



ceramic
nonstick

INSTRUCTION MANUAL
WITH GUARANTEE CARD



Important Safeguards

1. **Do not** use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat or whose flame spreads beyond base of the pan. Excessive heat will cause sticking and burning of food and wastes fuel.
2. Limit pre-heating of the pan without food or with a small quantity of oil/butter/ghee as stated in the **Pre-heating Table** on page 5.
3. **Do not** leave frying unattended – pay careful attention throughout.
4. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the Deep Kadhai is:

Size of Kadhai	Max. Qty. of oil
1.75 Litre	1½ cups/360 ml
2.5 Litre	2 cups/480 ml

Size of Kadhai	Max. Qty. of oil
3.5 Litre	4¼ cups/1 litre
5 Litre	6 cups/1.4 litres

5. Use a wooden spatula; a metal spatula may cause nicks, cuts or chipping. The ceramic coating may stain, fade, scratch or chip; this is fair wear and tear and is not covered under guarantee. This will not affect the functioning of the pan.
6. **Do not** drop, hit, bang, rub, cut or chop on/in the pan or scrape with metal or sharp objects. **Do not** scrape the pan across or bang it down on pan supports. Place carefully so that it is seated with no chance of slipping.
7. **Do not** put the hot pan or lid in water. Allow to cool first.
8. **Do not** put the pan or lid in a heated oven or under a broiler/grill.
9. **Do not** wash the pan or lid in a dishwasher. Hand wash.
10. Read and follow the instructions in this Manual.

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The Widest Range of High-Quality Cookware

Hawkins and Futura Cookware offer over 290 models of pots and pans made from carefully selected, high quality metals, designed with the best technology and craftsmanship, to give you the best possible cooking results. Choose from a variety of different materials and finishes selected for durability, utility and thermal efficiency, such as **hard anodised**, **nonstick**, **ceramic nonstick**, **stainless steel** and **cast iron**. You can also choose from models with glass or metal lid, and with or without induction compatibility. Choose your ideal pot or pan based upon your needs, your cooking style and the heat source in your kitchen. Hawkins and Futura Cookware are generally made from the following metals unless otherwise specified:

Wrought Aluminium Cookware

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

Die-Cast Aluminium Cookware

- Body: Die-Cast Aluminium LM 6 grade (EN Aluminium 44100 grade), food-compatible

Stainless Steel Sandwich Bottom Cookware

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

Stainless Steel Tri-Ply Cookware

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

Metal Lids

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

Stainless Steel Induction Base Plate

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

Hawkins Ceramic Nonstick Cookware

Revolutionary New Ceramic Coating

Hawkins Ceramic Nonstick Cookware has a unique Ceramic nonstick cooking surface, and a durable ceramic outer coating.

The revolutionary new Hawkins Ceramic Nonstick coating, made in Germany, heralds new standards of safety and durability. It is formulated using unique sol gel technology and has wonderful properties for cooking. This grade of ceramic is not recommended to be used on high heat and nonstick properties may be reduced if used at high heat.

The Benefits of Hawkins Ceramic Cookware

- **Excellent release properties:** Foods slide easily off the German Ceramic nonstick cooking surface. No sticking, no burning. Can use 36% less oil for more healthful cooking. India's only nonstick with a five-year guarantee!
- **No PFAS, heavy metals:** The ceramic nonstick coating is certified to have no PFOA, PFAS, nor heavy metals, such as lead, mercury, cadmium etc. Better for your health, better for the planet.
- **Stays looking new for years:** The ceramic coating is scratch and stain resistant, tough and easy to clean. It brightens up your kitchen.
- **Safer, more healthful:** Compliant with Council of Europe Resolution CM/RES(2013)9 on metals and alloys used in food contact materials and articles.

How to Use

Follow all the IMPORTANT SAFEGUARDS on Page 1.

Before First Use

Remove label. Hand wash in warm soapy water, rinse and wipe dry.

Suitable Heat Sources

The pans mentioned in this Manual can be used on all domestic gas, radiant electric, halogen, ceramic and induction cooktops except the Appachatty, which is designed for use on the small burner of a domestic gas stove. When using other pans on induction, follow the **Equivalent Heat Settings** table on page 7. Do not use on a coal fire or industrial burner or any heat source that cannot be regulated to low and medium heat. Use a burner to suit the size of your pan – flames should not spread beyond the base of the pan. Do not use high heat except to boil liquids or heat oil for deep-frying. Doing so may reduce the nonstick property. Some pans can be heated on high heat, but should not be dry heated, except Tava, Frying Pan and Appachatty and limit pre-heating to no more than the time mentioned in the pre-heating table alongside and the recipes. Use the small burner of a gas stove or the equivalent heat setting of an induction cooktop (refer pre-heating table alongside) for the 16 cm and 19 cm Frying Pans and for the 1.75 Litre Deep Kadhai.

