



Tri-Ply
Stainless
Steel

Instruction Manual
With Guarantee Card

IM 179



Olive

PRO 

Important Safeguards

1. **Do not** use pan on an industrial burner, *chulha* or any heat source which cannot be regulated to low and medium heat or whose flame spreads beyond the base of the pan.
2. **DO NOT USE HIGH HEAT except to boil liquids and heat oil for deep-frying. Overheating may permanently discolour and damage the pan, cause sticking and burning of food and waste fuel.** Use medium to low heat – the pan heats quickly and retains heat well.
3. Limit pre-heating of the pan without food or with a small quantity of oil/butter/ghee as stated on page 8, **Caution**, point 2. After pre-heating, when the pan is hot, ensure that it is never without food.
4. **Over a period of time due to dry heating the stainless steel surface of the pan may become golden/brown in appearance. However, it will not affect the performance or the cooking result.**
5. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the Deep-Fry Pan is given in **General Cooking Tips**, page 11, point 4.
6. When placing or moving pan on a burner, hold handles firmly until you are certain the pan is seated securely with no possibility of it slipping or tipping. When stirring or removing Deep-Fry Pan from flame, use a kitchen cloth or oven mitts as the handles may be hot.
7. Always give careful attention to a hot pan, hot oil and flame/heat. **Do not** leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan. Never pour water on the fire as this may spread the fire.
8. The handle(s) of the pan should be parallel to the kitchen counter – not sticking out.
9. **Do not** drop or hit pan, or cut, chop in/on it with a metal knife or sharp object. Metal utensils may scratch the mirror finish of the pan and damage the ceramic coating of Olive Pro pan. **Do not** scrape the pan across or bang down on pan supports. To prevent scratches, you may use a wooden or a heat-resistant nylon or silicone spatula.
10. **Do not** put glass lid with silicone knob in a hot oven or under a broiler/grill.
11. **Do not** put hot pan or lid in water. Allow to cool first.
12. Read and follow instructions in this Manual.

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The Widest Range of High-Quality Cookware

Hawkins and Futura Cookware offer over 314 models of pots and pans made from carefully selected, high quality metals, designed with the best technology and craftsmanship, to give you the best possible cooking results. Choose from a variety of different materials and finishes selected for durability, utility and thermal efficiency, such as **hard anodised**, **nonstick**, **ceramic nonstick**, **stainless steel** and **cast iron**. You can also choose from models with glass or metal lid, and with or without induction compatibility. Choose your ideal pot or pan based upon your needs, your cooking style and the heat source in your kitchen. Hawkins and Futura Cookware are generally made from the following metals unless otherwise specified:

Wrought Aluminium Cookware

- Body (Ceramic-coated): Aluminium 40800 grade (EN Aluminium 8011 grade)
- Body (others): Aluminium 31000 grade (EN Aluminium 3003 grade)

Die-Cast Aluminium Cookware

- Body: Die-Cast Aluminium AISi10Mg(b) grade (EN Aluminium 44100 grade), food-compatible

Stainless Steel Sandwich Bottom Cookware

- Body: Stainless Steel AISI 304 grade (also known as 18/8 Stainless Steel)
- Core: As per IS:21 standard Heavy gauge Aluminium (19500 grade)
- Base: Stainless Steel AISI 430 grade (magnetic, induction compatible)

Stainless Steel Tri-Ply Cookware

- Cooking (Inner) Surface: Stainless Steel AISI 304 grade (18/8 Stainless Steel)
- Core: As per IS:21 standard Heavy gauge Aluminium (19500 grade)
- Base: Stainless Steel AISI 430 grade (magnetic, induction compatible)

Metal Lids

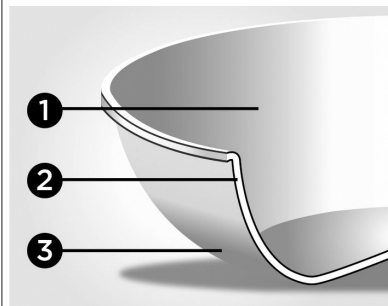
- Stainless Steel: AISI 304 grade (18/8 Stainless Steel)
- Wrought Aluminium: Aluminium 31000 grade (EN Aluminium 3003 grade)
- Die-cast Aluminium: Die-cast Aluminium LM 6 grade, food-compatible

Stainless Steel Induction Base Plate

- Stainless Steel AISI 430 grade (magnetic, induction compatible).

