

- There are three methods to release pressure in the Hawkins Hevibase Pressure Cooker.

1. **"Allow to cool naturally"** means to remove the cooker from heat and leave it until the pressure has dropped to normal and the lid can be opened. This takes from 10 to 20 minutes, depending on the type and quantity of food and the size of the cooker. This method is required for soups, legumes, custards and recipes containing leavening agents.

2. **"Release pressure immediately"** means to remove the cooker from heat and lift the vent weight slightly with a fork, allowing steam to escape so the lid can be opened immediately. This method is required for easily overcooked foods such as delicate vegetables and fish. This method cannot be used when the cooker contains predominantly liquid or frothing foods as the food/liquid may come out of the vent tube.

3. **"Release pressure by placing cooker in up to 4 inches/10 cm of cold water in a basin or in a sink for a few minutes."** The height of the water depends on the size of the cooker. Place a small cooker in about 2 inches/5 cm of cold water. Open when the pressure has fallen. Do not run water over the lid. This method is required when the cooker contains liquid or frothing foods and you wish to open immediately.

- Each recipe indicates the method of releasing pressure. Some foods, such as rice, are cooled naturally for 5 minutes before releasing steam.



- The method of releasing pressure has a bearing on the pressure cooking time. If you change from immediate opening to cooling naturally, reduce pressure cooking time by 2 to 3 minutes. Similarly, if you change from cooling naturally to immediate opening, increase pressure cooking time by 2 to 3 minutes.
- Beyond the requirements discussed above, how to release pressure is one of personal preference. Some cooks believe that the texture, tenderness and taste of food, especially meat, are improved by releasing pressure gradually using Method #1 above whenever possible.

## How to Get the Best Out of Recipes

- Read the entire recipe before beginning to work. Assemble and prepare ingredients as required.
- Unless otherwise noted, in the recipes:
  1. All foods are to be appropriately cleaned and washed.
  2. Onions, potatoes, turnips, carrots, drumsticks, garlic and fresh ginger are to be peeled.
  3. Remove excess fat from meat.
- If you come across a term you do not know, check **Glossary (Meanings and Methods)** page 60.
- All Hindi words used in the recipes are translated to English on page 63 or explained in the **Glossary**.



## Saving Energy

To obtain optimum energy efficiency while cooking with the Hawkins Hevibase Pressure Cooker:

1. Place the vent weight on the vent tube as soon as the steam is coming out of the vent tube steadily (see **Trial Run** page 9, point 3).
2. Reduce heat as soon as the Hawkins Hevibase has reached full operating pressure (see **Trial Run** page 10, point 5). Reduce heat to a heat setting such that the pressure inside the cooker will be maintained as stated on page 10, point 6. If the cooker whistles too frequently (more than 4 whistles per minute), reduce the heat still further. If there is no steam coming out of the vent weight for a few minutes, increase the heat gradually until the steam comes out. ●





# Measurements

The quantities of ingredients in the recipes are given in two measuring systems – U.S. and metric – separated by this mark "/".  
Use any one of the measurements.  
Measurements of ghee in the recipes are for ghee at room temperature.

<b>Volume</b>				<b>Weight</b>	
All measurements are level, not heaped.				<b>Metric</b>	<b>Equivalent</b>
<b>Measurement</b>	<b>Equivalent</b>			28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml			450 g	16 oz / 1 lb
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml			1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml				
1/4 cup	4 tablespoons / 60 ml				
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml				
1/2 cup	8 tablespoons / 120 ml				
3/4 cup	12 tablespoons / 180 ml				
1 cup	16 tablespoons / 240 ml				
1 litre	1000 ml				
				<b>Length</b>	
				<b>Measurement</b>	<b>Equivalent</b>
				1/4 inch	6 mm
				3/8 inch	9 mm
				1/2 inch	1.3 cm
				5/8 inch	1.6 cm
				3/4 inch	1.9 cm
				7/8 inch	2.2 cm
				1 inch	2.5 cm
<b>Abbreviations</b>					
<b>Abbreviation</b>	<b>Equivalent</b>	<b>Abbreviation</b>	<b>Equivalent</b>	<b>Abbreviation</b>	<b>Equivalent</b>
tsp	teaspoon	lb	pound	cm	centimetre
tbsp	tablespoon	g	gram	°C	degree centigrade
ml	millilitre	kg	kilogram	°F	degree Fahrenheit
oz	ounce	mm	millimetre		

# Cooking Rice

## The basic steps to pressure cook rice are:

1. Pour water in cooker. Bring to boil on high heat. Add rice and seasonings (if desired). Stir. It is also possible to add rice, water and seasoning all together in the beginning.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Release pressure according to the chart.
4. Open cooker. Fluff up rice gently with a fork to separate grains.

There are many varieties of rice and some amount of experimentation with water and cooking time may be necessary to suit your taste.

- Do not fill cooker more than half.
- The grid is not required unless cooking rice in a mold.
- Pick over rice to remove foreign objects. Wash rice by rinsing in water until water is clear. Drain.
- Various stocks, spices and flavourings may be added to rice.
- When frying rice, stir gently with a wooden spoon to avoid breaking the grains.
- 1 cup of dry rice yields 2 to 3 cups cooked rice.
- Some varieties of rice, especially white rice, froth out of the vent tube unless they are cooked with oil or butter or in a mold.

## To pressure cook Basmati rice in a mold, such as a metal bowl:

1. Put 1 cup/200 g rice and 1<sup>1</sup>/<sub>8</sub> cups/270 ml water in a mold (large enough to hold 3<sup>1</sup>/<sub>2</sub> cups/840 ml).
2. Pour 1 cup/240 ml water in cooker. Put grid in cooker. Place mold on grid.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.
4. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of vent weight.
5. Open cooker.

### *Rice Chart*

<i>Size of Cooker</i>	<i>Rice</i>	<i>Maximum Quantity</i>	<i>Water Quantity</i>	<i>Water Quantity for 1 cup Rice</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
<b>3 Litre</b>	Colam Rice	2 cups / 400 g	2 cups / 480 ml	1 <sup>1</sup> / <sub>4</sub> cups / 300 ml	2	Allow to cool naturally
	Basmati Rice	2 cups / 400 g	2 cups / 480 ml	1 <sup>1</sup> / <sub>8</sub> cups / 270 ml	3	Allow to cool 5 minutes and release pressure
	Parboiled Rice	1 <sup>3</sup> / <sub>4</sub> cups / 350 g	2 <sup>3</sup> / <sub>4</sub> cups / 660 ml	1 <sup>2</sup> / <sub>3</sub> cups / 400 ml	7	Allow to cool naturally
<b>5 Litre</b>	Colam Rice	4 <sup>1</sup> / <sub>2</sub> cups / 900 g	5 <sup>1</sup> / <sub>2</sub> cups / 1.3 litres	1 <sup>1</sup> / <sub>4</sub> cups / 300 ml	2	Allow to cool naturally
	Basmati Rice	4 <sup>1</sup> / <sub>2</sub> cups / 900 g	5 cups / 1.2 litres	1 <sup>1</sup> / <sub>8</sub> cups / 270 ml	3	Allow to cool 5 minutes and release pressure
	Parboiled Rice	4 cups / 800 g	6 <sup>1</sup> / <sub>2</sub> cups / 1.6 litres	1 <sup>2</sup> / <sub>3</sub> cups / 400 ml	7	Allow to cool naturally

# Cooking Dal

*Dal* is the Indian term for various dried edible seeds such as lentils.

The basic steps to pressure cook *dal* are:

1. Put *dal*, water and seasonings (if desired) in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Add tempering with spices as desired.

Some *dals* such as *tuvar*, *moong* and *chana*, tend to sprout while cooking. Pressure cooking these *dals* in a mold eliminates sprouting.

For example,  $\frac{3}{4}$  cup/150 g *tuvar dal* and 2 cups/480 ml water may be pressure cooked in a 1 litre (1 quart) mold on the grid. Water in cooker body: 1 cup/240 ml water. Pressure cooking time: 10 minutes. Yield: 2 $\frac{1}{2}$  cups. See **Molds** on page 30 and 31.

See the following suggestions to reduce sprouting when cooking *dal* directly in the cooker.

## To Reduce *Dal* Sprouting

1. **Do not** fill the cooker body (*dal* and water combined) to more than one-third. Do not exceed *dal* and water quantities and cooking times given in the following chart.
2. **Do** soak *dal* (in enough water to cover *dal*) for 15 minutes before pressure cooking and add 1 tsp/5 ml salt, *plus*  $\frac{1}{4}$  tsp/1.3 ml turmeric *plus* 1 tsp/5 ml vegetable oil per cup of *dal*, to *dal* and water in cooker before closing the lid.
3. **Do** reduce heat to medium or lower immediately when the pressure cooker reaches "Full Operating Pressure".
4. **Do not** release pressure by lifting the vent weight.
5. If sprouting persists, bring to full pressure on medium heat and reduce heat immediately when the pressure cooker reaches "Full Operating Pressure".

There are many varieties of *dal* and some amount of experimentation with water and cooking time may be necessary to suit your taste. A few examples are given in the charts below and alongside.

<b><i>Rajma</i> Pressure Cooking Chart</b>			
<b><i>Rajma</i> (1 cup)</b>	<b><i>Water</i> Quantity</b>	<b><i>Pressure Cooking</i> Time in Minutes</b>	<b><i>Pressure Release</i></b>
Soaked	3 cups / 720 ml	11	Allow to cool naturally
Unsoaked	4 cups / 960 ml	60	Allow to cool naturally
<ul style="list-style-type: none"> <li>● For soaking methods, see <b>Soaking Legumes</b> page 28.</li> <li>● Some varieties of <i>rajma</i> may take longer to cook than stated in the chart.</li> </ul>			

<b>Dal Chart</b>					
<b>Size of Cooker</b>	<b>Dal</b>	<b>Maximum Quantity</b>	<b>Water Quantity</b>	<b>Pressure Cooking Time in Minutes (soaked or unsoaked)</b>	<b>Pressure Release</b>
<b>3 Litre</b>	<i>Tuvar dal</i> *	¾ cup / 150 g	2 cups / 480 ml	3	Allow to cool naturally
	<i>Moong dal</i>	Do not cook this <i>dal</i> in this size of cooker			
	<i>Chana dal</i> *	1½ cups / 300 g	2¾ cups / 660 ml	8	Allow to cool naturally
	<i>Sabat Urad</i>	1⅛ cups / 225 g	5¼ cups / 1.3 litres	25 (Do not soak)	Allow to cool naturally
<b>5 Litre</b>	<i>Tuvar dal</i> *	1¾ cups / 350 g	4¾ cups / 1.1 litres	1	Allow to cool naturally
	<i>Moong dal</i> *	1½ cups / 300 g	3¾ cups / 900 ml	1	Allow to cool naturally
	<i>Chana dal</i> *	2½ cups / 500 g	4¼ cups / 1 litre	6	Allow to cool naturally
	<i>Sabat Urad</i>	1¾ cups / 350 g	8 cups / 1.9 litres	25 (Do not soak)	Allow to cool naturally
* To reduce frothing: Soak 15 minutes in water and drain; add salt, turmeric and oil.					



## Pressure Cooking Time Charts

The charts in this section were compiled in our North American Test Kitchen using the food available. You may need to modify some of the pressure cooking times when cooking food from different regions.

<b>Rice Pressure Cooking Chart</b>				
<b>Rice (1 cup)</b>	<b>Water</b>	<b>Oil/Butter</b>	<b>Pressure Cooking Time in Minutes</b>	<b>Pressure Release</b>
<b>Basmati Rice</b>	1 1/8 cups		3	Allow to cool 5 minutes and release pressure
<b>Brown Rice</b>	2 cups		18	Allow to cool 5 minutes and release pressure
<b>White Rice</b>	1 1/2 cups	1 tablespoon	5	Allow to cool 5 minutes and release pressure
<b>Wild Rice</b>	3 cups		25	Release pressure immediately. Drain
1/2 teaspoon salt optional				

For cooking methods, see **Cooking Rice** page 18.

### Meat and Poultry

- Cooking time is affected by the thickness, the cut, the quality, the preparation (boneless, rolled etc.) of the meat and personal preference. The smaller the piece of meat, the greater its tenderness, the higher the quality and the bigger the bone – the shorter the cooking time required. Meat varies widely from region to region. The times given in the chart and recipes are for specific cuts and should serve as guides to be modified according to your ingredients, experience and taste.
- The pressure cooking time for large pieces of meat, called roasts, is according to weight – minutes of cooking per lb/kg of meat. The shape and thickness of the roast affect the cooking time. Short, fat roasts take longer to cook than long, flat roasts. Boneless and rolled roasts take longer to cook than roasts with bones. Allow enough space around the roast in the cooker for steam circulation to ensure even cooking. For a more "roasted" effect, cook roast on grid.
- All the times in the Poultry Pressure Cooking Chart except turkey are for poultry which has been lightly browned. The amount of browning can affect the cooking time – the less the browning the longer the pressure cooking time. You may have to adjust the cooking time to reflect the degree of browning you prefer.
- Cooking times in the Poultry Pressure Cooking Chart are based on medium-sized pieces of young poultry. Increase time when cooking larger and/or older pieces.

## Meat Pressure Cooking Chart

<i>Meat</i>	<i>Description</i>		<i>Use Grid?</i>	<i>Water in Pressure Cooker</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
<b>Lamb</b>	<b>Leg</b>		Yes	1 cup	11 per lb / 450 g	Allow to cool naturally
	<b>Shank</b> about 1lb / 450 g		No	1½ cups	30	Allow to cool naturally
	<b>Shoulder Chops</b> 1 inch / 2.5 cm thick		Yes	1 cup	18	Allow to cool naturally
	<b>Stew Meat (shoulder)</b> 1½ inch / 3.8 cm cubes		No	1 cup	10-12	Allow to cool naturally
<b>Beef</b>	<b>Brisket (Corned Beef)</b>		No	Fill to Half	20 per lb / 450 g	Allow to cool naturally
	<b>Flank Steak</b> stuffed and rolled		No	1 cup	20	Allow to cool naturally
	<b>Ground Beef Patties</b> 1 inch / 2.5 cm thick		Yes	¾ cup*	5	Release pressure immediately
	<b>Oxtail</b> cut in pieces		No	1½ cups	45	Allow to cool 5 minutes and release pressure immediately
	<b>Roast (blade, chuck, round, rump)</b>		Yes	1 cup	20 per lb / 450 g	Allow to cool naturally
	<b>Round (Swiss) Steak</b> 1 inch / 2.5 cm thick		No	1 cup	22	Allow to cool naturally
	<b>Shank Steak</b> 1 inch / 2.5 cm thick		No	1 cup	30	Allow to cool naturally
	<b>Short Ribs</b>		Yes	1½ cups	30	Allow to cool naturally
	<b>Stew Meat (chuck, rib, round)</b> about 1½ inch / 3.8 cm cubes		No	1 cup	14	Allow to cool naturally
<b>Tongue (fresh)</b>		No	Fill to Half	60	Allow to cool naturally	
<b>Veal</b>	<b>Arm Steak</b>	½ inch / 1.3 cm thick	No	1 cup	12	Allow to cool naturally
		1½ inch / 3.8 cm thick	No	1 cup	20	Allow to cool naturally
	<b>Roast (rump or shoulder)</b> boned and rolled		No	1 cup	15 per lb / 450 g	Allow to cool naturally
	<b>Shank</b>		No	1 cup	20	Allow to cool naturally
	<b>Stew Meat</b> about 1 inch / 2.5 cm cubes		No	1 cup	10-12	Allow to cool naturally
<b>Pork</b>	<b>Boneless Loin Roast</b>		Yes	1 cup	15 per lb / 450 g	Allow to cool naturally
	<b>Boneless Shoulder Roast</b>		Yes	1 cup	20 per lb / 450 g	Allow to cool naturally
	<b>Chops</b>	1 inch / 2.5 cm thick	Yes	1 cup	15	Allow to cool naturally
		½ inch / 1.3 cm thick	Yes	1 cup	10	Allow to cool naturally
	<b>Spareribs</b>		Yes	1½ cups	20	Allow to cool naturally
<b>Stew Meat</b> 1½ inch / 3.8 cm cubes		No	1 cup	14	Allow to cool naturally	

\* NEVER reduce water quantity.