Avoid Scratching, Damage, Breakage

To protect the ceramic coating from chipping and scratching, do not bang pan down on pan supports. Lift, do not drag it across the surfaces or stack other utensils on the pan without protecting it. Do not cut, chop on/in the pan or bang its rim or edge.

Use a wooden/silicone spatula; a metal spatula may cause nicks, cuts or chipping. The ceramic coating may stain, fade, scratch or chip; this is fair wear and tear and is not covered under guarantee. This will not affect the functioning of the pan.

The glass lid is liable to break under a sharp or forceful blow. Turning the knob clockwise will tighten it and turning it anti-clockwise will loosen it. Do not over-tighten.

Pre-heating Table

Limit pre-heating of the pan without food or with a small quantity of oil/butter/ghee (1 tbsp/15 ml or less) as stated in the **Pre-heating Table** below:

Product	Size/ Capacity	Heat Setting in Gas Stoves	Maximum Pre-Heating Time	Heat Setting in Induction Cooktops	Maximum Pre-Heating Time
Tava	24 cm	Big Burner, Medium	3 minutes	800 Watts	2 minutes
	26 cm		4 minutes		
	28 cm				
Frying Pan	16 cm	Small Burner, Medium	2 minutes	600 Watts	2 minutes
	19 cm			800 Watts	
	23 cm	Big Burner, Medium			
Deep Kadhai	1.75 L	Small Burner, High	1 minute	1000 Watts	1 minute
	2.5 L	Big Burner, High		2000 Watts	
	3.5 L				
	5 L				
Handi	3 L	Big Burner, High	1 minute	2000 Watts	1 minute
	5 L		2 minutes		
Pasta Pan	26 cm	Big Burner, High	2 minutes	2000 Watts	1 minute
Cook n Serve Bowl	3 L	Big Burner, High	2 minutes	2000 Watts	1 minute

Saving Energy

Hawkins Ceramic Nonstick Cookware will save energy and produce tasty food while optimising fuel consumption if you regulate the heat as given in the instructions.

Comparing Heat Settings in Gas Stoves and Induction Cooktops

1. The two tables given below are **approximate guides** to the equivalent heat settings of the small and big burner in most gas stoves and induction cooktops. We recommend the big burner for all cookware models in this Manual except 16 cm and 19 cm Frying Pans and the 1.75 Litre Deep Kadhai*, which are better suited to the small burner. You may have to adjust these settings to suit your stove/cooktop.

Equivalent Heat Settings in Gas and Induction Cooktops

Gas Stove Small Burner	Induction Cooktop in Watts
High	1000
Medium-high	600
Medium	400
Medium-low	300
Low	100

Gas Stove Big Burner	Induction Cooktop in Watts
High	2000
Medium-high	1200
Medium	800
Medium-low	600
Low	400

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

* Deep-frying in 1.75 Litre Deep Kadhai on induction cooktop: We recommend using 2000 Watts heat setting to speed up cooking.

How to Clean

- 1. DO NOT WASH PAN/LID IN A DISHWASHER.** We recommend hand washing. Dishwashing detergents may contain harsh chemicals or abrasive substances which may damage the pan and dull the handle(s), glass lid and knob.
- 2.** Allow pan to cool before washing. Always wash all surfaces of the pan thoroughly **after every use** in hot water with a mild, liquid utensil soap and a non-abrasive sponge. For stubborn spots, soak pan in hot water about 10 minutes and rub with a plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the pan ensure that the ceramic coating is not gouged or rubbed against any hard or sharp surface, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath to avoid damaging the pan. Dry the pan and lid thoroughly with a soft clean cloth.
- 3. To remove stains from the stainless steel plate attachment:** The stainless steel plate attached to the base of the induction compatible pans may develop blue and/or golden/brown stains which may be caused by overheating. To remove these stains, clean the steel plate with a stainless steel cleanser or with a non-abrasive cleaning powder, wash and dry. These stains do not affect the performance of the pan.

How to Deal with "Baked-On" Food/Stains

- 1.** If the pan is not cleaned thoroughly after each use, a thin layer of food or grease may remain. When the pan is heated next, this food/grease becomes "baked-on" and very difficult to remove.
- 2. To avoid "baked-on" stains:** carefully wipe off any fat or grease while it is still fresh and wash before you cook in the pan again. Ensure that the stove surface in contact with the pan is free of fat drippings.
- 3. If you do get "baked-on" stains,** you may try the following method (knowing that the pan surface may get damaged): Wash with a mild liquid utensil soap and a plastic scrubber, removing all superficial food, and dry. Make a paste with equal parts of baking soda and warm water and apply it to the area of the ceramic coating with the stain. Wait 5-10 minutes. Rub paste with a plastic scrubber using a circular motion until stains are removed. Wash pan in hot soapy water and wipe dry.

