



Frying Pan

Die-Cast

INSTRUCTION MANUAL
WITH GUARANTEE CARD



6 Features and Benefits

1. Hi-Tech

Ceramic Coating

- On exterior of Pan body
- Non-toxic, lead free
- Scratch and stain resistant
- Stays looking new for years
- Easy to clean

2. Nonstick Coating

- Healthy, hygienic low-oil cooking
- PFOA-free
- Three-coat – Lasts longer than ordinary nonstick

3. Sturdy

stay-cool handle

Integrated bracket with flame guard

4. No-drip spouts on both sides

- Uniquely shaped ezee-pour, no-drip spouts specially designed to pour or slide foods without spilling
- Suitable for left or right handed use

5. Extra-thick, Pure, Die-Cast Aluminium

- Strong, well balanced
- Will not warp
- Heats evenly
- Retains heat well
- Induction Compatible

6. Toughened 4 mm thick heat-resistant glass lid

- See the food as it cooks without lifting the lid
- High-dome glass lid allows food to expand and rise without sticking to the lid
- Strong stainless steel rim and stay-cool knob



Contents

	Page
6 Features and Benefits	1
Important Safeguards	3
Hawkins Die-Cast Cookware	4
How to Use	5
How to Clean	8
General Cooking Tips	10
Recipes	
<i>Spanish Omelette</i>	12
<i>Macaroni and Cheese</i>	14
<i>Poha and Peas</i>	
<i>(Flattened Rice with Peas – Maharashtra Style)</i>	16
<i>Vegetable Rava Upma (Semolina with Vegetables)</i>	18
<i>Spicy Fish Fry</i>	20
<i>Paneer Bhurji (Savoury Scrambled Cottage Cheese)</i>	21
<i>Sweet and Sour Vegetables</i>	23
<i>Sooji Halwa (Semolina Pudding)</i>	25

Any Questions or Comments? Contact:

Hawkins Cookers Limited

Udyog Mandir 2, Pitamber Lane Mahim,
MUMBAI 400 016, INDIA

TEL (91 22) 2444 0807 FAX (91 22) 2444 9152

EMAIL: kitchen@hawkins.in

WEBSITE: www.hawkinscookers.com

Important Safeguards

1. Limit pre-heating the pan without food (or with less than 1 tbsp/15 ml of oil/butter/ghee), as follows:

Size of Pan	Gas Stoves		Induction Cooktops	
	Heat Setting	Time	Heat Setting	Time
20 cm	Big Burner, Medium	4 minutes	800 Watts	2 minutes
22 cm		6 minutes		

2. After pre-heating, when the pan is hot, ensure that it is never without food. **Never "dry heat", that is, never heat the pan without food or water in it except as stated in Point 1 above.** Dry heating may permanently damage the pan.
3. **DO NOT USE HIGH HEAT.** Use medium to low heat – the pan heats quickly and retains heat well. **Do not** allow pan to boil dry.
4. **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. If you see smoke coming from the handle, this is an indication that your pan is getting overheated which will damage the nonstick coating and the handle.
5. **Do not** leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan.
6. **Do not** drop, hit, bang, rub, cut or chop on/in pan or scrape with metal or sharp objects – do not use a metal spatula, use the Hawkins wooden spatula provided.
7. **Do not** put pan or glass lid in a heated oven or under a broiler/grill.
8. The handle of pan should be parallel to the kitchen counter – not sticking out.
9. When moving or placing pan on the burner, lift and place pan so that it is seated securely with no possibility of the pan slipping or tipping, and then only release handle.
10. **Do not** drop food from a height in the pan particularly when it has hot oil/ghee/butter. Place food gently in the pan to avoid splashing.
11. **Do not** put hot pan or glass lid in water. Allow to cool first.
12. **Do not wash pan or glass lid in a dishwasher.** Hand wash.
13. Read and follow instructions in this Manual.