<b>Poultry Pressure Cooking Chart</b>				
<b>Poultry</b>	<b>Description</b>	<b>Use Grid?</b>	<b>Pressure Cooking Time in Minutes</b>	<b>Pressure Release</b>
<b>Chicken</b>	<b>Pieces</b>	Yes	7	Allow to cool naturally
		Yes	9	Release pressure immediately
	<b>Whole Fryer</b> (3 lb / 1.4 kg)	No	11	Allow to cool naturally
<b>Duck (domestic)</b>	<b>Pieces</b>	No	13-15	Allow to cool naturally
<b>Rock Cornish Hen</b>	<b>Whole</b> (1 <sup>1</sup> / <sub>4</sub> lb / 560 g) stuffed	Yes	12-15	Allow to cool naturally
<b>Turkey</b>	<b>Breast</b> half (2 <sup>1</sup> / <sub>2</sub> lb / 1.1 kg)	Yes	28	Allow to cool naturally
	<b>Thigh</b>	No	20	Allow to cool naturally
	<b>Leg</b>	No	20	Allow to cool naturally
<b>Water:</b> 1 cup for all of the above.				

<b>Seafood Pressure Cooking Chart</b>				
<b>Seafood</b>	<b>Shape and Size</b>		<b>Water in Pressure Cooker*</b>	<b>Pressure Cooking Time in Minutes</b>
<b>Cod</b>	<b>Fillet</b>	<sup>3</sup> / <sub>4</sub> inch / 1.9 cm to 1 inch / 2.5 cm thick	<sup>3</sup> / <sub>4</sub> cup	3
<b>Halibut</b>	<b>Steak</b>	1 inch / 2.5 cm thick	1 cup	6
<b>Ocean Perch</b>	<b>Fillet</b>	<sup>3</sup> / <sub>4</sub> inch / 1.9 cm thick	<sup>3</sup> / <sub>4</sub> cup	2
<b>Red Snapper</b>	<b>Fillet</b>	<sup>3</sup> / <sub>4</sub> inch / 1.9 cm thick	<sup>3</sup> / <sub>4</sub> cup	2
<b>Salmon</b>	<b>Steak</b>	1 inch / 2.5 cm thick	1 cup	6
		1 <sup>1</sup> / <sub>2</sub> inch / 3.8 cm thick	1 cup	9
<b>Scallops</b>	–		<sup>3</sup> / <sub>4</sub> cup	1-2
<b>Sole</b>	<b>Fillet</b>	<sup>1</sup> / <sub>4</sub> inch / 6 mm thick	<sup>3</sup> / <sub>4</sub> cup	0
		<sup>1</sup> / <sub>2</sub> inch / 1.3 cm thick	<sup>3</sup> / <sub>4</sub> cup	1
<b>Trout</b>	<b>Small, whole</b> (10 oz / 280 g)		<sup>3</sup> / <sub>4</sub> cup	4
<b>Tuna</b>	<b>Steak</b>	<sup>3</sup> / <sub>4</sub> inch / 1.9 cm thick	<sup>3</sup> / <sub>4</sub> cup	3
<ul style="list-style-type: none"> <li>● For each item: Use grid and release pressure immediately.</li> <li>● When pressure cooking seafood, even a few extra seconds can overcook. Do not leave the</li> </ul>				
<p>cooker once it is on the heat – cooking times are so short. Pressure cook seafood without delays: time accurately, remove cooker from heat quickly and release pressure immediately.</p>				

## Vegetable Pressure Cooking Chart

<b>Vegetable</b>	<b>Description</b>		<b>Water in Pressure Cooker</b>	<b>Pressure Cooking Time in Minutes</b>
<b>Artichokes</b>	<b>Whole</b> stems cut short		1½ cups	11
<b>Asparagus</b>	Tough ends removed		½ cup	1-2 depending on size
<b>Beets</b>	<b>Whole</b> unpeeled, root and 1 inch / 2.5 cm of stem remaining	small	1 cup	10
		medium	1½ cups	12-16 depending on size
<b>Broccoli</b>	<b>Flowerettes</b>		½ cup	1
	<b>Full stalks</b> stems scored		½ cup	2
<b>Brussels Sprouts</b>	<b>Whole</b> ends trimmed		1 cup	3
<b>Cabbage</b>	Quartered		1 cup	5-6 depending on size
<b>Carrots</b>	Sliced (foil on grid)		½ cup	1
	<b>Whole baby or large</b> cut into halves lengthwise		½ cup	2
	<b>Whole</b>		1 cup	4-7 depending on size
<b>Cauliflower</b>	<b>Flowerettes</b>		½ cup	2
	<b>Whole small</b> stems and leaves removed, core hollowed		1 cup	5
<b>Celery</b>	Cut into 1 inch / 2.5 cm pieces		½ cup	2
<b>Collards</b>	Stems (spines removed) cut crosswise in 1 inch / 2.5 cm pieces		1 cup	5
<b>Corn on the Cob</b>	<b>Whole</b>		1 cup	4-5 depending on size and tenderness
<b>Eggplant</b>	Cut into ½ inch / 1.3 cm slices		½ cup	0
<b>Green Beans</b>	<b>Whole</b> ends trimmed		½ cup	1-2 depending on tenderness
	Cut into 1 inch / 2.5 cm pieces		½ cup	0-1 depending on tenderness

**Note:** NEVER reduce water quantity. Also, see notes on page 26.

*Chart continued overleaf*

## Vegetable Pressure Cooking Chart

<b>Vegetable</b>	<b>Description</b>		<b>Water in Pressure Cooker</b>	<b>Pressure Cooking Time in Minutes</b>
<b>Kale</b>	Cut in 1 inch / 2.5 cm sections		1/2 cup	2
<b>Kohlrabi</b>	Cut into 1/2 inch / 1.3 cm slices		1 cup	4
<b>Mustard Greens</b>	Stalks removed		1/2 cup	2
<b>Onions</b>	<b>Whole small</b>		1 cup	5
<b>Parsnips</b>	<b>Whole</b>		1 cup	8-10 depending on size
	Cut into 1 inch / 2.5 cm pieces		1 cup	3-4 depending on size
<b>Peas</b>	Shelled (foil on grid)	small	1/2 cup	1
		medium	1/2 cup	2
<b>Potatoes</b>	Cut into 1/2 inch / 1.3 cm slices		1/2 cup	2
	Peeled and cut into 1 1/2 inch / 3.8 cm pieces		1 cup	6
	<b>Whole</b> peeled or unpeeled	small (3 oz / 85 g)	1 cup	10
		medium (5 oz / 140 g)	1 1/2 cups	15
<b>Rutabagas</b>	Cut into 1 inch / 2.5 cm pieces		1 cup	5
<b>Spinach</b>	Stalks removed		1/2 cup	0
<b>Squash, Acorn</b>	Halved, seeds removed		1 cup	7
<b>Squash, Zucchini</b>	Cut into 1/2 inch / 1.3 cm slices		1/2 cup	1-2 depending on size
<b>Sweet Potatoes</b>	Halved lengthwise		1 cup	6-8 depending on size
<b>Turnips</b>	Cut into 1/2 inch / 1.3 cm slices or 1 inch / 2.5 cm pieces		1 cup	3-4 depending on tenderness

- For each item:
  - Use grid.
  - NEVER reduce water quantity.
  - Release pressure immediately.
- Times given in the chart are for fresh vegetables. For old and tough vegetables, increase zero pressure cooking time up to 1 minute, other times up to double.
- When pressure cooking vegetables with short pressure cooking times of 0 to 2 minutes and 1/2 cup water do not leave the cooker once it is on heat. Pressure cook without delays: time accurately, remove cooker from heat quickly and release pressure immediately.

**Legumes** are cholesterol-free, low in fat and high in proteins, minerals, B vitamins and fiber. They are particularly valuable for vegetarians and those wishing to reduce meat consumption.

<b>Legume Pressure Cooking Chart</b>		
<b>Legume (1 cup)</b>	<b>Pressure Cooking Time in Minutes</b>	
	<b>Soaked</b>	<b>Unsoaked</b>
<b>Adzuki Beans</b>	6	14
<b>Anasazi Beans</b>	5	22
<b>Black (Turtle) Beans</b>	7	23
<b>Black-eyed Beans</b>	6	15
<b>Cranberry Beans</b>	10	30
<b>Flageolet Beans</b>	10	23
<b>Garbanzo Beans (Chickpeas)</b>	12	48
<b>Great Northern Beans</b>	5	35
<b>Kidney Beans</b>	11	40
<b>Lentils</b>	Do not soak	6
<b>Mung Beans</b>	Do not soak	8
<b>Pinto Beans</b>	6	30
<b>Red Beans</b>	6	30
<b>Scarlet Runner Beans</b>	12	22
<b>Small Navy Beans</b>	5	30
<b>Soybeans</b> (Add 2 tablespoons vegetable oil to reduce frothing.)	25	50
<ul style="list-style-type: none"> <li>● Do not pressure cook lima beans. ● For each item: Water: 3 cups. Allow to cool naturally.</li> <li>● Always ensure there is enough water to last the entire pressure cooking time. See page 13, <b>Water</b>. ● For <b>Rajma</b>, see page 20.</li> </ul>		

Legumes tend to foam while cooking. This can be messy and/or block the steam vent unless you FOLLOW THE INSTRUCTIONS GIVEN ON THE NEXT PAGE.



## Legumes (continued)

### Precautions

- Never fill cooker more than half. If frothing occurs, reduce quantity by a further 10%. Legumes expand when cooked and absorb water. Do not reduce water quantity below 1½ cups.
- Measure legumes. Pick over to remove stones, dirt and shriveled, broken pieces and wash before cooking. To wash: place legumes in a bowl. Cover with water and agitate gently. Remove and discard floating pieces. Tip bowl to one side to drain off water, keeping one hand on the edge of the bowl to prevent legumes spilling. Repeat several times.
- Most varieties of beans yield about 2½ cups cooked beans for every 1 cup dry beans.

### Soaking Legumes

You may or may not soak most legumes before pressure cooking. Soaked legumes cook more evenly, more quickly and may taste better. Soaking legumes and then discarding the soaking water can reduce the water soluble complex sugars which may cause the discomfort some people experience digesting legumes. If you soak legumes, adding 1 tablespoon of vegetable oil for each cup of legumes while pressure cooking helps reduce frothing. Unsoaked legumes froth less and hold their shape better. Some legumes also retain more of their colour when unsoaked. Two methods of soaking are:

1. To soak overnight: Put legumes in double their volume (enough to cover) of cold water overnight.
2. To "quick soak" one hour: Put legumes in a pan. Pour over legumes 3-4 cups of water for every 1 cup of legumes. Bring to rapid boil; boil 2 minutes. Remove from heat. Cover the pan and allow to stand 1 hour. Drain and rinse legumes. Remove any floating, loose skins before cooking.

### Pressure Cooking Legumes

1. Put legumes and water in cooker. The grid is not required. A standard proportion is 3 cups of water for every 1 cup of legumes. The quantity of water can be reduced or increased according to your experience. Be sure the legumes are well covered with water. Legumes absorb water while cooking. **Do not fill cooker more than half.**
2. Adding 1 tablespoon of vegetable oil for every cup of legumes helps reduce frothing – especially with soaked beans. Add 2 tablespoons of oil for every 1 cup of soybeans. Salt and acidic foods such as tomatoes, ketchup, lemon juice, vinegar and molasses cause the skins of the beans to harden and extend the cooking times substantially. These are not ordinarily added while cooking. You may add flavourings such as 1 clove garlic (minced or whole), 1 bay leaf and/or a whole onion, according to your taste.
3. Boil. Skim off any scum with a slotted spoon. Close cooker. **Bring to full pressure on medium heat. Reduce heat immediately when full pressure has been reached to prevent frothing.** Remove cooker briefly from heat if the steam seems to be evacuating too forcefully. Heat should be the minimum necessary to maintain pressure.
4. Time according to the chart. The times given are approximate – the variety of legume, freshness and growing conditions affect cooking time. Cook until ALL the legumes are cooked. Beans should be cooked until they can be squeezed with thumb and finger or mashed with your tongue against the roof of your mouth quite easily. Do not eat legumes which are undercooked. The times given in the chart are for "just cooked" legumes. Cook longer when softer legumes are required, as for purées and soups.
5. When cooking is complete, remove cooker from heat and allow to cool naturally or place cooker in 2 inches/5 cm to 4 inches/10 cm of cold water (depending upon the size of the cooker) in a basin or in a

sink for a few minutes. **NEVER release pressure by lifting the vent weight.** Open cooker. Check doneness. If necessary, bring back to pressure and cook more or simmer without the lid until done. We do

not recommend bringing soybeans back to pressure as they tend to froth out of the vent tube. Drain. ●

## ***Cooking Capacities in Different Sizes of the Hawkins Hevibase and Adapting Recipes for Different Sizes***

### **Cooking Capacities/Volumes for the Hawkins Hevibase**

As explained on page 6, the pressure cooker body should never be filled with food and water to more than two-thirds capacity. Certain foods should be filled to half or one-third capacity. The volumes of the two-thirds, half and one-third capacities are given in the chart alongside.

