This book tells you all you need to know about how to use the Hawkins-Universal pressure cooker to best advantage. Detailed instructions and easy-to-follow tested and tasted recipes make it a most useful working guide. Keep it handy. It will open a whole new world of easy, sensible, pleasurable cooking for you and your family.

Bon appetit!
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. Do not place the pressure cooker in a heated oven. Do not wash in a dish washer.
5. Extreme caution must be used when moving a pressure cooker containing hot liquids.
6. Do not use pressure cooker for other than intended use.
7. This appliance cooks under pressure of 103 kPa (15 lbs/in²). Improper use may result in scalding injury. Do not use the unit unless it is properly closed. See “Operating Instructions” on page 6.
8. Always check that the vent tube is clear immediately before closing the lid for pressure cooking.
9. The vent weight is an accurately weighted device to regulate operating pressure. Never place anything over the vent weight while cooking.
10. 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” on page 7.
11. Always place water as indicated in each recipe or one cup for every 10 minutes of pressure cooking time) in the pressure cooker body before pressure cooking.
12. Do not fill the unit over 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent tube and developing excess pressure. See Food Preparation Instructions i.e. “Operating Instructions” on pages 14 & 15.
13. 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 spatter, and clog the pressure release device (vent tube). These foods should not be cooked in a pressure cooker.
14. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
15. Never lift vent weight for reducing pressure in case of liquid or frothing foods.
16. 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 push apart, this indicates that the cooker is still pressurized - do not force it open. Any pressure in the cooker can be hazardous. See “Operating Instructions” on pages 7 & 8.
17. Do not use this pressure cooker for pressure frying with oil.
18. Never use the pressure cooker body made of aluminium for deep frying or light frying for more than 20 minutes at a time since the strength of the metal may decrease to a dangerous level.
19. Pressure cooker bodies should not be used as an oven for dry heating or baking as this can affect the safety of the cooker.
20. The safety valve is fusible type and operates automatically in the event of excess pressure. If activated, please put off the heat source and replace the safety valve by a genuine Hawkins safety valve.
21. Do not attempt to make any changes to the pressure regulator and safety valve. Repairs other than the replacement of gasket, body handle, safety valve and the vent weight must be done only by an authorised service centre/representative. All replacement parts must be genuine Hawkins parts.
22. In case of Hawkins pressure cookers suitable for use on an electric hot plate, use a plate of diameter equal to or less than that of the base of the pressure cooker.
23. SAVE THESE INSTRUCTIONS.
FOREWORD

In today’s world where you are faced with too much to do and too little time or money to do it in, pressure cooking has become a necessity. Scientific cooking trials have proved that the Hawkins-Universal pressure cooker saves on the average, 53% time, fuel and money.

Besides, the Hawkins-Universal will help you cook more nutritious and hygienic food for you and your family which is as tasty as they are used to getting from you.

The Hawkins-Universal makes cooking an easy and delightful task, not only for working mothers and busy housewives, but for bachelors and husbands with culinary pretensions as well!

You'll find there's no end to the variety of dishes you can cook in your Hawkins. Soups, fish, meat, poultry, game, vegetables, cereals, desserts and jams... 150 tried-and-tested international favourites from Continental to Indian and Chinese cuisine are found here.
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WHY PRESSURE COOKING?

Ordinary cooking - in an open pot - is done at the boiling point of water which, at sea level, is 100°C. At heights, the boiling point of water falls and so does the temperature of cooking in an open pot. This is why cooking in the mountains in the ordinary way can be difficult.

In pressure cooking, steam is sealed in the cooking pot so that there is a rise in pressure which raises the boiling point of water and therefore the cooking temperature. Food cooks much faster - irrespective of the atmospheric pressure.

The Hawkins-Universal pressure cooker cooks food at 122°C. It cuts cooking time - and fuel - by more than half. The food cooked in a pressure cooker tends to be more hygienic and nutritious. Hygienic, because certain micro-organisms which are not destroyed at 100°C are destroyed at 122°C, which is the temperature generally used for sterilisation. Nutritious, because certain proteins and vitamins are better retained in pressure cooking, as compared to open pot cooking.

Many gourmets find that the natural flavour and taste of food is better kept in a pressure cooker, perhaps because it is cooked for a shorter time and the flavours are not allowed to escape continually. Certainly, kitchens and apartments are less filled with cooking smells!

GET TO KNOW YOUR HAWKINS

Familiarise yourself with the names of the parts of the Hawkins pressure cooker given in the diagram on the opposite page. This will help you understand the working of the pressure cooker and also simplify any servicing or replacement, should you ever need it.

The heavy-base Hawkins is suitable for use on all kinds of heat sources including electric hot plates.

For your greater safety, and for trouble-free cooking and longer service, the Hawkins-Universal pressure cooker is designed differently from most other pressure cookers.

The first thing you will notice is that the system of opening and closing a Hawkins is not the usual sideways opening you find in many pressure cookers, or even the screw-clamp type you find in some. The Hawkins design is such that you cannot even force it open as long as there is dangerous steam pressure inside the cooker. For your safety, Hawkins is accident-free.

It is really quite simple to learn how to open and close the Hawkins if you follow the instructions in the next section and practise the opening and closing two or three times without panicking!
ANATOMY OF THE HAWKINS–UNIVERSAL PRESSURE COOKER

- Vent weight
- Vent tube
- Cover head
- Lid
- O-gasket
- Subsidiary handle
- Subsidiary handle screw
- Red spring
- Safety valve
- Lid handle bar
- Pivot
- Lid handle
- Lid handle rivets
- Locking loop
- Studs & stud screws
- Body handle
- Main handle bracket
Operating Instructions

HOW TO CLOSE

1. Place the lid flat over the mouth of the cooker. Ensure that the lid handle is at right angles (90°) to the body handle on the right-hand side.

2. Slide the lid slightly away from the body handle and tilt the portion of the lid into the mouth of the pressure cooker.

3. Move the rest of the lid into the mouth of the pressure cooker as you turn the lid handle towards the body handle.

4. Place the lid handle bar on the top of the pivot which rests on the body handle. Adjust the lid handle bar on the pivot until the gasket (rubber ring) on the lid rests comfortably in direct contact with the underneath of the rim of the body of the pressure cooker. Squeeze the lid handle and the body handle together and fit the loop at the end of the lid handle bar on to the end of the body handle.

HOW TO OPEN

1. Holding the body handle, squeeze the lid handle bar downwards and free the locking loop from the end of the body handle. Tip the lid down slightly into the mouth of the cooker.

2. Move the lid handle bar towards the right-hand side.

3. As the lid handle bar approaches 90° or the right angle position, gently tilt up a portion of the lid away from the body handle and remove the lid out of the mouth of the pressure cooker.
HOW TO COOK IN IT

1. Place the food to be cooked in the body of the cooker.

2. Add water (the quantity is stated in each recipe) and close the lid. Remember that you should never load the cooker beyond two-thirds its maximum capacity. Do not place the vent weight yet on the vent tube.

3. Place the cooker on heat source and turn heat on high.

4. When steam escapes freely through the vent tube, place the vent weight on it.

5. Continue on high heat until steam escapes from the vent weight. This is a sign that full cooking pressure has been reached. You need not watch the cooker for this moment because the hissing sound made by the escape of steam from the vent weight will itself alert you even if you are doing something else in or near the kitchen.

6. Now lower the heat. It is to be noted that even if the heat is not lowered, there is no danger of pressure exceeding the usual cooking pressure because the vent weight will automatically lift to allow excess pressure to escape. However, frequent "letting off" of steam or continued loud hissing indicates that the heat is too high. The food will not cook any faster and fuel is merely being wasted.

7. Start the timing of the recipe for pressure cooking from the time the pressure cooker reaches full operating pressure — i.e., steam escapes from the vent weight as described in para 5 above.

8. Before the Hawkins pressure cooker can be opened, the steam pressure inside must be brought down to a safe level. The lowering of steam can be allowed to take place gradually on its own, in which case it will take from 5 to 15 minutes, depending upon the size of the pressure cooker and the temperature outside.

9. If you are in a hurry and would like to serve the food as quickly as possible, the pressure inside the cooker can be brought down immediately by lowering the body of the cooker into a bowl or bucket of cold water.
Operating Instructions

10. When the food cooked does not have a high liquid content, the pressure can also be reduced without cold water by lifting the vent weight and allowing the steam to escape. Please note that the latter method should not be attempted for soups, gravies and the like, as there is a danger that the liquid foods may spurt out.

11. Each recipe indicates whether the timing is on the basis of slower, natural pressure reduction or immediate reduction after removal of the cooker from the heat source. In case you wish to adopt a method other than the one indicated for the recipe, please remember to adjust the cooking time suitably. If you are not in a hurry, you can save even more fuel by allowing the cooker to cool gradually even though the recipe indicates immediate cooling, provided you remember to reduce the pressure cooking time by one-third.

In case you wish to immediately open the cooker for a recipe for which the timing has been given on the basis of gradual cooling and reduction of pressure, please remember to increase the pressure cooking time by half.

DIRECT COOKING

1. Direct cooking means cooking directly in the cooker body without the use of separators (see following section).

Direct cooking is most useful when you are catering for a large group of people and need to cook large quantities of a single dish.

2. In direct cooking you can always use the cooker body without the lid before pressure cooking, as a pan for frying onions, spices, meat, vegetables or rice.

3. After the frying is done, add the required quantity of water, close the lid and pressure-cook according to instructions given in the recipe.

SEPARATOR COOKING

1. Separator sets are available with the Hawkins pressure cooker as an optional extra.

2. Separators help you cook two or three different dishes at a time! You can cook a different dish in each separator — all at the same time — with no fear of foods mixing.

3. To cook two or more dishes simultaneously, it is essential to choose dishes which need approximately the same cooking time. The recipes and cooking times given for direct cooking in this book can be used for
Operating Instructions

separator cooking if you remember to increase the time required for cooking at full pressure by approximately two-thirds. Also, the quantities of food and water will have to be reduced to fit the separators.

4. Always put at least 2 cups of water into the cooker body before placing separators in it for cooking. Please note that the water is needed in the cooker body apart from any water that may be required in the separators.

5. For such recipes as require frying directly over the flame before pressure cooking, please remember that the separator is not recommended for this purpose because its bottom is too thin. Such frying prior to pressure cooking can be done in a saucepan or the pressure cooker body and then the food transferred to the separator.

6. Stack separators loaded with food one on top of the other.

7. Fit separators into separator stand.

8. Pour water into pressure cooker body and place separators in it.

9. Close cooker and pressure cook as explained on page 8, para 3. (Direct cooking)

10. Given overleaf are some examples of foods which can be cooked in separators at the same time in a pressure cooker: two sets of three recipes each are given for Continental Cuisine and one set of three recipes each for Chinese and Indian Cuisine, as examples. The reference to page numbers is to the detailed recipes for each of the 12 dishes contained in the recipe section of this book.

11. The recipes given are mere examples of what can be done with separator cooking. With a little practice you can evolve your own combinations for quick, tasty meals—all dishes cooked at the same time.
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SOME SEPARATOR COOKING COMBINATIONS (FOR 6.5 LITRES PRESSURE COOKER)

Mentioned below are some examples of foods which can be cooked together in separators:

<table>
<thead>
<tr>
<th>FOOD</th>
<th>PAGE</th>
<th>QUANTITY</th>
<th>WATER INSIDE SEPARATOR</th>
<th>PRESSURE COOKING TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CONTINENTAL - I</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Steamed Cauliflower</td>
<td>44</td>
<td>500 gm./1 lb + 2 oz cauliflower</td>
<td>Nil</td>
<td>4 minutes</td>
</tr>
<tr>
<td>2. Bouillabaisse</td>
<td>24</td>
<td>500 gm./1 lb + 2 oz fish</td>
<td>Nil</td>
<td>Allow to cool</td>
</tr>
<tr>
<td>3. Apple Compote</td>
<td>49</td>
<td>300 gm./11 oz apples</td>
<td>200 ml./3/4 cup</td>
<td>Gradually</td>
</tr>
<tr>
<td><strong>CONTINENTAL - II</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Chicken à la King</td>
<td>36</td>
<td>750 gm./1 lb + 11 oz jointed chicken</td>
<td>50 ml./1/4 cup</td>
<td>10 minutes</td>
</tr>
<tr>
<td>2. Caramel Custard</td>
<td>50</td>
<td>300 ml./1 1/4 cups milk 2 eggs</td>
<td>Nil</td>
<td>Allow to cool</td>
</tr>
<tr>
<td>3. Braised Kidney Beans</td>
<td>42</td>
<td>200 gm./7 oz beans</td>
<td>300 ml./1 1/4 cups</td>
<td>Gradually</td>
</tr>
<tr>
<td><strong>CHINESE</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Sweet &amp; Sour Prawns</td>
<td>61</td>
<td>250 gm./9 oz prawns</td>
<td>Nil</td>
<td>10 minutes</td>
</tr>
<tr>
<td>2. Sweet &amp; Sour Chicken</td>
<td>61</td>
<td>750 gm./1 lb + 11 oz jointed chicken</td>
<td>50 ml./1/4 cup</td>
<td>Allow to cool</td>
</tr>
<tr>
<td>3. Chinese Fried Rice</td>
<td>60</td>
<td>250 gm./9 oz rice</td>
<td>250 ml./1 cup</td>
<td>Gradually</td>
</tr>
<tr>
<td><strong>INDIAN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Masala Cauliflower</td>
<td>56</td>
<td>400 gm./14 oz cauliflower</td>
<td>Nil</td>
<td>4 minutes</td>
</tr>
<tr>
<td>2. Matar Panir</td>
<td>57</td>
<td>350 gm./3/4 lb peas</td>
<td>25 ml./2 tbsp.</td>
<td>Allow to cool</td>
</tr>
<tr>
<td>3. Vegetable Pulao</td>
<td>58</td>
<td>250 gm./9 oz rice</td>
<td>350 ml./1 1/2 cups</td>
<td>Gradually</td>
</tr>
</tbody>
</table>

NOTE: Please note that 400 ml./1 1/2 cups water should be poured into the base of the pressure cooker before placing the separators inside. The quantity of water is in addition to the amount of water given in the table, which has to be poured into the separators. See para 4 on page 9.
THE GRID

1. The grid is used only for direct cooking.

2. The grid is used when you want the food to cook in steam and not be immersed in water. For example, you don’t use the grid when cooking soups and casseroles, but you do use it when cooking a pot roast or pudding. Water (always necessary in a pressure cooker) is poured into the body of the cooker, the grid is then put in position with the rim downwards and the food, or mould containing food, is put on top of the grid. Recipes needing the use of the grid always specify it.

3. To remove the hot grid easily, simply hook a fork into one of the slots and lift.

4. The grid is never used with separators.

CLEANING AND CARE

1. Soon after use, wash cooker in hot, soapy water or detergent solution, rinse and dry carefully.

2. Fine steelwool and a scouring powder may be used occasionally to clean the inside of the cooker.

3. The outside can be occasionally polished with any non-abrasive polish (such as is used for silver or chromium surfaces).

4. Before use, as well as after, make sure the vent tube is entirely free by looking through it. A needle may be used to unblock it.

5. Never allow a film of grease or food particles to remain on the safety valve.

6. Keep the gasket free of grease by gentle washing and wiping without removing it from the rim of the lid. It is not recommended that the gasket be removed from the lid, but should this be necessary, care should be exercised not to stretch the gasket — which can happen if it is hot.

7. When not in use, store the cooker open. Hang the lid by the locking loop, from a hook.

8. Be careful not to nick or dent the edge of the mouth of the cooker or the lid as that may hinder perfect sealing.

9. Hard water salts may cause staining of your cooker. These stains are not harmful to food or health. Should this happen, you may try this simple method to lessen the blackening:

   In the cooker body, boil for 30 minutes: 1 litre of water to which 2 teaspoons of any of the following have been added: tartaric acid, citric acid, vinegar, fresh lemon juice.

10. Always use genuine Hawkins spare parts for your safety and the durability of your Hawkins pressure cooker.

* 4 1/8 cups
Operating Instructions

A little care goes a long way
As the most trouble-free pressure cooker, Hawkins is an investment that has paid handsome dividends — in some cases for as long as twenty years! In 1980, in India, 66 pressure cookers were collected for a research project from families who had been using them continuously for 20 years.

If you follow instructions carefully, your Hawkins should give you many years of trouble-free service. We give below information on what to do if you come across minor problems.

The full line of spare parts and expert advice, if needed, should be available at the shop from which you bought your Hawkins. In case of difficulty, please write to us at the address given on the inside back cover.