Hawkins Die-Cast Cookware

What is Die Casting?

Die casting is a metal casting process, whereby metal is heated to a very high temperature and poured under high pressure into a mould cavity. The molten metal takes the shape of the mould and the result is a precisely designed pot or pan which adds metal where it is needed, building strength and functionality.

Once the molten metal hardens, the mould is opened and the die cast aluminium pan is removed. It is then finished by a three-coat, long-lasting nonstick coating on the inside and ceramic on the outside.

The final result is a finely engineered piece of cookware with wonderful properties for cooking.

The Benefits of Hawkins Die-Cast Cookware

- **Durable and strong, yet light:** This pan has variable metal thickness across different cross-sections. Extra-thick metal in the base and at the rim allow more even, quick heating and also greater strength. Therefore it is a long-lasting pan that will give you many years of faithful service, but yet feels amazingly light in the hand!
- **Precisely Engineered:** The Hawkins Nonstick Frying Pan is made to precise engineering tolerances to generally retain heat well and give you uniform and even browning on lower heat. The spouts are designed for left- or right-handed pour without dripping down the sides.
- **Integrated bracket with flame guard:** that is cast as an integral part of the pan and is not made of separately-jointed components; hence the handle will be more stable and firmly fixed.

How to Use

Before First Use

Remove sticker/label. If required, use a little vegetable oil to remove sticky residue, if any. Hand wash in warm soapy water, rinse and wipe dry. **DO NOT WASH IN A DISHWASHER.**

Seasoning

It is not necessary to season the pan. If, however, you plan to cook food which tends to stick such as eggs without any oil or butter for the first use or before you have cooked with oil in the pan, seasoning will assist release of the food. To season: in an empty pan, rub 1 teaspoon (5 ml) vegetable oil over the nonstick cooking surface using a paper napkin or clean cotton cloth. Wipe off oil with a paper napkin or clean cotton cloth. Wash and dry pan.

Suitable Heat Sources

Do not use high heat. Use low to medium heat. Use high heat only to boil liquids. High temperatures will shorten the life of the nonstick and may damage the handle over time. Use pan only on domestic gas, electric, halogen, ceramic and induction cooktops. 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 – gas flames should not lick the sides of the pan.

Comparing Heat Settings in Gas and Induction

1. The table given alongside is an **approximate guide** to the equivalent heat settings of the Big burner in most gas stoves and induction cooktops. You may have to adjust these settings to suit your stove/cooktop.
2. Induction cooktops initially heat up faster than gas and electric stoves and the times normally required for initial heating of oil/butter/ghee may need to be reduced.

3. Please be advised that many induction cooktops at present may not indicate the settings in Watts accurately. **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer’s instructions. Some experimentation may be necessary to find the correct heat settings. Try out the heat settings given in the chart alongside and adjust them as may be required for cooking on your cooktop or gas stove.

Equivalent Heat Settings in Gas and Induction Cooktops

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

Limit Pre-heating of Pan

The pan conducts heat evenly and retains heat well, so low to medium heat is usually all that is required. Some foods require pre-heating and require the pan to be at certain temperature before you cook in it. **When pre-heating the cold empty pan without food (with or without oil) before beginning to cook, it is critical that the heat setting and maximum pre-heating time are strictly limited to as follows:**

Size of Pan	Gas Stoves		Induction Cooktops	
	Heat Setting	Time	Heat Setting	Time
20 cm	Big Burner, Medium	4 minutes	800 Watts	2 minutes
22 cm		6 minutes		

The actual time required for pre-heating for best cooking results may be less, depending on the food being cooked and your burner/cooktop. The pan can overheat even on medium heat if the burner is providing excessive heat. If food is smoking or burning, reduce heat. Using medium or lower heat and limiting the time the empty pan is heating are the basic techniques to avoid overheating.

Overheating can occur quickly if the pan is left on the heat without food or water so NEVER keep the pan empty on the heat once it is hot.