Size of Pressure Cooker	Two-Thirds Capacity	Half Capacity	One-Third Capacity
3 Litre	8 cups (2 litres)	6 <sup>1</sup> / <sub>4</sub> cups (1.5 litres)	4 cups (1 litre)
5 Litre	14 cups (3.4 litres)	10 <sup>1</sup> / <sub>2</sub> cups (2.5 litres)	7 cups (1.7 litres)

### **Adapting Recipes for the 3 Litre Hawkins Hevibase**

**The recipes in this Manual have been written for the 5 Litre Hawkins Hevibase Pressure Cooker.** To adapt the recipes in this Manual to the 3 Litre model, reduce all ingredients in the recipes by 40% without any other changes (pressure cooking times remain the same) except as mentioned in the recipes or as stated below:

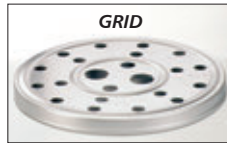
- **Heat Source:** Use the small burner of a gas stove or do not exceed the medium heat setting of a large burner or an electric hot plate or halogen cooktop.
- NEVER reduce the water quantities given in the **Seafood Pressure Cooking Chart** on page 24 or the **Vegetable Pressure Cooking Chart** on pages 25 and 26.
- Most roasts, large pieces of meat, whole birds, whole artichokes, whole cauliflowers, whole green peppers and whole tomatoes are too big to fit in this model.
- Cooking *moong dal* is not recommended in this model.

- Do not cook more than 1 cup soybeans (in 3 cups water) in this model.
- **Chola Dal** (page 40): Reduce water by only 25%. Pressure cooking time: 11 minutes.
- **Mutton Biryani** (page 44): Do not reduce water in step 9 (1/4 cup/60 ml) at all.
- If you do not have a 1 litre/1quart mold which fits in this cooker, **Crème Caramel** and **Pâté** may also be cooked in small individual molds as explained below:
  1. To cook **Crème Caramel** (page 54) in 4 small individual molds: Reduce custard quantity by 33%. Keep caramel quantity same. Use 1 cup/240 ml water in cooker body. Pressure cooking time: 5 minutes.
  2. To cook **Pâté** (page 59) in 4 small individual molds: Use 1 1/2 cups/360 ml water in cooker body. Pressure cooking time: 20 minutes. ●

# Using Grid and Molds

## Grid

Every Hawkins Hevibase Pressure Cooker comes with a grid. The grid is used for minimising the contact between food and the cooking liquid and/or the base.



- Use the grid to steam food above the water when you so desire it (rather than immersed in liquid with flavours blending).



- Use the grid when steaming foods in molds or other containers (not provided).
- Use the grid to separate layers of food and to stack custard cups (not provided), always ensuring that the cooker is no more than two-thirds full.
- The height of the grid is about  $\frac{3}{8}$  inch/1 cm. This height should be taken into consideration when calculating how much remaining space is available for food.
- The grid should not be used when cooking soups, stews, rice dishes, *dals*, pulses or legumes and similar foods.

- Use grid as a coaster or pad for the hot cooker body (except on fine furniture).



## Molds

Molds are not supplied with the Hawkins Hevibase. You may use your own molds as explained herein below.

- The recipes for **Crème Caramel** and **Pâté** and some desserts such as custards, steamed puddings and fruit crumbles require cooking in a mold (not provided) which is put inside the cooker. Foods such as rice, lentils and fish may also be cooked in molds.
- A Futura mold (1 Litre/1 Quart) is available separately as an accessory. It is made of hard anodised aluminium. It fits inside the Hawkins Hevibase pressure cookers which are 5 Litre or larger.



FUTURA MOLD

- Molds made of oven-proof metal, glass or ceramic can also be used if they fit inside the cooker. The thicker the mold, the longer the cooking time.
- A mold should fit inside the cooker such that the top of the mold (when placed on the grid) is not above two-thirds up the cooker body.
- Molds should be placed on the grid.
- When required, cover the mold with foil or a double thickness of greaseproof paper and tie securely.
- A handle made from string is useful for transferring molds in and out of the cooker.



- In the base of the cooker use a minimum 1 cup/240 ml water for the first 10 minutes of pressure cooking time plus  $\frac{1}{2}$  cup/120 ml for every subsequent 10 minutes or part thereof.
- For pre-steaming plus pressure cooking or for steaming without pressure (without the vent weight) use 2 cups/240 ml water for the first 10 minutes plus  $\frac{1}{2}$  cup/120 ml for every subsequent 10 minutes or part thereof.

- To prevent discolouring aluminium when steaming in molds add 1 teaspoon/5 ml lemon juice or tartaric acid for every 2 cups/480 ml of water in the base of the cooker. Do not do this when using a hard anodised mold as it may affect the finish of such a mold.
- **Reheating/Thawing.** Molds can be used to reheat food, including precooked frozen food, in the cooker. To reheat food in a mold: put food in the mold. Cover with aluminium foil unless steam/moisture will improve the food. Cooked rice, for instance, should be reheated uncovered. Estimate the cooking time according to the type, size, volume and temperature of the food to be heated. A mold full of cooked rice will require 2 minutes pressure cooking time. A commercially-prepared individual frozen meal requires about 10 minutes at pressure. With experience you will be able to judge the time. Add water according to the cooking time. Put grid in cooker. Place mold on grid. Close cooker. Bring to full pressure on high heat. Reduce heat and cook. Remove cooker from heat. Release pressure immediately. ●

# Care and Cleaning

To get the best use from your Hawkins Hevibase Pressure Cooker, observe the following directions.

## Body and Lid

- Remove label, wash, rinse and dry cooker before use (do not wash in a dishwasher).
- Remove any adhesive with vegetable oil.
- Do not hit or knock the rim of the cooker body with a ladle, spoon or any other object and protect the edge of the lid from dents which may disturb sealing.
- Do not leave food or water in the cooker for more than 8 hours. Do not leave the cooker lying in water or with dirty dishes for long. Chemicals and natural salts in the water and decomposing food can cause pitting of the metal. Do not leave salted liquid, vinegar, lemon juice, mayonnaise or mustard in the cooker. Never add salt to the cooker when there is no liquid in the cooker. First add the liquid, warm it, then add the salt and stir until the salt is completely dissolved.

## Handles

- Plastic handles are liable to break under a blow.
- Do not attempt to remove the "play" or movement provided for the lid handle bar where it is attached to the lid. The "play" is essential for proper sealing.

## Rubber Gasket

- Do not stretch the gasket, particularly when it is hot, as it may distort.

- Replace the gasket when it no longer seals, becomes hard or cracked. Before replacing at the first sign of not sealing, however, check that the gasket is sitting flush in the lid curl and that the lid is properly centered. Sometimes just moving the gasket around or inverting it stops the leak.

## General Cleaning

- DO NOT WASH PRESSURE COOKER OR ANY OF ITS PARTS IN A DISHWASHER. Dishwasher detergents may contain harsh chemicals or abrasive substances which may damage the hard anodised finish.
- Always wash and dry every surface of the cooker soon after use. Food, if not removed, can corrode the metal over a period of time.
- Wash all parts of the cooker in hot water with a mild soap or detergent and a dishcloth or sponge. Rinse and wipe dry. Aluminium can become pitted if left wet.
- Carefully remove the gasket when washing the lid. Gently wipe or wash and rinse the gasket without stretching it. If food is lodged in the lid curl, remove the gasket and clean the lid curl with a sponge or a brush. Dry lid and gasket thoroughly before reassembling.



- Check that the vent tube is clear after rinsing. If it is clogged, clean by carefully pushing a wire through the vent tube. Rinse with running water. A needle may be used to remove food from the vent tube nut.

- The vent weight can be cleaned with a jet of water to clear the holes inside. The colour of the black spring of the vent weight may wear off over time. This is normal wear and does not affect its functioning.
- Clean the area between the lid and the lid handle bar with a brush as required.
- Metallic marks – most often from gas stove pan supports – may appear on the black hard anodised base. To remove metallic marks from base: apply a kitchen cleanser to the marks and rub with an abrasive kitchen scrubber such as Scotch-Brite or fine steel wool.

### **Baked-on Stains**

- If the pressure cooker is not cleaned thoroughly after each use, a thin layer of food or grease may remain. When the cooker is heated next, this food/grease becomes "baked-on" and very difficult to remove. Avoid "baked-on" fat or gravy stains; wipe off any fat or gravy on the cooker base before placing on hot stove. Ensure stove surface in contact with pressure cooker is free of fat drippings.
- If you do get "baked-on" stains on the hard anodised base, tackle them while they are still fresh. Soak in hot water. Make a thick paste of a chlorine-based kitchen cleanser and apply it to the surface. Wait 5 to 10 minutes, then scour lightly with fine steel wool using a circular motion. Wash and wipe dry.
- If food is stuck to the cooker, remove with a plastic scrubber and a non-abrasive cleanser or an aluminium cleanser. If food is badly stuck or burned the following procedure helps dislodge food particles and makes cleaning easier: pour into cooker enough water (not above half full) to cover the area of burned food. Close cooker. Bring to full pressure on high heat. Reduce heat and cook

5 minutes. Allow to cool naturally. Open cooker. Wash and wipe dry. Do not use abrasive powders, ash or mud or bleach or soda. For stubborn spots, a fine soap-impregnated steel wool pad may be used **gently**.

### **Loss of Shine**

With use, the aluminium cooker body and lid may lose their shine. The loss of shine is the normal behaviour of the metal over time.

### **Removing Stains Caused by Chemicals in the Water**

The inside of the cooker body may become darker due to minerals in the water. This darkening is neither injurious to health nor does it affect the taste and quality of food. To remove stains from inside the cooker body: fill cooker with water to half its capacity. Add 2 teaspoons/10 ml tartaric acid (cream of tartar) or lemon juice for each quart/litre of water. Bring cooker to full pressure on high heat and cook 15 minutes. If you wish to remove stains from the upper half of the cooker body, do not pressure cook. Fill cooker with enough of the same water-tartaric acid solution to cover the stains. Boil 30 minutes. Wash and then dry with a soft, clean cloth. Do not apply the lemon juice or tartaric acid solutions to the black base.

### **Storing**

- Allow the cooker and all its parts to dry completely before storing.
- The gasket should be stored fitted in the lid curl.
- Store the cooker open to avoid mustiness.

### **How to Prevent Unnecessary Fusing of the Safety Valve**

1. **Check** that the vent tube is clear by looking through it.
2. **Do not** fill the cooker more than  $\frac{2}{3}$  (for liquid foods, not more than half; for foods that froth/sprout, not more than one-third).



3. **Do** put enough water for the cooking time. (Check water quantities in this Manual.)
4. **Do not** place the pressure cooker on an industrial burner or stove – use only a domestic stove.
5. **Do** reduce heat to medium or lower when the pressure cooker reaches "Full Operating Pressure" (see **Trial Run** page 10, point 5).

6. **Do** take the pressure cooker off the stove when the cooking time is complete (check cooking time in chart or recipe as appropriate).

### Replaceable Parts

Always use genuine Hawkins spare parts for your safety and the proper working and durability of the cooker. See page 35 for **Parts and Service** and page 37 for **Do-it-Yourself Repairs**. ●

## What to Do if This Happens

The possible causes of and solutions to various problems that may occur are given in the chart alongside.

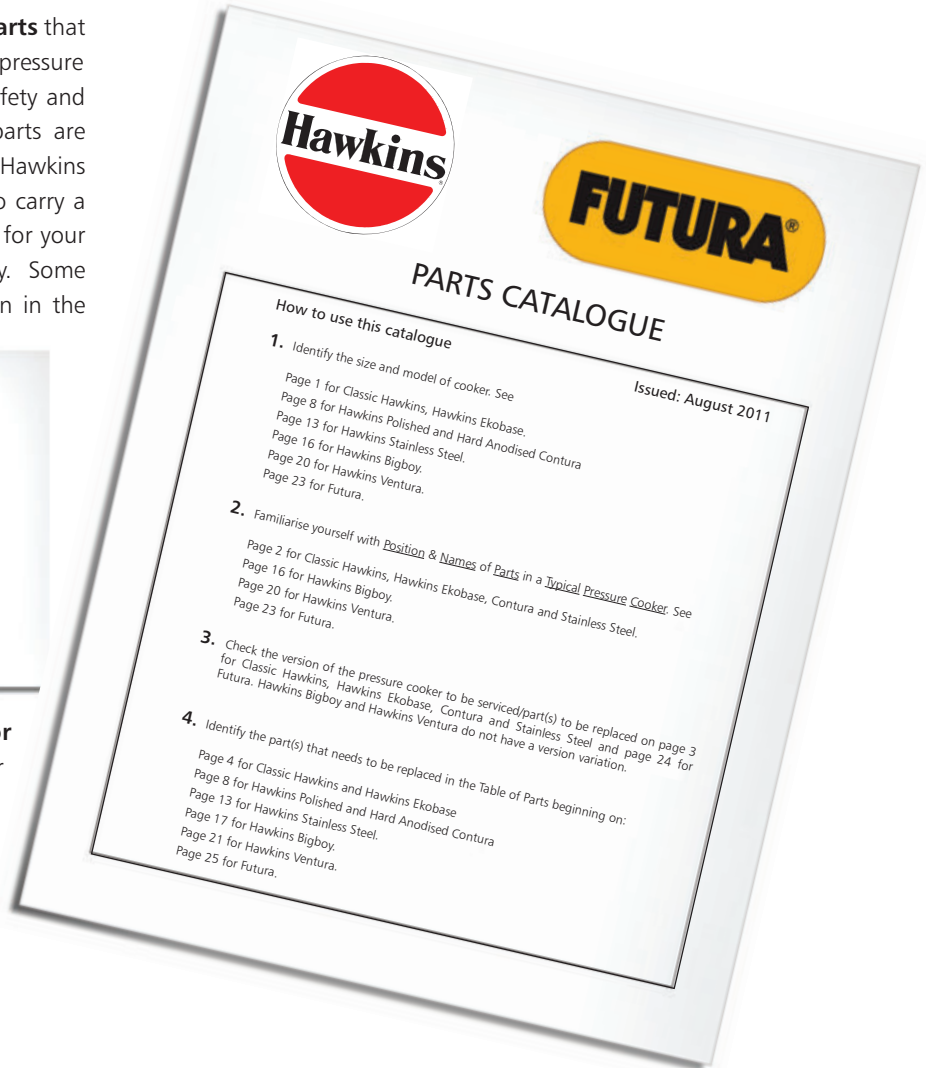
If This Happens...	Cause	Remedy
Steam leaks around edge of lid	Lid not centralised	Centralise the lid
	Dent on lid or rim of cooker	Repair or replace dented part
	Gasket not seated properly	Check the gasket and adjust the seating properly
	Gasket is worn-out or distorted	Replace gasket
Safety valve fused	<ul style="list-style-type: none"> <li>● Insufficient water/ cooking liquid</li> <li>● Vent tube blocked</li> <li>● Excess heat</li> </ul>	Replace safety valve

# Parts and Service

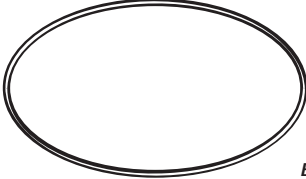
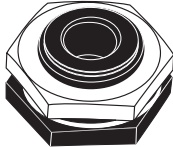

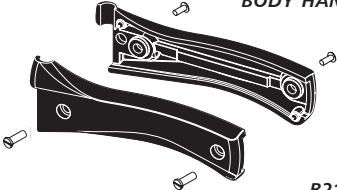
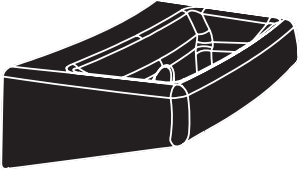
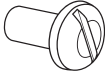
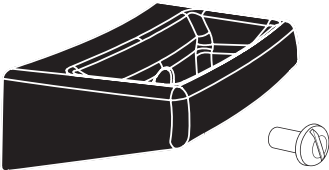
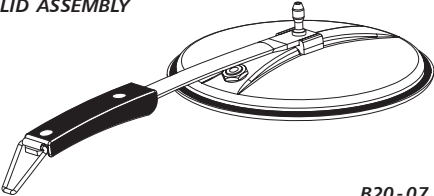
There is available a full range of **genuine replacement parts** that may be required through the entire useful life of any Hawkins pressure cooker. Always use genuine Hawkins spare parts for your safety and the proper working and durability of the cooker. These parts are available with Hawkins Authorised Dealers in India and with Hawkins Importers/Distributors abroad. These Dealers/Distributors also carry a **Parts Catalogue** with the help of which the part(s) required for your particular model of pressure cooker can be identified precisely. Some **commonly required parts** and their Part Codes are shown in the chart on page 36.