<table>
<thead>
<tr>
<th>What to do if this happens</th>
<th>Cause</th>
<th>Remedy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steam leaks around lid</td>
<td>Lid not centrally placed in cooker mouth</td>
<td>Centralise the lid</td>
</tr>
<tr>
<td></td>
<td>Dent on lid or rim of cooker</td>
<td>Repair or replace dented part</td>
</tr>
<tr>
<td></td>
<td>Gasket not seated properly</td>
<td>Check the gasket and seat properly</td>
</tr>
<tr>
<td></td>
<td>Gasket is worn-out or expanded</td>
<td>Change gasket</td>
</tr>
<tr>
<td>Safety valve fused</td>
<td>No water, or too little water; or vent tube blocked</td>
<td>Change safety valve</td>
</tr>
</tbody>
</table>
**HAWKINS COOKING TIMINGS**

Vegetables, meat and cereals vary greatly in tenderness and size. It is, therefore, not possible to indicate the exact time to suit every condition. The quality of food—and personal, taste—will necessitate slight adjustments in cooking time. Until you know exactly how you like your pressure-cooked foods, it is better to undercook rather than overcook. After all, you can always cook a little longer—but you cannot “un-cook”!

*Begin timing* the instant full pressure is reached, as indicated by the sound of steam escaping from around the vent weight and a movement of the weight.

**N.B.:** The cooking timings indicated in the tables that follow were tested with a 6.5 litre* Hawkins on an electric stove by the direct method of cooking. These timings may vary slightly depending on the amount of heat (temperature) provided by the stove and the size of the cooker.  

*6.9 qts.

**MEAT, FISH & POULTRY**

The cooking time will vary according to the toughness, cut and shape of the pieces, the recipe and your personal preference. Frozen meats should be completely defrosted and brought to room temperature before cooking. (When roasting meat, the rich brown colour that results from searing hot fat is not lost during pressure cooking.) For fish, chops and any meats with very short cooking time, cool cooker immediately when cooking time is over. For other meats, cooker may be allowed to cool normally (at room temperature) or it may be cooled quickly as required.

<table>
<thead>
<tr>
<th>Meat, Fish &amp; Poultry</th>
<th>Quantity (gm./lb, oz)</th>
<th>Quantity of water (ml./cups)</th>
<th>Direct * cooking time at full pressure (min.)</th>
<th>Instructions after removal from heat source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, cut into 2” pieces</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 2/3 cup</td>
<td>23</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Chicken, cut</td>
<td>1000 / 2/4 lb</td>
<td>100 / 1/3 cup</td>
<td>8</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Chicken, whole</td>
<td>1000 / 2/4 lb</td>
<td>150 / 2/3 cup</td>
<td>8</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Fish</td>
<td>500 / 1 lb + 2 oz</td>
<td>100 / 1/3 cup</td>
<td>3</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Liver, diced</td>
<td>500 / 1 lb + 2 oz</td>
<td>100 / 1/3 cup</td>
<td>6</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Mutton, cut into 2” pieces</td>
<td>500 / 1 lb + 2 oz</td>
<td>100 / 1/3 cup</td>
<td>14</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Pork, cut into 2” pieces</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 2/3 cup</td>
<td>15</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Prawns</td>
<td>500 / 1 lb + 2 oz</td>
<td>100 / 1/3 cup</td>
<td>3</td>
<td>Allow to cool gradually</td>
</tr>
</tbody>
</table>

*For separator cooking, see pp. 8-10
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VEGETABLES

Before cooking vegetables that have lost moisture, it is advisable to soak them in cold water for a few minutes to restore some of it. With some vegetables this is done automatically when peeling in or under cold water (as with potatoes).

When cooking a large quantity of vegetables and other ingredients with little water, be sure that the total quantity (including water) does not fill more than two-thirds of the cooker body. Be careful not to overcook vegetables.

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Quantity (gm./lb, oz)</th>
<th>Quantity of water (ml./cups)</th>
<th>Direct* cooking time at full pressure (min.)</th>
<th>Instructions after removal from heat source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beetroot, diced</td>
<td>500 / 1 lb + 2 oz</td>
<td>200 / 3/4 cup</td>
<td>3</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Carrots, diced</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/5 cup</td>
<td>2</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Cabbage, cut into quarters</td>
<td>500 / 1 lb + 2 oz</td>
<td>50 / 1/4 cup</td>
<td>2</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Celery</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/3 cup</td>
<td>3</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Cauliflower, flowerettes</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/5 cup</td>
<td>2</td>
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</tr>
<tr>
<td>French beans</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/3 cup</td>
<td>4</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Green peas (shelled)</td>
<td>500 / 1 lb + 2 oz</td>
<td>100 / 3/3 cup</td>
<td>2</td>
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</tr>
<tr>
<td>Leeks, diced</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/3 cup</td>
<td>2</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Potatoes, cut into halves</td>
<td>500 / 1 lb + 2 oz</td>
<td>200 / 3/4 cup</td>
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<td>Open immediately after releasing steam pressure</td>
</tr>
<tr>
<td>Spinach</td>
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<td>75 / 1/5 cup</td>
<td>3</td>
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</tr>
<tr>
<td>Turnips, cut into quarters</td>
<td>500 / 1 lb + 2 oz</td>
<td>150 / 3/3 cup</td>
<td>3</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
</tbody>
</table>

*For separator cooking, see pp.8-10
CEREALS, PULSES & PASTA

It is advisable to pre-soak cereals and pulses which require longer cooking time. Cereals have a tendency to froth during cooking. So, after full cooking pressure has been reached, adjust the heat to barely maintain pressure with minimum sound of escaping steam or weight movement. Do not fill cooker over half its capacity.

<table>
<thead>
<tr>
<th>Cereals, Pulses &amp; Pasta</th>
<th>Quantity (gm./lb, oz)</th>
<th>Quantity of water (ml./cups)</th>
<th>Direct * cooking time at full pressure (min.)</th>
<th>Instructions after removal from heat source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>250 / 9 oz</td>
<td>400 / 1 2/3 cups</td>
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</tr>
<tr>
<td>Lentil</td>
<td>250 / 9 oz</td>
<td>500 / 2 cups</td>
<td>2</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Dried peas, soaked</td>
<td>250 / 9 oz</td>
<td>350 / 1 1/2 cups</td>
<td>4</td>
<td>Allow to cool gradually</td>
</tr>
<tr>
<td>Dried peas, unsoaked</td>
<td>250 / 9 oz</td>
<td>500 / 2 cups</td>
<td>15</td>
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</tr>
<tr>
<td>Macaroni</td>
<td>100 / 1/4 lb</td>
<td>500 / 2 cups</td>
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</tr>
<tr>
<td>Spaghetti</td>
<td>100 / 1/4 lb</td>
<td>500 / 2 cups</td>
<td>6</td>
<td>Open immediately after releasing steam pressure</td>
</tr>
</tbody>
</table>

*For separator cooking, see pp. 8-10
WEIGHING & MEASURING
This is a very important aspect of cookery. To obtain a standard product with a standard yield, weighing and measuring must be done accurately. Every kitchen, therefore, needs to be equipped with a set of scales, measuring jugs, and standard measuring cups and spoons. Weighing is more accurate than measuring, but for expediency, ingredients may be measured.

WEIGHT & APPROXIMATE VOLUME EQUIVALENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
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<th>测量单位</th>
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<td>Baking powder</td>
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</tr>
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</tr>
<tr>
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</tr>
<tr>
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<td>1</td>
</tr>
<tr>
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</tr>
<tr>
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<tr>
<td>Coconut (grated)</td>
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<td>Coriander seeds</td>
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<tr>
<td>Fat</td>
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<tr>
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<td>Sugar</td>
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<tr>
<td>Sugar</td>
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<td>1 cup</td>
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<tr>
<td>Tomato (medium)</td>
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<tr>
<td>Tomato (large)</td>
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<td>1</td>
</tr>
<tr>
<td>Turmeric powder</td>
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<tr>
<td>Vinegar</td>
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<td>1 tbsp.</td>
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<tr>
<td>Water</td>
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<td>1 cup</td>
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ABBREVIATIONS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Definition</th>
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<tbody>
<tr>
<td>in.</td>
<td>inch</td>
</tr>
<tr>
<td>°C</td>
<td>degree Centigrade</td>
</tr>
<tr>
<td>°F</td>
<td>degree Farenheit</td>
</tr>
<tr>
<td>hr.</td>
<td>hour</td>
</tr>
<tr>
<td>l.</td>
<td>litre</td>
</tr>
<tr>
<td>min.</td>
<td>minute</td>
</tr>
<tr>
<td>ml.</td>
<td>millilitre</td>
</tr>
<tr>
<td>tbsp.</td>
<td>tablespoon</td>
</tr>
<tr>
<td>tsp.</td>
<td>teaspoon</td>
</tr>
<tr>
<td>gm.</td>
<td>gram</td>
</tr>
<tr>
<td>kg.</td>
<td>kilogram</td>
</tr>
<tr>
<td>med.</td>
<td>medium</td>
</tr>
<tr>
<td>lge.</td>
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</tr>
</tbody>
</table>

All abbreviations are used in singular form regardless of the quantity they represent.

NOTE: U.S. and British equivalents of weights and measures on Page 67
SOUPS

Soups are delicious and nourishing — and so easy to prepare. And now with your Hawkins, you can serve a hot soup in minutes, not hours.

Soups prepared in the Hawkins will be extra high in food value. You can even pressure-cook bones for about two hours, mash them to powder and add to soups for diets requiring a very high nutritive content. Clear soups stimulate the appetite at the beginning of a meal, while thick soups are nourishing as well as appetising.

When preparing soup, do not fill the cooker more than half. Once full pressure is reached, reduce heat to low. After the number of minutes indicated in the recipe for cooking at full pressure, take the cooker off the heat and allow it to cool gradually to room temperature. Never release pressure for soups by lifting or removing the vent weight; the soup may gush to the ceiling!

Soups can be cooked with stock or water. You will find the method for preparing stocks on page 62. Soups cooked with stock are generally tastier. Stocks can be prepared and kept in the refrigerator to be served later as a clear consomme or as a base for a favourite soup recipe.

The grid is not used when cooking soups.

CELERY SOUP

100 gm. celery (8 stalks)
1 lge. potato
1 small onion
2 tbsp. flour
30 gm. butter (1 oz)
50 gm. soyabean powder (2 oz)
400 ml. milk (1 1/3 cups)
300 ml. chicken stock (1 1/4 cups)
Salt and pepper to taste

PREPARATION: Peel and chop onion, dice potato. Chop celery into small pieces. Blend flour with a little milk.

METHOD: Melt butter in cooker. Add onion and saute. Add soyabean powder, stir well. Add chicken stock, potato, celery and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and add the rest of the milk and the blended flour. Bring to boil and serve hot.

CHICKEN SOUP

100 gm. chicken (1/4 lb)
1 lge. potato
1 small onion
2 tbsp. flour
30 gm. butter (1 oz)

CREAM OF LEEK SOUP

450 gm. leeks (6)
15 gm. butter (1 tbsp)
1 tbsp. flour
150 ml. milk (1/3 cup)
400 ml. white stock (1 1/3 cups)
Salt and pepper to taste

PREPARATION: Wash and trim leeks and slice thinly. Cream butter and flour well together.

METHOD: Put leeks in cooker. Add stock and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Return to fire. Thicken with the creamed butter and flour mixture. Add pepper and hot milk. Serve hot.

400 ml. milk (1 1/3 cups)
300 ml. chicken stock (1 1/4 cups)
Salt and pepper to taste
CREAM OF POTATO SOUP

2 lge. potatoes
1 small onion
2 stalks celery
A few sprigs parsley
1 tbsp. flour
15 gm. butter (1 tbsp)
150 ml. milk (1/3 cups)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Peel and quarter potatoes. Chop onion and celery. Prepare a thin white sauce with flour, butter and milk (see p.63).

METHOD: Put potatoes, onion and celery in cooker. Add stock and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Add puree gradually to the white sauce. Reheat and serve.

CREAM OF TOMATO SOUP

5 med. tomatoes
2 med. carrots
1 small turnip
1 med. onion
30 gm. butter (1 oz)
2 tbsp. flour
300 ml. milk (11/4 cups)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Wash and chop the tomatoes. Chop onion, carrots and turnip. Prepare white sauce with milk, flour and butter (see p.63).

METHOD: Put all the vegetables in cooker. Add stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 6 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Add puree gradually to the white sauce. Strain, reheat, and serve hot with croutons or chopped parsley.

CREAM OF VEGETABLE SOUP

1 lge. onion
1 med. carrot
1 lge. potato
1 lge. tomato
2 small turnips
4 stalks celery
15 gm. butter (1 tbsp)
1 tbsp. flour
300 ml. milk (11/4 cups)
600 ml. vegetable stock (21/2 cups)
Salt and pepper to taste

PREPARATION: Wash and chop all vegetables. Prepare white sauce with flour, milk and butter (see p.63).

METHOD: Put stock in cooker. Add all the vegetables, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve to make a puree. Add puree to sauce and strain. Reheat in a double boiler and serve hot.

FRENCH ONION SOUP

4 lge. onions
30 gm. butter (1 oz)
30 gm. cheese (1 oz)
2 slices bread
1/2 tsp. Worcestershire sauce
800 ml. brown stock (31/3 cups)
Salt and pepper to taste
PREPARATION: Slice onions. Grate the cheese, sprinkle on bread and grill. Cut into cubes.

METHOD: Melt butter in cooker. Add onions and brown. Add stock, Worcestershire sauce, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Allow cooker to cool gradually before opening. Dish soup into individual soup cups. Arrange toasted cubes on top of soup and serve hot.

LENTIL SOUP
100 gm. lentil (1/4 lb)
1 lge. carrot
1 small turnip
½ small onion
1 stalk celery
2 tbsp. flour
30 gm. butter (1 oz)
50 gm. soyabean powder (2 oz)
150 ml. milk (2/3 cup)
900 ml. stock (31/4 cups)
Salt and pepper to taste

PREPARATION: Clean and wash lentil. Chop onion and celery. Grate carrot and turnip. Prepare white sauce with flour, milk and butter (see p.63).

METHOD: Put lentil and vegetables in cooker with stock, soyabean powder and seasoning. Close cooker, bring to full cooking pressure on maximum heat and cook for 4 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve to make a puree. Add puree to sauce and strain. Reheat in a double boiler and serve hot with croutons.

MULLIGATAWNY SOUP
200 gm. mutton (7 oz)
2 med. tomatoes
½ small onion
1 coconut
3 flakes garlic
1" piece ginger
A pinch of cumin
A pinch of turmeric
Small piece cinnamon
1 tbsp. coriander
A pinch of fenugreek
1 sprig curry leaves
Juice of one lemon
900 ml. stock (31/4 cups)
Salt to taste

PREPARATION: Cut mutton into small pieces. Grate coconut and extract milk. Roast and powder coriander, cumin, cinnamon and fenugreek. Chop tomatoes, garlic, onion and ginger.


MINESTRONE SOUP
1 med. tomato
1 lge. onion
1 med. carrot
1 small turnip
¼ med. cabbage
1 leek
2 stalks celery
A few sprigs parsley
50 gm. macaroni (2 oz)
30 gm. cheese (1 oz)
3 flakes garlic
1 tbsp. oil
600 ml. stock (21/2 cups)
Salt and pepper to taste


METHOD: Heat oil in cooker and saute onion, garlic, parsley, carrot and turnip. Add leek, tomato, cabbage, celery and seasoning. Add stock, bring to boil; add macaroni. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 6 minutes. Allow cooker to cool gradually before opening. Garnish with grated cheese and serve hot.
Soups

**PRAWN CHOWDER**

- 225 gm. prawns (1/2 lb)
- 1 lge. onion
- 3 stalks celery
- 1 small capsicum
- A few sprigs parsley
- ½ cup boiled rice
- 1 bayleaf
- A pinch of cayenne pepper
- ¼ tsp. peppercorns
- 1 tbsp. mixed spices
- 200 ml. milk (3/4 cup)
- Salt to taste

**PREPARATION:** Shell, wash and de-vein prawns. Chop onion, parsley, celery and capsicum.

**METHOD:** Pour 150 ml* water into cooker. Add prawns, chopped vegetables, bayleaf, salt, peppercorns and mixed spices. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Add milk and boiled rice and heat for 2 minutes. Serve in individual bowls. Garnish each serving with chopped parsley and cayenne pepper.

*2 3/4 cup

**PUREE du BARRY**

- 1 med. cauliflower
- 2 med. potatoes
- 30 gm. butter (1 oz)
- 900 ml. milk (3 3/4 cups)
- Salt and pepper to taste

**PREPARATION:** Wash cauliflower and cut into flowerettes. Peel and cut potatoes.

**METHOD:** Put 600 ml* milk in cooker. Add cauliflower, potatoes, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve to make a puree. Add remaining milk and butter. Reheat and serve hot, garnished with croutons. *2 1/2 cups

**SCOTCH BROTH**

- 150 gm. mutton (5 oz)
- 30 gm. pearl barley (1 oz)
- 2 med. carrots
- 1 med. turnip
- 1 med. onion
- 2 stalks celery
- A few sprigs parsley
- 800 ml. stock (3 1/3 cups)
- Salt and pepper to taste

**PREPARATION:** Cut meat into pieces. Dice vegetables finely. Chop parsley.

**METHOD:** Pour stock into cooker. Add mutton. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow cooker to cool gradually before opening. Skim off the fat and remove mutton. Dice the mutton finely and return to cooker. Add barley, vegetables and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Serve hot garnished with chopped parsley.