Saving Energy

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

Avoid Scratching, Damage, Breakage

Always use the wooden spatula provided with the pan or use any other wooden, heat resistant nylon or silicone spatula (do not use metal). Metal utensils will scratch and reduce the life of the nonstick coating. Do not cut or chop on/in the pan or hit it with a knife, or other sharp instrument.

Do not drop pan or lid or bang it with hard or sharp objects. To protect the exterior ceramic coating from chipping and scratching, do not bang pan down on pan supports. Lift, do not drag it across the pan supports.

When storing the pan ensure that the ceramic/nonstick coating is not knocked, gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the pan without protecting it. In the glass lid model, the glass lid, plastic handle and knob are 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. Handle and store the glass lid with appropriate care to avoid hard knocks that may break the glass.

During use, the ceramic coating may scratch or chip and faint scratches or marks may appear on the nonstick coating – these are not defects. These are marks of normal wear and tear and do not affect the functioning of the pan. Even if some of the nonstick coating is scraped off, the pan is still safe to use. The PFOA free coating is non-toxic and inert; if accidentally and unknowingly ingested, it passes through the body harmlessly.

How to Clean

1. Taking care to protect your hand from the hot pan with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot pan immediately after cooking. Doing so makes cleaning very much easier.
2. **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 ceramic and the nonstick coating and dull the plastic handle, glass lid and knob.
3. 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 or detergent such as 'Pril' or 'Vim' liquid and dishcloth or a non-abrasive sponge. For stubborn spots, soak pan in hot water (cold water after cooking eggs or milk) for about 10 minutes and rub with a non-abrasive plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the pan ensure that the nonstick/ceramic coating is not gouged or rubbed against any hard or sharp surface. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the pan to avoid damaging the pan. Dry the pan and lid thoroughly with a soft clean cloth.
4. Wash wooden spatula in hot water with a mild soap or detergent, rinse and dry immediately – do not soak.
5. To avoid 'misting' caused by moisture, store the glass lid in a well-ventilated place with good air circulation. Do not store the lid in its original packing.

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

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

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

3. **If you do get "baked-on" food/stains,** you may try the following methods (knowing that the pan surface may get damaged):

On the nonstick cooking surface: Make a thick paste of a cleaning powder such as 'Vim' or 'Odopic' and apply it to the "baked-on" food/stain. Wait 5-10 minutes. Scour with a plastic scrubber using a circular motion. Wash and wipe dry.

On the ceramic-coated exterior: Wash with a mild liquid utensil soap or detergent and a non-abrasive 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 non-abrasive plastic scrubber using a circular motion until stains are removed. Wash pan in hot soapy water and wipe dry.

To remove stains from the stainless steel plate attachment: The stainless steel plate attached to the base 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.

General Cooking Tips

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Before putting the pan on the heat, prepare all ingredients and keep the wooden spatula, utensils, serving plate etc., ready in the cooking area. If you are looking for things once pan is on heat, it can overheat quickly and destroy the nonstick coating.
3. Time and heat settings in the recipes refer to the big burner of a domestic gas stove. You may have to adjust these times and settings to suit your stove/cooktop. For best cooking results, adjust the heat so that cooking times are the same as those given in the recipes. Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.
4. Induction cooktops generally heat up faster than gas or electric cooktops; hence the heat settings required on induction cooktops for this pan are generally lower than the recommended heat settings on gas. It may also be necessary to adjust the heat more frequently to get the desired cooking results.
5. The pan conducts heat well and evenly. 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.
6. Adding a little oil or butter to the pan may enhance the colour, taste and texture of the foods. Ghee, butter or oil can be spread in pan with a pastry brush.
7. Do not leave the ladle in the pan while cooking.
8. Eggs and batters should be at room temperature before beginning to cook.
9. The nonstick coating of the pan retards browning somewhat in certain foods. 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. Do not use high heat.