Expert **service** is available from around 700 Hawkins Authorised Service Centres in India. Pressure cookers distributed in India carry a **Service Centre Directory** giving the names and contact details of the Service Centres in India. Pressure cookers exported out of India carry the **name and contact details of the Importer/Distributor** who should be contacted in case of a requirement for parts or service (if applicable, see page 36).

Replacement of simple parts such as gasket, safety valve and plastic handles can be done by consumers themselves as explained in the section on **Do-it-Yourself Repairs** starting on page 37.



## Commonly Required Parts and Part Codes

For All Countries	<p><i>GASKET/SEALING RING</i></p>  <p style="text-align: right;"><i>B10 - 09</i></p>	<p><i>SAFETY VALVE</i></p>  <p style="text-align: right;"><i>B10 - 10</i></p>
	<p><i>VENT WEIGHT/PRESSURE REGULATOR</i></p>  <p style="text-align: right;"><i>H10 - 20</i></p>	<p><i>BODY HANDLE</i></p>  <p style="text-align: right;"><i>B21 - 01</i></p>
For India	<p><i>SUBSIDIARY HANDLE</i></p>  <p style="text-align: right;"><i>B11 - 05</i></p>	<p><i>SUB. HANDLE SCREW</i></p>  <p style="text-align: right;"><i>B11 - 06</i></p>
For Other Countries	<p><i>SUBSIDIARY HANDLE</i></p>  <p style="text-align: right;"><i>B19 - 05</i></p>	<p><i>LID ASSEMBLY</i></p>  <p style="text-align: right;"><i>B20 - 07</i></p>

**For any help, contact:**

**Hawkins Cookers Limited**

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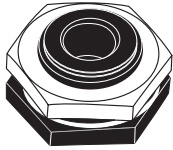
# Do-it-Yourself Repairs

## Gasket Replacement

If leakage develops along the rim of the cooker body which is not due to the misalignment of the lid or a dent on the rim or lid curl, the gasket needs to be replaced. This is simply done by changing it with a replacement genuine Hawkins gasket to fit the size of your Hawkins Hevibase (see page 6).

## Safety Valve Replacement

1. Get a genuine Hawkins safety valve.



2. Two 17mm/<sup>11</sup>/<sub>16</sub> inch spanners (wrenches) are required to replace the safety valve – one for holding the valve on the underside of the lid and one for turning the nut on the top of the lid.
3. A food compatible sealant or glue is recommended.
4. One strong person can replace the safety valve as stated alongside.

### TO REMOVE

1. Remove the gasket and vent weight from the lid.
2. Hold and brace the lid on a soft surface such as a folded cloth with the left hand. Take care not to bend or warp the lid curl. Do not hold the lid by the



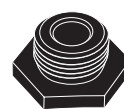
handle. With the right hand, place the spanner around the nut on the top of the lid (see **Picture 1**). Exert downward pressure on the nut just until it loosens.

3. Place the ring end of one spanner on the valve on the underside of the lid and hold it in place with the thumb of the left hand while grasping the lid with the same hand (see **Picture 2**). With the right hand, place the other spanner around the nut on the top of the lid (see **Picture 3**). Exert downward pressure on the nut. Remove and re-apply spanner to the nut on the top of the lid at a higher angle. Repeat downward pressure. Repeat procedure until the nut can be unscrewed from valve with fingers. Remove nut, washer and valve. A factory-fitted safety valve does not include a washer. Discard all parts; do not reuse any part.



### TO REPLACE

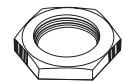
1. Clean all surfaces around the lid hole where the safety valve will sit.
2. Unscrew the new nut and remove the washer and keep them to one side, with the chamfered side of the nut up.



VALVE



WASHER



NUT

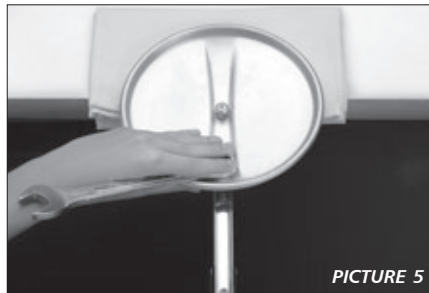
3. Hold the valve and apply a small amount of food compatible sealant or glue on the valve threads (to prevent any leakage). Push the valve into the safety valve hole from the underside of the lid and hold in place with the left hand. Place the washer around the threads of the valve on the top surface of the lid. Place the nut (chamfered side up) on the washer and screw the nut in a clockwise direction with your fingers until tight (see **Picture 4**).



PICTURE 4

4. Wipe off any sealant or glue that may have squeezed out while it is still fresh and soft.

5. Hold the lid handle in your right hand and turn the lid upside down, that is, with the underside of the lid facing you and the top side of the lid lying flat on the soft, folded cloth on a table. With the left hand, position the ring end of one spanner around the valve on the underside of the lid and hold it in place with the fingers of the left hand while grasping the lid with the same hand (see **Picture 5**).



PICTURE 5

6. Raise the lid vertically, holding the lid with your left hand with the ring spanner in place on the safety valve (to stop its rotation when you tighten the nut). Now the underneath of the lid will be away from you and the top of the lid will be facing you. With the right hand, position the second spanner around the nut under the lid handle bar at an upward angle and exert downward pressure on the spanner (see **Picture 6**). Tighten the nut securely by repeating the downward strokes of the spanner until the nut stops moving.



PICTURE 6

## Replacement of Plastic Handles

The subsidiary body handle and the body handle are replaceable by unscrewing the existing handle and screwing on the replacement handle with a screwdriver. For the body handle: place the two halves of plastic body handle on either side of the metal bracket. Join them together, insert studs and tighten the screws into studs from the opposite side.

If the subsidiary or the body handle is difficult to unscrew, a second person holding the cooker body firmly while one person turns the handle screws anti-clockwise will make it easier. ●

# RECIPES

## Indian

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### **Chana Pindi** **(Chickpeas – Rawalpindi Style)**

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Serves 12

Pressure Cooking Time 18 minutes

2½ tbsp / 37.5 ml	<b>pomegranate seeds</b>
2 tbsp / 30 ml	<b>cumin seeds</b>
4 cups / 960 ml	<b>water</b>
4 cups / 800 g	<b>kabuli chana</b> soaked overnight or in hot water for 2 hours and drained
2½ tbsp / 37.5 ml	<b>salt</b>
4	<b>brown cardamoms</b>
5 x 1 inch / 2.5 cm sticks	<b>cinnamon</b>
10	<b>cloves</b>
¼ cup / 60 ml	<b>coriander powder</b>
2 tsp / 10 ml	<b>garam masala powder</b> (see page 61)
3 tbsp / 45 ml	<b>mango powder</b>
2½ tsp / 12.5 ml	<b>pepper</b>
6	<b>green chillies</b> slit
1 x 1½ inch / 3.8 cm piece (½ oz / 15 g)	<b>fresh ginger</b> cut into thin strips

½ cup / 120 ml

**vegetable oil**

½ cup / 110 g

**ghee**

1 medium (3½ oz / 100 g)

**onion** sliced

2

**lemons** cut into wedges

1. In a pan, roast together pomegranate and cumin seeds (see page 62) and grind to a powder.
2. Pour water in cooker. Add *chana*, 1 tbsp + 1 tsp/20 ml salt, cardamoms, cinnamon and cloves. Stir.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 18 minutes.
4. Remove cooker from heat. Allow to cool naturally.
5. Open cooker. Drain off cooking liquid and reserve. Add pomegranate-cumin mixture, coriander, *garam masala* and mango powders, remaining salt (1 tbsp + ½ tsp/17.5 ml) and pepper. Mix till *chana* are evenly coated with spices. Sprinkle chillies and ginger on top.
6. In a pan, heat oil and ghee together about 3 minutes and pour evenly over *chana*. Add cooking liquid.
7. Place cooker with *chana* on medium heat and cook till liquid dries up and oil shows separately (about 10 minutes), stirring occasionally.
8. Remove cooker from heat. Transfer *chana* onto a serving dish. Serve hot, garnished with onion and lemons. ●



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## **Chola Dal** **(Bengal Gram with Coconut)**

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Serves 8

Pressure Cooking Time 9 minutes

2 tbsp / 30 ml	<b>ghee</b>
¼ cup / 60 ml	<b>coconut</b> cut into ⅛ inch / 3 mm thick ¼ inch / 6 mm squares
¼ cup + 1 tbsp / 75 ml	<b>mustard oil</b>
4	<b>whole dry red chillies</b>
3	<b>bay leaves</b>
6	<b>cloves</b>
1 x 2 inch / 5 cm stick	<b>cinnamon</b>
4	<b>green cardamoms</b>
1 tsp / 5 ml	<b>cumin seeds</b>
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	<b>fresh ginger</b> chopped
6	<b>green chillies</b> slit
2 tsp / 10 ml	<b>jaggery</b> packed firmly
2 cups / 400 g	<b>chana dal</b>
1 tsp / 5 ml	<b>turmeric</b>
1 tbsp + ½ tsp / 17.5 ml	<b>salt</b>
¾ cups / 780 ml	<b>water</b>

**1.** In a pan, heat 1 tbsp/15 ml ghee about 1 minute. Add coconut pieces and fry till light brown. Remove and keep aside.

**2.** Heat oil in cooker about 2 minutes. Add red chillies, bay leaves, cloves, cinnamon, cardamoms and cumin seeds. Stir a few seconds.

Add fried coconut and all other ingredients except water and remaining ghee (1 tbsp/15 ml). Stir and fry about 2 minutes. Add water. Stir.

**3.** Close cooker. Bring to full pressure on high heat. Reduce heat and cook 9 minutes.

**4.** Remove cooker from heat. Allow to cool naturally.

**5.** Open cooker. Warm remaining ghee (1 tbsp/15 ml) and pour evenly over *dal*. Serve hot. ●

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## **Mixed Vegetable Pulao**

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Serves 8

Pressure Cooking Time 3 minutes

¼ cup + 3 tbsp / 105 ml	<b>vegetable oil</b>
1 tsp / 5 ml	<b>cumin seeds</b>
2	<b>bay leaves</b>
1 x 2 inch / 5 cm stick	<b>cinnamon</b>
4	<b>brown cardamoms</b>
5	<b>cloves</b>
3 medium (9 oz / 250 g)	<b>carrots</b> cut into strips 1 inch / 2.5 cm long and about ¼ inch / 6 mm wide
¾ cup / 90 g	<b>green beans</b> cut diagonally into thin strips 1 inch / 2.5 cm long
1 cup / 150 g	<b>peas</b> shelled or frozen
3 cups / 600 g	<b>Basmati rice</b> washed and drained
1 tbsp + 1 tsp / 20 ml	<b>salt</b>
¾ cups / 840 ml	<b>water</b>

1. Heat oil in cooker about 2 minutes. Add cumin seeds, bay leaves, cinnamon, cardamoms and cloves. Stir a few seconds. Add carrots, beans and peas. Stir and fry about 2 minutes. Add rice. Fry till rice turns opaque (about 3 minutes). Add salt and water. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.
3. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of vent weight.
4. Open cooker. Serve hot. ●

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## ***Ma ki Dal*** ***(Whole Black Gram)***

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Serves 10

Pressure Cooking Time 50 minutes

6½ cups / 1.6 litres	<b>water</b>
1¼ cups / 250 g	<b>sabat urad</b>
¼ cup / 60 ml	<b>rajma</b> "quick soaked" 1 hour (see page 28) and drained
2 medium (7 oz / 200 g)	<b>tomatoes</b> chopped
1 x ½ inch / 1.3 cm piece (⅙ oz / 5 g)	<b>fresh ginger</b> cut into thin strips
6 small cloves	<b>garlic</b> chopped
4	<b>green chillies</b> chopped
2	<b>whole dry Kashmiri red chillies</b> (see page 62)
1½ tbsp / 22.5 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>red chilli powder</b>

1 tbsp / 15 ml **ghee**

### **Tempering**

2 tbsp / 30 ml **ghee**

1 small (1¾ oz / 50 g) **onion** chopped

1 x ½ inch / 1.3 cm piece **fresh ginger** finely chopped  
(⅙ oz / 5 g)

½ tsp / 2.5 ml **red chilli powder**

1. Pour water in cooker. Bring to boil on high heat. Add remaining ingredients except those for Tempering. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 50 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Partially mash *dal* with back of a ladle.
5. Place cooker with *dal* on low heat. Simmer to obtain a creamy consistency (about 7 minutes), stirring occasionally.
6. **Tempering:** In a pan, heat ghee about 1 minute. Add onion and fry till transparent. Add ginger and continue frying till onion is golden brown (see page 61, **Frying onions in Indian recipes**). Remove pan from heat. Add chilli powder and pour evenly over *dal*. Serve hot. ●

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## **Rogan Josh** **(Mutton in Rich Gravy)**

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Serves 8

Pressure Cooking Time 12 minutes

1 tbsp / 15 ml	<b>coriander seeds</b>
2 tsp / 10 ml	<b>cumin seeds</b>
1 tbsp / 15 ml	<b>poppy seeds</b>
16	<b>almonds</b> shelled
2	<b>brown cardamoms</b> seeds taken out and kept, pods discarded
¼ tsp / 1.3 ml	<b>peppercorns</b>
4	<b>cloves</b>
a large pinch	<b>mace</b>
2 tbsp / 30 ml	<b>coconut</b> grated
5	<b>whole dry Kashmiri red chillies</b> (see page 62) soaked in ½ cup / 120 ml hot water for 15 minutes, water drained and reserved
1 x 2 inch / 5 cm piece (⅔ oz / 20 g)	<b>fresh ginger</b>
8 small cloves	<b>garlic</b>
a large pinch	<b>nutmeg</b> grated
½ cup / 120 ml	<b>vegetable oil</b>
2	<b>bay leaves</b>
1 x 1 inch / 2.5 cm stick	<b>cinnamon</b>
5	<b>green cardamoms</b> cracked just till a seam opens slightly

2 medium (9 oz / 250 g)	<b>onions</b> grated
2 medium (7 oz / 200 g)	<b>tomatoes</b> chopped
1 tsp / 5 ml	<b>turmeric</b>
1 tbsp / 15 ml	<b>red chilli powder</b>
¾ cup / 180 ml	<b>curd</b> beaten
2¾ lb / 1.2 kg	<b>mutton shoulder</b> cut into 1½ inch / 3.8 cm pieces
1 tbsp + 1 tsp / 20 ml	<b>salt</b>
1 cup / 240 ml	<b>water</b>

**1.** In a pan, roast together coriander, cumin and poppy seeds, almonds, brown cardamom seeds, peppercorns, cloves, mace, coconut (see page 62) and grind into a paste with whole chillies, ginger, garlic and nutmeg, adding a little water in which chillies were soaked (½ cup/120 ml) from time to time.