**SOUPE BORDELAISE**

- 30 gm. shallots (1 oz)
- 20 gm. butter (1 oz)
- 10 flakes garlic
- 2 tbsp. rice flour
- 800 ml. water (3 1/3 cups)
- Salt and pepper to taste
PREPARATION: Chop garlic and shallots.

METHOD: Melt butter in cooker. Add garlic and shallots and brown. Add water, salt and pepper and bring to boil. Blend the rice flour with a little cold water and pour into cooker. Stir well. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Serve hot, garnished with croutons.

SOUPE VICHYSOISSE

- 8 leeks
- 50 gm. butter (2 oz)
- 1 med. onion
- 1 med. potato
- A few sprigs parsley
- 100 ml. fresh cream (1/3 cup)
- 500 ml. chicken stock (2 cups)
- Salt and pepper to taste

PREPARATION: Cut leeks finely. Mince onion. Peel and slice potato thinly.


SOUPE COCKIE LEEKIE

- 800 gm. chicken (1 3/4 lb)
- 4 leeks (white part)
- 30 gm. butter (1 oz)
- Bouquet garni
- 300 ml. white stock (1 1/4 cups)
- Salt and pepper to taste

PREPARATION: Joint chicken. Prepare a julienne of the white part of the leeks.

FISH

Most fish, excepting some shell fish, is already tender. In fact, the main problem in fish cookery is to retain the form of the fish. It must be carefully handled and not over-cooked. Pressure cooking is an ideal method for cooking fish as it holds together better in steam than in liquid. Fish is fully cooked when the flakes can be separated easily.

When fish is served as a main dish it is usually accompanied by potatoes, a salad or a cooked vegetable and a sauce. You will find the method for preparing sauces on pages 63-64.

BOUILLABAISSE

500 gm. fish (1 lb + 2 oz)
1 med. onion
1 small tomato
3 flakes garlic
A pinch of thyme
1 bayleaf
1 orange peel
1 tsp. ground pepper
A pinch of saffron powder
A few sprigs parsley
1 tbsp. olive oil
200 ml. fish stock (3/4 cup)
Salt to taste

PREPARATION: Fillet the fish. Chop onion, tomato, garlic, parsley and orange peel.

METHOD: Heat oil in cooker. Add the chopped vegetables and saute for 2 minutes. Add stock, seasoning and flavouring. Bring to boil and then gently place the fish fillets on top of the vegetables. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Place the fish and vegetables on a plate. Pour the liquid over the fish.

FISH & POTATO PIE

500 gm. fish (salmon) (1 lb + 2 oz)
4 med. potatoes
2 med. tomatoes
1 small onion
50 gm. butter (2 oz)
30 ml. milk (2 tbsp)
Salt and pepper to taste

PREPARATION: Clean and cut fish into slices. Slice tomatoes and mince onion. Peel potatoes and cut into quarters and boil in 50 ml. water for 3 minutes. Mash potatoes, add milk and half the butter and cream well. Grease a mould.

METHOD: Place grid inside. Put fish on grid, sprinkle salt, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. Put a thin layer of mashed potatoes in the greased mould, and then a layer of fish and then a layer of sliced tomatoes. Sprinkle with

FISH PUDDING

500 gm. fish (salmon) (1 lb + 2 oz)
3 med. potatoes
30 gm. butter (1 oz)
2 tbsp. flour
6 tbsp. tomato sauce
1/4 cup milk
Salt and pepper to taste

PREPARATION: Clean and cut fish into thick slices. Boil potatoes in 150 ml. water for 5 minutes (see p.69), peel and mash. Add milk and butter to potatoes. Cream well. Grease a mould.

METHOD: Pour 100 ml.†† water into cooker. Place grid inside. Put fish on top of grid. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. (Leave water and grid in cooker.) Add flour, seasoning and mix. Line greased mould with 1/3 of potatoes. Add a layer of fish and 1/3 of tomato sauce. Continue with a layer of potato.
then fish. Mix the remaining sauce with the remaining potatoes. When evenly coloured, spread over the fish. Roughen with a fork and cover mould with greaseproof paper.

Pour 150 ml* water into cooker. Place mould on top of grid and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Serve hot. *2/3 cup

**FISH SOUFFLÉ**

- 500 gm. fish (salmon) (1 lb + 2 oz)
- 30 gm. butter (1 oz)
- 2 tbsp. flour
- 2 eggs
- 200 ml. milk (1/4 cup)
- Salt and pepper to taste

**PREPARATION:** Clean and cut fish into slices. Prepare white sauce with flour, butter and milk (see p.63). Grease a mould.

**METHOD:** Pour 100 ml† water into cooker. Place grid inside. Put fish on top of grid, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. (Leave water and grid in cooker.) Rub fish flakes through a wire sieve. Add seasoning and white sauce. Beat egg yolks and add to fish and sauce, stirring all the time. Whisk egg whites till stiff and fold in lightly. Pour mixture into greased mould and cover with greaseproof paper. †1/4 cup

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**FISH STEW**

- 500 gm. fish (salmon) (1 lb + 2 oz)
- 3 med. onions
- 2 med. tomatoes
- 4 green chillies
- 1" piece ginger
- 1/2 coconut
- 2 tbsp. vinegar
- A few curry leaves
- Salt to taste
- 4 cloves
- 2 red onions to temper
- 2 tbsp. oil

**PREPARATION:** Clean, wash and cut fish into pieces. Scrape coconut and make two extractions of milk: thick (60 ml.) and thin (300 ml.). Slice onions and gingerlengthwise. Slit green chillies. Cut tomatoes. Finely chop red onions and crush cloves. ††1/4 cups

**METHOD:** Heat 1 tbsp. oil in cooker. Saute onions, green chillies and ginger. Arrange fish slices and curry leaves in layers on top. Add salt, tomatoes, vinegar and thin milk. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Add thick milk. Heat oil in a pan and add onions and cloves. When brown mix with stew. †1/4 cup

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**PRAWN NOODLE CASSEROLE**

- 500 gm. shelled prawns (1 lb + 2 oz)
- 100 gm. noodles (1/4 lb)
- 1 small capsicum
- 1 small onion
- 1/2 tbsp. flour
- 30 gm. butter (1 oz)
- 50 gm. grated cheese (2 oz)
- 300 ml. milk (1 1/4 cups)
- 200 ml. court bouillon (1/4 cup)
- Salt and pepper to taste

**PREPARATION:** Chop capsicum and onion and saute in a little butter. Prepare a white sauce with flour, butter and milk (see p.63). Boil noodles in cooker for 2 minutes with 200 ml. hot water and a little salt. Grease a mould. *3/4 cup

**METHOD:** Pour court bouillon in cooker and bring to boil. Add prawns and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Remove prawns and drain. Arrange noodles and prawns in layers in the mould. Pour white sauce over, add capsicum, onions, cheese. Season. Cover with greaseproof paper.

Pour 200 ml† water into cooker. Place grid inside. Put mould on top. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. †½ cup
MEAT & POULTRY

All kinds of meat can be cooked with advantage in a pressure cooker, swiftly and nutritious. The special advantage of pressure cooking meat is that tougher, less expensive cuts of meat can be tenderised quickly and made palatable. After pressure cooking you may find excess liquid. The gravy can be brought to the right consistency by cooking in the open cooker or by adding sauce as indicated in each recipe.

Meat may be fried in oil before pressure cooking, using the cooker (without the grid) as you would an ordinary pan.

The fundamental principles of cooking poultry do not differ from those applied to other meat.

BEEF STROGANOFF

500 gm. beef (fillet) (1 lb + 2 oz)
1 med. onion
30 gm. mushrooms (1 oz)
50 gm. butter (2 oz)
200 gm. smetana (sour cream) (7 oz)
1 tbsp. tomato puree (optional)
½ tbsp. flour
A pinch of mustard powder
150 ml. stock (½ cup)
Salt and pepper to taste

PREPARATION: Cut beef into 2" strips


BOILED SILVERSIDE & DUMPLINGS

BLANQUETTE OF VEAL

500 gm. veal (breast) (1 lb + 2 oz)
1 small carrot
1 small onion
2 stalks celery
2 leeks
30 gm. shallots (1 oz)
50 gm. mushrooms (2 oz)
1 lemon
1 clove
A few sprigs parsley
1 bayleaf
Pinch of nutmeg
2 tbsp. flour
500 ml. stock (2 cups)
Salt to taste

PREPARATION: Wash and cut veal into large pieces. Chop shallots, celery, leeks and parsley. Slice onion. Cut carrot into cubes and boil in 100 ml* water for 3 minutes (see p.69). Blend the flour with a little stock.

METHOD: Melt butter in cooker. Saute onion, shallots, leeks and celery. Add veal and saute. Add stock, seasoning, flavouring and mushrooms. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 18 minutes. Allow cooker to cool gradually before opening. Add flour blended with the remaining smetana and mustard powder. Bring to boil and serve hot.

PREPARATION: Cut beef into 2" pieces. Slice onions. Cut carrots into strips.

PREPARATION FOR DUMPLINGS: Mix all the ingredients together. Add a little cold water and make a soft dough. Roll into 12 small balls. Pour 200 ml* water into cooker and bring to boil. Add dumplings. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 8 minutes. Open after releasing steam pressure. Remove dumplings and drain.

*½ cup
METHOD: Pour 250 ml* water into cooker. Add the beef, bayleaf, onions, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add carrots. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Serve beef hot with dumplings.

*1 cup

BRAISED HAM

750 gm. ham (1 lb + 11 oz)
1 lge. carrot
1 med. onion
Bouquet garni
¼ cup dry white wine
Salt and pepper to taste

PREPARATION: Soak the ham in water overnight. Drain. Slice carrot and onion.

METHOD: Pour 150 ml* water and the wine in cooker and bring to boil. Add carrot, onion, bouquet garni, salt and pepper. Add ham. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow cooker to cool gradually. Open and serve hot.

*2¾ cup

BRAISED LIVER

350 gm. liver (½ lb)
2 med. onions
1 tbsp. flour

A few sprigs parsley
2 tbsp. oil
Salt and pepper to taste.

PREPARATION: Cut liver into ¾" pieces and season with salt and pepper. Slice onions. Chop parsley. Blend flour with a little water.


†½ cup

BRAISED SHEEP'S TONGUE

4 sheep's tongues
60 gm. bacon (2 oz)
1 lge. carrot
1 lge. onion
30 gm. butter (1 oz)
Salt and pepper to taste

PREPARATION: Clean the tongues carefully. Cut bacon into small pieces. Slice onion and carrot.

METHOD: Pour 300 ml* water into cooker and bring to boil. Add tongues. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually. Open, drain tongues and peel off outer skin.

†¾ cup

Melt butter in cooker. Add bacon, onion and carrot. Place the tongues on top. Add 300 ml* water, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 30 minutes. Allow cooker to cool gradually. Open and serve with tomato sauce.

*1¼ cups

BRAISED STEAK

4 steaks (undercut)
100 gm. butter (¼ lb)
1 lge. onion
Bouquet garni
¼ cup dry white wine
Salt and pepper to taste

PREPARATION: Slice onion.

METHOD: Melt butter in cooker. Saute onion, add steaks and brown lightly on all sides. Add 200 ml* water, wine, bouquet garni, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 25 minutes. Allow cooker to cool gradually. Open and dry water. Serve hot, garnished with fried mushrooms and grilled tomatoes.

†¾ cup

BROWN STEW

500 gm. mutton (shoulder) (1 lb + 2 oz)
2 med. onions
2 lge. carrots
4 small turnips
2 tbsp. flour
3 tbsp. oil
600 ml stock (2½ cups)
Salt and pepper to taste

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MEAT

PREPARATION: Trim, wash and cut mutton into 1” cubes. Slice onions and cut carrots and turnips into even-sized cubes. Blend flour with a little water.


EXETER STEW

500 gm. mutton (shoulder) (1 lb + 2 oz)
2 lge. onions
2 lge. carrots
2 lge. turnips
1 tbsp. flour
3 tbsp. oil
400 ml. stock (1 2/3 cups)
Salt and pepper to taste

FOR DUMPLINGS:
1/2 cup flour
A pinch of baking powder
1 small onion
A few sprigs parsley
2 tbsp. oil
Salt and pepper to taste

HARICOT MUTTON

500 gm. mutton (mid-neck) (1 lb + 2 oz)
30 gm. haricot beans (1 oz)
(panned overnight)
1 lge. carrot
4 small turnips
2 med. onions
1 tbsp. flour
3 tbsp. oil
400 ml. stock (1 2/3 cups)
Salt and pepper to taste

PREPARATION: Cut mutton into even-sized pieces with bones. Cut carrots and turnips into cubes. Blend flour with a little water.

METHOD: Heat oil in cooker. Add onions and fry. Remove onions and add mutton and fry for 2 minutes. Add seasoning, onions and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow...
cooker to cool gradually. Open and add blended flour. Add carrots, turnips and beans. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Put mutton in the centre of a hot dish with beans, and garnish with other vegetables.

**HUNGARIAN GOULASH**

500 gm. mutton (1 lb + 2 oz)
1 lge. onion
1 lge. capsicum
1 lge. tomato
1 tbsp. flour
1 bayleaf
A pinch of nutmeg
A pinch of paprika
A few sprigs parsley
3 tbsp. oil
400 ml. stock (12/3 cups)
Salt and pepper to taste

**PREPARATION:** Cut mutton into 1” cubes. Slice onions. Peel and cut half the potatoes into large cubes and the other half into thin slices.

**METHOD:** Pour stock into cooker and bring to boil. Add mutton, onions, seasoning and ¼ of the sliced potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 10 minutes. Allow cooker to cool gradually. Open and place the remaining potatoes on top of the meat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot with mutton in the centre and the potatoes and gravy around it.

**LAMB ROAST**

1 kg. leg of lamb (2 lb)
12 flakes garlic
2” piece ginger
½ tsp. pepper powder

**PREPARATION:** Blanch and chop the tomatoes. Clean and slice carrots and onions. Peel and dice potatoes; dice celery.

**Irish Stew**

500 gm. mutton (leg) (1 lb + 2 oz)
500 gm. potatoes (5 med.)
4 med. onions
400 ml. stock (12/3 cups)
Salt and pepper to taste

**PREPARATION:** Cut mutton into 1” cubes. Slice onions. Peel and cut half the potatoes into large cubes and the other half into thin slices.

**METHOD:** Pour stock into cooker and bring to boil. Add mutton, onions, seasoning and ¼ of the sliced potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 10 minutes. Allow cooker to cool gradually. Open and place the remaining potatoes on top of the meat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot with mutton in the centre and the potatoes and gravy around it.

**MUTTON CHOP CASSEROLE**

500 gm. mutton chops (1 lb + 2 oz)
2 lge. tomatoes
1 lge. carrot
2 med. onions
4 med. potatoes
100 gm. green peas (shelled) (1/3 cup)
½ bunch celery (8 stalks)
2 tbsp. oil
400 ml. stock (12/3 cups)
Salt and pepper to taste

**PREPARATION:** Clean meat properly and prick it. Grind ginger and garlic to a paste. Rub all ingredients, except oil and bayleaf, over meat evenly. Leave for 2 hours.

**METHOD:** Heat oil in cooker. Add bayleaf and meat with spices and juices. Fry till evenly brown. Add 400 ml* water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 30 minutes. Allow cooker to cool gradually. Open and dry off water. Slice and serve (hot or cold) with mashed or fried potatoes.

1 tbsp. tomato sauce
1 tbsp. Worcestershire sauce
1 tbsp. soya sauce
1 bayleaf
4 tbsp. oil
Salt to taste

MUTTON CURRY

500 gm. mutton (leg) (1 lb + 2 oz)
4 med. onions
3 med. tomatoes
1 cup curd
3 flakes garlic
1” piece ginger
1/2 tsp. cumin seeds
3 cloves
4 tbsp. coriander powder
1/4 tsp. turmeric powder
1 tsp. red chilli powder
3 tbsp. oil
Salt to taste

PREPARATION: Cut mutton into neat pieces. Add remaining onions and fry till golden brown. Add the ground spices and fry. Add mutton, cloves, salt and 200 ml* water. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and add remaining curd. Simmer for 2 minutes. Serve hot.