General Cooking Tips

1. If food is not browning or reaching the colour desired by you and a higher heat setting causes burning, lower the heat setting and cook for a longer time.
2. Do not leave the ladle in the pan while cooking.
3. Never splash hot oil by dropping food from a height. Do not bring your hands too close to hot oil in case it spatters. Slide food gently into pan from the edges.
4. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the Deep Kadhahi is:

Size of Kadhahi	Max. Qty. of oil
1.75 Litre	1½ cups/360 ml
2.5 Litre	2 cups/480 ml

Size of Kadhahi	Max. Qty. of oil
3.5 Litre	4¼ cups/1 litre
5 Litre	6 cups/1.4 litres

5. Brown pieces of food a few at a time. This allows the oil/fat to stay at a high temperature so that the food browns quickly. This also makes turning easier for even browning. If too much food is added at one time, the temperature of oil will decrease too fast for crisp results and oil may splash out of the pan.
6. Induction cooktops generally heat up faster than gas or electric cooktops; hence the heat settings required on induction cooktops for these pans are generally lower than the recommended heat settings on gas. It may also be necessary to adjust the heat more frequently to get the desired cooking results.
7. The pan conducts heat evenly and well. Do not heat oil till it is smoky – it damages the oil and will burn the food. It is possible to cook with less oil and no sticking if you cook on lower heat.
8. When a recipe specifies very low heat, use the lowest setting you have. If you do not have a "very low" setting, use another pan support stand to elevate and increase the distance between the flame and the pan (see illustration).



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

Measurements of ghee in the recipes are for ghee at room temperature.

Volume			
All measurements are level, not heaped.			
Measurement		Equivalent	
1 teaspoon		5 ml	
1/2 tablespoon		1 1/2 teaspoons / 7.5 ml	
1 tablespoon		3 teaspoons / 15 ml	
1/4 cup		4 tablespoons / 60 ml	
1/3 cup		5 tablespoons + 1 teaspoon / 80 ml	
1/2 cup		8 tablespoons / 120 ml	
3/4 cup		12 tablespoons / 180 ml	
1 cup		16 tablespoons / 240 ml	
1 litre		1000 ml	

Weight		Length	
Metric	Equivalent	Measurement	Equivalent
28 g	1 oz	1/4 inch	6 mm
(rounded off to 30 g)		1/2 inch	1.3 cm
450 g	16 oz / 1 lb	3/4 inch	1.9 cm
1 kg	2.2 lb	1 inch	2.5 cm

10. Abbreviations used:

Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	lb	pound
tbsp	tablespoon	ml	millilitre
g	gram	l	litre
kg	kilogram	mm	millimetre
oz	ounce	cm	centimetre

Recipes

The recipe section features 13 recipes. To give you an idea, we recommend the following recipes suitable for each pan, that we have actually tested in our Test Kitchen. Using these as a base, you can easily adapt your own favourite recipes.

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Frying Pan: Pan-Fried Chicken

The recipes are written for the 23 cm Frying Pan. To adapt these recipes to the 19 cm Frying Pan reduce all ingredients by 33% and to the 16 cm Frying Pan reduce all ingredients by 50%.

Serves 4

1 x 1 inch / 2.5 cm piece (1/3 oz / 10 g)	fresh ginger
16 small cloves	garlic
2	green chillies
1 tbsp + 1 tsp / 20 ml	vegetable oil
1 tsp / 5 ml	peppercorns crushed
1 tbsp / 15 ml	lemon juice
1 1/2 tsp / 7.5 ml	dried rosemary crushed
1 tsp / 5 ml	salt
1 (13 oz / 370 g)	boneless chicken breast cut into quarters about 1/2 inch / 1.3 cm thick pieces, make 4 slits on either side

1. Grind into a paste ginger, garlic and chillies.
2. In a bowl, mix ginger paste, 1 tsp/5 ml oil and all other ingredients except chicken. Add chicken. Rub mixture all over chicken. Cover and keep aside 1 hour.
3. Heat remaining oil (1 tbsp/15 ml) in the Frying Pan on medium heat of big burner of a gas stove or on 800 Watts of an induction cooktop about 2 minutes. Place chicken pieces in the pan. Fry about 2 minutes on each side. Reduce heat to medium-low. Cover and cook about 5 minutes on each side. Remove. Serve hot, with garlic bread. ●