Hawkins Tri-Ply Stainless Steel Pro and Olive Pro

The Hawkins Pro Cookware Range is designed for regular rigorous use as in professional kitchens. With extra-thick metal and stainless steel handles attached with sturdy rivets that will not loosen. Now, not only can you follow the recipes of professional chefs, but also get results which are as good – with the Hawkins Pro.



1. Cooking Surface – made from 18/8 food-grade (AISI 304) stainless steel of superior quality. It is extremely hygienic, most durable, does not react with most foods and does not pit or corrode.

2. Core – The heavy gauge aluminium core spreads heat well for even cooking with no hot spots, and retains heat for quick cooking. It is sandwiched between two layers of stainless steel and it does not come in contact with food on the cooking surface.

3. Base and Outer Surface – made of AISI 430 grade magnetic stainless steel, which makes this Pro Cookware compatible for all domestic gas, induction, electric, ceramic and halogen cooktops.

Additional Features:

- **Elegant stay-cool stainless steel handles** are ergonomically designed for better grip and handling comfort and safety. It is attached with sturdy stainless steel rivets – will not loosen.
- **Stainless Steel lid** – heavy gauge, extra thick, superior quality 18/8 food-grade (AISI 304) stainless steel – locks in the steam, heat and flavours for faster, healthier cooking and tastier food.

Features and Benefits

To make the new Pro Cookware Range, Hawkins uses high-quality, 3 mm extra-thick Tri-Ply Stainless Steel that is most hygienic, extremely durable, well balanced, does not bulge or warp and stays flat for quick cooking on induction or electric cooktops.

- **The Tri-Ply Triple advantage:** The extra-thick tri-ply base and walls spread heat quickly and evenly, stays flat for a quick, safe cooking experience on any cooktop – gas, induction or electric. Plus, you can cook and serve elegantly and conveniently in the same pan.
- **Grill and Oven friendly:** Place pan with food under a grill or in an oven as chefs do. Do not place the pan without food in a hot oven. Regular exposure to dry heat may cause the stainless steel to develop golden/brown stains, which will not affect its function.
- **Rugged Stainless Steel Handles:** The strong, sturdy, stainless steel handles not only look good but are designed to resist heat and stay cool longer than ordinary handles. Built for rough and tough use with high-grade steel and strong rivets.
- **Shaped for Pro use:** With a variety of shapes and sizes to bring out your inner Chef. Deep-walled frying pans and deep-fry pans for more vigorous stirring and tossing as in professional kitchens.
- **Dishwasher safe:** Over time the stainless steel mirror finish may dull or the heavy gauge core may pit slightly due to the action of dishwasher detergents. This is normal wear and tear and will not affect the performance of the pan.

Additional Features of Olive Pro Cookware:

- Outer surface is coated with Imported Ceramic Coating made from special grade of ceramic certified to have no PFOA, PFAS or heavy metals such as lead, mercury, cadmium, etc.
- **Stays looking new for years:** The Olive ceramic coating is very attractive, scratch and stain resistant and easy to clean. It is a stylish addition to your kitchen or dining table.

- **Toughened 4 mm thick Heat Proof Glass Lid with silicone knob:** with a strong stainless steel rim and stay-cool silicone knob is attractive and convenient. The glass lid locks in the steam, heat and flavours. Cooking and serving in a pan with glass lid has its own appeal: you can see the food as its being cooked, and what's served on the table as well, without lifting the lid.

How to Use

Before First Use

Remove sticker/label. If required, use a little vegetable oil to remove any sticky substance. Hand wash in warm soapy water, rinse and wipe dry.

Suitable Heat Sources

This cookware can be used on all domestic gas, radiant electric, halogen, ceramic, induction cooktops and in an oven. Do not put the glass lid with silicone knob in an oven. When using on induction, follow the **Equivalent Heat Settings** table given on page 7. In an oven – limit temperature of oven up to 250°C and limit the time to no more than 40 minutes. Do not use on a coal fire or industrial burner or any heat source that cannot be regulated to low and medium heat. Use a burner to suit the size of your pan – ensure that the flames do not spread beyond the base of the pan. If you do not have a small burner to suit the size of your pan, use the large burner, but do not exceed the medium heat setting. In all cases, ensure that the flames do not spread beyond the base of the product. Use the small burner of a gas stove or 1000 Watts of an induction cooktop for the 18 cm Frying Pan, 1.5 Litre Deep Kadhai, 1.5 Litre Saucepan and 2 Litre Handi.