MUTTON FRICASSEE

500 gm. mutton (leg) (1 lb + 2 oz)
4 lge. carrots
2 med. onions
1 tbsp. flour
1 bayleaf
A few sprigs parsley
2 tsp. oil
400 ml. stock (1 2/3 cups)
Salt and pepper to taste

PREPARATION: Trim mutton and cut into neat pieces. Slice onions. Cut carrots into cubes and chop parsley. Blend flour with a little stock. Boil carrots in 100 ml* water for 3 minutes (see p.69).

METHOD: Heat oil in cooker. Add mutton and brown lightly. Add seasoning and sugar. When mutton is well fried, sprinkle the flour. Cook for a few minutes, stirring all the time. Add stock, continue stirring and bring to boil. Add blanched tomatoes and bouquet garni. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and add vegetables. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

NAVARIN PRINTANIER

500 gm. mutton (shoulder) (1 lb + 2 oz)
4 baby carrots
2 small turnips
2 med. new potatoes
50 gm. peas (shelled) (1/3 cup)
50 gm. beans (2 oz)
2 med. tomatoes
50 gm. baby onions (2 oz)
1/4 tsp. sugar
1 tbsp. flour
Bouquet garni
3 tbsp. oil
500 ml. stock (2 cups)
Salt and pepper to taste


METHOD: Heat oil in cooker. Add mutton and brown lightly. Add seasoning and sugar. When mutton is well fried, sprinkle the flour. Cook for a few minutes, stirring all the time. Add stock, continue stirring and bring to boil. Add blanched tomatoes and bouquet garni. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and add vegetables. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.
**OSSO BUCO**

1 kg. shin of veal (2 lb)
60 gm. butter (2 oz)
2 small onions
3 med. tomatoes
1 carrot
2 stalks celery
1 tbsp. refined flour
A pinch of rosemary
A few sprigs parsley
3 flakes garlic
½ lemon
¼ cup dry white wine
300 ml. stock (made from bouillon cubes) (1 ⅛ cups)
Salt and pepper to taste

**PREPARATION:** Clean and cut veal into 2” cubes. Season with salt and pepper. Skin and chop onions finely. Slice carrot and chop celery. Blanch and chop tomatoes. Chop garlic and parsley. Blend the flour with a little stock.

**METHOD:** Melt butter in cooker. Add veal, brown and remove. Add onions, carrot and celery and fry until golden brown. Add veal, tomatoes and garlic. Add wine, stock, rosemary and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add the blended flour and bring to boil. Serve hot, garnished with chopped parsley and lemon rind.

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**PELOTA**

225 gm. minced mutton (1/2 lb)
1 med. tomato
2 slices bread
½ cup milk
1 egg
3 flakes garlic
30 gm. pistachio (1 oz)
Salt and pepper to taste

**TO GARNISH:**
2 eggs
1 med. tomato

**PREPARATION:** Chop tomato, garlic and pistachio. Soak bread in milk. Grease a mould.

**METHOD:** Mix mutton, egg, seasoning with all the prepared ingredients. Fill in the mould. Cover with greaseproof paper. Pour 300 ml. water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually. Open and serve hot, garnished with fried eggs and grilled tomato.

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**ROAST PORK**

500 gm. pork (leg) (1 lb + 2 oz)
2 tbsp. oil
Salt and pepper to taste

**PREPARATION:** Wash, trim and marinate pork with salt, pepper and oil for 2 hours.

**METHOD:** Pour 500 ml. water into cooker. Add pork. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 45 minutes. Allow cooker to cool gradually and open. Cook the pork till dry.

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**SAUTE KIDNEYS**

8 sheep’s kidneys
50 gm. butter (2 oz)
A few sprigs parsley
300 ml. demiglace (1 ⅛ cups)
Salt and pepper to taste

**PREPARATION:** Clean, skin and halve kidneys. Remove the sinews and cut each
half into 3 to 5 pieces. Wash well. Chop parsley.

**METHOD:** Melt butter in cooker. Add kidneys and sauté. Add demiglace, salt and pepper. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually. Open and serve garnished with chopped parsley.

**SHASHLIK KABAB**

500 gm. lamb (cubed) (1 lb + 2 oz)
225 gm. rice (1/2 lb)
4 small onions
4 small tomatoes
1 lge. red pepper
1 tbsp. vinegar
1” piece ginger
8 flakes garlic
2 tsp. oil
Salt and pepper to taste

**PREPARATION:** Grind garlic and ginger. Marinade the cubed lamb with ground garlic, ginger, vinegar and salt for 2 hours. Peel and cut onions into halves. Cut red pepper into 6 long pieces. Wash and soak rice in 2 cups water for 1/2 hour and drain.

**METHOD:** (Shashlik). Arrange the meat, onions, tomatoes and pepper alternately on skewers. Brush with oil and grill, turning them while they cook so that the meat browns evenly.

(Rice). Heat oil in cooker, add rice and fry for a few minutes till it starts sticking to the bottom. Add 350 ml* water and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Put rice on hot serving dish and place kababs on top.

*1 1/2 cups

**SHEPHERD’S PIE**

500 gm. mutton (1 lb + 2 oz)
400 gm. potatoes (4 med.)
2 med. onions
1 med. tomato
30 gm. butter (1 oz)
1 tbsp. flour
100 ml. milk (1/3 cup)
1 tbsp. oil
200 ml. stock (1/4 cup)
Salt and pepper to taste

**PREPARATION:** Cut mutton into small pieces. Chop onions. Blanch tomato and chop. Boil potatoes in 150 ml† water for 5 minutes (see p.69). Peel and mash potatoes with milk. Grease a mould.

†2/3 cup

**METHOD:** Pour stock into cooker and bring to boil. Add mutton. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove mutton and mince. Heat oil in a pan and fry onions till pale brown. Stir in flour and add drained tomato. Add seasoning and minced mutton. Put into greased mould. Spread mashed potatoes over the mince. Roughen surface with a fork. Dot with butter and cover with greaseproof paper. Pour 1 cup water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually. Open and serve hot.

**SPAGHETTI & MUTTON CASSEROLE**

500 gm. minced mutton (1 lb + 2 oz)
225 gm. spaghetti (1/2 lb)
3 tbsp. tomato sauce
1 egg
2 tbsp. breadcrumbs
3 tbsp. oil
Salt and pepper to taste

**PREPARATION:** Beat egg and add to minced mutton. Add breadcrumbs and seasoning and shape into balls. Grease a mould.

**METHOD:** Pour 700 ml* water into cooker and bring to boil. Add spaghetti and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure and remove spaghetti. Place a thick layer of spaghetti in the mould. Cover with tomato sauce. Top with meat balls. Cover with greaseproof paper. Pour 250 ml† water in cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and serve hot.

*2 1/4 cups †1 cup
STEWED OXTAIL

1 oxtail (400 gm.)
2 lge. tomatoes
1 med. onion
Bouquet garni
Juice of 1 lemon
1 tbsp. flour
30 gm. butter (1 oz)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Wash oxtail, trim and cut into small pieces. Slice onion. Blanch and chop tomatoes. Prepare white sauce with butter, flour and a little stock (see p.63).

METHOD: Melt remaining butter in cooker. Fry onion till golden brown. Add oxtail pieces and tomatoes. Add stock, bouquet garni, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 40 minutes. Allow cooker to cool gradually. Open and leave until cold and lift off the layer of fat formed on top. Add white sauce and lemon juice to the stewed oxtail. Bring to boil. Serve hot.

SUMMER STEW

500 gm. middle-neck of lamb (1 lb + 2 oz)
400 gm. new potatoes (4 med.)
300 gm. green peas (shelled) (2 cups)
2 lge. onions
4 small turnips
2 med. carrots
A few mint leaves
Salt and pepper to taste

PREPARATION: Wash lamb and cut into pieces. Peel and slice onions. Scrape and cut turnips and carrots. Peel potatoes, chop mint.

METHOD: Pour 500 ml* water into cooker and bring to boil. Add lamb, onions and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and add vegetables, potatoes and mint. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

VEAL STEW

500 gm. veal (1 lb + 2 oz)
4 tbsp. tomato puree
100 gm. green peas (shelled) (1/3 cup)
30 gm. butter (1 oz)
250 ml. stock (1 cup)
Salt and pepper to taste

PREPARATION: Cut veal into 2” pieces.


VIENNESE STEWED BEEF

500 gm. lean beef (1 lb + 2 oz)
1 med. onion
1 med. turnip
1 med. capsicum
1 tbsp. breadcrumbs
15 gm. butter (1 tbsp)
A little mace
100 ml. white wine (1/3 cup)
200 ml. stock (1/4 cup)
Salt and pepper to taste

PREPARATION: Cut beef into 1 1/2” pieces and season with salt and pepper. Dice vegetables into 1” cubes.

METHOD: Melt butter in cooker, add beef and brown. Add stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add all the vegetables, breadcrumbs, white wine and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

BRAISED CHICKEN

1 kg. chicken (2 lb)
30 gm. butter (1 oz)
1 lemon
30 ml. espagnole sauce (2 tbsp)
150 ml. brown stock (1/3 cup)
Salt and pepper to taste
PREPARATION: Joint the chicken.

METHOD: Melt butter in cooker. Add chicken and brown lightly. Add espagnole sauce, seasoning and stock. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve hot with slices of lemon.

N.B.: It can be served accompanied with brown potatoes and grilled tomatoes.

BRAISED DUCK

1 1/4 kg. duck (2 3/4 lb)
50 gm. butter (2 oz)
1 lemon
150 ml. brown stock (1/3 cup)
300 ml. espagnole sauce (1 1/4 cups)
Salt and pepper to taste

PREPARATION: Joint the duck.

METHOD: Melt butter in cooker. Add jointed duck and brown lightly. Add espagnole sauce, seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and serve hot with slices of lemon.

CHICKEN A LA KING

750 gm. chicken (1 lb 11 oz)
1 small tin button mushrooms
250 ml. milk (1 cup)
100 gm. butter (1/4 lb)
1/2 cup fresh cream
4 tbsp. flour
1 egg.
1/4 tsp. pepper powder
Salt to taste

PREPARATION: Joint chicken. Separate egg yolk.

METHOD: Pour 1 1/2 cups water into cooker. Add chicken and close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Bone chicken and shred. Strain stock and keep aside. Melt butter in a pan, add flour and stir till creamy. While stirring, add stock and milk gradually. Add beaten egg yolk and then the cream. Add chicken, mushrooms, salt and pepper. Serve hot.

CHICKEN CASSEROLE

1 kg. chicken (2 lb)
1 lge. carrot
1 lge. onion
60 gm. bacon (2 oz)
60 gm. butter (2 oz)
Bouquet garni
300 ml. stock (1 1/4 cups)
Salt and pepper to taste

TO GARNISH:
2 med. tomatoes
60 gm. mushrooms (2 oz)
100 gm. green peas (shelled) (2/3 cup)
300 ml. espagnole sauce (1 1/4 cups)
15 ml. meat glaze (1 tbsp)

PREPARATION: Joint chicken and season. Slice onion, carrot, bacon and mushrooms. Boil peas and carrots in cooker for 2 minutes in 100 ml. water (see p.69). Cut tomatoes into halves and grill.

METHOD: Melt butter in cooker and sauté mushrooms and remove. Add sliced onions and bacon and fry for 2 minutes and remove. Add chicken and brown. Add stock, salt, pepper and bouquet garni. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 9 minutes. Allow cooker to cool gradually. Open and put chicken with gravy in a warm casserole dish. Pour espagnole sauce and meat glaze over chicken. Serve garnished with grilled tomatoes, sautéed mushrooms, boiled carrots and peas.

CHICKEN EGYPTIAN

1 kg. chicken (2 lb)
60 gm. mushrooms (2 oz)
150 gm. ham (5 oz)
2 med. onions
2 med. tomatoes
3 tbsp. oil
200 ml. chicken stock (1 1/4 cup)
Salt and pepper to taste

PREPARATION: Joint chicken. Slice onions, mushrooms and tomatoes. Dice ham.

METHOD: Heat oil in cooker. Add chicken and sauté till light brown. Add ham, onions, mushrooms and tomatoes. Add stock and...
seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve hot.

**CHICKEN ESPAGNOLE**

1 kg. chicken (2 lb)
225 gm. rice (1/2 lb)
2 small capsicums
100 gm. green peas (shelled) (2/3 cup)
100 gm. sausages (1/4 lb)
3 tbsp. oil
350 ml. stock (1 1/2 cups)
Salt and pepper to taste

**TO GARNISH:**
3 cherries
2 lge. tomatoes

**PREPARATION:** Joint chicken. Slice carrot, turnips, celery and onion. Dice ham.

**METHOD:** Melt butter in cooker. Add chicken and saute. Add shallots and mushrooms, seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. In a separate pan, saute potatoes. Fry bacon to golden brown. Dish out chicken. Garnish with potatoes, fried bacon and parsley. Pour gravy over chicken or serve separately.

**CHICKEN GOUŁASH**

1 kg. chicken (2 lb)
1 lge. onion
3 lge. tomatoes
30 gm. butter (1 oz)
1 tbsp. paprika
Salt and pepper to taste

**TO GARNISH:**
225 gm. spaghetti (1/2 lb)
15 gm. butter (1 tbsp)

**PREPARATION:** Joint chicken. Chop onion. Blanch and slice tomatoes. Boil spaghetti with salt in 700 ml water for 5 minutes (see p.69). 

**METHOD:** Melt butter in cooker. Add chicken and saute. Add sausages, peas, sausages and sauté. Add rice, stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and serve hot garnished with cherries and grilled tomatoes.

**CHICKEN FORESTIERE**

1 kg. chicken (2 lb)
50 gm. bacon (2 oz)
100 gm. butter (1/4 lb)
50 gm. shallots (2 oz)
2 med. potatoes
4 mushrooms
A few sprigs parsley
A pinch of mustard powder
250 ml. stock (1 cup)
Salt and pepper to taste

**PREPARATION:** Joint chicken. Marinate chicken with mustard, salt and pepper. Keep aside for 1/2 hour. Slice shallots and mush-rooms. Cut bacon into 1/2" pieces. Boil potatoes in 150 ml water for 5 minutes (see p.69). Peel and dice.

**METHOD:** Melt butter in cooker. Add chicken and saute. Add shallots and mushrooms, seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. In a separate pan, saute potatoes. Fry bacon to golden brown. Dish out chicken. Garnish with potatoes, fried bacon and parsley. Pour gravy over chicken or serve separately.
water. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve surrounded by spaghetti tossed in butter.

**CHICKEN MARENGO**

1 kg. chicken (2 lb)
225 gm. crayfish (1/2 lb)
30 gm. shallots (1 oz)
2 med. tomatoes
50 gm. mushrooms (2 oz)
4 eggs
300 ml. Jus-lie brown sauce (1 1/4 cups)
30 gm. butter (1 oz)
3 flakes garlic
1 tsp. olive oil
A few sprigs parsley
Salt and pepper to taste

**PREPARATION:** Joint chicken. Season with salt and pepper. Blanch and chop tomatoes and slice mushrooms. Slice shallots and garlic. Clean crayfish.

**METHOD:** Pour 200 ml. water into cooker. Place grid inside. Put fish on top of grid. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow the cooker to cool gradually. Open and remove fish. Drain water.

Heat oil in cooker. Add chicken and brown slightly. Add shallots, garlic, tomatoes, mushrooms, seasoning and brown sauce. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and dish out chicken. Pour the gravy over. Surround with grilled capsicum halves and mushrooms. Garnish with the remaining tomatoes tossed in hot butter.

**CHICKEN MEXICAN**

1 kg. chicken (2 lb)
4 med. tomatoes
3 lge. capsicums
50 gm. mushrooms (2 oz)
30 gm. butter (1 oz)
3 tbsp. oil
150 ml. stock (2/3 cup)
Salt and pepper to taste

**PREPARATION:** Joint chicken. Blanch and chop tomatoes. Cut capsicums into halves, remove seeds. Slice mushrooms.

**METHOD:** Heat oil in cooker and saute chicken. Add stock and half the chopped tomatoes. Add seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and dish out chicken. Pour the gravy over. Surround with grilled capsicum halves and mushrooms. Garnish with the remaining tomatoes tossed in hot butter.

**CHICKEN NAVARESSA**

1 kg. chicken (2 lb)
100 gm. ham (1/4 lb)
2 lge. onions

2 lge. carrots
2 leeks
Juice of 1 lemon
30 gm. butter (1 oz)
1 tbsp. flour
A few mint leaves
Bouquet garni
200 ml. stock (2 1/4 cup)
Salt and pepper to taste

**PREPARATION:** Clean chicken. Chop carrots, onions and leeks. Dice ham. Chop mint and mix with half the butter and lemon juice and stuff in the chicken.

**METHOD:** Melt a little butter in cooker. Add chicken. Add stock, onions, carrots, leeks, ham, bouquet garni and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually before opening. Place the chicken on a plate and surround with vegetables.

**SAUCE:** Melt butter in a saucepan. Add flour and fry a little. Add the cooking liquid and remaining lemon juice. Strain. Pour sauce over chicken and serve hot with boiled rice.