Stir-Fried Vegetables

Serves 4

2 tbsp / 30 ml

butter

1 medium (4¹/₃ oz / 125 g)

onion cut into quarters and separated into wedges

1 small (2¹/₂ oz / 75 g)

carrot peeled and cut into 1¹/₂ inch / 4 cm long, 1/2 inch / 1.3 cm wide pieces

1/2 cup / 60 g

green beans cut into 1¹/₂ inch / 4 cm long pieces

1/3 cup / 60 g

peas

1 cup / 150 g

sweet corn boiled

3/4 tsp / 3.8 ml

salt

1/2 medium (3¹/₂ oz / 100 g)

red bell pepper de-seeded and cut into 1¹/₂ inch / 4 cm long, 1/2 inch / 1.3 cm wide pieces

1/2 medium (3¹/₂ oz / 100 g)

yellow bell pepper de-seeded and cut into 1¹/₂ inch / 4 cm long, 1/2 inch / 1.3 cm wide pieces

1/2 medium (3¹/₂ oz / 100 g)

capsicum de-seeded and cut into 1¹/₂ inch / 4 cm long, 1/2 inch / 1.3 cm wide pieces

2 tbsp / 30 ml

vegetable oil

1 x 1 inch / 2.5 cm piece (1/3 oz / 10 g)

fresh ginger cut into thin strips

15 small cloves	garlic finely chopped
2	green chillies slit
1 medium (3½ oz / 100 g)	onion finely chopped
½ tsp / 2.5 ml	turmeric
½ tsp / 2.5 ml	cumin powder
1½ tsp / 7.5 ml	Kashmiri red chilli powder
1½ tsp / 7.5 ml	coriander powder
¾ tsp / 3.8 ml	salt
3 medium (10⅔ oz / 300 g)	tomatoes chopped
2 tsp / 10 ml	<i>kasoori methi</i>
¾ tsp / 3.8 ml	<i>garam masala powder</i>

1. Melt butter in the Frying Pan on medium heat of big burner of a gas stove or on 800 Watts of an induction cooktop. Add onion wedges, carrots, beans, peas, corn and salt. Increase heat to high. Stir fry about 2 minutes. Add bell peppers and capsicum. Stir fry about 3 minutes.
2. Remove pan from heat. Transfer vegetables to a bowl and keep warm.
3. Place pan on medium heat. Add oil and heat about 2 minutes. Add ginger, garlic and green chillies. Stir fry till garlic turns light golden brown (about 1 minute). Add chopped onion. Stir fry till onion is golden brown (about 5 minutes). Add turmeric, cumin, chilli, coriander powders and salt. Mix. Add tomatoes and *kasoori methi*. Cover and cook till tomatoes are pulpy (about 4 minutes), stirring at 1 minute intervals.
4. Add the reserved vegetables and *garam masala powder*. Stir fry about 2 minutes. Remove from heat. Serve hot. ●

Deep Kadhai: Crispy Paneer Chilli

The recipes are written for the 2.5 Litre Deep Kadhai. To adapt these recipes to the 5 Litre Kadhai increase all ingredients by 100% and to the 3.5 Litre Kadhai increase all ingredients by 33%. To adapt these recipes to the 1.75 Litre Kadhai reduce all ingredients by 33%.

Serves 5

14 oz / 400 g	paneer cut into $\frac{3}{4}$ inch / 2 cm cubes
1 tbsp + 1 tsp / 20 ml	cornflour
1 tbsp + 2 tsp / 25 ml	vegetable oil
40 small cloves	garlic finely chopped
3	green chillies finely chopped
1 tsp / 5 ml	soy sauce
1 tsp / 5 ml	vinegar
$\frac{1}{2}$ tsp / 2.5 ml	salt
$\frac{1}{4}$ tsp / 1.3 ml	pepper
1 large ($5\frac{1}{3}$ oz / 150 g)	onion cut into $\frac{3}{4}$ inch / 2 cm squares
1 large ($5\frac{1}{3}$ oz / 150 g)	capsicum de-seeded and cut into $\frac{3}{4}$ inch / 2 cm squares

1. Roll *paneer* in cornflour to coat evenly.
2. Heat 1 tbsp/15 ml oil in the Deep Kadhai on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop about 1 minute. Add half the quantity of *paneer*. Stir fry carefully till golden brown all over. Remove *paneer*. Fry remaining *paneer* in the same way and remove. Keep aside.
3. Add remaining oil (2 tsp/10 ml) in the Kadhai. Add garlic and green chillies. Stir fry about 1 minute. Add soy sauce, vinegar, salt and pepper. Stir a few seconds. Add onion and capsicum. Stir fry about 1 minute. Add *paneer*. Stir fry gently about 1 minute. Remove Kadhai from heat. Serve hot. ●

Moong Dal Halwa

Serves 10

1½ cups / 340 g	moong dal
¾ cup / 180 ml	ghee
20	almonds blanched, skins removed and sliced
1¾ cups / 420 ml	milk
1¾ cups / 420 ml	water
1 tbsp / 15 ml	green cardamoms crushed
1¾ cups / 375 g	sugar