Regulate Heat

DO NOT USE HIGH HEAT except to boil liquids and heat oil for deep-frying. Overheating may permanently discolour and damage the pan, cause sticking and burning of food and waste fuel. Use medium to low heat – the pan heats quickly and retains heat well.

Using Your Cookware on Induction

Comparing Heat Settings in Gas Stoves and Induction Cooktops

1. The two tables given below are **approximate guides** to the equivalent heat settings of the small and big burner in most gas stoves and induction cooktops. Choose the appropriate table based on the size of your product. You may have to adjust these settings to suit your stove/cooktop.

2. Induction cooktops initially heat up faster than gas and electric stoves and the times normally required for initial heating of oil/butter/ghee may need to be reduced.

3. Please be advised that many induction cooktops at present

Equivalent Heat Settings in Gas and Induction Cooktops

Gas Stoves Small Burner	Induction Cooktops in Watts	Gas Stoves Big Burner	Induction Cooktops in Watts
High	1000	High	2000
Medium-high	600	Medium-high	1200
Medium	400	Medium	800
Medium-low	300	Medium-low	600
Low	100	Low	400

may not indicate the settings in Watts accurately. **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer's instructions. Some experimentation may be necessary to find the correct heat setting. Try out the heat settings given in the tables above and adjust them as may be required for cooking on your cooktop or gas stove.

Prevent Sticking

DO NOT OVERHEAT THE PAN AS IT MAY CAUSE STICKING AND BURNING OF FOOD. Reduce heat if you find that food is burning – especially when frying. Some foods will require some oil or water or careful control of heat to prevent sticking. Some foods require pre-heating of the Frying Pan, for example foods such as eggs and *kebab/tikki* require the Frying Pan to be at a certain temperature. Limit pre-heating of the Frying Pan as given in the recipes. Season Frying Pan to prevent sticking. See **General Cooking Tips**, on page 11, point 3.

CAUTION

1. Never "dry heat" the Cookware that is, never heat the pan without food or water in it.
2. Limit pre-heating of Frying Pan without food or with a small quantity of oil/butter/ghee (1 tbsp/15 ml or less) and all other pans with small quantity of oil/butter/ghee (1/4 cup/60 ml or less) as follows:

Product	Size/ Capacity	Heat Setting in Gas Stoves	Maximum Pre-Heating Time	Heat Setting in Induction Cooktops	Maximum Pre-Heating Time
Frying Pan	18 cm	Small Burner, Medium	3 minutes	400 Watts	3 minutes
	22 cm	Big Burner, Medium	4 minutes	800 Watts	1 minute
	26 cm				
Deep-Fry Pan	1.5 L	Small Burner, Medium	2 minutes	400 Watts	2 minutes
	2.5 L	Big Burner, Medium	3 minutes	800 Watts	1 minute
	3.5 L		4 minutes		
	5 L				
	6 L		5 minutes		2 minutes
	8 L				
Saucepan	1.5 L	Small Burner, Medium	3 minutes	400 Watts	2 minutes
	2.5 L	Big Burner, Medium	4 minutes	800 Watts	1 minute
Handi	2 L	Small Burner, Medium	3 minutes	400 Watts	2 minutes
	3 L	Big Burner, Medium	4 minutes	800 Watts	1 minute
Cook n Serve Bowl	3 L	Big Burner, Medium	4 minutes	800 Watts	1 minute
Milk Pan	3 L				

3. After pre-heating, when the pan is hot, ensure that it is never without food.
4. **DO NOT USE HIGH HEAT** except to boil liquids and heat oil for deep-frying. Excessive heat may cause sticking and burning of food and wastes fuel. Use medium to low heat. The pan heats quickly and retains heat well.

Avoid Scratching and Damage

Use wooden, heat-resistant nylon or silicone spatula/utensils. Metal utensils will scratch and mark the surface. After use, faint scratches or marks may appear on the surface. These

are marks of normal wear and tear and do not affect the performance of the pan.

Do not cut or chop in/on pan or hit it with a knife, or other sharp instrument such as the edge of a metal spatula. To protect the ceramic coating from chipping and scratching, do not drop it or bang it with hard or sharp objects. Do not bang down on pan supports. Lift pan from pan supports – do not drag it across the pan supports or any surface. Do not stack pan without protecting the ceramic coating.