**CHICKEN ROAST**

1 kg. chicken (2 lb)
1 1/2 "piece ginger
6 flakes garlic
1/2 cup vinegar
3 tbsp. oil
Salt to taste

PREPARATION: Wash and clean chicken. Grind ginger, garlic and salt to a fine paste. Rub the paste on to the chicken and soak in vinegar for 2-3 hours.

METHOD: Heat oil in cooker and fry whole chicken till golden brown all over. Add 125 ml* water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and dry off water, if any. Continue frying till outer layer is crisp. Garnish with fried potatoes and boiled vegetables.*1/2 cup

FRICASSEE OF CHICKEN

1 kg. chicken (2 lb)
8 button mushrooms
2 small onions
1 lge. carrot
Bouquet garni
80 gm. butter (3 oz)
2 tbsp. flour
2 tbsp. cream
1 clove
200 ml. stock (1/4 cup)
Salt and pepper to taste

PREPARATION: Joint chicken. Cut up the carcass. Chop onions and carrot. Slice mushrooms.

METHOD: Melt half the butter in cooker. Add the carcass and fry without browning. Add onions, carrots, clove, bouquet garni and stock. Bring to boil. Add chicken pieces and seasoning. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Remove chicken pieces on to a plate. Melt remaining butter in a pan. Add flour and cook without discoloration. Add cooking liquid and bring to boil. Add the cream and sliced mushrooms. Pour the sauce over the chicken and serve garnished with croutons.

PAELLA A LA VALENCIANA

500 gm. young chicken (1 lb + 2 oz)
1 lobster
15 gm. bacon (1/2 oz)
200 gm. french beans (7 oz)
2 med. tomatoes
1 med. onion
100 gm. green peas (shelled) (1/3 cup)
400 gm. rice (14 oz)
A pinch of saffron
1 flake garlic
1 bayleaf
2 tbsp. oil
750 ml. stock (3 1/8 cups)
Salt and pepper to taste

PREPARATION: Joint chicken. Chop garlic and onion. Cut beans into 1” pieces. Cut bacon and lobster into 1” pieces. Grill tomatoes.

METHOD: Heat oil in cooker. Fry chopped garlic and onion. Add chicken and saute till golden brown. Add rice and fry for 2 minutes. Add bacon, lobster, peas and beans. Add stock, salt, pepper, bayleaf and saffron. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and serve hot, garnished with grilled tomatoes. (The secret of Paella is to serve it immediately after it is cooked.)
VEGETABLES

Vegetables play an important role in the human diet. They provide variety and make a meal more attractive by introducing colour and furnishing roughage. What's more, cooked or raw, they make an invaluable contribution towards the supply of necessary vitamins and minerals.

There is no better way to cook vegetables than by pressure cooking them. This ensures minimum loss of vitamins, minerals, salts, etc. A variety of methods can be effectively employed in the preparation of vegetable dishes, but the objective should be to lose as little as possible of their natural flavour, colour and nutrients.

ANNA POTATOES

500 gm. potatoes (5 med.)
50 gm. butter (2 oz)
Salt and pepper to taste

PREPARATION: Wash and peel potatoes.

METHOD: Pour 150 ml* water into the cooker. Bring to boil. Add potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually. Open and drain off water. Slice potatoes into thin roundels. Melt butter in a pan, add potatoes and seasoning, saute for 2 minutes and serve.

BOILED CELERY

500 gm. celery (2 bunches)
50 gm. butter (2 oz)
Salt to taste

PREPARATION: Wash and chop celery.

METHOD: Pour 200 ml* water into cooker and bring to boil. Add celery and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually. Open and drain off water. Pour melted butter over and serve hot.

BRAISED CABBAGE

500 gm. cabbage (1 med.)
50 gm. bacon (2 oz)
30 gm. butter (1 oz)
1 lge. carrot
2 med. onions
2 flakes garlic
50 ml. stock (3 tbsp)
Salt and pepper to taste

PREPARATION: Clean and separate leaves of cabbage. Chop onions and garlic. Clean and cut carrot into small cubes. Cut bacon.


BRAISED KIDNEY BEANS

200 gm. kidney beans (7 oz)
1 med. onion
2 stalks celery
30 gm. butter (1 oz)
1 bayleaf
1/2 bunch parsley
400 ml. stock (1 1/4 cups)
Salt and pepper to taste

PREPARATION: Soak beans for at least 4 hours. Chop onion, celery and parsley.

METHOD: Melt butter in cooker. Add onion and celery and saute. Add beans, bayleaf, pepper, salt and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually and open. Serve hot, garnished with chopped parsley.

BRAISED LEEKS

500 gm. leeks (7)
30 gm. bacon (1 oz)
1 med. carrot
1 med. onion
Bouquet garni
2 tbsp. oil
150 ml. stock (2/3 cup)
Salt and pepper to taste

PREPARATION: Cut the roots from the leeks, remove any discoloured outside leaves and trim the green. Cut through lengthwise and wash well under running water. Slice onion. Cut bacon. Cut carrot into small cubes.
METHOD: Heat oil in cooker. Saute onion, carrot and bacon. Add leeks, stock, seasoning and bouquet garni. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Allow cooker to cool gradually and open. Drain off water. Dry potatoes and mash well. Add hot milk and butter and cream well to a fluffy consistency.

CREAMED CARROTS

225 gm. carrots (1/2 lb)
15 gm. butter (1 tbsp)
Salt to taste

PREPARATION: Wash and scrape carrots. Cut into roundels.

METHOD: Pour 150 ml* water into cooker. Add carrots and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and drain off the water well. Pass carrots through a sieve. Reheat in a pan to dry water, if any. Add butter. Serve with cream if desired.

CREAMED POTATOES

500 gm. potatoes (5 med.)
30 ml. milk (2 tbsp)
30 gm. butter (1 oz)
Salt to taste

PREPARATION: Peel and cut potatoes into quarters.

METHOD: Pour 250 ml† water into cooker and bring to boil. Add potatoes and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually and open. Drain off water. Dry potatoes and mash well. Add hot milk and butter and cream well to a fluffy consistency.

LEEKS MORNAY

8 leeks
300 ml. milk (1 1/4 cups)
100 gm. grated cheese (1/4 lb)
25 gm. butter (1 oz)
2 tbsp. flour
A pinch of dry mustard
1 tsp. paprika
Salt and pepper to taste

PREPARATION: Clean, wash and cut leeks evenly into 4" long strips.

METHOD: Pour 1 cup water into cooker. Add leeks and salt. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 2 minutes. Open cooker immediately after releasing steam pressure. Drain off liquid. Put leeks on a heated serving dish and keep hot. Melt the butter in a pan, stir in flour and mustard and cook for 2 minutes. Gradually blend in milk, stirring all the time and bring to boil. Turn down the heat, stir in the cheese and add seasoning. Pour this sauce over leeks and sprinkle with paprika.

LYONNAISE POTATOES

500 gm. potatoes (5 med.)
2 med. onions
1/2 bunch parsley

2 tbsp. oil
Salt and pepper to taste

PREPARATION: Slice onions and chop parsley.

METHOD: Pour 250 ml* water into cooker and bring to boil. Add potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Drain off water. Peel and slice potatoes into roundels. In a pan, fry onions till golden brown and remove. Toss potatoes in oil. Add onions, salt and pepper. Mix well. Remove and serve hot, garnished with chopped parsley.

*1 cup

POTATO STEW

500 gm. potatoes (5 med.)
1 med. onion
20 gm. butter (1 oz)
1 tbsp. flour
1 bayleaf
Bouquet garni
150 ml. red wine (1/3 cup)
Salt and pepper to taste

PREPARATION: Peel and slice potatoes and onions.

METHOD: Peel and slice potatoes and onions. Melt butter in cooker. Add flour and stir well until mixture browns. Pour in 150 ml each of water and red wine. Continue stirring and bring to boil. Add potatoes, onion, seasoning and flavouring. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually. Open and serve hot.
**RED CABBAGE**

1 red cabbage  
500 gm. cooking apples (1 lb + 2 oz)  
50 gm. butter (2 oz)  
3 tbsp. sugar  
4 cloves  
4 tbsp. vinegar  
1 tbsp. red currant jelly  
Salt to taste

**PREPARATION:** Wash and finely shred cabbage. Peel, core and slice apples.

**METHOD:** Pour 50 ml* water into cooker. Add cabbage, apples, sugar, salt, cloves and vinegar. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 2 minutes. Open immediately after releasing steam pressure. Add butter and red currant jelly, stir for a few seconds and serve. *1/4 cup

**SAUTE VEGETABLE MARROW**

250 gm. bottle gourd (9 oz)  
1 small onion  
1 tbsp. oil  
Salt and pepper to taste

**PREPARATION:** Peel and cut bottle gourd into 1” pieces. Chop onion.

**METHOD:** Pour 250 ml† water into cooker and bring to boil. Add bottle gourd and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually. Open and drain off water. Heat oil †1 cup

**STEAMED CAULIFLOWER**

500 gm. cauliflower (1 med.)  
Salt to taste

**PREPARATION:** Trim the stem and remove the leaves of the cauliflower. Wash well.

**METHOD:** Pour 100 ml* water into cooker. Add salt and bring to boil. Add cauliflower. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Open cooker immediately after releasing steam pressure. Remove the cauliflower and drain well. Serve whole or cut into 4 even portions in a vegetable dish.

**STEAMED FRENCH BEANS**

500 gm. french beans (1 lb + 2 oz)  
30 gm. butter (1 oz)  
Salt to taste

**PREPARATION:** Wash, string and slice beans diagonally.

**METHOD:** Pour 100 ml† water into cooker, add salt and boil. Add beans. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Open cooker immediately after releasing steam pressure. Remove beans and drain well. Toss in melted butter and serve hot. †3/5 cup
CEREALS & PASTA

The principal factors that affect the time required for cooking cereals are the size of the grains or particles, the amount of water used, and the presence (or absence) of the bran layer. Pre-soaked cereals require less water and cooking time. The amount of water and time should be adjusted according to the desired consistency of the cooked cereals. One point to be remembered is that cereals tend to froth up when pressure cooked, so the cooker must never be more than half full.

BOILED RICE

450 gm. rice (1 lb)
Salt to taste

PREPARATION: Wash rice and drain well.

METHOD: Pour 600 ml* water in cooker and bring to boil. Add rice and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and serve hot. *2½ cups

PEA PULAO

450 gm. rice (1 lb)
450 gm. green peas (3 cups)
1 med. onion

3 cardamoms
3 cloves
1 stick cinnamon
1 bayleaf
4 tbsp. oil
Salt to taste

PREPARATION: Wash and soak rice for ½ hour and drain. Shell peas. Slice onion.


RISOTTO

450 gm. rice (1 lb)
60 gm. butter (2 oz)
2 med. onions
30 gm. cheese (1 oz)
A pinch of nutmeg powder
A pinch of saffron
3 tbsp. tomato sauce
600 ml. vegetable stock (2½ cups)
Salt and pepper to taste

PREPARATION: Wash rice and drain well. Peel and mince onions. Grate cheese.

METHOD: Melt butter in cooker. When hot, add onions and saute. Add rice, salt, pepper, nutmeg powder, saffron and tomato sauce together with stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually and open. Add grated cheese and serve hot.

MACARONI CHEESE

120 gm. macaroni (1/4 lb)
60 gm. cheese (2 oz)
15 gm. butter (1 tbsp)
1 tbsp. flour
300 ml. milk (1 1/4 cups)
30 gm. butter (for macaroni) (1 oz)
Salt and pepper to taste

PREPARATION: To make the Cheese Sauce: Grate cheese. Melt butter in pan. Add flour, mix well; cook gently for 2 minutes. Remove from heat and add the milk gradually, stirring all the time. Bring to boil and add half the grated cheese, stirring all the time. Gently boil for 5 minutes. Add seasoning.

METHOD: Pour 700 ml* water in the cooker body. Add 1 teaspoon salt. Place on stove on maximum heat, bring to boil and add macaroni. Close lid. Bring to full cooking pressure, reduce to medium heat and cook for 6 minutes. Allow the cooker to cool gradually before opening. Drain water in colander and hold under a running tap to prevent sticking. *3 1/8 cups

Melt butter in a pan and toss in the macaroni for 1 minute. Dish out the macaroni in a serving dish and pour the cheese sauce over. Garnish with remaining grated cheese and serve hot.
SPAGHETTI WITH BARBECUE SAUCE

250 gm. spaghetti (9 oz)
30 ml. oil (2 tbsp)
1 med. onion
1 1/2 tbsp. cornflour
5 med. tomatoes
30 gm. brown sugar (1 oz)
1/2 tsp. paprika
1 tbsp. Worcestershire sauce
1 tsp. vinegar
A few drops Tabasco sauce
15 gm. stuffed olives (optional) (1/2 oz)
60 gm. grated cheese (2 oz)
2 tbsp. butter
Salt to taste

PREPARATION: To make Barbecue Sauce:
In a pan boil the tomatoes in water for 2 minutes. Peel off the skin and pass through a sieve to make a puree. Chop the onion finely. Heat oil in a pan and saute onion without browning. Stir in the cornflour and mix well. Add tomato puree, 500 ml* water and simmer for 10 minutes. Add sugar, paprika, Worcestershire sauce, vinegar and Tabasco sauce and allow to simmer on low heat for 2 minutes. Stir in the stuffed olives (optional).

METHOD: Pour 1 litre water in the cooker body with 1 teaspoon salt. Place cooker on stove on maximum heat and bring the water to boil. Hold spaghetti in a bundle and lower the ends into the boiling water; gradually wind the rest round the inside of the cooker body. Close lid. Bring to full cooking pressure, reduce to medium heat and cook for 5 minutes. Allow the cooker to cool gradually before opening. Drain water in a colander and hold under a running tap to prevent sticking.

Melt butter in a pan and toss in the spaghetti for 1 minute. Dish out the spaghetti in a serving bowl and pour the barbecue sauce over. Garnish with grated cheese and serve hot.

SPAGHETTI WITH MUSHROOM & CHEESE SAUCE

250 gm. spaghetti (9 oz)
225 gm. button mushrooms (1/2 lb)
1 med. onions
10 gm. butter (2 tsp)
150 ml. milk (1/3 cup)
1 tbsp. flour
2 tsp. tomato sauce
60 gm. cheese (2 oz)
30 gm. butter (for spaghetti) (1 oz)
Salt and pepper to taste

PREPARATION: To make Mushroom & Cheese Sauce: Grate cheese. Chop onion finely. Cut mushrooms into halves. Melt butter in pan and saute onions without discolouring. Add mushrooms, milk and seasoning. Cover pan and simmer for 10 minutes. Make a smooth paste of the flour with a little milk and tomato sauce. Stir into the mushroom mixture and bring to boil, stirring continuously for 2 minutes. Remove from fire and stir in the grated cheese until melted.

METHOD: Pour 1 litre* water into the cooker body. Add 1 teaspoon salt. Place on stove on maximum heat and bring to boil.

*4 1/8 cups
Chow Mein, p.60

Sweet & Sour Prawns, p.61
Cabinet Pudding, p.49

Caramel Custard, p.50

Orange Pudding, p.51

Bottling of Fruits & Vegetables
DESSERTS

A good dessert can add the right finishing touch to any meal in terms of beauty, flavour and balance. It could be anything from simple stewed fruit, cheese and apple slices to an elaborate pudding.

Fruits

Most fresh fruits are considered to be at their best raw. However, cooking is sometimes desirable, or necessary, because some fruits are more palatable and digestible when cooked—for example, green apples and rhubarb. Fruits are usually cooked in syrup or water. To retain their shape, fruits should be cooked in syrup.

Fruits which brown easily when peeled or cut, like bananas and apples, should be dipped in or covered with lemon juice or a solution of ascorbic acid to prevent discoulouration. Placing the fruit in sugar syrup or even immersing it in water also helps.

Desserts and Puddings

When making a milk pudding, care should be taken that the correct proportions of the various ingredients are added. Whole sweet milk is best for all puddings; if skimmed milk is used, fat should be added in the form of butter or margarine to make up for the fat loss.

ALBERT PUDDING

150 gm. flour (1 1/2 cups)
100 gm. sugar (1/4 lb)
100 gm. margarine (1/4 lb)
5 glace cherries
2 eggs
A pinch of baking powder


METHOD: Cream margarine and sugar. Beat eggs and add gradually, beating mixture well with each addition of egg. Fold in flour gradually. Put mixture into mould. Cover with butter paper. Pour 200 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 18 minutes. Allow cooker to cool gradually before opening. Take out mould from cooker and remove butter paper. Upturn into a dish. Serve hot with jam sauce. *3/4 cup

CABINET PUDDING

225 gm. bread (1/2 lb)
30 gm. butter (1 oz)
300 ml. milk (1 1/4 cups)
115 gm. sugar (1/4 lb)
2 eggs
50 gm. sultanas (2 oz)
10 cashew nuts
A few drops of vanilla essence or
1/2 lemon rind

PREPARATION: Butter pudding mould and decorate bottom and sides with nuts and sultanas. Butter slices of bread, cut off crust and cut the bread into cubes. Arrange a layer of bread into prepared mould and sprinkle with sultanas. Cover with another layer of bread and continue arranging in layers till mould is half full.