1. Roast *moong dal* in the Deep Kadhai, on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop till *dal* turns one shade darker (about 12 minutes), stirring constantly. Remove from heat, spread on a plate and allow to cool. Coarsely grind *dal*.
2. Heat ghee in Deep Kadhai on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop about 3 minutes. Add almonds and ground *dal*. Stir fry till *dal* turns light brown (about 5 minutes). Reduce heat to low.
3. Carefully add milk and water. Mix. Increase heat to high. Bring to boil. Cover and cook on low heat about 10 minutes, stirring occasionally. Add cardamoms and sugar. Cook till sugar is dissolved and ghee shows separately (about 8 minutes), stirring constantly. Remove from heat. Serve hot. ●

Tava: Makai ki Roti

Yield: 12 *roti*

4 cups / 400 g ***makai ka aata* (corn meal)**

2¹/₄ cups / 540 ml **water**

¹/₄ cup / 60 ml **ghee**

1. Start this step only when ready to cook. Mix *makai ka aata* and 1¹/₂ cups/360 ml water. Add enough of remaining water (³/₄ cup/180 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball. Make 12 balls about 1³/₄ inch/4.5 cm in diameter. Keep covered with a damp cloth.
2. On a well floured board, roll a ball of dough lightly. Dust rolling pin from time to time to avoid sticking. Seal cracks by pinching edges and continue rolling into a flat round 5¹/₂ inch/14 cm in diameter.
3. Heat the Tava on medium heat of big burner of a gas stove about 3 minutes or on 800 Watts of an induction cooktop about 2 minutes.
4. Put one hand over round and tip board till round drops onto open palm. (If round sticks to the board, ease round using broad metal spatula and tip board in the same way). Put round on tava. Cook till underside has golden brown patches (about 2 minutes). Turn over with a wooden spatula. Cook 2 minutes. Turn over.
5. Spread ¹/₂ tsp/2.5 ml ghee all over top surface of round. Turn over.
6. Spread ¹/₂ tsp/2.5 ml ghee in the same way. Turn over.
7. Lightly press entire round with spatula, rotating and pressing a small area at a time. (Pressing *makai ki roti* ensures even cooking. If you notice a lighter area, press on the opposite side of that area when you have turned over *makai ki roti*.)
8. Turn over. Continue pressing and turning till *makai ki roti* is evenly browned (medium-brown) on both sides. *Makai ki roti* takes about 6 minutes to cook.

9. Roll out remaining balls in the same way as given in **step 2**. Roll out each ball shortly before cooking (while another round is on tava).
10. Cook *makai ki roti* as given in **steps 4 to 8**.
11. Serve hot, accompanied with *sarson ka saag*. ●

Methi Paratha

Yield: 12 *paratha*

4 cups / 450 g	sifted wheat flour
2 cups / 100 g	methi (fenugreek) leaves chopped
¼ cup / 60 ml	vegetable oil
2 tsp / 10 ml	salt
¾ tsp / 3.8 ml	turmeric
1 tsp / 5 ml	red chilli powder
1¼ cups / 300 ml	water
½ cup / 120 ml	ghee

1. Mix all ingredients except water and ghee. Add ¾ cup/180 ml water. Mix. Add enough of remaining water (½ cup/120 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 1½ inch/4 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll a ball of dough into a flat round 6 inch/15 cm in diameter. Spread ¼ tsp/1.3 ml ghee all over the top surface of the round.

4. Fold the round into half to make a semi circle. Spread $\frac{1}{4}$ tsp/1.3 ml ghee all over the top surface of the semi circle and fold into half to make a triangle shape.
5. Make remaining balls into triangles in the same way as given in **steps 3** and **4**. Keep covered with a damp cloth.
6. On a floured board, roll each triangle on each side, to make the triangle larger (about $7\frac{1}{4}$ inch/18 cm long) making sure the sides are properly thinned out. Keep on a lightly floured surface, covered with a damp cloth.
7. Heat the Tava on medium heat of big burner of a gas stove about 3 minutes or on 800 Watts of an induction cooktop about 2 minutes.
8. Put triangle on tava. Cook 1 minute. (Top should begin to look dry and darken. There should be a few light brown specks on the underside.) Turn over.
9. Spread $\frac{1}{2}$ tsp/2.5 ml ghee all over top surface of triangle. Turn over.
10. Spread $\frac{1}{2}$ tsp/2.5 ml ghee in the same way. Turn over.
11. Lightly press entire triangle with spatula, rotating and pressing a small area at a time. Turn over.
12. Spread $\frac{1}{2}$ tsp/2.5 ml ghee over triangle. Turn over.
13. Continue pressing and turning till *paratha* is evenly browned (medium-brown) on both sides.
14. Remove *paratha* from tava. Cook remaining triangles in the same way as given in **steps 8** to **13**. Serve hot, accompanied with curds. ●

Handi: Chawal ki Kheer

The recipes are written for the 3 Litre Handi. To adapt these recipes to the 5 Litre Handi increase all ingredients by 33%.