10. To ensure even cooking, shape foods (such as patties) evenly and slice foods (such as potatoes) evenly.

11. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium-low temperatures.

12. Abbreviations used:

Abbreviation	Equivalent
tsp	teaspoon
tbsp	tablespoon
g	gram
oz	ounce
lb	pound

Abbreviation	Equivalent
ml	millilitre
mm	millimetre
cm	centimetre

13. Measurements: All measurements are level, not heaped.

Volume	
Measurement	Equivalent
1 teaspoon	5 ml
$\frac{1}{2}$ tablespoon	$1\frac{1}{2}$ teaspoons / 7.5 ml
1 tablespoon	3 teaspoons / 15 ml
$\frac{1}{4}$ cup	4 tablespoons / 60 ml
$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon / 80 ml
$\frac{1}{2}$ cup	8 tablespoons / 120 ml
$\frac{3}{4}$ cup	12 tablespoons / 180 ml
1 cup	16 tablespoons / 240 ml

Weight	
Metric	Equivalent
28 g	1 oz
450 g	16 oz / 1 lb
1 kg	2.2 lb

Length	
Measurement	Equivalent
$\frac{1}{4}$ inch	6 mm
$\frac{1}{2}$ inch	1.3 cm
$\frac{3}{4}$ inch	1.9 cm
1 inch	2.5 cm

Recipes

The recipe section features 8 recipes to give you an idea, that we have actually tried and tested in our Test Kitchen. Using these as a base, you can easily adapt your own favourite recipes.

The following recipes are written for the 20 cm Pan. To adapt the recipes to the 22 cm Pan increase all ingredients by one-third. You may have to increase heating/cooking time depending upon the type and quantity of ingredients and your stove/cooktop.

Spanish Omelette

Serves 4

6	eggs
2 tbsp / 30 ml	olive oil
2 medium (7 oz / 200 g)	potatoes peeled, quartered lengthwise and widthwise thinly sliced
1/2 tsp / 2.5 ml	pepper coarsely ground
1 1/2 tsp / 7.5 ml	salt
1 medium (3 1/2 oz / 100 g)	onion thinly sliced
1	green chilli finely chopped
1 medium (3 1/2 oz / 100 g)	tomato halved lengthwise and thinly sliced
1/2 medium (1 3/4 oz / 50 g)	capsicum thinly sliced
1/3 cup / 20 g	coriander leaves finely chopped

Spanish Omelette

Continued

1. In a bowl, beat eggs just till yolks and whites are mixed. Keep covered.
2. Heat oil in frying pan on medium heat of big burner of a gas stove about 3 minutes or on 800 Watts on an induction cooktop about 2 minutes. Add potatoes, pepper and salt. Stir and fry about 5 minutes. Add onion and green chilli. Stir and fry till onion is transparent. Add tomatoes. Mix. Reduce heat to medium-low. Cover and cook till tomatoes are soft (about 3 minutes), stirring occasionally. Uncover pan. Add capsicum and coriander leaves. Mix. Stir and pour eggs into pan. Stir till eggs and vegetables are mixed (as sides start setting immediately). Cover and cook till eggs are set (about 6 minutes). Uncover pan. Loosen edges with a spatula so omelette slides in one piece.
3. Remove pan from heat. Slide omelette onto a large plate. Wearing oven mitts, place pan upside down over omelette and invert plate on pan, dropping omelette in pan. Remove plate. Return pan to medium-low heat and cook till eggs are set (about 4 minutes). Remove pan from heat. Serve hot with toast. ●