Boil milk and pour over beaten eggs, stirring well. Add flavouring and sugar. Pour over bread in the mould and let it stand for 1/2 hour, so bread is soaked thoroughly. Cover with butter paper.
Desserts

METHOD: Pour 300 ml.* water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 20 minutes. Allow cooker to cool gradually. Open and remove butter paper. Upturn mould into a dish and serve hot, with jam sauce or custard sauce.

*1¼ cups

CANARY PUDDING

90 gm. flour (1 cup)
90 gm. butter (1¼ lb)
90 gm. sugar (1¼ lb)
2 eggs
A pinch of baking powder
5 drops vanilla essence

PREPARATION: Sieve flour with baking powder. Grease pudding mould.

METHOD: Cream butter and sugar. Add beaten egg yolks and the flour. Fold in well-beaten egg whites and add essence. Pour into the greased mould and cover with butter paper. Pour 300 ml. water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 20 minutes. Allow cooker to cool gradually. Open and remove butter paper. Serve hot with jam sauce. †1¼ cups

CARAMEL CUSTARD

300 ml. milk (1¼ cups)
2 eggs

‡4 tbsp. sugar
A pinch of nutmeg powder

PREPARATION: Dissolve 1 heaped tbsp. sugar with a little water for caramel, in a heavy pan. Bring to boil and allow to colour a golden brown. Pour at once into a warm dry pudding mould and mask evenly all over.

METHOD: Beat eggs, add remaining sugar and stir well till sugar is dissolved. Bring the milk almost to boiling point and pour over beaten eggs. Strain into prepared mould. Sprinkle grated nutmeg. Cover mould with greaseproof paper. Pour 200 ml. water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove and turn on to a dish. *3/4 cup

CHOCOLATE SOUFFLE

115 gm. chocolate (1/4 lb)
150 ml. milk (2/3 cup)
5 eggs
30 gm. butter (1 oz)
2 tbsp. flour
1 tsp. castor sugar
5 drops vanilla essence

PREPARATION: Grease mould.


Pour 200 ml. water into cooker. Place grid inside cooker with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually. Open and remove butter paper. Place an inverted serving plate over the custard and upturn. Serve either hot or cold. *3/4 cup

CHRISTMAS PUDDING

1 med. carrot
2 med. potatoes
50 gm. raisins (2 oz)
50 gm. dates (2 oz)
50 gm. butter (2 oz)
85 gm. sugar (3 oz)
30 gm. nuts (1 oz)
50 gm. flour (1/2 cup)
A pinch of soda bicarb
A pinch of cinnamon powder
A pinch of clove powder
A pinch of nutmeg powder
A pinch of salt


METHOD: Cream butter and sugar. Add carrot, potatoes, raisins, nuts and dates. Add chocolate and milk and cook till thickened, beating well to make it smooth. Cool slightly and beat in egg yolks, one at a time. Add vanilla essence and sugar. Fold in stiffly-beaten egg whites and pour into mould. Cover with greaseproof paper.

Pour 200 ml. water into cooker. Place grid inside cooker with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove and turn on to a dish. *3/4 cup
flour mixture and mix well. Put into mould and cover with butter paper. Pour 400 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 1/4 hours. Allow cooker to cool gradually. Open and remove mould. Upturn into a dish and decorate with glace cherries. Serve hot with vanilla sauce. *1 3/4 cups

GINGER PUDDING

150 gm. flour (1 1/2 cups)
50 gm. butter (2 oz)
50 gm. sugar (2 oz)
1 egg
1/2 tsp. dry ginger powder
1/2 tsp. baking powder
3 tbsp. milk

PREPARATION: Sieve flour with baking and ginger powders. Grease pudding mould.

METHOD: Cream together butter and sugar. Add egg yolk and beat. Beat egg white stiffly. Add flour, milk and egg white alternately and mix. Pour mixture into mould. Cover with butter paper. Pour 300 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 25 minutes. Allow cooker to cool gradually before opening. Remove butter paper and serve pudding with marmalade sauce. *1 1/4 cups

MARMALADE PUDDING

115 gm. marmalade (1/4 lb)
50 gm. breadcrumbs (2 oz)
50 gm. flour (1/2 oz)
1/2 tsp. baking powder
2 tbsp. sugar
45 gm. shredded suet (2 oz) or vegetable shortening
1 egg
A pinch of salt

PREPARATION: Grease pudding mould.

METHOD: Mix dry ingredients together. Add beaten egg and marmalade. Put into mould and cover with butter paper. Pour 300 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove, cool and turn on to a dish. When cold, coat with icing. *1 3/4 cups

FOR ICING: Extract orange juice. Add warm orange juice gradually to icing sugar and keep on beating. When thick, pour over cake.

ORANGE PUDDING

1 orange
85 gm. sugar (3 oz)
4 eggs
85 gm. flour (3 oz)
60 gm. butter (2 oz)
1 tbsp. castor sugar
1 tbsp. rum
THE ART OF INDIAN COOKING

The art of Indian cooking lies in the selective use of spices, which enhance the taste of the food. Each dish merits its own combination of spices — in the right measure. The recipes chosen here are moderately spiced. There is nothing complicated about Indian cooking. Techniques are simple, and Indian spices are now available in many parts of the world.

The recipes that follow contain details of ingredients and quantities of the specific spices that are required to give each dish its unique character. Although not as easy as shaking curry powder out of a tin, you will find following these recipes well worth the effort!

You will find reference to 'garam masala' in various recipes. The method of preparing garam masala is given on page 69.

CHICKEN CURRY

1 med. chicken
1 cup curd
3 med. onions
2 med. tomatoes
1" piece ginger
15 flakes garlic
1 tsp. chilli powder
11/2 tsp. coriander-cumin powder
1/8 tsp. turmeric powder
1/2 tsp. garam masala powder
1/2 cup oil
Salt to taste


METHOD: Heat oil in cooker and fry onions till golden brown. Add ginger-garlic paste, tomatoes and curd. Fry till oil separates. Add chicken, chilli, turmeric, coriander-cumin powders and salt. Fry till chicken is evenly brown. Add 2 cups water. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Add gram. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure and dry water, if any. Remove all ingredients and grind to a fine paste. Mix paste with cut green chillies, onion, coriander leaves and salt. Make into flat balls and deep fry. Serve hot.

KHEEMA KABABS

400 gm. minced meat (14 oz)
2 tbsp. Bengal gram
2 med. onions
1" piece ginger
4 green chillies
2 red chillies
10 peppercorns
1" piece cinnamon
3 cloves
4 cardamoms
A few coriander leaves
Oil for frying
Salt to taste

PREPARATION: Cut 1 onion, 2 green chillies and coriander leaves very finely.

Separately chop remaining onion, green chillies and ginger.

METHOD: Put minced meat in cooker with the chopped onion, ginger and 2 green chillies. Add red chillies, peppercorns, cinnamon, cloves, cardamoms and 3/4 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Add gram. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure and dry water, if any. Remove all ingredients and grind to a fine paste. Mix paste with cut green chillies, onion, coriander leaves and salt. Make into flat balls and deep fry. Serve hot.

MOGLAI BIRYANI

450 gm. rice (1 lb)
500 gm. mutton or chicken (1 lb + 2 oz)
2 cups curd
100 ml. milk (1/3 cup)
3 med. onions
1" piece ginger
5 flakes garlic
5 green chillies
4 red chillies
A pinch of turmeric powder
5 cardamoms
5 pieces cinnamon
3 cloves
A pinch of saffron
Juice of 1 lemon
50 gm. almonds (2 oz)
1/4 bunch coriander leaves
A few mint leaves
3/4 cup oil
1 tbsp. ghee
Salt to taste

PREPARATION: Wash, clean and cut meat. Peel and slice onion; chop coriander and mint leaves. Powder cloves. Grind ginger, garlic, green and red chillies to a fine paste. Soak meat in ground spices and curd for 1½ hours.

METHOD: Heat oil in cooker and fry onions till crisp golden brown. Remove. Put meat mixture in cooker and fry till oil separates. Add 1 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Remove meat with spices. Put rice in cooker with 3 cups water. Close lid. Place cooker on maximum heat and bring to full cooking pressure. Reduce to medium heat and cook for 2 minutes. Open cooker immediately after releasing pressure. Remove rice and mix with powdered cloves, cinnamon, cardamom, turmeric powder, coriander and mint leaves, salt and almonds. Add lemon juice and mix well. Dissolve saffron in half the milk and sprinkle over half the rice. In a separate pan, put layers of rice, mutton and fried onions. Repeat till all ingredients are used. Pour remaining milk and ghee over rice. Cover pan and seal edges with wheat flour paste. Put pan on tava (tin plate). Cook on slow heat for 1/2 hour. Serve hot.

MURGH MUSALLAM

INGREDIENTS 'A':
750 gm. chicken (1 lb + 11 oz)
1 cup curd
2" piece ginger
6 flake garlic
2 green chillies
1/2 tsp. red chilli powder
1/2 tsp. garam masala powder
1/8 tsp. turmeric powder
Salt to taste

PREPARATION 'A': Clean and wash chicken, prick all over with fork. Grind all spices to a fine paste and mix with curd. Rub this mixture into the chicken and leave for 2-3 hours.

INGREDIENTS 'B':
3 lge. onions
2" piece ginger
6 flake garlic
6 cloves
6 peppercorns
1" piece cinnamon
4 cardamoms
6 almonds
1/2 tsp. cumin seeds
1 tsp. coriander seeds
1/4 tsp. garam masala powder
3/4 cup oil
Salt to taste

PREPARATION 'B': Roast all spices except ginger, chilli and garam masala powders. Chop onions and garlic, fry and keep aside. Grind roasted spices, ginger, almonds, fried onions and garlic into a fine paste.

METHOD: Heat oil in cooker. Add chicken and brown till oil separates. Add the spice paste of Ingredients B and stir for 2 minutes. Add 1 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Dry water, if any. Sprinkle garam masala powder.

MUTTON CHOPS

500 gm. mutton chops (1 lb + 2 oz)
2 med. tomatoes
2" piece ginger
12 flake garlic
1/2 tsp. red chilli powder
2 cloves
2 small pieces cinnamon
2 cardamoms
1/2 cup vinegar
4 tbsp. oil
Salt to taste

PREPARATION: Chop tomatoes finely. Clean and wash chops. Grind ginger and garlic to a paste. Rub paste on chops, add salt and vinegar. Leave for 2-3 hours.

METHOD: Remove chops from vinegar and put into cooker with 1/2 cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Dry out remaining water. Add oil, whole spices, chilli powder and tomatoes. Keep frying till chops are light brown and tomatoes completely mashed. Serve hot.
**MUTTON MASALA CHOPS**

500 gm. mutton chops (1 lb. + 2 oz)
3 lge. onions
4 med. tomatoes
1" piece ginger
6 flakes garlic
A few coriander leaves
2 green chillies
1 cup curd
1/2 tsp. red chilli powder
1/8 tsp. turmeric powder
1 tsp. coriander-cumin powder
1/2 tsp. garam masala powder
1/2 cup oil
Salt to taste

**PREPARATION:** Clean and wash mutton. Chop tomatoes and onions. Grind ginger and garlic to a paste. Chop tomatoes.

**METHOD:** Heat oil in cooker and fry ground spices till golden brown. Add tomatoes, curd, chilli, turmeric and coriander-cumin powders. Fry till oil separates, add chops and salt. Keep frying chops till brown. Add 1 1/2 cups water. Close lid, bring to full cooking pressure. Reduce to medium heat and cook for 20 minutes. Garnish with chopped coriander leaves and garam masala powder. Serve hot.

**MUTTON ROAST**

1 kg. mutton leg (2 lb)
250 gm. small round potatoes (2 med.)

1 lge. onion
1 lge. tomato
1" piece ginger
10 flakes garlic
4 red chillies
10 tsp. peppercorns
4 cardamoms
4 cloves
1" piece cinnamon
2 tbsp. vinegar
3 tbsp. oil
Salt to taste

**PREPARATION:** Clean and wash mutton. Chop tomatoes and onions. Grind ginger and garlic to a paste. Chop and boil spinach in 50 ml* water for 5 minutes (see p.69). Drain and grind to a fine paste.

**METHOD:** Heat oil in cooker and fry onions till golden brown. Add ginger-garlic paste and chilli powder. Fry for 3 minutes. Add tomatoes, turmeric, coriander-cumin and garam masala powders and salt. Fry till oil separates. Add mutton, dry up water and fry for about 7 minutes till meat is roasted. Add one cup of water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Add spinach paste. Simmer on slow heat till oil separates.

**ROASTED STUFFED CHICKEN**

1 med. chicken with liver
4 med. potatoes
2 onions
250 gm. peas (1 1/2 cups)
3 green chillies
1/2" piece ginger
Few coriander and mint leaves

1/4 tsp. red chilli powder
1/4 tsp. turmeric powder
1 tsp. coriander-cumin powder
1/2 tsp. garam masala powder
2 1/8 cup oil
*Salt to taste
Indian Cuisine

ROGAN JOSH
500 gm. (1 lb + 2 oz) mutton (cut into small pieces)

1/4 tsp. pepper powder
1/4 tsp. cinnamon powder
1/4 tsp. sugar
1 tbsp. vinegar
6 tbsp. oil
Salt to taste

PREPARATION: Clean chicken. Make lengthwise slit 2-3 inches long on underside and remove intestines etc. Wash thoroughly. Apply a little salt inside and out. Mince onions, green chillies and ginger; chop coriander and mint leaves. Shell and boil peas in 1/2 cup water for 3 minutes (see p.69). Boil potatoes in 100 ml water for 5 minutes (see p.69), peel and mash. *1/4 cup

METHOD: In a pan heat 2 tbsp. oil and fry onions, chillies and ginger till golden brown. Add peas, potatoes, coriander and mint leaves, sugar, vinegar, salt and pepper. Keep stirring for 5 minutes. Allow to cool. Stuff the chicken with this mixture through the slit. Stitch up slit with a strong needle and thread. Heat remaining oil in cooker. Add stuffed chicken and brown well on all sides. Add a pinch of salt and 1 cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Replace on stove and dry water, if any. Can be served with sauce and fried potatoes.

YAKHNI PULAO

750 gm. mutton chops (1 lb + 11 oz)
400 gm. rice (14 oz)
3 flake garlic
6 small sticks cinnamon
10 cloves
6 peppercorns
2 cardamoms
4 bayleaves
2 1/3 cup oil
Salt to taste

PREPARATION: Clean and wash chops and rice separately. Tie cinnamon, cloves, peppercorns, cardamoms and garlic in muslin.

METHOD: Pour 500 ml water into cooker, add chops, cardamoms, bayleaves, muslin bag and salt. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Remove chops. Strain stock and keep aside. Squeeze muslin bag into stock and remove. *2 cups
Indian Cuisine

Heat oil in cooker. Add chops and fry for 5 minutes. Add rice and mix well with chops. Add stock. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool for 2 minutes and open immediately after releasing pressure.

ALOO MATAR CURRY

2 lge. potatoes
200 gm. peas (shelled) (1 1/2 cups)
1 lge. onion
1 lge. tomato
1" piece ginger
1/4 tsp. red chilli powder
1 tsp. coriander-cumin powder
1/2 tsp. turmeric powder
3 tbsp. oil
Salt to taste


METHOD: Heat oil in cooker and fry onion and ginger till golden brown. Add tomato and fry till oil separates. Add peas, potatoes, spice powders and salt. Stir for 2 minutes. Add 2 cups water, close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Serve garnished with coriander leaves.

CHANNA MASALA

250 gm. whole white gram (9 oz)
2" piece ginger
4 green chillies
4 tsp. garam masala powder
1 tsp. dry mango powder
1 tsp. red chilli powder
2 tsp. coriander-cumin powder
2 1/2 cup oil
Salt to taste

PREPARATION: Soak gram overnight. Cut ginger into fine long strips.

METHOD: Pour 2 1/2 cups water into cooker and bring to boil. Add gram, close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain water from gram. Mix well all spices and salt with gram. Sprinkle ginger and whole chillies. In a separate pan, heat oil till it smokes and pour evenly over the gram. Simmer for 5 minutes.

DUM ALOO

600 gm. small potatoes (6 med.)
2 cups curd
2" piece ginger
10 flakes garlic
1 green chilli
1/2 tsp. red chilli powder
1/8 tsp. turmeric powder
1 1/2 tsp. coriander-cumin powder
Oil for frying
Salt and pepper to taste

PREPARATION: Grind garlic, ginger and green chilli to a paste.