Do not leave the pan with cooked food for more than 4 hours. Natural salts and chemicals in water and decomposing foods can cause pitting of the metal. Do not store raw or marinating foods in the pan. Do not leave salted liquid, vinegar, lemon juice, mayonnaise or mustard in the pan. Do not leave pan lying with dirty dishes for long.

The glass lid can break under a sharp or forceful blow – handle and store with appropriate care to avoid hard knocks. Turning the knob clockwise will tighten it and turning it anti-clockwise will loosen it. Do not over-tighten.

How to Clean

1. Taking care to protect your hand from the hot pan with sufficient paper or cloth, wipe off residual oil with a folded paper napkin or cloth from hot pan immediately after cooking (after emptying the cooking surface of all food or cooking liquid). Doing so makes cleaning very much easier. Allow pan to cool before washing.
2. Hawkins Pro Tri-Ply Stainless Steel and Olive Pro Cookware are dishwasher safe. Over time the stainless steel mirror finish may dull or the heavy gauge core may pit slightly due to the action of dishwasher detergents. This is normal wear and tear and will not affect the performance of the pan.
3. To hand wash pan and lid – Always wash all the stainless steel surfaces of the pan thoroughly **after every use** in hot water with a non-abrasive chlorine-free kitchen cleanser – such as 'Vim' bar or 'Odopic' powder – and a dishcloth, sponge or plastic scrubber and ceramic surfaces with a mild liquid soap and plastic scrubber. We do not recommend regular use of non-abrasive kitchen cleanser such as 'Vim' bar or 'Odopic' powder on the ceramic coating – frequent use may cause the ceramic coating to fade. Do not use any abrasive or caustic cleaning powders or bars, steel wool, abrasive scrubbers or oven cleaners, bleach or

floor cleaners. Dry thoroughly with a soft clean cloth. For stubborn spots, soak pan in hot water about 10 minutes and clean with a chlorine-free non-abrasive kitchen cleanser and plastic scrubber. Wash and wipe dry.

4. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the pan to avoid damaging it.

How to Avoid "Baked-On" Food/Stains And Deal with Them

1. If the pan is not cleaned thoroughly after each use, a thin layer of food or grease may remain. When the pan is heated next, this food/grease becomes "baked-on". These "baked-on" stains may be impossible to remove without scratching/damaging the pan.

2. **To avoid "baked-on" stains:** wipe off any fat or grease while it is still fresh and wash before you cook in/on the pan again. Also, ensure that the stove surface in contact with the pan is free of fat drippings.

3. **If you do get "baked-on" stains:** you may try the following method (knowing that the product surface may get scratched/fade): soak product in hot water about 10 minutes. Make a thick paste of a kitchen cleanser like 'Vim' bar or 'Odopic' powder and apply it to the surface. Wait 5 to 10 minutes, then scour lightly with fine steel wool using a circular motion. Do not use regular steel wool or harsh cleaning pads. Wash and wipe dry.

Removing Other Stains

1. Stainless steel may develop stains caused by salts/minerals in the water or in certain foods and/or golden/brown stains caused by overheating that are not removed with normal washing. All such stains do not affect the food or the pan.

2. To remove these stains, cloudiness, dullness and white marks:

- Wipe vinegar or lemon juice on the stain, allow to stand about 5 minutes and then clean the pan with a non-abrasive cleansing powder or
- Clean with a stainless steel kitchen cleanser and
- Wash and dry.

Saving Energy

The Hawkins Pro Tri-Ply Stainless Steel and Olive Pro Cookware will save energy and produce tasty food while optimising fuel consumption if you regulate the heat as given in the instructions.

General Cooking Tips

1. Hawkins Tri-Ply Stainless Steel Pro and Olive Pro Cookware conducts heat well and evenly. It is possible to cook with less oil and no sticking if you cook on lower heat. Excessive heat may cause sticking and burning of food, wastes fuel and discolours the pan.

2. Induction cooktops generally heat up faster than gas or electric cooktops; hence the heat settings required on induction cooktops for this pan are generally lower than the recommended heat settings on gas. When stir-frying/deep-frying some cooktops may overheat and switch off; wait a minute or two, restart the cooktop and continue cooking. It may also be necessary to adjust the heat more frequently to get the desired cooking results.