**2.** Heat oil in cooker about 2 minutes. Add bay leaves, cinnamon and green cardamoms. Stir a few seconds. Add onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**). Add ground paste, tomatoes, turmeric and chilli powder. Mix.

**3.** Add 1 tbsp/15 ml curd. Stir and fry until curd is well blended (about ½ minute). Add remaining curd (½ cup + 3 tbsp/165 ml) in the same way, a tablespoon at a time, till all curd is used. Fry till oil shows separately (about 3 minutes). Add meat and salt. Boil 10 minutes, stirring constantly. Add water. Mix.

**4.** Close cooker. Bring to full pressure on high heat. Reduce heat and cook 12 minutes.

**5.** Remove cooker from heat. Allow to cool naturally.

**6.** Open cooker. Serve hot. ●

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## Sambar

### (Red Gram and Vegetable Curry – Tamil Style)

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Serves 8

Pressure Cooking Time 4 minutes

¼ cup + 1 tbsp / 25 g	<b>tamarind</b> seeds removed before measuring
1 cup / 240 ml	<b>hot water</b>
1½ tbsp / 22.5 ml	<b>vegetable oil</b>
6	<b>whole dry red chillies</b>
3	<b>whole dry Kashmiri red chillies</b> (see page 62)
1 tbsp / 15 ml	<b>chana dal</b>
1 x ½ inch / 1.3 cm piece	<b>asafoetida</b>
½ cup / 40 g	<b>coconut</b> grated
2 sprigs	<b>curry leaves</b>
¼ cup / 60 ml	<b>coriander seeds</b>
½ tsp / 2.5 ml	<b>cumin seeds</b>
½ tsp / 2.5 ml	<b>fenugreek seeds</b>
5½ cups / 1.3 litres	<b>water</b>
1 cup / 200 g	<b>tuvar dal</b>
½ tsp / 2.5 ml	<b>turmeric</b>
1 tbsp + 1 tsp / 20 ml	<b>salt</b>
1 medium (3½ oz / 100 g)	<b>onion</b> cut into 6 pieces
2	<b>drumsticks</b> cut into 2 inch / 5 cm long pieces

#### Tempering

2 tbsp / 30 ml	<b>vegetable oil</b>
½ tsp / 2.5 ml	<b>mustard seeds</b>

1. Put tamarind in a stainless steel or glass bowl. Add hot water. Keep covered 30 minutes. **To extract tamarind pulp:** Place a sieve over a stainless steel or glass bowl. Put soaked tamarind into sieve, reserving liquid. Push tamarind through sieve adding a little of the reserved liquid from time to time. Scrape pulp off sieve into the bowl. Using all reserved liquid, keep rubbing tamarind through sieve till all pulp has been extracted. Discard tamarind in sieve.

2. In a pan, heat oil on medium heat about 1 minute and roast together whole chillies, *chana dal*, asafoetida, coconut, 1 sprig curry leaves, coriander, cumin and fenugreek seeds till coconut turns golden brown (see page 62).

3. Grind roasted ingredients into a paste, adding a little water (½ cup/120 ml) from time to time.

4. Pour 3 cups/720 ml water in cooker. Add *tuvar dal*, turmeric and salt. Stir.

5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 4 minutes.

6. Remove cooker from heat. Allow to cool naturally.

7. Open cooker. Mash *dal* completely with back of a ladle to blend with liquid. Add tamarind pulp, ground paste, onion, drumsticks, remaining curry leaves (1 sprig) and water (2 cups/480 ml). Stir.

8. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure by placing cooker in up to 4 inches/10 cm of cold water in a basin or in a sink for a few minutes (see page 15, **Releasing Pressure**, point 3). Open cooker.

9. **Tempering:** In a pan, heat oil about 1 minute. Add mustard seeds. When crackling, pour into *sambar*. Stir and serve hot. ●

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## **Mutton Biryani** **(Rice Layered with Spicy Mutton – Moghul Style)**

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Serves 6

Pressure Cooking Time 10 minutes

1 x 2 inch / 5 cm piece ( $\frac{2}{3}$ oz / 20 g)	<b>fresh ginger</b>
13 small cloves	<b>garlic</b>
5	<b>green chillies</b>
5¼ cups + 2 tbsp / 1.3 litres	<b>water*</b>
1½ lb / 600 g	<b>mutton leg</b> cut into 1½ inch / 3.8 cm pieces
1 medium (3½ oz / 100 g)	<b>tomato</b> chopped
2 tbsp / 30 ml	<b>lemon juice</b>
1 tbsp + 2½ tsp / 27.5 ml	<b>salt</b>
2½ tsp / 12.5 ml	<b>red chilli powder</b>
2½ tsp / 12.5 ml	<b>cumin powder</b>
1 tbsp + ¾ tsp / 20 ml	<b><i>garam masala</i> powder</b> (see page 61)
1½ tbsp / 22.5 ml	<b>coriander leaves</b> chopped
2 tbsp / 30 ml	<b>mint leaves</b> chopped
1 cup / 240 ml	<b>curd</b> beaten
1 cup / 240 ml	<b>vegetable oil</b>
2 medium (9 oz / 250 g)	<b>potatoes</b> cut into 1½ inch / 3.8 cm long, 1½ inch / 3.8 cm wide and 1 inch / 2.5 cm thick pieces (see page 60)

\* To cook reduced quantities:  
(¼ cup/60 ml) at all. do not reduce water in step 9

3 large (1 lb / 450 g)	<b>onions</b> thinly sliced
a large pinch	<b>saffron threads</b>
¼ cup / 60 ml	<b>milk</b>
3	<b>green cardamoms</b>
4	<b>cloves</b>
1	<b>bay leaf</b>
1 x 1 inch / 2.5 cm stick	<b>cinnamon</b>
2 cups / 400 g	<b>Basmati rice</b>
¼ cup + 3½ tbsp / 100 g	<b>ghee</b> or <b>vegetable oil</b> (115 ml)
¼ tsp / 1.3 ml	<b>cumin seeds</b>
6	<b>almonds</b> blanched, skins removed and halved lengthwise

1. Grind into a paste ginger, garlic and chillies, gradually adding 2 tbsp/30 ml water.

2. In a bowl, rub ginger paste all over mutton. Add tomato, lemon juice, 2½ tsp/12.5 ml salt, chilli, cumin and *garam masala* powders, coriander and mint leaves and curd. Mix. Cover and keep aside 4 hours or in refrigerator overnight.

3. In a deep-frying pan, heat oil about 5 minutes. Add potatoes. Fry till light brown (about 3 minutes), stirring occasionally. Remove and drain. Remove mutton-curd mixture from refrigerator. Add potatoes. Mix.

4. Divide onions into 2 batches. Add half onions and ¼ tsp/1.3 ml salt to oil remaining in pan. Fry till golden brown and crisp. Remove and drain. Fry remaining onions with ¼ tsp/1.3 ml salt in the same way. Reserve 2 tbsp/30 ml fried onions. Crumble remaining onions. Add to mutton-curd mixture. Mix.

5. In a small bowl, stir saffron and milk. Keep aside.

6. Pour 5 cups water in cooker. Bring to boil on high heat. Add remaining salt (2½ tsp/12.5 ml), cardamoms, cloves, bay leaf, cinnamon and rice. Stir.

7. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure by placing cooker in up to 4 inches/10 cm of cold water in a basin or in a sink for a few minutes (see page 15, **Releasing Pressure**, point 3).

8. Open cooker. Immediately transfer rice to a colander and drain. Wash and wipe dry cooker.

9. Heat ¼ cup + 1½ tbsp/75 g ghee in cooker about 2 minutes. Add mutton with curd mixture. Mix. Add remaining water (¼ cup/60 ml). Stir.

10. Remove cooker from heat. Place rice evenly on mutton. Dribble saffron milk over rice.

11. In a small pan, heat remaining ghee (2 tbsp/30 ml) on medium heat about 2 minutes. Add cumin seeds. When cumin seeds begin to darken, immediately pour over rice in cooker.

12. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.

13. Remove cooker from heat. Allow to cool naturally 10 minutes. Release pressure with slight lifting of vent weight.

14. Open cooker. Place rice on a serving dish. Put mutton and gravy on rice. Garnish with reserved onions and almonds. ●

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## ***Illish Sarse Bata*** ***(Hilsa Fish in Mustard)***

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Serves 3

Pressure Cooking Time 2 minutes

1⅔ lb / 750 g

**Hilsa fish** cut into ½ inch /  
1.3 cm thick slices

1½ tsp / 7.5 ml

**salt**

¾ tsp / 3.8 ml

**turmeric**

2 tbsp / 30 ml

**mustard seeds**

6

**green chillies** 3 whole, 3 slit

½ cup + 2 tbsp / 150 ml

**water**

2 tsp / 10 ml

**curd**

¼ cup / 60 ml

**mustard oil**

1. Rub fish with salt and turmeric.

2. Grind together mustard seeds and whole chillies into a paste, adding a little water (2 tbsp/30 ml) from time to time. Blend curd with ground paste and mix with fish.

3. Heat 3 tbsp/45 ml oil in cooker about 3 minutes. Add fish with paste, slit chillies, remaining water (½ cup/120 ml) and oil (1 tbsp/15 ml).

4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.

5. Remove cooker from heat. Release pressure with slight lifting of vent weight.

6. Open cooker. Serve hot. ●



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## **Khichuri** **(Soft Rice with Green Gram and Vegetables)**

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Serves 10

Pressure Cooking Time 4 minutes

1 x 2 inch / 5 cm piece ( $\frac{2}{3}$ oz / 20 g)	<b>fresh ginger</b>
10 small cloves	<b>garlic</b>
6	<b>green cardamoms</b> seeds taken out and kept, pods discarded
1 x 2 inch / 5 cm stick	<b>cinnamon</b>
4	<b>cloves</b>
8 cups + 1 tsp / 1.9 litres	<b>water</b>
1 cup / 200 g	<b>moong dal</b> unwashed
$\frac{1}{2}$ cup / 120 ml	<b>mustard oil</b>
4	<b>bay leaves</b>
2 tsp / 10 ml	<b>cumin seeds</b>
1 large (5 oz / 140 g)	<b>onion</b> chopped
1 cup / 200 g	<b>Basmati rice</b>
1 small head (10 $\frac{1}{2}$ oz / 290 g)	<b>cauliflower</b> cut into flowerettes of about 1 inch / 2.5 cm
2 medium (7 oz / 200 g)	<b>potatoes</b> cut into 1 $\frac{1}{2}$ inch / 3.8 cm long, 1 $\frac{1}{2}$ inch / 3.8 cm wide and $\frac{3}{4}$ inch / 1.9 cm thick pieces (see page 60)
1 cup / 150 g	<b>peas</b> shelled or frozen
$\frac{1}{2}$ tsp / 2.5 ml	<b>turmeric</b>

2 tbsp / 30 ml	<b>coriander powder</b>
1 tbsp / 15 ml	<b>red chilli powder</b>
2 tsp / 10 ml	<b>sugar</b>
1 tbsp + 1 tsp / 20 ml	<b>salt</b>
2 tbsp / 30 ml	<b>ghee</b>

1. Grind together ginger and garlic into a paste.
2. Separately grind together cardamom seeds, cinnamon and cloves into a paste adding a little water (1 tsp/5 ml) from time to time.
3. In a pan, stir *moong dal* constantly on medium heat till *dal* turns golden brown (about 7 minutes). Remove from heat, spread *dal* on a plate and allow to cool. Wash *dal*.
4. Heat oil in cooker about 5 minutes. Add bay leaves and cumin seeds. Stir a few seconds. Add onion and fry till golden brown (see page 61, **Frying onions in Indian recipes**). Add ginger-garlic paste. Stir a few seconds. Add washed *dal*, rice and all other ingredients except water, ground spices and ghee. Mix. Add remaining water (8 cups/1.9 litres). Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 4 minutes.
6. Remove cooker from heat. Allow to cool naturally.
7. Open cooker. Stir in ground spices. Warm ghee and pour evenly over *khichuri*. Serve hot. ●

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## ***Hirva Masalyachi Bhaji*** ***(Vegetables in Green Masala)***

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Serves 10

Pressure Cooking Time 2 minutes

2½ cups / 200 g	<b>coconut</b> coarsely grated
3½ cups / 840 ml	<b>water</b>
2 medium (9 oz / 250 g)	<b>onions</b>
2¼ tsp / 11.3 ml	<b>aniseed</b>
8	<b>green chillies</b>
1 cup / 50 g	<b>coriander leaves</b> chopped
6	<b>cloves</b>
1 x 2 inch / 5 cm stick	<b>cinnamon</b>
4	<b>brown cardamoms</b> seeds taken out and kept, pods discarded
¼ cup + 3 tbsp / 105 ml	<b>vegetable oil</b>
2 medium (9 oz / 250 g)	<b>onions</b> thinly sliced
3 large (1 lb / 450 g)	<b>potatoes</b> cut into 1½ inch / 3.8 cm long, 1½ inch / 3.8 cm wide and ¾ inch / 1.9 cm thick pieces (see page 60)
1½ cups / 225 g	<b>peas</b> shelled or frozen
5 medium (14 oz / 400 g)	<b>carrots</b> quartered lengthwise and cut into 1 inch / 2.5 cm pieces
1¼ cups / 150 g	<b>green beans</b> cut into 1 inch / 2.5 cm pieces