METHOD: Pour 2 cups water into cooker and bring to boil. Add potatoes. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Peel and prick each potato. Heat oil in a pan and deep-fry potatoes till golden brown and remove. Mix curd, ground spices, chilli, turmeric and coriander-cumin powders, salt and pepper with potatoes. Heat 3 tbsp. oil, add curd and potato mixture and fry till oil separates. Add 1 cup water. Simmer for 10-12 minutes on very slow heat.

MASALA CAULIFLOWER

1 med. cauliflower
4 med. onions
4 med. tomatoes
1 cup curd
1/2" piece ginger
3 flakes garlic
2 green chillies
1 tsp. coriander-cumin powder
1/4 tsp. turmeric powder
1/4 tsp. red chilli powder
1/4 tsp. garam masala powder
2 1/2 cup oil
A few coriander leaves
Salt to taste


**MATAR PANIR**

350 gm. green peas (shelled) (2 1/3 cups)
200 gm. panir (7 oz)
2 med. onions
2 med. tomatoes
1” piece ginger
1/4 tsp. red chilli powder
1/2 tsp coriander-cumin powder
A pinch of turmeric powder
A few coriander leaves
4 tbsp. oil
Salt to taste

PREPARATION: Cut panir into cubes and fry lightly. Grate onions. Chop tomatoes and ginger.

METHOD: Heat oil in cooker and fry onions till golden brown. Add ginger and a handful of water. Add tomatoes, turmeric, chilli and coriander-cumin powders and salt. Fry till oil separates. Add peas and fry for 2 minutes. Add 1 1/2 cups water. Close lid. Place cooker on maximum heat and bring to full cooking pressure. Reduce to medium heat and cook for 3 minutes. Open cooker immediately after releasing steam pressure. Drain water. Grind spinach and fenugreek leaves to a paste. Heat oil in a pan and brown onions. Add ginger, garlic and tomato and fry till oil separates. Add spinach paste and fry till oil separates. Add panir, chilli powder and salt and mix well. Add 1/2 cup milk and simmer on slow heat for 2 minutes.

**SAMBAR**

**INGREDIENTS FOR SAMBAR:**

150 gm. tuvar dal (5 oz)
250 gm. brinjal (9 oz)
(or any other vegetable)
30 gm. tamarind (1 oz)
1 tsp. mustard seeds
1/2 tsp. turmeric powder
1/2 tsp. fenugreek seeds
A pinch of asafoetida
1/2 bunch coriander leaves
1 tsp. groundnut oil
Salt to taste

**MASALA:**

1/4 fresh coconut (grated)
5 red chillies
1/4 tsp. fenugreek seeds
1 tsp. coriander seeds
1 tsp. groundnut oil

**PREPARATION:** Wash dal. Cut brinjal into long slices. Soak tamarind in 2 cups water and extract pulp. Heat 1 tsp. oil in a pan and roast coconut, chillies, fenugreek and coriander seeds. Grind this to a fine paste. Chop coriander leaves.

**METHOD:** Pour 4 cups water into cooker and bring to boil. Add dal. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. In a separate pan boil tamarind water with brinjal, salt, turmeric and sambar masala paste till brinjal is
Indian Cuisine


**VEGETABLE PULAO**

- 250 gm. rice (9 oz)
- 100 gm. green peas (shelled) (2/3 cup)
- 2 med. carrots
- 50 gm. french beans (2 oz)
- 2 pieces cinnamon
- 4 cardamoms
- 6 cloves
- 2 bay leaves
- 1/2 tsp. cumin seeds
- 1/3 cup oil
- Salt to taste

**PREPARATION:** Wash and soak rice for 1/2 hour, and drain. Cut carrots and beans lengthwise into 1-inch pieces.

**METHOD:** Heat oil in cooker, add cinnamon, cardamoms, cloves, bay leaves, cumin seeds and fry. Add vegetables and fry for two minutes. Add rice and salt, and fry for 1 minute. Add 300 ml* water. Close lid and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and serve hot.

**KHEER**

- 1 lit. milk (4 1/8 cups)
- 60 gm. rice (2 oz)
- 100 gm. khoya (1 1/4 lb)
- 4 tbsp. sugar
- 1/4 tsp. cardamom powder
- 8 almonds, blanched

**PREPARATION:** Clean rice and soak in water for 2 hours, and drain.

**METHOD:** Bring milk to boil in cooker. Add rice and stir. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to minimum heat and cook for 12 minutes. Allow cooker to cool gradually before opening. Add sugar and khoya and cook for about 5-7 minutes. Decorate with cardamom powder and blanched almonds.

**GAJAR HALWA**

- 500 gm. carrots (1 lb + 2 oz)
- 200 gm. khoya (7 oz)
- 125 gm. sugar (1 1/4 lb)
- 10 almonds, blanched

50 gm. ghee (2 oz)
1/4 tsp. cardamom powder

*1 1/4 cups
CHINESE CUISINE

Chinese food is light and easy to digest. A minimum of spices are used, and vegetables are cooked lightly so that they retain their crispness. Meat is usually cooked boneless and the bones used for making stock, which forms a basic ingredient in Chinese cooking.

A Chinese meal should be eaten steaming hot. Serve with chilli sauce, soya sauce and pickled chillies (chopped green chillies in vinegar) to individual taste.

FRESH CORN & EGG SOUP

4 tender corn cobs
2 eggs
1 stalk celery
1 med. capsicum
2 tbsp. cornflour
\( \frac{1}{2} \) tsp. aji-no-moto
1 tsp. Worcestershire sauce
1 tsp. peanut oil
Salt and pepper to taste

PREPARATION: Chop celery and capsicum. Mix cornflour in a little water to make a thin paste.

METHOD: Pour 500 ml* water into cooker and bring to boil. Add corn cobs, capsicum, celery, salt and pepper. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain the stock and keep aside in a *2 cups pan. Grate corn from cobs, add to stock and place on slow fire. Add cornflour dissolved in a little water, Worcestershire sauce, peanut oil and aji-no-moto, and stir well. Simmer for 15 minutes. Add beaten eggs and swiftly shred with a fork. Serve hot with soya sauce and chilli sauce.

SWEET CORN & CHICKEN SOUP

\( \frac{1}{2} \) chicken
1 tin cream style corn
2 eggs
\( \frac{1}{2} \) cup milk
1 \( \frac{1}{2} \) tsp. arrowroot
1 tbsp. margarine
Salt and pepper to taste

PREPARATION: Clean and wash chicken.

METHOD: Pour 400 ml water into cooker and bring to boil. Add chicken. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Open cooker immediately after releasing steam pressure. Strain the stock and keep aside. Shred chicken into small pieces. In a pan, melt margarine and add salt, pepper, tinned corn, milk and stock. Bring to boil. Add arrowroot mixed in water. Stir till soup thickens. Add beaten eggs and swiftly shred with a fork. Add shredded chicken. Serve hot along with soya sauce, chilli sauce and green chillies in vinegar.

WONTON SOUP

INGREDIENTS A:
100 gm. flour (1 cup)
3 eggs
A pinch of salt

INGREDIENTS B:
100 gm. minced meat (\( \frac{1}{4} \) lb)
50 gm. minced prawns (2 oz)
1 bunch Chinese cabbage
3 spring onions
1 egg
\( \frac{1}{2} \) tsp. aji-no-moto
\( \frac{1}{2} \) tsp. oil
400 ml. chicken stock (\( \frac{1}{2} \) cups)
Salt and pepper to taste

PREPARATION: For Wonton skins: Mix eggs and salt with flour and knead well to make a dough. Keep covered with wet cloth for 1/2 hour. Roll out the dough till very thin and cut into squares. Mix meat and prawns well with yolk of 1 egg, adding a pinch of aji-no-moto, salt and pepper. Wrap the meat in Wonton skins and seal edges. Cut cabbage into \( \frac{1}{2} \)” pieces. Chop spring onions.

METHOD: Pour stock into cooker and bring to boil. Add Wontons, cabbage, oil, salt, pepper and remaining aji-no-moto. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pour soup into a bowl. Garnish with spring onions and serve hot.
CHINESE FRIED RICE

250 gm. rice (9 oz)
750 gm. chicken (1 lb + 11 oz)
12 prawns
4 eggs
1 med. capsicum
2 spring onions
1 med. carrot
1 stalk celery
¼ tsp. aji-no-moto
½ tsp. soya sauce
2 tbsp. oil
Salt and pepper to taste

PREPARATION: Clean and wash chicken, prawns and rice separately. Grate carrot. Chop celery and capsicum. Cut spring onions into rings with part of green stem.

Boil chicken in ½ cup water for 10 minutes. Shred. Separately boil prawns in ½ cup water for 2 minutes (see p.69).

METHOD: Pour 2 cups water into cooker and bring to boil. Add rice. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat. Cook for 2 minutes only. Open cooker immediately after releasing steam pressure. Remove rice from cooker.

In a separate pan, heat oil. Add all vegetables and sauté. Add eggs and keep stirring. Add prawns, chicken, salt and pepper, and fry for 2 minutes. Add rice, aji-no-moto and soya sauce. Keep tossing the rice till it gets cooked.

CHINESE NOODLES

200 gm. noodles (7 oz)
200 gm. prawns (7 oz)
200 gm. chicken (7 oz)
1 egg
½ med. cabbage
200 gm. french beans (7 oz)
1 med. carrot
1 med. capsicum
1 bunch spring onions
1 stalk celery
10 flakes garlic
1 tsp. tomato sauce
1 tsp. soya sauce
1 tsp. chilli sauce
5 tsp. groundnut oil
Salt to taste


Boil chicken in ½ cup water for 10 minutes and shred. Separately boil prawns in ½ cup water for 2 minutes (see p.69).

METHOD: Pour 3 cups warm water into cooker, add noodles and salt. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Add cold water to the noodles, drain through sieve and allow to cool.

In a pan, heat oil and fry garlic paste. Add all the cut vegetables and cook till half done. Mix in chicken, prawns and sauces. Add noodles. Fry lightly. Make an omelette with beaten eggs, cut into strips and garnish.

CHOW MEIN

200 gm. chicken (7 oz)
200 gm. noodles (7 oz)
200 gm. cabbage (7 oz)
60 gm. mushrooms (2 oz)
2 stalks leeks
2 eggs
2 tsp. cornflour
1 flake garlic
1” piece ginger
2 tsp. soya sauce
2 tsp. chilli sauce
2 tsp. tomato sauce
2 tsp. vinegar
6 tbsp. groundnut oil
Salt to taste

PREPARATION: Shred cabbage. Crush garlic. Slice ginger and leeks. Clean and wash chicken and boil in 1 cup water for 10 minutes (see p.69). Separate stock and shred chicken.

METHOD: Pour 3 cups water into cooker, add noodles and bring to boil. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Add cold water to the noodles, drain through sieve and allow to cool.

In a pan, heat 1 tbsp. oil. Add slightly beaten eggs and cook till set. Cut into strips. Remove from pan. Add 2 tbsp. more oil and fry the crushed garlic, leeks, cabbage,
mushrooms, ginger and chicken. Add ½ cup chicken stock and soya sauce blended with cornflour. Simmer till sauce thickens. Add chilli sauce, tomato sauce and vinegar. Separately fry cooked noodles in remaining oil for about 5 minutes. Remove to a dish and garnish with egg strips. Pour chicken-vegetable mixture over noodles and serve hot.

SWEET & SOUR CHICKEN

750 gm. chicken (1 lb + 11 oz)
2 egg yolks
3 tsp. flour
A pinch of baking powder
3 small capsicums
1 med. onion
1 med. carrot
2 slices pineapple
2 tsp. sugar
2 tbsp. tomato sauce
1 tsp. cornflour
1 tsp. soya sauce
2 tsp. vinegar
Oil for frying
Salt to taste

PREPARATION: Wash chicken. Mix flour with egg yolks, salt and baking powder. Cut each capsicum into 6 pieces. Quarter onion. Cut carrot into thin strips, then diagonally. Cut pineapple slices into wedges.

METHOD: Pour 1 cup water into cooker, add chicken. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Drain stock. Shred chicken into 1½” pieces. Mix chicken well into flour mixture.

Heat oil and deep fry chicken pieces till crisp and light golden. In a pan, heat 5 tsp. oil and saute capsicums, onion, carrot and pineapple. Add sugar, tomato sauce, soya sauce and vinegar. Mix and saute for a while. When boiling add cornflour, stirring constantly. Add chicken pieces. Mix and serve hot with noodles or fried rice.

SWEET & SOUR PRAWNS

250 gm. prawns (9 oz)
125 gm. cucumber (1/4 lb)
125 gm. french beans (1/4 lb)
1 bunch spring onions
3 med. capsicums
2 med. carrots
1 small bunch celery & leeks
2 cups groundnut oil
Salt to taste

INGREDIENTS FOR SAUCE:

1/2 cup vinegar
4 tsp. honey
4 tsp. soya sauce
6 drops tomato sauce
2 tbsp. cornflour
11/2 tsp. sugar

INGREDIENTS FOR PRAWN BATTER:

2 eggs
1/4 tsp. baking powder
2 tbsp. flour
1/2 cup milk

PREPARATION: Shell and clean prawns. Cut each capsicum into 6 pieces. Quarter spring onions. Cut cucumber, carrots, french beans, celery and leeks into strips and then diagonally.

For batter, beat eggs till light, add flour and milk alternately. Add salt, baking powder and a little water to make a thick batter.

METHOD: Pour 1 cup water into cooker, add prawns. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Drain prawns and wipe each one dry.

Heat oil in a pan. Dip prawns in batter and deep fry. Then fry each vegetable separately and remove. Mix cornflour, salt, sugar, vinegar, honey, soya sauce and tomato sauce. Add vegetables and prawns and bring to boil. Simmer for 3 minutes. Serve hot.
STOCKS

Stocks are the foundation of good soups and gravies. Although stocks are generally made from meat and bones, vegetarian stock is also possible. Traditionally, the making of stock has been one of the most time-consuming activities in the kitchen. Now with your Hawkins, you can make stocks in less than half the time. Stock is a fertile medium for bacterial growth and care should be taken to store it under refrigerated or deep frozen conditions.

MEAT STOCK

1 kg. raw bones (2 lb)
450 gm. (1 lb) vegetables (onions, carrots, celery, leeks)
12 peppercorns
Bouquet garni

PREPARATION: Cut vegetables. Chop up the bones and remove any fat or marrow.

METHOD: Place the bones in the cooker and pour 1½ litres* water over them. Bring to boil slowly over low heat. Skim off the scum as it rises to the surface. When scum stops rising, add vegetables, bouquet garni and peppercorns. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 40 minutes. Allow cooker to cool gradually before opening. Remove the stock, skim and strain.

*2 3/4 pint

FISH STOCK

500 gm. fish bones (1 lb + 2 oz)
1 lge. onion
30 gm. margarine (1 oz)
2 stalks parsley
1 bayleaf
½ lemon
6 peppercorns

PREPARATION: Wash the bones thoroughly in cold water. Clean and chop onion.

METHOD: Place all the ingredients in cooker. Add 1½ litres* water. Bring to boil. Skim off any scum that rises to the surface. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain and use as required.

*2 cups

VEGETABLE STOCK

A mixture of vegetable leftovers (approx. 750 gm. = 1 lb + 11 oz) for example, the outer leaves of cabbage, cauliflower stalks, celery stalks and leaves, shells of peas, etc.

PREPARATION: Wash and shred vegetables.

METHOD: Place the vegetables in the cooker and pour 1½ litres* of water over them. Bring to boil slowly over low heat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow the cooker to cool gradually before opening. Strain.

*2 3/4 pint

and cook for 20 minutes. Allow cooker to cool gradually before opening. Strain stock.

COURT BOUILLON

1 med. carrot
1 med. onion
1 bunch parsley stalks
1 bayleaf
4 peppercorns
1 sprig thyme
75 ml. vinegar (1/3 cup)
Salt to taste

PREPARATION: Clean and slice carrot and onion. Chop parsley stalks.

METHOD: Pour 500 ml* water into cooker. Add vegetables, vinegar and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain and use as required.

*2 cups
SAUCES

A sauce is an accompaniment to a dish—meat, poultry or vegetables—and is used to moisten the food, to enhance the flavour, to provide contrast in taste or colour and sometimes to improve digestibility. Sauces are generally thickened with ingredients like roux, eggs, etc. Every sauce, whether plain or rich, must have a decidedly distinct flavour and character. Plain sauces should be simple and pure so that they taste of the ingredients employed. Rich sauces always require a longer and slower process for their preparation.

The art of sauce-making consists in preparing liquids from various ingredients by cleverly extracting and combining certain flavours. All sauces should be smooth and glossy in appearance, definite in taste and light in texture.

Generally, pressure cooking is not required for making sauces. Where pressure cooking is needed, it is clearly specified in the individual recipe for the sauce.