3. **Season Frying Pan to prevent sticking of foods** made with liquid batter (such as *uttapam* and *poora*) or starchy foods (such as potatoes): before heating pan, rub $\frac{1}{4}$ tsp/ 1.3 ml vegetable oil using a clean cotton cloth or paper napkin all over the cooking surface, avoiding the rivets. Heat pan on medium-high heat (a setting between medium and high) till oil **just** begins to smoke. Reduce heat to medium. Your pan is now 'seasoned'. This is the point to pour batter in pan. Heating pan to the correct temperature is critical.

- If pan is heated beyond the point when oil just begins to smoke, pan will be too hot and batter will be difficult to spread.
- If pan is not hot enough (that is, if you add batter before oil begins to smoke) batter will spread but *uttapam/poora* will stick.
- For cooking subsequent *uttapam/poora* do not season the pan again.

4. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the Deep-Fry Pan is as given alongside.

5. When using the pan for baking, limit the temperature of the oven up to 250°C and limit the time to no more than 40 minutes. Use oven mitts when placing or removing the pan from the hot oven.

6. Never drop food or other objects from a height in the pan, particularly when it has hot oil or butter. Place/slide food gently in the pan to avoid spattering.

Size of Pan	Maximum Quantity of oil
1.5 Litre	1½ cups/360 ml
2.5 Litre	3 cups/720 ml
3.5 Litre	4¼ cups/960 ml
5 Litre	6 cups/1.4 litres
6 Litre	7½ cups/1.8 litres
8 Litre	11 cups/2.6 litres

7. Foods removed from refrigerator should be at room temperature when you start to cook.
8. Foods such as pulses, pasta and milk may froth out as they come to a boil. To prevent boiling over, uncover the pan and/or reduce heat.
9. The stainless steel lid locks in the steam, heat and flavours. Steam rises from the hot food and hits the underside of the lid, condenses, and falls back into the food, thereby allowing for more flavourful and nutritious foods.
10. Do not leave the ladle in the pan while cooking – after some time, it may heat up and become uncomfortable to hold.
11. If food is not browning or reaching the colour desired by you and a higher heat setting causes burning, lower the heat setting and cook for a longer time.

12. Measurements

Abbreviations		Volume	
tsp	teaspoon	All measurements are level, not heaped.	
tbsp	tablespoon	Measurement	Equivalent
ml	millilitre	1 teaspoon	5 ml
l	litre	$\frac{1}{2}$ tablespoon	$1\frac{1}{2}$ teaspoons / 7.5 ml
oz	ounce	1 tablespoon	3 teaspoons / 15 ml
lb	pound	$\frac{1}{4}$ cup	4 tablespoons / 60 ml
g	gram	$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon / 80 ml
kg	kilogram	$\frac{1}{2}$ cup	8 tablespoons / 120 ml
mm	millimetre	$\frac{3}{4}$ cup	12 tablespoons / 180 ml
cm	centimetre	1 cup	16 tablespoons / 240 ml
		1 litre	1000 ml
Weight			
Metric		Equivalent	
28 g (rounded off to 30 g)		1 oz	
450 g		16 oz / 1 lb	
1 kg		2.2 lb	

Recipes

The recipe section features 6 recipes – one recipe for each type of pan. To give you an idea, we recommend the following recipes suitable for each pan that we have actually tested in our Test Kitchen. Using these as a base, you can easily adapt your own favourite recipes.

Frying Pan: Shakshuka (Poached Eggs – Ottoman Style)

The quantity of this recipe is for the 22 cm Frying Pan. When using the 18 cm pan, reduce the quantity of ingredients by 40%. When using the 26 cm pan, increase the quantity of ingredients by 40%. Adjust cooking times suitably.