1 small head (14 oz / 400 g)	<b>cauliflower</b> cut into flowerettes of about 1 inch / 2.5 cm
2 tbsp / 30 ml	<b>salt</b>
1 tbsp / 15 ml	<b>lemon juice</b>

1. Extract 1½ cups/360 ml milk from coconut using 1½ cups/360 ml water (see page 60).
2. Grind together onions, aniseed, chillies and coriander leaves into a paste.
3. In a pan, roast together cloves, cinnamon, cardamom seeds (see page 62) and grind to a powder.
4. Heat oil in cooker about 2 minutes. Add sliced onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**). Add ground paste. Stir and fry about 2 minutes. Add potatoes, peas, carrots, beans and cauliflower. Stir and fry about 2 minutes. Add powdered spices and salt. Stir a few seconds. Add remaining water (2 cups/480 ml). Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
6. Remove cooker from heat. Release pressure with slight lifting of vent weight.
7. Open cooker.
8. Place cooker with vegetables on medium heat. Add coconut milk and bring to boil, stirring carefully.
9. Remove cooker from heat. Stir in lemon juice. Serve hot. ●

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## **Rajma** **(Kidney Bean Curry)**

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Serves 10

Pressure Cooking Time 20 minutes

1 x 1 inch / 2.5 cm piece ( $\frac{1}{3}$ oz / 10 g)	<b>fresh ginger</b>
12 small cloves	<b>garlic</b>
$\frac{1}{2}$ cup / 120 ml	<b>vegetable oil</b>
3	<b>whole dry Kashmiri red chillies</b> (see page 62)
2 large (10 $\frac{1}{2}$ oz / 290 g)	<b>onions</b> grated
3 large (1 lb / 450 g)	<b>tomatoes</b> chopped
1 tbsp / 15 ml	<b>red chilli powder</b>
1 tbsp + 2 $\frac{1}{2}$ tsp / 27.5 ml	<b>salt</b>
2 $\frac{1}{2}$ cups / 500 g	<b>rajma*</b> soaked overnight or "quick soaked" 1 hour (see page 28) and drained
4 $\frac{1}{4}$ cups / 1 litre	<b>water</b>
1 tsp / 5 ml	<b>garam masala powder</b> (see page 61)

1. Grind together ginger and garlic into a paste.
2. Heat oil in cooker about 3 minutes. Add chillies. Stir a few seconds. Add onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**). Add ginger-garlic paste. Stir a few seconds. Add tomatoes, chilli powder and salt. Cook till tomatoes are pulpy and oil shows separately (about 5 minutes), stirring occasionally. Add *rajma* and water. Mix.

\* Some varieties of *rajma* may take longer to cook (up to double the time) than stated in the recipe. If the gravy thickens too much, add water as desired after cooking.

3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 20 minutes.

4. Remove cooker from heat. Allow to cool naturally.

5. Open cooker. Partially mash *rajma* with back of a ladle till gravy is creamy. Stir in *garam masala* powder. Serve hot. ●

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## **Gajar Halwa** **(Carrot Pudding)**

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Serves 12

Pressure Cooking Time 0 minute

10 large (4 lb / 1.8 kg)	<b>red carrots</b> grated
$\frac{1}{4}$ cup / 60 ml	<b>milk</b>
2 cups / 400 g	<b>sugar</b>
2 $\frac{2}{3}$ cups / 400 g	<b>mava</b> crumbled
$\frac{1}{4}$ cup + 3 tbsp / 90 g	<b>ghee</b>
20	<b>almonds</b> blanched, skins removed and sliced

1. Put carrots and milk in cooker.
2. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure with slight lifting of vent weight. Open cooker.
3. Place open cooker with carrots and milk on high heat. Add sugar. Cook till liquid dries up (about 15 minutes), stirring occasionally. Add *mava* and ghee. Cook till ghee shows separately (about 10 minutes), stirring constantly. Serve hot, garnished with almonds. ●

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## **Kozhi Kuttan** **(Chicken Curry – Kerala Style)**

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Serves 8

Pressure Cooking Time 7 minutes

3¼ lb / 1.5 kg	<b>chicken pieces</b>
1½ tsp / 7.5 ml	<b>turmeric</b>
1 tbsp + 1 tsp / 20 ml	<b>salt</b>
1 tbsp / 15 ml	<b>curd</b>
2½ cups / 200 g	<b>coconut</b> coarsely grated
2¼ cups / 540 ml	<b>water</b>
¼ cup / 60 ml	<b>coconut oil</b>
5	<b>whole dry Kashmiri red chillies</b> (see page 62)
6	<b>whole dry red chillies</b>
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	<b>fresh ginger</b> chopped
16 small cloves	<b>garlic</b>
½ tsp / 2.5 ml	<b>peppercorns</b>
1 tsp / 5 ml	<b>aniseed</b>
1 x 2 inch / 5 cm stick	<b>cinnamon</b>
10	<b>cloves</b>
3	<b>green cardamoms</b> seeds taken out and kept, pods discarded
¼ cup + 1 tbsp / 25 g	<b>coriander seeds</b>
½ tsp / 2.5 ml	<b>cumin seeds</b>

2 medium (9 oz / 250 g)	<b>onions</b> chopped
2	<b>green chillies</b> slit
2 medium (7 oz / 200 g)	<b>tomatoes</b> puréed (see page 62)

1. Rub chicken pieces with 1 tsp/5 ml turmeric, 1 tsp/5 ml salt and curd. Keep aside.
2. Extract 1 cup/240 ml thick milk from coconut using 1 cup/240 ml water. Add ¾ cup/180 ml water to the same coconut and extract ¾ cup/180 ml thin milk (see page 60).
3. In a pan, heat 1 tbsp/15 ml coconut oil on medium heat about ½ minute. Roast all other ingredients (see page 62) except onions, green chillies and tomato purée. Grind together roasted ingredients into a paste, adding a little water (½ cup/120 ml) from time to time.
4. Heat remaining oil (3 tbsp/45 ml) in cooker about 2 minutes. Add onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**).
5. Add remaining turmeric (½ tsp/2.5 ml), ground paste, chillies and tomato purée. Cook about 3 minutes, stirring constantly. Add chicken and remaining salt (1 tbsp/15 ml). Mix. Add thin coconut milk. Stir.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 7 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Stir in thick coconut milk. Serve hot. ●

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## ***Vegetable Biryani*** ***(Rice Layered with Spicy Vegetables)***

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Serves 7

Pressure Cooking Time 3 minutes

1 x 1½ inch / 3.8 cm piece (½ oz / 15 g)	<b>fresh ginger</b>
10 small cloves	<b>garlic</b>
2	<b>green chillies</b>
6 cups + 2 tbsp / 1.5 litres	<b>water</b>
a large pinch	<b>saffron threads</b>
¼ cup / 60 ml	<b>milk</b>
1 tbsp + 2 tsp / 25 ml	<b>salt</b>
3	<b>green cardamoms</b>
4	<b>cloves</b>
2 small	<b>bay leaves</b>
1 x 1 inch / 2.5 cm stick	<b>cinnamon</b>
2 cups / 400 g	<b>Basmati rice</b>
¼ cup + 1 tbsp / 75 ml	<b>ghee</b>
2 large (10⅔ oz / 300 g)	<b>onions</b> thinly sliced
2 medium (7 oz / 200 g)	<b>potatoes</b> cut into ¾ inch / 1.9 cm long, ¾ inch / 1.9 cm wide and ½ inch / 1.3 cm thick pieces (see page 60)
1 small head (14 oz / 400 g)	<b>cauliflower</b> cut into flowerettes of about 1 inch / 2.5 cm (200 g)
½ + ⅛ cup (2½ oz / 75 g)	<b>green beans</b> cut into 1 inch / 2.5 cm pieces

2 medium (5⅓ oz / 150 g)	<b>carrots</b> cut into ½ inch / 1.3 cm cubes
⅔ cup (3½ oz / 100 g)	<b>peas</b> shelled or frozen
½ tsp / 2.5 ml	<b>red chilli powder</b>
2½ tsp / 12.5 ml	<b>cumin powder</b>
1 tsp / 5 ml	<b>garam masala powder</b> (see page 61)
2 medium (7 oz / 200 g)	<b>tomatoes</b> chopped
1½ tbsp / 22.5 ml	<b>coriander leaves</b> chopped, lightly pressed into tbsp
2 tbsp / 30 ml	<b>mint leaves</b> chopped, lightly pressed into tbsp
1 tbsp / 15 ml	<b>lemon juice</b>
7 oz / 200 g	<b>paneer</b> cut into ½ inch / 1.3 cm cubes (see page 62)
¼ tsp / 1.3 ml	<b>cumin seeds</b>
6	<b>almonds</b> blanched, skins removed and halved lengthwise
a few sprigs	<b>mint leaves</b> whole for garnish

1. Grind into a paste ginger, garlic and chillies, gradually adding 2 tbsp/30 ml water.
2. In a small bowl, stir saffron and milk. Keep aside.
3. Pour 5 cups/1.2 litres water in cooker. Bring to boil on high heat. Add 2½ tsp/12.5 ml salt, cardamoms, cloves, bay leaves, cinnamon and rice. Stir.
4. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure by placing cooker in up to 4 inches/10 cm of cold water in a basin or in a sink for a few minutes (see page 15, **Releasing Pressure**, point 3).
5. Open cooker. Immediately transfer rice to a colander and drain. Wash and wipe dry cooker.

6. Heat ¼ cup/60 ml ghee in cooker about 2 minutes. Add onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**). Add ginger paste. Stir a few seconds. Add potatoes and cauliflower. Stir and fry about 3 minutes. Add beans, carrots and peas. Stir and fry about 2 minutes. Add red chilli, cumin and *garam masala* powders. Mix. Add tomatoes, coriander and mint leaves, lemon juice and remaining salt (2½ tsp/12.5 ml). Fry about 3 minutes, stirring occasionally. Add *paneer*. Mix gently. Add remaining water (1 cup/240 ml). Stir.

7. Remove cooker from heat. Place rice evenly on vegetables. Dribble saffron milk over rice.

8. In a small pan, heat remaining ghee (1 tbsp/15 ml) on medium heat about 2 minutes. Add cumin seeds. When cumin seeds begin to darken, immediately pour over rice in cooker.

9. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.

10. Remove cooker from heat. Allow to cool naturally 10 minutes. Release pressure with slight lifting of vent weight.

11. Open cooker. Place rice on a serving dish. Put vegetables and gravy on rice. Garnish with almonds and mint leaves.

12. Serve hot with butter or curds. ●

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## Mansam Chops (Mutton Chops – Andhra Style)

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Serves 10

Pressure Cooking Time 10 minutes

½ cup / 40 g	<b>coconut</b> grated
1 x 4 inch / 10 cm piece (1⅓ oz / 40 g)	<b>fresh ginger</b>
28 small cloves	<b>garlic</b>
1½ tbsp / 22.5 ml	<b>peppercorns</b>

5 **green cardamoms** seeds taken out and kept, pods discarded

8 **cloves**

1 x 2 inch / 5 cm stick

1 tbsp + ½ tsp / 17.5 ml

⅔ cup / 160 ml

2¾ lb / 1.2 kg

2 medium (9 oz / 250 g)

½ tsp / 2.5 ml

¾ cup / 180 ml

2 sprigs

6 **green chillies** sliced

¼ cup / 60 ml

4 medium (14 oz / 400 g)

1½ tbsp / 22.5 ml

**cinnamon**

**cumin seeds**

**water**

**mutton chops**

**tomatoes** cut into quarters

**turmeric**

**vegetable oil**

**curry leaves**

**cashew nuts** broken into pieces

**onions** sliced

**salt**

1. Grind together coconut, ginger, garlic, peppercorns, cardamom seeds, cloves, cinnamon and cumin seeds into a paste, adding a little water (⅔ cup/160 ml) from time to time.

2. Put chops, tomatoes and turmeric in cooker. Mix.

3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.

4. Remove cooker from heat. Allow to cool naturally.

5. Open cooker. Remove chops. Reserve cooking liquid.

6. In a pan, heat oil about 3 minutes. Add curry leaves, chillies, cashew nuts and onions. Fry till onions are light golden. Add ground paste. Stir and fry about 3 minutes. Add cooking liquid and salt. Cook till liquid dries up and oil shows separately (about 5 minutes), stirring constantly. Add chops. Stir fry about 5 minutes. Serve hot. ●

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## Masala Gobi (Spicy Cauliflower)

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Serves 12

Pressure Cooking Time 2 minutes

1 1/4 cups / 2.7 litres

3 tbsp + 2 tsp / 55 ml

3 medium heads (4 1/4 lb / 2 kg)

2 1/2 tbsp / 37.5 ml

1/4 cup + 1 tbsp / 50 g

1 x 2 1/2 inch / 6.3 cm piece  
(5/6 oz / 25 g)

15 small cloves

5

1 1/4 cups / 300 ml

5 large (1 2/3 lb / 750 g)

4 medium (1 lb 6 oz / 625 g)

1 1/4 tsp / 6.3 ml

2 1/2 tsp / 12.5 ml

1 1/4 tsp / 6.3 ml

2 1/2 tsp / 12.5 ml

1 1/4 cups / 300 ml

2 1/2 tbsp / 37.5 ml

**water**

**salt**

**cauliflower** cut into 1 1/4-1 1/2 inch / 3-4 cm flowerettes with 1/2 inch / 1 cm stalks; cut remaining tender stalks into 1/2 inch / 1 cm cubes (1.2 kg)

**poppy seeds**

**cashew nuts** broken into pieces

**fresh ginger**

**garlic**

**green chillies**

**vegetable oil**

**onions** grated

**tomatoes** blanched, skins removed and chopped

**turmeric**

**coriander powder**

**cumin powder**

**red chilli powder**

**curd** beaten

**coriander leaves** chopped

**1.** In a bowl, add 9 1/2 cups/2.3 litres water with 1 tbsp + 2 tsp/25 ml salt. Put cauliflower in bowl and keep about 30 minutes. Drain.

**2.** Grind together poppy seeds and cashew nuts into a paste, gradually adding 1/2 cup/120 ml water time to time.

**3.** Separately grind together ginger, garlic and green chillies into a paste.

**4.** Heat oil in cooker about 2 minutes. Add onions and fry till golden brown (see page 61, **Frying onions in Indian recipes**).

**5.** Add ginger paste, tomatoes, turmeric, coriander, cumin and red chilli powders and remaining salt (2 tbsp/30 ml). Cook till tomatoes are pulpy, stirring occasionally.