<table>
<thead>
<tr>
<th>WHITE SAUCE</th>
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<tbody>
<tr>
<td></td>
<td>Pouring</td>
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<tr>
<td>Flour</td>
<td>15 gm.</td>
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<td>(1/2 oz)</td>
<td>(1 oz)</td>
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<tr>
<td>Butter or margarine</td>
<td>15 gm.</td>
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<tr>
<td>(1/2 oz)</td>
<td>(1 oz)</td>
</tr>
<tr>
<td>Liquid (milk or stock)</td>
<td>300 ml.</td>
</tr>
<tr>
<td>(300 ml)</td>
<td>(1 1/4 cups)</td>
</tr>
<tr>
<td>(300 ml)</td>
<td>(1 1/4 cups)</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

METHOD: Melt fat in saucepan. Add flour. Mix smoothly and cook over gentle heat for 3 minutes without discolouring. Remove from heat. Add heated milk or stock, a little at a time, to the roux stirring continuously, until mixture is light and creamy (if the liquid is not added gradually, lumps will form). Add seasoning, bring to boil, stirring well all the time. Continue boiling and stirring for 5 minutes to cook flour thoroughly. (If the boiling is not continued, the sauce will be raw in flavour and dull instead of glossy.)

The liquid used depends on the kind of food with which the sauce is to be served:

- For meat: half milk and half stock or pot liquor.
- For fish: half milk and half fish stock.
- For vegetables: half milk and half vegetable stock.
- For desserts: milk, or milk and water.

<table>
<thead>
<tr>
<th>TOMATO SAUCE</th>
</tr>
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<tbody>
<tr>
<td>2 lge. tomatoes</td>
</tr>
<tr>
<td>1 rash. bacon</td>
</tr>
<tr>
<td>15 gm. butter (1 tbsp)</td>
</tr>
<tr>
<td>1 small carrot</td>
</tr>
<tr>
<td>1 small turnip</td>
</tr>
<tr>
<td>1 small onion</td>
</tr>
<tr>
<td>1 tbsp. flour</td>
</tr>
<tr>
<td>1/4 tsp. white pepper</td>
</tr>
<tr>
<td>300 ml. stock (1 1/4 cups)</td>
</tr>
<tr>
<td>Salt to taste</td>
</tr>
</tbody>
</table>

PREPARATION: Slice onion and tomatoes finely. Shred carrot and turnip.

METHOD: Put all ingredients except flour in cooker. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Rub the contents through a sieve, blend in flour. Pour mixture into a saucepan and stir until boiling. Boil for 5 minutes and remove.

<table>
<thead>
<tr>
<th>ESPAGNOLE SAUCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 gm. butter (2 oz)</td>
</tr>
<tr>
<td>50 gm. lean bacon (2 oz)</td>
</tr>
<tr>
<td>30 gm. mushrooms (1 oz)</td>
</tr>
<tr>
<td>1 med. carrot</td>
</tr>
<tr>
<td>2 med. onions</td>
</tr>
<tr>
<td>3 tbsp. flour</td>
</tr>
<tr>
<td>150 ml. tomato pulp (2/3 cup)</td>
</tr>
<tr>
<td>Bouquet garni</td>
</tr>
<tr>
<td>A little sherry (optional)</td>
</tr>
<tr>
<td>500 ml. stock (2 cups)</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>
PREPARATION: Cut bacon and vegetables into small pieces.

METHOD: In a pan, fry bacon and vegetables lightly in butter. Add flour and cook very slowly till golden brown. Add stock, tomato pulp, bouquet garni and seasoning. Simmer for 30 minutes. Strain through a tammy. Reheat and add sherry if desired.

SAUCE DEMIGLACE

150 ml. liquid glaze (2/3 cup)
150 ml. espagnole sauce (2/3 cup)
75 ml. sherry (optional) (1/3 cup)
Salt and pepper to taste

METHOD: Boil all ingredients in a saucepan for 5 minutes. Season and strain.

MARMALADE SAUCE

30 gm. marmalade (1 oz)
30 gm. sugar (1 oz)
Juice of 1/2 lemon

METHOD: Put all ingredients in a saucepan with 300 ml* cold water. Boil until reduced to two-thirds in quantity. *1 1/4 cups

CUSTARD SAUCE

1 tbsp. custard powder
30 gm. castor sugar (1 oz)
300 ml. milk (1 1/4 cups)

PREPARATION: Blend custard powder with a little cold milk.

METHOD: Boil remaining milk in a saucepan. Gently pour in blended custard, stirring all the time. Mix in sugar. Remove when slightly thickened.

BROWN SAUCE

1 small carrot
2 med. onions
1 tbsp. flour
1 tbsp. butter
300 ml. stock (1 1/4 cups)

PREPARATION: Wash and slice vegetables.

METHOD: In a pan, melt butter and fry vegetables until brown. Add flour. Cook slowly until roux becomes a good brown colour. Remove from heat and add warm stock a little at a time, mixing smoothly with the roux. Return to fire and allow to simmer for about 30 minutes. Skim, strain and reheat.

VANILLA SAUCE

300 ml. milk (1 1/4 cups)
1 tbsp. cornflour
2 tbsp. castor sugar
2 egg yolks
3 drops vanilla essence

PREPARATION: Blend cornflour with a little cold milk. Mix egg yolks, sugar and essence in a separate bowl.

METHOD: Bring to boil remaining milk in a saucepan. Slowly add blended cornflour and the egg mixture, stirring all the time.

Reduce heat, keep stirring till the sauce is thickened. Pass through a fine strainer.

JUS-LIE

100 gm. chicken bones and giblets (1/4 lb)
2 stalks celery
1 med.: onion
1 med. carrot
1 bayleaf
A pinch of thyme
1 tsp. tomato puree
1 tbsp. arrowroot or cornflour
30 gm. mushroom trimmings (1 oz)
1 tbsp. oil
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Chop bones and giblets. Chop vegetables very finely.

METHOD: Heat oil in cooker and brown bones. Add giblets, vegetables and flavouring, and brown well. Mix in the tomato puree, stock and seasoning. Place cooker on maximum heat and bring to full cooking pressure. Reduce to minimum heat and cook for 40 minutes. Allow cooker to cool gradually before opening. Blend arrowroot or cornflour in a little cold water and pour into the boiling stock, stirring continuously until it re-boils. Simmer for 10-15 minutes. Pass all the ingredients through a fine strainer.

MEAT GLAZE

2 1/2 litres strong brown stock (10 1/3 cups)

METHOD: Reduce the stock by boiling until thick and dark. Use as required.
JAMS & JELLIES

You will find your pressure cooker very useful when making marmalade or any jam where the fruit takes a long time to soften, e.g. dried apricot jam.

Jellies are made in the same way as jams with the juice of fruit separated from the pulp after pressure cooking.

DRIED APRICOT JAM

500 gm. dried apricots (1 lb + 2 oz)  1 1/4 kg. sugar (2 1/4 lb)  Juice of 2 small lemons

PREPARATION: Soak the apricots in 1 litre water for 48 hours.

METHOD: Put the fruit and water into the cooker. Close cooker. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Add in sugar, and bring to boil in open cooker, stirring all the time until sugar dissolves. Boil rapidly in open cooker stirring occasionally until jam sets.

GUAVA JELLY

300 gm. ripe guavas (11 oz)  300 gm. sugar (11 oz)  Juice of two small lemons

PREPARATION: Wash and slice guavas.

METHOD: Put guavas into cooker. Add 450 ml* water. Close cooker lid. Bring to full  * 1 3/4 cups

cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Open cooker immediately after releasing steam pressure. Strain contents through muslin without squeezing. Measure the liquid and add an equal quantity of sugar and the lemon juice. Bring to boil in open cooker, stirring all the time, until sugar dissolves. Strain once again and simmer on low heat for 25 minutes till set. (To check if jelly is set, pour a little of the syrup on a plate.) Remove cooker from fire. Pour jelly into bottles, allow to cool before closing lids.

PLUM JAM

500 gm. plums (1 lb + 2 oz)  2 cups sugar

PREPARATION: Cut plums in halves and prick with a fork.


SEVILLE ORANGE MARMALADE

500 gm. Seville oranges (1 lb + 2 oz)  1 kg. sugar (2 1/4 lb)

Sterilisation

Baby's feeding bottles and nipples, surgical instruments and syringes and needles for injections can be sterilised in the Hawkins. Here's how:

METHOD: Pour about 700 ml. of water (i.e 3 cups of water) into the body of the cooker. Put the washed nipples into a covered jar and place the jar along with bottles and instruments etc. into the cooker body, steam under pressure for 15 minutes at 15 lbs. Allow the cooker to cool gradually.

The nipples, bottles and instruments can be maintained in a sterilised condition if they are left in the cooker - with the vent weight in place - until required for use.

This method cannot be used for sterilisation of dry equipment such as bandages, towels, etc.

PREPARATION: Peel oranges and cut peel finely. Separate pips from pulp. Tie pips in muslin bag. Soak all 3 overnight in 500 ml+ water.

+ 2 cups

METHOD: Put soaked ingredients and the water into cooker. Cook for 15 minutes on medium heat after full cooking pressure has been reached. Allow cooker to cool gradually and open. Remove muslin bag. Add sugar and bring to boil, stirring until sugar dissolves. Boil rapidly in open cooker until marmalade sets.
Culinary Terms

Aji-no-moto: Chinese 'salt'.

Aloo: Potatoes.

Beat: To mix ingredients together with a circular up-and-down motion, using a whisk, spoon or electric beater.

Biryani: Fried rice with spiced chicken or mutton.

Blanch: Literally to whiten, but used here to mean dipping food into boiling water for a few moments and then into cold water to remove skin.

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

Boiling in pressure cooker: Pour given quantity of water/stock into cooker. Add food, close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for the time specified.

Bouillon: Unclarified broth or stock made from fresh meat.

Bouquet garni: A small bunch of mixed herbs used for flavouring soups, stews, etc. Ideally this should consist of a sprig each of parsley, thyme, basil, marjoram, with a bayleaf and a strip of lemon peel tied together in a piece of muslin. It must always be removed before the dish is served.

Braising: The food is cooked on a bed of vegetables in a covered pan or casserole. This is a combination of steaming and roasting or baking. Sufficient liquid is used to prevent the food from burning and this liquid makes the gravy or sauce to serve with the dish. Meat is the food most commonly braised but vegetables, game and poultry are also cooked by this method.

Broth: A stock of beef, mutton or chicken cooked with diced vegetables, rice or barley.

Caramel: A substance made by heating sugar until it turns dark brown; used for coating moulds, flavouring dishes, etc.

Channa: Whole white gram.

Chowder: An American soup made from seafoods and various seasonings.

Compote: Fruit stewed in sugar syrup.

Condiments: Spices and seasonings.

Consistency: The thickness or texture of a mixture, such as a cake or batter mixture.

Consomme: A light-coloured clear soup.

Court Bouillon: A well-flavoured cooking liquor.

Creaming: Beating fat with a wooden spoon until light and fluffy.

Croutons: Bread cut into small cubes or fancy shapes and fried or toasted. Used to garnish soups.

Double boiler: Use two utensils — one big and one small. The big one has water and is in direct contact with the heat source. The small utensil contains the ingredients and is placed into the big boiler.

Dough: A mixture of water or milk and flour kneaded together into a stiff paste, sometimes with fat.

Dum: Cooking in steam and simmering on very slow heat in the final stages of cooking.

Espagnole: A rich brown sauce.

Fillets: Fish with bone removed. Also undercuts of veal, beef or lamb.

Gajar: Carrots.

Garam masala: This is a mixture of cinnamon, cloves, cardamoms, black cumin seeds, nutmeg and mace. To make 2 oz garam masala: 1 oz brown cardamom seeds, 1 oz cinnamon, ¼ oz cloves, ¼ black cumin seeds, large pinch mace and nutmeg. Grind ingredients together and pass through fine sieve.

Garnish: To decorate.

Ghee: Clarified butter.

Goulash: Hungarian meat stew, flavoured with paprika.

Halwa: A kind of Indian pudding.

Haricot: A type of stew. Literally, 'beans'.

Julienne: Food cut into long strips. A clear soup of this name contains finely shredded vegetables.

Jus: Gravy.

Kheema: Minced mutton.

Kheer: Indian rice and milk pudding.
Culinary Terms

Khoya: Thickened milk. This can be done by boiling milk and constantly stirring till it turns into a smooth lump.

Marinade: A mixture of curd, vinegar or wine, oil, herbs, spices, etc. in which fish or meat is soaked before cooking to improve flavour and texture.

Marjoram: A thick sauce made of egg yolk, oil and vinegar, mustard, etc. Used as a dressing for salads of all kinds. Also a herb.

Masala: Mixture of Indian spices.

Matar: Green peas.

Palak: Spinach.

Panir: A cottage cheese. To make 200 gm* panir, bring to boiling point one litre of milk, add a large tablespoon of curd or juice of one lemon. Stir on fire till whey separates. Pour the whole mixture into a clean muslin cloth. Tie loosely and hang till most of the liquid drains off. Keep the bag under a heavy weight for a few hours. Remove weight. Cut panir into cubes.

Potage: A nourishing broth or soup.

Printanier: A garnish of spring vegetables.

Pulao: Fried rice. Can be made with vegetables, meat or chicken.

Puree: A smooth mixture obtained by rubbing cooked fruit, vegetables, etc. through a sieve.

Ragout: Well-flavoured meat stew, thick, well-seasoned and rich.

Roux: A thickening for soups or sauces made with flour and fat.

Sambar: A South Indian curry.

Saute: Toss and lightly brown in shallow fat.

Shred: Cut in fine strips, e.g. lettuce, cabbage, chicken, etc.

Simmer: To cook a liquid, or food in a liquid, at a temperature just below boiling point.

Steaming: Cooking food without direct contact with water. The food can be steamed directly on the grid in a pressure cooker or in a container placed on the grid.

U.S./BRITISH EQUIVALENTS

Exact conversion from Metric to Imperial measures do not give very convenient working quantities. For greater ease, the metric measures have been rounded off into units of 25 and their approximate conversion into ounces is given below:

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<thead>
<tr>
<th>Grams</th>
<th>Ounces</th>
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<tbody>
<tr>
<td>25</td>
<td>1</td>
</tr>
<tr>
<td>50</td>
<td>2</td>
</tr>
<tr>
<td>75</td>
<td>3</td>
</tr>
<tr>
<td>100</td>
<td>4 (1/4 lb)</td>
</tr>
<tr>
<td>150</td>
<td>5</td>
</tr>
<tr>
<td>175</td>
<td>6</td>
</tr>
<tr>
<td>200</td>
<td>7</td>
</tr>
<tr>
<td>225</td>
<td>8 (1/2 lb)</td>
</tr>
<tr>
<td>250</td>
<td>9</td>
</tr>
<tr>
<td>275</td>
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<tr>
<td>300</td>
<td>11</td>
</tr>
<tr>
<td>350</td>
<td>12 (3/4 lb)</td>
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<tr>
<td>375</td>
<td>13</td>
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<tr>
<td>400</td>
<td>14</td>
</tr>
<tr>
<td>425</td>
<td>15</td>
</tr>
<tr>
<td>450</td>
<td>16 (1 lb)</td>
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<table>
<thead>
<tr>
<th>Millilitre/Litres</th>
<th>Fluid Ounce/Pints</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>5 (1/4 pint)</td>
</tr>
<tr>
<td>175</td>
<td>6</td>
</tr>
<tr>
<td>200</td>
<td>7</td>
</tr>
<tr>
<td>225</td>
<td>8</td>
</tr>
<tr>
<td>250</td>
<td>9</td>
</tr>
<tr>
<td>300</td>
<td>10 (1/2 pint)</td>
</tr>
<tr>
<td>325</td>
<td>11</td>
</tr>
<tr>
<td>350</td>
<td>12</td>
</tr>
<tr>
<td>450</td>
<td>15 (3/4 pint)</td>
</tr>
<tr>
<td>500</td>
<td>20 (1 pint)</td>
</tr>
<tr>
<td>1 Litre</td>
<td>1 1/2 pints</td>
</tr>
<tr>
<td>1.25 Litres</td>
<td>2 1/4 pints</td>
</tr>
<tr>
<td>1.5 Litres</td>
<td>2 3/4 pints</td>
</tr>
<tr>
<td>1.75 Litres</td>
<td>3 pints</td>
</tr>
<tr>
<td>2 Litres</td>
<td>3 1/2 pints</td>
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</tbody>
</table>

NOTE: The British Pint is 20 fluid ounces and the U.S. pint is 16 fluid ounces.
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If you have any questions or would like more information on any aspect of pressure cooking, or would like to share your own recipes of dishes made in the Hawkins pressure cooker, write to

The Test Kitchen
Hawkins Cookers Limited
P.O. Box 16083
Mumbai 400 005
India

or email: tk@marketing.hawkinscookers.com

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