Serves 5

5	eggs
2 tbsp / 30 ml	olive oil
1 large (5 oz / 140 g)	onion chopped
1	green chilli finely chopped
4 small cloves	garlic finely chopped
1 tsp / 5 ml	cumin powder
½ tsp / 2.5 ml	red chilli powder
½ tsp / 2.5 ml	chilli flakes
1¼ tsp / 6.3 ml	salt
¼ tsp / 1.3 ml	pepper
4 large (1½ lb / 600 g)	tomatoes blanched, peeled and chopped
1 medium (3½ oz / 100 g)	red bell pepper de-seeded and cut into ½ inch / 1.3 cm pieces
1 medium (2½ oz / 70 g)	capsicum de-seeded and cut into ½ inch / 1.3 cm pieces
¼ cup / 60 ml	coriander leaves finely chopped

1. Break an egg into each of 5 small bowls. Keep aside.

2. Heat oil in Frying Pan on medium heat of big burner of a gas stove or on 800 Watts of an induction cooktop about 2 minutes. Add onions. Stir fry till transparent (about 3 minutes). Add green chilli and garlic. Stir fry about 1 minute. Add cumin and chilli powders, chilli flakes, salt and pepper. Mix.
3. Add tomatoes. Cook till tomatoes are pulpy and sauce thickens (about 8 minutes), stirring occasionally. Add bell pepper and capsicum. Mix. Reduce heat to low. Cover and cook about 4 minutes. Uncover Pan. Add 3 tbsp/45 ml coriander leaves. Mix.
4. Make a depression on the surface of the tomato-mixture, add an egg. Repeat by making 4 more depressions and adding an egg in each. Cover and cook till egg whites are set (about 4 minutes) or to desired doneness. Remove Pan from heat. Serve hot garnished with remaining coriander leaves (1 tbsp/15 ml). ●

Deep-Fry Pan: *Hara Bhara Kofta Curry* (Fried Vegetable Balls in Curry)

The quantity of this recipe is for the 2.5 Litre Deep-Fry Pan. To adjust the recipe to other sizes, reduce or increase all ingredients in this recipe as per the Adjustment Chart:

Size of Pan	To Adjust Recipes...	
1.5 Litre	Reduce by	40%
3.5 Litre	Increase by	40%

Size of Pan	To Adjust Recipes...	
5 Litre	Increase by	100%
6 Litre		140%
8 Litre		220%

You may have to reduce/increase heating/cooking time depending upon the size of Deep-Fry Pan, quantity of ingredients and your stove/cooktop.

Serves 6

For Kofta

2 medium (7 oz / 200 g)	potatoes boiled, peeled and mashed while still hot
½ cup / 100 g	carrots grated
½ cup / 60 g	green beans finely chopped
½ cup / 40 g	spinach finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
1	green chilli finely chopped
1 x ½ inch / 1.3 cm piece (½ oz / 5 g)	fresh ginger finely chopped
¼ cup / 60 ml	dried bread crumbs
2 tbsp / 30 ml	corn flour
½ tsp / 2.5 ml	<i>garam masala</i> powder
1 tsp / 5 ml	mango powder (<i>amchur</i>)
1 tsp / 5 ml	salt
2 tbsp / 30 ml	cashew nuts broken into pieces
20	raisins

Oil for Frying

1½ cups / 360 ml

For Curry

3 medium (10 ² / ₃ oz / 300 g)	onions chopped
1/4 cup / 30 g	cashew nuts broken into pieces
1 x 1 inch / 2.5 cm piece (1/3 oz / 10 g)	fresh ginger
10 small cloves	garlic
1 1/4 tsp / 6.3 ml	Kashmiri red chilli powder
1/2 tsp / 2.5 ml	<i>garam masala</i> powder
1 1/2 tsp / 7.5 ml	<i>kasoori methi</i>
4 large (1 lb 5 1/3 oz / 600 g)	tomatoes blanched, peeled and puréed
1 1/2 tsp / 7.5 ml	salt
1/4 + 1/8 cup / 90 ml	fresh cream
1/2 cup / 120 ml	milk
1 cup / 240 ml	water

1. For Kofta: In a large bowl, mix all ingredients for *kofta* except cashew nuts and raisins. Divide mixture into 20 equal portions. Put 2 pieces of cashew nuts and 1 raisin in the centre of one portion. Roll between palms to make a smooth ball. Make remaining balls in the same way.

2. Heat oil in the Deep-Fry Pan on medium-high heat of big burner of a gas stove or 1200 Watts on an induction cooktop about 3 minutes (190°C). Add 10 balls one after the other. Fry till golden brown. Remove and drain. Fry remaining balls in the same way. Remove Pan from heat and allow to cool. Remove oil from the Pan leaving 2 tbsp/30 ml in the Pan.