Macaroni and Cheese

Serves 4

3½ cups / 840 ml	water
1½ tsp / 7.5 ml	vegetable oil
1¼ tsp / 6.3 ml	salt
1 cup / 100 g	elbow macaroni
1½ tbsp / 22.5 ml	butter
5 small cloves	garlic finely crushed
½ cup / 75 g	onion finely chopped
3 tbsp / 45 ml	maida (sifted refined flour)
1¾ cups / 420 ml	milk
½ tsp / 2.5 ml	pepper coarsely ground
½ tsp / 2.5 ml	chilli flakes
1 tsp / 5 ml	dried mixed herbs
½ tsp / 2.5 ml	sugar
½ cup / 60 g	cheddar cheese grated
½ cup / 50 g	broccoli cut into ¾ inch / 2 cm flowerettes including tender stalks
½ medium (1¾ oz / 50 g)	red bell pepper cut into ½ inch / 1.3 cm square pieces

Macaroni and Cheese

Continued

1/4 cup / 30 g **mozzarella cheese** grated

1 tbsp / 15 ml **parsley** chopped

1. Pour 3 cups/720 ml water in frying pan. Cover pan. Bring to boil on medium-high heat of big burner of a gas stove or on 1200 Watts of an induction cooktop. Uncover pan. Add oil, 1/2 tsp/2.5 ml salt and macaroni. Stir. Reduce heat and cook till macaroni is just cooked (firm, not mushy), stirring occasionally (about 10 minutes). Immediately transfer macaroni to a colander (*chalanee*). Drain. Rinse macaroni with cold water till cool. Drain in colander. Keep aside. Wash and wipe dry pan.

2. Melt butter in frying pan on medium heat of a big burner of a gas stove or on 800 Watts of an induction cooktop. Add garlic and stir and fry about 2 minutes. Add onion, stir and fry till transparent. Reduce heat to low. Add flour and roast till flour changes colour to light golden (about 3 minutes), stirring constantly. Gradually add milk and remaining water (1/2 cup/120 ml), stirring constantly, blending until smooth. Increase heat to medium and cook till sauce thickens (about 3 minutes), stirring constantly. Add pepper, chilli flakes, mixed herbs, remaining salt (3/4 tsp/3.8 ml), sugar, cheddar cheese and broccoli. Mix till cheese melts and sauce becomes creamy (about 2 minutes).

3. Add the reserved macaroni. Mix till macaroni is evenly coated with sauce. Add bell pepper and mozzarella cheese. Stir and cook about 2 minutes. Remove pan from heat. Add parsley. Mix. Serve hot. ●

Poha and Peas ***(Flattened Rice with Peas – Maharashtra Style)***

Serves 4

2 cups / 185 g	poha (thick variety)
2 tbsp / 30 ml	vegetable oil
3 tbsp / 45 ml	groundnuts
1/2 tsp / 2.5 ml	mustard seeds
1/2 tsp / 2.5 ml	cumin seeds
a pinch	hing (asafoetida)
15	small curry leaves
1 medium (3 1/2 oz / 100 g)	onion finely chopped
1	green chilli finely chopped
1/4 tsp / 1.3 ml	turmeric
1 1/2 tsp / 7.5 ml	salt
1/2 cup / 75 g	peas shelled or frozen
2 tbsp / 30 ml	water
1 1/2 tsp / 7.5 ml	sugar
1 tbsp / 15 ml	lemon juice
1/4 cup / 60 ml	coconut scraped or finely grated
1 1/2 tbsp / 22.5 ml	coriander leaves finely chopped

Poha and Peas

Continued

1. In a colander, wash and drain *poha* (do not soak). Keep aside.
2. Heat oil in frying pan on medium heat of big burner of a gas stove about 3 minutes or on 800 Watts on an induction cooktop about 2 minutes. Add groundnuts. Stir and fry till light brown (about 3 minutes). Remove and drain groundnuts, leaving oil in the pan. Keep aside.
3. To oil remaining in pan, add mustard seeds. When crackling add cumin seeds, stir a few seconds. Add *hing* and curry leaves. Stir. Add onion and chilli. Stir and fry till onion is transparent (about 2 minutes). Add turmeric, salt and peas. Stir and fry about 2 minutes. Add water. Mix. Cover and cook on low heat till peas are just tender and water has evaporated (about 5 minutes).
4. Uncover pan. Add lemon juice and sugar. Mix. Add *poha* and peanuts. Mix. Cover and cook (about 2 minutes).
5. Remove pan from heat. Serve hot garnished with coconut and coriander leaves. ●