Serves 6

6 ¹ / ₄ cups / 1.5 litre	whole milk
3 tbsp / 45 ml	Basmati rice washed, soaked in water for 30 minutes and drained
3	green cardamoms crushed
a pinch	saffron
³ / ₄ cup / 150 g	sugar
15	almonds blanched, skins removed and slivered

1. Bring milk to boil in the Handi on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop, stirring constantly. Reduce heat to medium-low.
2. Add rice, cardamoms and saffron. Stir. Boil, stirring and scraping the sides occasionally till rice is cooked (about 40 minutes).
3. Add sugar. Stir till sugar is dissolved. Cook till creamy consistency is obtained (about 10 minutes), stirring occasionally. Remove from heat. Serve hot/cold as desired, garnished with almonds.

Prawn Pulao

Serves 4

1 x 1 inch / 2.5 cm piece (1/3 oz / 10 g)	fresh ginger
10 small cloves	garlic
2	green chillies
14 oz / 400 g	prawns shelled and de-veined
1/2 tsp / 2.5 ml	turmeric
1 tsp / 5 ml	red chilli powder
2 tsp / 10 ml	coriander powder
2 1/2 tsp / 12.5 ml	salt
2 1/2 cups / 200 g	coconut grated
3 1/3 cups / 800 ml	water
3 tbsp / 45 ml	ghee
2	bay leaves
2 x 1 inch / 2.5 cm sticks	cinnamon
4	cloves
4	green cardamoms crushed
1/2 tsp / 2.5 ml	peppercorns
1 tsp / 5 ml	cumin seeds
2 large (10 2/3 oz / 300 g)	onions sliced
2 medium (9 oz / 250 g)	tomatoes chopped
2 cups / 400 g	Basmati rice

1. Grind into a paste ginger, garlic and green chillies.
2. In a bowl, rub prawns with ginger paste, turmeric, chilli, coriander powders and 1 tsp/5 ml salt. Cover and keep aside 30 minutes.
3. Extract 1 cup/240 ml thick coconut milk from coconut using 1 cup/240 ml water. Keep aside.
4. Heat ghee in the Handi on high heat of big burner of a gas stove about 2 minutes or on 2000 Watts on an induction cooktop about 1 minute. Add bay leaves, cinnamon, cloves, cardamoms, peppercorns and cumin seeds. Stir a few seconds. Add onions. Stir fry till onions turn golden (about 6 minutes). Add prawns with marinade. Stir fry about 3 minutes. Add tomatoes. Mix. Cover and cook till tomatoes are pulpy (about 5 minutes), stirring occasionally. Uncover Handi.
5. Add remaining water (2 $\frac{1}{3}$ cups/560 ml). Mix. Bring to boil. Add rice and remaining salt 1 $\frac{1}{2}$ tsp/7.5 ml. Stir. Bring to boil. Add coconut milk. Stir. Reduce heat to very low (see page 9, **General Cooking Tips**, point 8). Cover and cook about 20 minutes, stirring at 5 minute intervals.
6. Serve hot accompanied with *raita*. ●

Appachatty: Appam (Rice and Coconut Pancakes)

Yield: 10 *appam*

1½ cups / 300 g	rice soaked 4 hours and drained
2 cups / 160 g	coconut grated
½ cup / 120 ml	cooked rice
½ tsp / 2.5 ml	dry yeast
1½ tsp / 7.5 ml	sugar
1¼ cups / 300 ml	water
1 tsp / 5 ml	salt

1. Grind together rice, coconut, cooked rice, yeast and sugar into a paste adding water a little at a time.
2. In a large bowl, mix rice paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
3. Heat Appachatty on medium heat of small burner of a gas stove no more than 2 minutes. Stir batter and pour ⅓ cup/80 ml in centre of pan. With both hands lift pan from heat. Tilt and rotate pan to spread batter to make a round about 6½ inch/16 cm in diameter. Return pan to heat. (The batter which slides/flows back to the centre produces the desired fluffy, soft centre which is thicker than the "lacy" edges.) Cover and cook till surface appears dry (about 1½ minutes). Remove. Cook remaining *appam* in the same way. Serve hot with vegetable/chicken stew or Coconut Chutney. ●