3. For Curry: Grind together onions, cashew nuts, ginger and garlic into a paste.

4. Heat Deep-Fry Pan with oil on medium heat of big burner of a gas stove or 800 Watts on an induction cooktop about 2 minutes. Add onion-cashew nut paste. Stir fry till liquid dries up and onions just start changing colour (they should not brown) about 4 minutes. Add chilli and *garam masala* powders, *kasoori methi*, tomato purée and salt. Cook about 3 minutes, stirring constantly. Add cream, milk and water. Mix. Bring to boil stirring constantly. Cover and cook on very low heat about 10 minutes. Add the *koftas*. Mix gently. Cover and cook about 5 minutes. Remove Pan from heat. Serve hot with *paratha*. ●

Saucepan: Tamatar ka Shorba (Tomato Soup – Indian Style)

The quantity of this recipe is for the 2.5 Litre Saucepan. When using the 1.5 Litre pan, reduce the quantity of ingredients by 40%. Adjust cooking times suitably.

Serves 6

4½ cups / 1.1 litres	water
9 medium (2 lb / 900 g)	ripe tomatoes cut into quarters
4 sprigs	curry leaves
½ + ⅛ cup / 30 g	coriander leaves chopped
1 tbsp + 1 tsp / 20 ml	Bengal gram flour (<i>besan</i>)
3 tbsp / 15 ml	salt
Tempering	
2 tbsp / 30 ml	ghee
1¼ tsp / 6.3ml	mustard seeds

1. Pour 4¼ cups/1 litre water in Saucepan. Add tomatoes and curry leaves. Bring to boil on high heat of a big burner of a gas stove or on 2000 Watts of an induction cooktop. Reduce heat. Cover and cook till tomatoes are soft and tender (about 10 minutes). Remove pan from heat. Allow to cool 10 minutes. Uncover pan. Add coriander leaves. Cover and allow to stand 15 minutes. Uncover pan. Remove and discard one sprig of curry leaves. Mix the *shorba* smooth in a blender and strain through a sieve or mash it through a sieve.

2. Add remaining water (¼ cup/60 ml) gradually to gram flour blending until smooth. Add and mix flour mixture to *shorba*. Return *shorba* to Saucepan. Add salt. Place Saucepan with *shorba* on high heat. Bring to boil, stirring constantly. Reduce heat and cook 10 minutes, stirring occasionally. Remove pan from heat. Keep covered.

3. To make tempering: In a small pan, heat ghee on medium heat about 2 minutes. Add mustard seeds. When crackling, pour into *shorba*. Stir and serve hot. ●

Handi: Vegetable Thai Curry

The quantity of this recipe is for the 3 Litre Handi. When using the 2 Litre Handi, reduce the quantity of ingredients by 33%. Adjust cooking times suitably.

Serves 6

For coconut milk

3 cups / 240 g	coconut coarsely grated
4½ cups / 1.1 litres	water

For curry paste

1	bird's eye red chilli (optional)
2	whole dry Kashmiri red chillies
2 tsp / 10 ml	coriander seeds
1 tsp / 5 ml	cumin seeds
¼ tsp / 1.3 ml	peppercorns
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	fresh galangal (Thai ginger) chopped
5 small cloves	garlic chopped
6 small (2½ oz / 75 g)	shallots or 1 small onion chopped
4	kaffir lime leaves torn into pieces
2 x 4 inch / 10 cm pieces	lemon grass stalks chopped
1 tsp / 5 ml	soy sauce
2 tbsp / 30 ml	water

For the curry

3 tbsp / 45 ml	sesame oil
6	babycorns cut diagonally into 1 inch / 2.5 cm long pieces
2 medium (5⅓ oz / 150 g)	carrots peeled, cut into ½ inch / 1.3 cm cubes
½ + ⅛ cup (2½ oz / 75 g)	green beans cut into 1 inch / 2.5 cm pieces