**6.** Add 1 tbsp/15 ml curd. Stir and fry until curd is well blended (about 1/2 minute). Add remaining curd in the same way, a tablespoon at a time, till all curd is used. Stir and fry till oil shows separately (about 3 minutes).

**7.** Add cauliflower. Stir fry about 5 minutes. Add remaining water (1 1/4 cups/300 ml). Mix.

**8.** Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.

**9.** Remove cooker from heat. Release pressure with slight lifting of vent weight.

**10.** Open cooker. Add cashew nut paste. Return cooker to medium heat. Cook about 2 minutes, stirring gently. Serve hot, garnished with coriander leaves. ●



# International Recipes

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## Tomato Soup

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Serves 6

Pressure Cooking Time 10 minutes

4 large (2¼ lb / 1 kg) **ripe tomatoes** cores removed  
2 medium (10 oz / 280 g) **onions** sliced  
2 medium (10 oz / 280 g) **carrots** cut into ½ inch /  
1.3 cm slices  
3 cups / 720 ml **water**  
2 tbsp / 30 ml **lemon juice**  
1 tbsp / 15 ml **sugar**  
2½ tsp / 12.5 ml **salt**  
⅛ tsp / 0.6 ml **pepper**  
¼ cup / 60 ml **butter**

1. Put tomatoes, onions, carrots and water in cooker.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Mix the soup smooth in a blender or mash it through a sieve.
5. Return soup to cooker.
6. Place cooker on high heat and bring to boil. Add lemon juice, 1 tsp/5 ml sugar, 1 tsp/5 ml salt and pepper. Stir.
7. Reduce heat to low. Simmer 10 minutes, stirring occasionally. Add, according to taste, remaining sugar (2 tsp/10 ml) and remaining salt (1½ tsp/7.5 ml). Stir.
8. Bring to boil on high heat. Add butter. Stir till melted. Serve hot. ●

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## Vegetable Stock

---

Yield: 5 cups

Pressure Cooking Time 15 minutes

1 medium (5 oz / 140 g) **carrot** unpeeled, cut into  
1 inch / 2.5 cm pieces  
1 medium (5 oz / 140 g) **onion** thickly sliced  
1 small (5 oz / 140 g) **turnip** unpeeled, cut into  
1 inch / 2.5 cm pieces  
2 stalks **celery with leaves** cut into  
2 inch / 5 cm pieces  
3 sprigs **parsley**  
10 **pea pods** emptied  
1 **bay leaf**  
1 clove **garlic**  
2 tsp / 10 ml **salt**  
½ tsp / 2.5 ml **dried thyme leaves**  
4 **peppercorns**  
6 cups / 1.4 litres **water**

1. Put all ingredients in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 15 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Strain stock through a fine sieve. ●

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## Minestrone Soup

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Serves 6

Pressure Cooking Time 11 minutes

1 tbsp / 15 ml	<b>olive oil</b>
1 medium (6 oz / 170 g)	<b>onion</b> chopped
1 clove	<b>garlic</b> crushed
½ cup / 100 g	<b>kidney beans</b> soaked overnight or in hot water for 2 hours and drained
5 cups / 1.2 litres	<b>vegetable stock</b> (see recipe page 53)
⅓ cup / 40 g	<b>macaroni</b>
a pinch	<b>sage</b> ground
1 medium (4 oz / 115 g)	<b>carrot</b> cut into ¼ inch / 6 mm pieces
1 large (11 oz / 310 g)	<b>potato</b> cut into 1 inch / 2.5 cm long, ½ inch / 1.3 cm wide and ½ inch / 1.3 cm thick pieces (see page 60)
1 small (3 oz / 85 g)	<b>zucchini</b> chopped
2 medium (10 oz / 280 g)	<b>tomatoes</b> chopped or 1 can (14½ oz / 415 g) <b>precut, peeled tomatoes</b>
½ cup / 50 g	<b>cabbage</b> chopped
¼ tsp / 1.3 ml	<b>dried basil leaves</b>
½ tsp / 2.5 ml	<b>dried oregano leaves</b>
1¼ tsp / 6.3 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>pepper</b>
1 tbsp / 15 ml	<b>parsley</b> chopped

½ cup / 60 g **Parmesan cheese** grated

1. Heat oil in cooker about 1 minute. Add onion and garlic. Stir fry till onion is transparent. Add beans and stock. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 5 minutes.
3. Remove cooker from heat. Release pressure by placing cooker in up to 4 inches / 10 cm of cold water in a basin or in a sink for a few minutes (see page 15, **Releasing Pressure**, point 3).
4. Open cooker. Place cooker on high heat. Bring to boil. Add remaining ingredients except parsley and cheese. Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.
6. Remove cooker from heat. Allow to cool naturally.
7. Open cooker. Add parsley. Serve hot, garnished with cheese. ●

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## Crème Caramel

---

Serves 6

Pressure Cooking Time 10 minutes

¾ cup / 150 g	<b>sugar</b>
1¼ cups / 300 ml	<b>water</b>
2 cups / 480 ml	<b>milk</b>
3	<b>eggs</b>
½ tsp / 2.5 ml	<b>vanilla extract</b>

1. **To make caramel:** In a small, heavy saucepan, combine ½ cup / 100 g sugar and ¼ cup / 60 ml water. Place pan on low heat and stir till sugar is **completely** dissolved. After **all** sugar is dissolved, increase heat to medium. Bring to boil and continue cooking till

syrup turns a deep golden colour. Remove pan from heat. Wearing oven mitts, pour caramel in a 1 quart/1 litre mold and tip and turn the mold to coat evenly bottom and sides.

2. Scald milk and allow to cool slightly.
3. In a bowl, beat eggs lightly to mix yolks and whites. Add vanilla and remaining sugar (1/4 cup/60 ml). Stir. Gradually add milk, stirring constantly.
4. Pour milk mixture in caramel coated mold. Cover mold with aluminium foil securely tied.
5. Pour remaining water (1 cup/240 ml) in cooker. Place grid in cooker. Place mold on grid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Take out and uncover mold. (Custard will continue to set as it cools.) Allow to cool to room temperature. Refrigerate.
9. Place a serving dish (large enough to accommodate caramel sauce) on top of mold and invert. Shake gently to release. Remove mold. Serve cold. ●

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## ***Marinated Chicken***

---

Serves 4

Pressure Cooking Time 11 minutes

- |                   |                       |
|-------------------|-----------------------|
| 1 (3 lb / 1.3 kg) | <b>whole chicken</b>  |
| 1/2 tsp / 2.5 ml  | <b>salt</b>           |
| 1/4 tsp / 1.3 ml  | <b>pepper</b>         |
| 3 cloves          | <b>garlic</b> crushed |
| 1 tbsp / 15 ml    | <b>ketchup</b>        |

- |                 |                             |
|-----------------|-----------------------------|
| 1 tbsp / 15 ml  | <b>Worcestershire sauce</b> |
| 1 tbsp / 15 ml  | <b>soy sauce</b>            |
| 1 tbsp / 15 ml  | <b>vinegar</b>              |
| 1 tbsp / 15 ml  | <b>vegetable oil</b>        |
| 1/4 cup / 60 ml | <b>water*</b>               |

1. In a bowl, rub chicken with salt, pepper and garlic.
2. Combine ketchup, Worcestershire sauce, soy sauce and vinegar. Rub sauce mixture all over chicken. Cover and keep aside 2 hours.
3. Remove chicken. Reserve sauce mixture.
4. Heat oil in cooker about 2 minutes. Brown chicken on all sides and remove.
5. Remove cooker from heat. Pour water and sauce mixture in cooker. Stir to remove any frying residue attached to base. Add chicken.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 11 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Leaving cooking liquid in cooker, place chicken on serving dish. Keep hot.
9. **To make gravy:** Skim off and remove fat from cooking liquid with a small ladle or spoon. Return cooker to medium heat and boil till liquid is reduced to half, stirring occasionally. Serve chicken hot, with gravy. ●

\* To cook reduced quantities: do not reduce water at all.

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## Lamb Stew

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Serves 6

Pressure Cooking Time 10 minutes

1 tbsp / 15 ml	<b>vegetable oil</b>
1 tbsp / 15 ml	<b>butter</b>
2 lb / 900 g	<b>boneless lamb shoulder and neck</b> cut into 1½ inch / 3.8 cm pieces
1 small (4 oz / 115 g)	<b>onion</b> chopped
1 clove	<b>garlic</b> finely chopped
2 tbsp / 30 ml	<b>flour</b>
2 sprigs	<b>parsley</b> tied together
¼ tsp / 1.3 ml	<b>dried basil leaves</b>
¼ tsp / 1.3 ml	<b>dried thyme leaves</b>
1	<b>bay leaf</b>
1½ tsp / 7.5 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
2 tbsp / 30 ml	<b>tomato paste</b>
2½ cups / 600 ml	<b>water</b>
4 medium (1 lb / 450 g)	<b>carrots</b> cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 small (4 oz / 115 g)	<b>turnip</b> cut into quarters
2 large (1 lb / 450 g)	<b>potatoes</b> cut into 1½ inch / 3.8 cm long, 1½ inch / 3.8 cm wide and ¾ inch / 1.9 cm thick pieces (see page 60)
1 cup / 150 g	<b>peas</b> shelled

8 (½ lb / 225 g) **'boiling onions'**  
(white, small onions – about 1½ inch / 3.8 cm diameter)

1 tbsp / 15 ml **parsley** chopped

1. Heat oil and butter in cooker about 1 minute. Brown lamb on all sides and remove.
2. To oil and butter remaining in cooker, add onion and garlic. Stir fry till onion is transparent. Add lamb and flour. Stir. Add remaining ingredients except carrots, turnip, potatoes, peas, 'boiling onions' and chopped parsley. Mix.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 8 minutes.
4. Remove cooker from heat. Release pressure with slight lifting of vent weight.
5. Open cooker. Add remaining ingredients except parsley. Submerge vegetables in cooking liquid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Discard bay leaf and parsley sprigs. Serve hot, garnished with parsley. ●

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## Stuffed Pork Chops

---

Serves 4

Pressure Cooking Time 10 minutes

4 (3½ lb / 1.5 kg)	<b>double pork chops</b> 1¼ inch / 3 cm thick
¼ cup + 1 tbsp / 65 g	<b>butter</b>
1 medium (5 oz / 140 g)	<b>onion</b> finely chopped

¼ cup / 60 ml	<b>celery</b> finely chopped
1½ cups / 90 g	<b>fresh bread</b> crumbled
¼ tsp / 1.3 ml	<b>sage</b>
¼ tsp / 1.3 ml	<b>basil</b> ground
¼ tsp / 1.3 ml	<b>aniseeds</b> coarsely ground
½ cup / 20 g	<b>parsley</b> chopped
½ tsp / 2.5 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
2 tbsp / 30 ml	<b>heavy cream</b>
1 cup / 240 ml	<b>dry white wine</b> or <b>water</b> *

1. Slit chops at lower end to make pockets.
2. In a pan, melt 3 tbsp/45 ml butter. Add onion and celery. Stir fry till onion is light brown. Add remaining ingredients except cream and wine. Mix.
3. Remove pan from heat. Allow to cool. Add cream. Mix.
4. Divide mixture into 4 portions and fill each chop. Secure pockets with toothpicks.
5. Melt remaining butter (2 tbsp/30 ml) in cooker. Brown chops on both sides and remove.
6. Pour wine in cooker. Place grid in cooker. Place chops on grid.
7. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
8. Remove cooker from heat. Allow to cool naturally.
9. Open cooker. Place chops on serving dish. Remove toothpicks. Serve hot. ●

\* To cook reduced quantities: do not reduce wine/water at all.

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## Spanish Rice Casserole

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Serves 6

Pressure Cooking Time 6 minutes

2 cups / 480 ml	<b>water</b>
2 cups / 400 g	<b>long-grain white rice</b>
1 large (½ lb / 225 g)	<b>onion</b> finely chopped
2 medium (½ lb / 225 g)	<b>green peppers</b> de-seeded and chopped
2 cups (about 1¼ lb / 560 g)	<b>tomatoes</b> blanched, skins removed and chopped
⅔ cup / 90 g	<b>celery</b> chopped
1 tsp / 5 ml	<b>dried oregano leaves</b>
1 tsp / 5 ml	<b>dried basil leaves</b>
2 tsp / 10 ml	<b>salt</b>
¼ tsp / 1.3 ml	<b>pepper</b>
⅛ tsp / 0.6 ml	<b>red chilli powder</b>
1 cup / 115 g	<b>Cheddar cheese</b> grated

1. Pour water in cooker. Bring to boil on high heat. Add rice and remaining ingredients except cheese. Mix.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.
3. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of vent weight.
4. Open cooker. Add cheese. Mix gently. Serve hot. ●

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## Beef Stew

---

Serves 6

Pressure Cooking Time 14 minutes

2 lb / 900 g	<b>boneless beef chuck</b> cut into 1½ inch / 3.8 cm cubes
3 tbsp / 45 ml	<b>flour</b>
¼ cup / 60 ml	<b>vegetable oil</b>
1 large (½ lb / 225 g)	<b>onion</b> chopped
2 tsp / 10 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>pepper</b>
1	<b>bay leaf</b>
1 tsp / 5 ml	<b>thyme</b> ground
1 clove	<b>garlic</b> finely chopped
2 stalks	<b>celery</b> cut diagonally into ¼ inch / 6 mm pieces
½ cup / 120 ml	<b>red wine</b>
1 cup / 240 ml	<b>beef stock</b> or <b>water</b>
2 large (1 lb / 450 g)	<b>potatoes</b> cut into 1½ inch / 3.8 cm long, 1½ inch / 3.8 cm wide and ¾ inch / 1.9 cm thick pieces (see page 60)
4 medium (1 lb / 450 g)	<b>carrots</b> cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 cup / 125 g	<b>green beans</b> cut into 1 inch / 2.5 cm pieces

1. Roll beef cubes in flour.
2. Group beef into 2 batches. Heat oil in cooker about 2 minutes. Brown each batch on all sides and remove.

3. To oil remaining in cooker, add onion. Stir fry till onion is transparent (about 2 minutes). Add beef and remaining ingredients except potatoes, carrots and beans. Stir.

4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 12 minutes.

5. Remove cooker from heat. Release pressure with slight lifting of vent weight.

6. Open cooker. Add remaining ingredients. Submerge vegetables in cooking liquid.

7. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.