Pasta Pan: Pasta Arrabbiata

Serves 6

8 ¹ / ₃ cups / 2 litres	water
1 tbsp / 15 ml	vegetable oil
2 tbsp / 30 ml	salt
10 ² / ₃ oz / 300 g	fusilli pasta
3 tbsp / 45 ml	olive oil
15 small cloves	garlic crushed
1 large (5 ¹ / ₃ oz / 150 g)	onion finely chopped
3	green chillies finely chopped
¹ / ₂ tsp / 2.5 ml	peppercorns coarsely ground
¹ / ₂ tsp / 2.5 ml	chilli flakes
¹ / ₂ tsp / 2.5 ml	red chilli powder
³ / ₄ tsp / 3.8 ml	sugar
1 tbsp / 15 ml	dried mixed herbs
6 large (2 ¹ / ₄ lb / 1 kg)	tomatoes blanched, skins removed and puréed
1 large (3 ¹ / ₂ oz / 100 g)	capsicum de-seeded and cut into 1 inch / 2.5 cm long and ¹ / ₄ inch / 6 mm wide pieces
1 ¹ / ₂ cups / 180 g	Cheddar cheese grated
10	fresh basil leaves torn into halves

1. Pour water in the Pasta Pan. Bring to boil on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop. Add vegetable oil, 1 tbsp/15 ml salt and pasta. Stir.

Bring to boil. Reduce heat to medium. Cook pasta according to the instructions on packet, till pasta is just cooked (firm, not mushy – al dente). Remove pan from heat. Immediately transfer pasta to a colander (*chalanee*). Drain. Rinse pasta with cold water till cool. Drain in colander. Keep aside. Wash and wipe dry pan.

2. Heat olive oil in the Pasta Pan on high heat of big burner of a gas stove about 2 minutes or on 2000 Watts of an induction cooktop about 1 minute. Add garlic. Stir fry till garlic turns light golden (about 30 seconds). Add onion and chillies. Stir fry till onion is transparent (about 2 minutes). Add pepper, remaining salt (1 tbsp/15 ml), chilli flakes, chilli powder, sugar and herbs. Mix. Add tomato purée. Stir. Bring to boil. Reduce heat to medium. Cover and cook till sauce thickens (about 5 minutes). Add capsicum and reserved pasta. Mix. Add 1 cup/120 g cheese and basil leaves. Mix. Cover and cook about 2 minutes. Remove pan from heat. Serve hot garnished with remaining cheese (1/2 cup/60 g). ●

Penne Alfredo

Serves 8

7 cups / 1.7 litres	water
1 tbsp / 15 ml	vegetable oil
2½ tsp / 12.5 ml	salt
2 cups / 200 g	penne pasta
3 tbsp / 45 ml	butter
10 small cloves	garlic finely chopped
1 large (5⅓ oz / 150 g)	onion finely chopped
¼ cup / 60 ml	maida (sifted refined flour)
3½ cups / 840 ml	milk
1 tsp / 5 ml	pepper coarsely ground
1 tsp / 5 ml	chilli flakes

2 tsp / 10 ml	dried mixed herbs
1 tsp / 5 ml	sugar
1 cup / 120 g	Cheddar cheese grated
1 small head (5 ² / ₃ oz / 160 g)	broccoli cut into ³ / ₄ inch / 2 cm flowerettes including tender stalks (100 g)
1 medium (3 ¹ / ₂ oz / 100 g)	red bell pepper cut into ¹ / ₂ inch / 1.3 cm squares
¹ / ₂ cup / 60 g	Mozzarella cheese grated
2 tbsp / 30 ml	parsley chopped

1. Pour 6 cups/1.4 litres water in the Pasta Pan. Bring to boil on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop. Add oil, 1 tsp/5 ml salt and pasta. Stir. Bring to boil. Reduce heat to medium. Cook pasta according to the instructions on packet, till pasta is just cooked (firm, not mushy – al dente). Remove pan from heat. Immediately transfer pasta to a colander (*chalanee*). Drain. Rinse pasta with cold water till cool. Drain in colander. Keep aside. Wash and wipe dry pan.

2. Melt butter in the Pasta Pan on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop. Add garlic. Stir fry till garlic turns light golden (about 30 seconds). Add onion. Stir fry till onion is transparent (about 2 minutes). Reduce heat to low. Add *maida* and roast till *maida* changes colour to light golden (about 3 minutes), stirring constantly. Gradually add milk and remaining water (1 cup/240 ml), stirring constantly, blending until smooth. Increase heat to medium and cook till sauce thickens (about 10 minutes), stirring constantly. Add pepper, chilli flakes, mixed herbs, remaining salt (1¹/₂ tsp/7.5 ml), sugar, Cheddar cheese and broccoli. Mix till cheese melts and sauce becomes creamy (about 4 minutes).