1 tbsp / 15 ml
 1 ¾ oz / 50 g
 1 small head (14 oz / 400 g)
 7 oz / 200 g
 4 small (5 ⅓ oz / 150 g)
 1 small (3 oz / 85 g)
 1 medium (3 ½ oz / 100 g)
 1 tsp / 5 ml
 2 tsp / 10 ml
 ½ cup / 120 ml
 10

salt

snow peas

broccoli or **cauliflower** cut into flowerettes of about 1 inch / 2.5 cm (200 g)

mushrooms cut into quarters

eggplant cut into 1 inch / 2.5 cm cubes

zucchini (yellow) cut into ¾ inch / 2 cm cubes

red bell pepper de-seeded, cut into ¾ inch / 2 cm pieces

sugar

lemon juice

coconut cream (optional)

fresh basil leaves torn into halves

1. Extract 1 ½ cups/360 ml thick milk from coconut using 1 ½ cups/360 ml water. Add 3 cups/720 ml water to the same coconut and extract 3 cups/720 ml thin milk.
2. Grind into a paste all ingredients for curry paste, adding water (2 tbsp/30 ml) a little at a time.
3. Heat oil in Handi on medium heat of big burner of gas stove for 2 minutes or on 800 Watts of an induction cooktop for 1 minute.
4. Add ground paste and stir fry about 2 minutes. Add babycorns, carrots and beans. Stir fry about 2 minutes. Add salt and thin coconut milk. Mix. Bring to boil. Reduce heat to low. Cover and cook about 10 minutes.
5. Uncover Handi. Add snowpeas, broccoli, mushrooms, eggplant and zucchini. Mix. Cover and cook about 10 minutes. Uncover Handi. Add red pepper, sugar and lemon juice. Stir. Add thick coconut milk. Mix. Bring to boil on medium heat, immediately reduce heat. Cover and simmer about 2 minutes. Uncover. Add coconut cream and basil leaves. Stir. Remove Handi from heat. Serve hot with steamed rice.



Cook n Serve Bowl: Spanish Rice Casserole

Serves 6

1 tbsp / 15 ml	butter
3	bay leaves
3 cloves	garlic finely chopped
2 medium (½ lb / 225 g)	onions chopped
2 medium (½ lb / 225 g)	capsicums de-seeded and chopped
2 cups / 400 g	Basmati rice
⅔ cup / 90 g	celery chopped
3 large (1 lb 3 oz / 550 g)	tomatoes blanched, peeled and chopped
2 tsp / 10 ml	salt
½ tsp / 2.5 ml	pepper
½ tsp / 2.5 ml	red chilli powder
3¾ cups / 900 ml	water
1 cup / 100 g	cheese

1. Melt butter in the Bowl on medium-high heat of big burner of gas stove or on 1200 Watts of an induction cooktop. Add bay leaves and garlic. Stir for a few seconds. Add onion. Stir fry till onions are transparent. Add all other ingredients except cheese. Mix. Bring to boil and immediately reduce heat to low.
2. Cover and simmer for 15 minutes, or till rice is cooked and water is absorbed.
3. Add cheese. Mix. Serve hot.

Milk Pan: Chawal ki Kheer (Milk and Rice Pudding)

Serves 6

6¼ cups / 1.5 litre	milk
3 tbsp / 45 ml	Basmati rice washed, soaked in water for 30 minutes and drained
3	green cardamoms crushed
a pinch	saffron
¾ cup / 150 g	sugar
15	almonds blanched, skins removed and slivered

1. Bring milk to boil in the Milk Pan on medium-high heat of a big burner of a gas stove or on 1200 Watts of an induction cooktop, stirring constantly. Reduce heat to medium-low.
2. Add rice, cardamoms and saffron. Stir. Boil, stirring and scraping the sides occasionally till rice is cooked (about 30 minutes).
3. Add sugar. Stir till sugar is dissolved. Cook till creamy consistency is obtained (about 7 minutes), stirring occasionally. Remove from heat. Serve hot/cold as desired garnished with almonds.

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NO.

1. Hawkins Pro Tri-Ply Stainless Steel and Olive Pro Cookware are guaranteed against defects in material and workmanship for a period of 5 years from the date of first purchase by the user. **2.** The pan must be used and maintained properly in accordance with the printed instructions contained in this Manual. **3.** Fair wear and tear is not a defect. The ceramic coating may scratch or chip, get stains or coloration during use – these are not defects and are not guaranteed. **4.** Genuine parts of our supply must be used at all times.

5. The pan must not be damaged or weakened by any repair by an unauthorised person. **6.** The complete pan under complaint must be returned to us or our Authorised Service Centre at the user's cost and this Guarantee Card and the Cash Memo must be produced along with the pan. The number on the Guarantee Card must match the number on the bottom of the pan. **7.** Subject to the above mentioned terms and conditions, we shall repair or replace free of cost any defective part or parts or the whole pan at our option.

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