8. Remove cooker from heat. Allow to cool naturally.

9. Open cooker. Discard bay leaf. Serve hot. ●

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## Beef Stroganoff

---

Serves 10

Pressure Cooking Time 8 minutes

3¾ lb / 1.7 kg	<b>beef round steak</b> ¾ inch / 1.9 cm thick, cut into ½ inch / 1.3 cm wide and 2 inch / 5 cm long strips
½ cup / 110 g	<b>butter</b>
2 large (1 lb / 450 g)	<b>onions</b> sliced
2 cloves	<b>garlic</b> crushed
5 cups (¾ lb / 350 g)	<b>mushrooms</b> thinly sliced
2 tsp / 10 ml	<b>salt</b>
½ tsp / 2.5 ml	<b>pepper</b>
1 cup / 240 ml	<b>beef stock</b>

¼ cup / 60 ml **tomato paste**  
¼ tsp / 1.3 ml **dry mustard**  
1½ cups / 360 ml **sour cream**

1. Group beef into 3 batches. Melt butter in cooker. Brown each batch on all sides and remove.
2. To butter remaining in cooker, add onions and garlic. Stir fry till onions are light golden.
3. Add beef and remaining ingredients except mustard and sour cream. Stir.
4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 8 minutes.
5. Remove cooker from heat. Allow to cool naturally.
6. Open cooker. Place cooker on medium heat. Add mustard and bring to boil. Remove from heat. Add sour cream. Mix. Serve hot with noodles or rice. ●

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## ***Pâté***

---

Serves 6

Pressure Cooking Time 25 minutes

5 oz / 140 g **boneless veal**  
5 oz / 140 g **boneless pork**  
4 oz / 115 g **ham**  
2½ oz / 70 g **bacon strips** rind removed  
1 tbsp / 15 ml **butter**  
1 small (4 oz / 115 g) **onion** chopped  
3 cloves **garlic** crushed

1 **egg**  
1 tbsp / 15 ml **heavy cream**  
3 tbsp / 45 ml **cognac**  
1 tbsp / 15 ml **Dijon mustard**  
1 tsp / 5 ml **dried thyme leaves**  
1½ tsp / 7.5 ml **salt**  
½ tsp / 2.5 ml **white pepper**  
¼ tsp / 1.3 ml **bay leaf** ground  
a pinch **allspice** ground  
2 cups / 480 ml **water**

1. Grind together veal, pork, ham and bacon.
2. Melt butter in a pan. Add onion and garlic. Stir fry till onion is transparent.
3. Combine onion, ground meat and remaining ingredients except water. Mix the mixture smooth in a food processor.
4. Put meat mixture in a 1 quart/1 litre mold, pressing down firmly. Cover mold with aluminium foil securely tied.
5. Pour water in cooker. Place grid in cooker. Place mold on grid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 25 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Take out mold and place on splash tray.
9. Weigh pâté down by placing a can or other object weighing at least 1 lb/450 g. Refrigerate overnight.
10. Remove weight and foil. Spoon out and discard solidified fat. Run a blunt knife around inside edge of mold.
11. Place serving dish over mold and invert. Remove mold. Cut pâté into thin slices. Serve cold. ●

## Glossary (Meanings and Methods)

**Allspice:** A spice made from the dried berry of allspice tree. Substitute equal quantities of cinnamon, cardamoms and cloves roasted together and ground.

**Beat:** To mix with an instrument such as a spoon, whisk or electric beater using a regular, rapid, rhythmic movement.

**Blanch:** To plunge food in boiling water. To blanch almonds: Pour boiling water over nuts, cover and allow to cool. Slip off skins. To blanch and peel tomatoes: Immerse tomatoes in rapidly boiling water for 1 to 2 minutes and remove. Allow to cool. Remove core and skin.

**Blend:** To combine two or more ingredients till they mix thoroughly.

**Celery:** A green vegetable. Stalks used for flavouring.

**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.

**Coconut milk:** Select a coconut without cracks or mold on the shell. Shake coconut; you should be able to hear liquid inside; stale coconuts contain little or no liquid.

To make coconut milk: Break open coconut by holding the coconut in one hand against a hard surface and hitting the coconut with the blunt side of a heavy cleaver all around its 'equator'. At the first sign of a crack, hold the coconut over a bowl to collect coconut water. Though not coconut milk, it makes a refreshing drink. Taste a piece of coconut to check if it is rancid. Break the halves into smaller pieces. Slip a knife between coconut meat and the shell and pry loose the meat. It is customary to remove the brown skin from the meat, which is done with a potato peeler or paring knife. In the Hawkins Test Kitchen we have compared coconut milk made from coconut with and without the brown skin and found there is no difference in taste but the milk made with the brown skin is slightly less white.

Coarsely grate the coconut or cut the coconut meat into pieces of about ½ inch/1.3 cm.

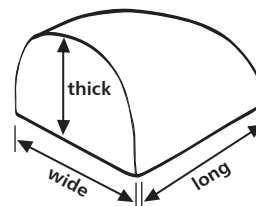
To extract good coconut milk always use the precise quantity of fresh coconut and water stated in the particular recipe. It is advisable to use hot water. Put coconut and the required water in a blender and mix the mixture until finely ground (about 5 minutes). Place muslin or a double thickness of cheesecloth over a bowl. Put mixture into cloth. After cooling, gather up the corners and squeeze through as much milk as possible. Measure the required milk and keep aside. The milk extracted first is called **thick coconut milk**.

To make **thin coconut milk**: Put the same coconut and the specified quantity of water in a blender. Repeat the same process of blending and extracting. Extra coconut can be grated and frozen.

**Cognac:** Substitute any brandy.

**Colander:** A perforated bowl-shaped utensil for draining off liquids and rinsing food.

**Cutting potatoes:** Cut the potatoes approximately, taking care not to exceed the stated dimensions. Potatoes are curved and in different shapes – the curves and shapes may be left as they are. What is meant by 'thick', 'wide' and 'long' is illustrated below.



**Dried basil leaves:** Aromatic herb. Imparts a distinctive flavour.

**Dried oregano leaves:** See Dried basil leaves.

**Dried thyme leaves:** See Dried basil leaves.

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



**Frying onions in Indian recipes:** Some Indian recipes require the onions to be fried until they are a colour described as "golden brown" in this Manual. "Golden brown" means that the onions should be uniformly brown in colour but NOT dark brown or black. Frying onions to this colour requires time (more than is usual in International cooking) and attention so that the onions are fried evenly and just to the right colour. For example, it takes about 20 minutes to fry the 1 $\frac{2}{3}$  lb/750 g grated onions in the **Masala Gobi** recipe (page 52) to "golden brown" in a 5 Litre Hawkins Hevibase. Correctly fried onions are important to the taste and texture of the recipe.

**Garam Masala Powder:**

Yield: About 2 $\frac{1}{2}$  tbsp / 37.5 ml

- 1 tsp / 5 ml      **peppercorns**
- $\frac{3}{4}$  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  
 $\frac{3}{4}$  tsp / 3.8 ml seeds.
- $\frac{3}{4}$  tsp / 3.8 ml      **black cumin seeds**  
**(shah jeera) or cumin seeds**

1. Roast together all ingredients in a small, heavy skillet (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.

**Ghee:** Clarified butter.

**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  $\frac{1}{3}$  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, raised perforations).

**Grind:** To crush into bits or fine particles by rubbing between two hard surfaces. The traditional way to grind fresh herbs, dry spices, pulses, coconut etc. is to use grinding stones (a hollow or flat stone slab and a stone roller called *sil batta*) or mortar and pestle. The modern and easier method is to use any of the various electric mixers, blenders or grinders.

Dry spices may be ground to a powder in a mortar and pestle, an electric coffee grinder or other spice grinder and a mixer-grinder. Place spices in grinder and operate machine until the spices are the required texture.

"Wet" ingredients such as chillies, garlic, ginger, coconut and onions – and whenever liquid is added – can be ground with a *sil batta*, in small electric choppers, mixer-grinders or food processors. For small quantities use the mixer's small grinding attachment. Cut food into small pieces or grate for easier grinding. When using an electric chopper, blend on high speed about a minute. Stop. Stir the ingredients preferably with a rubber spatula, scraping mixture from the sides of the jar. Continue electric mixing at high speed, stopping the machine and stirring occasionally until the mixture is the desired consistency. Adding liquid enables chopped items to become a smoother paste.

Some recipes require grinding both wet and dry ingredients into a paste. If you do not have a powerful machine for grinding, it may be easier to grind the dry ingredients separately (for instance, in a spice grinder) and add them to the wet ingredients while they are being ground (for instance, in a mixer-grinder). A little experimentation with your equipment will show the easiest way.

**Long-grain white rice:** Polished Basmati rice is one type.

**Mango powder (Amchur):** Unripe mango which has been dried and then ground. It imparts a sour, fruity flavour. May be substituted with lemon juice.

**Mava (Khoya):** Milk which has been boiled down until all moisture has been removed. Available at dairy shops.

**Muslin:** A thin, plain-weaved cotton cloth.

**Paneer:**

Yield: 7 oz / 200 g

4¾ cups / 1.2 litres    **whole milk**

1 tbsp + 2 tsp / 25 ml    **lemon juice**

1. Place a strainer over a bowl large enough to hold the milk. Line strainer with a muslin cloth large enough to hold the curds and then be tied by winding one corner around the others and knotting. Keep aside.

2. Pour milk into a pan and bring to boil on high heat, stirring occasionally to prevent skin from forming on top. Reduce heat to medium. Add lemon juice. Stir till milk curdles (curds separate from whey). Cook till whey has a yellow tint and has turned from cloudy to clear (about 2 minutes), stirring and scraping the sides and base of pan. Remove pan from heat.

3. Stir curdled milk and pour into muslin-lined strainer over the bowl (kept aside in step 1). Allow to strain till whey is drained into bowl.

4. Gather up corners of muslin and tie a knot above curds to make a bag. Place bag on a *thali*, plate or board with knot on top and press gently for a few seconds on knot to level curds. Tilt *thali* slightly to drain and leave 20 minutes. Untie bag and remove *paneer*.

5. Cut *paneer* as desired or as per recipe requirement. *Paneer* may be stored submerged in the whey for moister *paneer*. Whey may also be used to make soups, thin gravies and added to flour while kneading; or it may be discarded.

**Parsley:** A green herb used mainly as a garnish.

**Puréed:** Puréed food is a paste or thick liquid suspension made by grinding. Tomatoes may be puréed in a blender: remove cores first, blend till pulpy. Alternatively, rub tomatoes on a grater. Discard the hard skin and core, if any.

**Red chilli powder:** Whole dried red chillies which have been ground.

**Roasting of spices:** Before grinding, spices are sometimes roasted to bring out the characteristic aromas and to intensify their flavour. To roast, place spices in a small, heavy skillet (pan) on medium heat. Stir continuously until the spices darken by a few shades and give out their distinct aromas. Remove from heat, spread on a plate and allow to cool. The term 'roast' is also used in some recipes in this Manual when the above mentioned procedure is to be followed except that **the spices are first added to oil, as noted in the recipes.**

**Sage:** See Dried basil leaves.

**Scald:** To heat liquid to a temperature just below the boiling point and stop.

**Sieve:** Utensil having a perforated or meshed bottom for separating solids or coarse material from liquid or fine particles.

**Sift:** To pass dry ingredients through a sieve.

**Simmer:** To cook gently just at or below the boiling point; adjust heat so that bubbles form, rise and break very slowly.

**Sour cream:** Cream which has been allowed to sour by being cultured with a bacillus similar to the curd bacillus. The cream used should be unpasteurised.

**Thali:** A round, flat, metal plate with a short straight rim; used for food preparation, serving or eating.

**Tomato paste:** Concentrated tomato purée.

**Vanilla extract:** Vanilla essence.

**Whey:** The watery part of milk that separates from the solid part or curd.

**Whole dry Kashmiri red chillies:** A type of chilli of mild to medium pungency used primarily to give red colour to food. The whole dry Kashmiri red chillies may be omitted in **Ma ki Dal** and **Rajma**. Substitute sweet paprika for colour in **Rogan Josh**, **Sambar** and **Kozhi Kuttan**.

**Zucchini:** Substitute peeled bottlegourd, *lauki*, *dudhi* or *ghia*. ●

## Translations to Hindi & English

Almonds	<i>Badam</i>	Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>	Mustard seeds	<i>Rai</i>
Aniseed	<i>Saunf</i>	Dijon mustard	<i>Rai ka paste</i>	Nutmeg	<i>Jaiphal</i>
Asafoetida	<i>Hing</i>	Drumsticks	<i>Sahjan ki phali</i>	Olive oil	<i>Jaitoon ka tel</i>
Bay leaves	<i>Tej patta</i>	Dry mustard	<i>Rai ka dal</i>	Parsley	<i>Ajmooda ke patte</i>
Butter	<i>Makkhan</i>	Fenugreek seeds	<i>Methi dana</i>	Peapods	<i>Matar ke chilke</i>
Cabbage	<i>Bandh gobi</i>	Flour	<i>Maida</i>	Peas	<i>Matar</i>
Cardamoms (brown)	<i>Moti elaichi</i>	Garlic	<i>Lassan</i>	Pepper	<i>Pissi kali mirch</i>
Cardamoms (green)	<i>Choti elaichi</i>	Ginger, fresh	<i>Adrak</i>	Peppercorns	<i>Kali mirch</i>
Carrots	<i>Gajar</i>	Green beans	<i>Pharasbeen; French beans</i>	Pomegranate seeds	<i>Anardana</i>
Cashew nuts	<i>Kaju</i>	Green chillies	<i>Hari mirch</i>	Poppy seeds	<i>Khuskhus</i>
Cauliflower	<i>Phulgobi</i>	Green peppers	<i>Simla mirch; Capsicum</i>	<i>Rajma</i>	Kidney beans
Celery	<i>Ajwain ke patte</i>	Jaggery	<i>Gur</i>	Red chilli powder	<i>Pissi lal mirch</i>
<i>Chana dal</i>	Bengal gram	<i>Kabuli chana</i>	Chickpeas	<i>Sabat urad</i>	Whole black gram
Cinnamon	<i>Dalchini</i>	Lemon	<i>Nimbu</i>	Saffron threads	<i>Kesar</i>
Cloves	<i>Laung</i>	Mace	<i>Javitri</i>	Sour cream	<i>Khatti ki hui malai</i>
Coconut	<i>Nariyal</i>	Mango Powder	<i>Amchur</i>	Tamarind	<i>Imli</i>
Coriander leaves	<i>Hara dhania ke patte</i>	Mint leaves	<i>Pudina</i>	Turmeric	<i>Haldi</i>
Coriander powder	<i>Pissa sukha dhania</i>	<i>Moong dal</i>	Split skinned green gram	Turnip	<i>Shalgam</i>
Coriander seeds	<i>Sukha dhania</i>	Mushroom	<i>Khumbhi/Dhingri</i>	<i>Tuvar dal</i>	Red gram
Cumin powder	<i>Pissa jeera</i>	Mustard oil	<i>Sarson ka tel</i>	Vinegar	<i>Sirka</i>
Cumin seeds	<i>Jeera</i>			Whey	<i>Phata hua dudh ka paani</i>
Curd	<i>Dahi; Yogurt</i>			Whole dry red chillies	<i>Sabat sukhi lal mirch</i>

*Space for your Notes/Recipes*