3. Add the reserved pasta. Mix till pasta is evenly coated with sauce. Add bell pepper and Mozzarella cheese. Cook about 2 minutes, stirring constantly. Remove pan from heat. Add parsley. Mix. Serve hot.

Cook n Serve Bowl: Spanish Rice Casserole

Serves: 6

1 tbsp / 15 ml	butter
3	bay leaves
3 small cloves	garlic finely chopped
2 medium (1/2 lb / 225 g)	onions chopped
2 small (6 oz / 170 g)	capsicums de-seeded and cut into 1/2 inch / 1.3 cm squares
1 1/2 cups / 300 g	Basmati rice
1/2 cup / 60 g	celery chopped
4 large (1 lb 3 1/2 oz / 550 g)	tomatoes blanched, skins removed and chopped
2 tsp / 10 ml	salt
1/2 tsp / 2.5 ml	pepper
1/2 tsp / 2.5 ml	red chilli powder
3 1/3 cups / 800 ml	water
1 cup / 120 g	Cheddar cheese grated

1. Melt butter in the Cook n Serve Bowl on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop. Add bay leaves and garlic. Stir a few seconds. Add onions. Stir fry till onions are transparent (about 3 minutes). Add all other ingredients except cheese. Mix. Bring to boil and immediately reduce heat to low.
2. Cover and simmer about 15 minutes, or till rice is cooked and water is absorbed.
3. Uncover Bowl. Add cheese. Mix gently. Serve hot.



Egg Ras Malai (Milk and Dumpling Pudding)

Serves: 6

4 ¹ / ₄ cups / 1 litre	milk
6	green cardamoms husks removed, seeds powdered
a pinch	saffron
³ / ₄ cup + 2 tbsp / 175 g	sugar
2	eggs beaten till just blended
¹ / ₄ tsp / 1.3 ml	rose essence
1 cup (3 ¹ / ₂ oz / 100 g)	whole milk powder
1 tsp / 5 ml	baking powder
15 (1 ¹ / ₄ oz / 8 g)	pistachio nuts thinly shredded

1. Bring milk to boil in the Cook n Serve Bowl on high heat of big burner of a gas stove or on 2000 Watts of an induction cooktop, stirring occasionally. Add cardamom, saffron and sugar. Stir till sugar is dissolved. Reduce heat to medium and boil till milk is thickened slightly, stirring occasionally (about 10 minutes).
2. Mix eggs and essence.
3. In a separate bowl, mix milk powder and baking powder. Add egg-essence mixture. Mix. **Step 4** must follow immediately.
4. **Quickly** drop batter, 1 tsp/5 ml at a time, into milk boiling in the Bowl. To drop batter: Scoop batter with one teaspoon and push with the back of another teaspoon into boiling milk.
5. Gently push dumplings briefly into milk with back of a perforated spoon. Boil 2 minutes. Remove from heat.
6. Sprinkle pistachio nuts. Allow to cool to room temperature. Refrigerate. Serve cold. ●

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TERMS AND CONDITIONS

1. The Hawkins Ceramic Nonstick pan is guaranteed against defects in material and workmanship for a period of 5 years from the date of first purchase by the user. 2. Fair wear and tear is not a defect. Handles are not covered under this guarantee. The ceramic coating may scratch or chip during use – these are not defects and are not guaranteed; this will not affect the functioning of the pan. 3. Damage(s) caused by misuse/abuse, accident, dropping or hitting are not covered under this guarantee. 4. The pan must be used and maintained properly in accordance with the printed instructions contained in the Instruction Manual and the **Caution** alongside. 5. Genuine parts of our supply must be used at all times. 6. The pan must not be damaged or weakened by any repair by an unauthorised person. 7. The complete cookware under complaint must be returned to us or our Authorised Service Centre at the user's cost and this Guarantee Card and the Cash Memo must be produced along with the pan. The serial number given alongside must match the number on the bottom of the pan. 8. Subject to the above mentioned terms and conditions, we shall repair or replace free of cost any defective part or parts or the whole cookware at our option.

CAUTION

1. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat. 2. Limit heating the pan as stated in the Instruction Manual. 3. Use a wooden or silicone spatula. 4. Do not drop, hit, bang, rub, cut or chop on/in the pan or scrape with metal or sharp objects. 5. Do not scrape the pan across or bang it down on pan supports. 6. Do not put pan or lid in an oven or under a broiler/grill. 7. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not put the hot pan or lid in water. 8. Do not put the pan or lid in the dishwasher.

ADDITIONAL GLASS LID GUARANTEE CONDITIONS

1. The Glass Lid is guaranteed against defects in material and workmanship under normal household use for a period of 2 years. 2. The knob is not covered under this guarantee. 3. Damage(s) caused by misuse/abuse, accident, dropping or hitting is not covered under this guarantee.

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