Vegetable Rava Upma (Semolina with Vegetables)

Serves 4

1 1/4 cup / 200 g	rava/sooji
2 tbsp / 30 ml	ghee
1/2 tsp / 2.5 ml	mustard seeds
1 tsp / 5 ml	urad dal
10	small curry leaves
2	whole dry red chillies
1 x 1/2 inch / 1.3 cm piece (1/6 oz / 5 g)	fresh ginger finely chopped
1 medium (3 1/2 oz / 100 g)	onion finely chopped
1/2 cup / 60 g	carrot peeled and cut into 1/4 inch / 6 mm cubes
1/2 cup / 50 g	green beans cut into 1/4 inch / 6 mm pieces
1 1/2 tsp / 7.5 ml	salt
2 3/4 cups / 660 ml	hot water
1 tbsp / 15 ml	coriander leaves finely chopped

1. Roast *rava* in frying pan, on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop till it turns one shade darker (about 5 minutes), stirring constantly. Remove and keep aside.

Vegetable Rava Upma

Continued

2. Heat ghee in frying pan on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop about 2 minutes. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves and red chillies. Stir a few seconds.
3. Add ginger and onion. Stir fry till onion is transparent (about 2 minutes). Add carrots, beans and salt. Mix. Cover and cook about 4 minutes, stirring occasionally. Add *rava*. Stir and fry about 2 minutes. Reduce heat to low. Carefully add water. Stir. Cover and cook till water is absorbed (about 5 minutes), stirring occasionally.
4. Remove pan from heat. Serve hot garnished with coriander leaves. ●

Spicy Fish Fry

Serves 4

1 x 1 inch / 2.5 cm piece ($\frac{1}{3}$ oz / 10 g)	fresh ginger
10 small cloves	garlic
2	green chillies
2 tsp / 10 ml	lemon juice
3 tbsp + 2 tsp / 55 ml	vegetable oil
2 $\frac{1}{2}$ tsp / 12.5 ml	salt
1 tbsp / 15 ml	red chilli powder
1 tsp / 5 ml	cumin powder
$\frac{1}{2}$ tsp / 2.5 ml	turmeric
8 (1 lb 12 oz / 800 g)	fish steaks ($\frac{1}{2}$ inch / 1.3 cm thick)
$\frac{1}{2}$ cup / 45 g	besan

1. Grind into a paste ginger, garlic and green chillies. Mix ginger-garlic paste, lemon juice, 2 tsp/10 ml oil, salt, chilli and cumin powders and turmeric. Rub on fish. Cover and keep aside about 30 minutes. Roll fish steaks in besan and pat them.

2. Heat 1 tbsp/15 ml oil in frying pan on medium heat of big burner of a gas stove about 3 minutes or on 800 Watts on an induction cooktop about 2 minutes. Add 2 fish steaks. Fry on both sides till dark golden brown (about 5 minutes on each side). Remove. Fry remaining steaks in the same way adding 1 tbsp/15 ml oil for each batch, except do not add oil for the last batch. Serve hot. ●

Paneer Bhurji (Savoury Scrambled Cottage Cheese)

Serves 4

2 tbsp / 30 ml	vegetable oil
2 medium (7 oz / 200 g)	onions finely chopped
1	green chilli finely chopped
1/4 tsp / 1.3 ml	turmeric
1/2 tsp / 2.5 ml	red chilli powder
1 1/2 tsp / 7.5 ml	coriander powder
1/2 tsp / 2.5 ml	cumin powder
1 1/4 tsp / 6.3 ml	salt
2 medium (7 oz / 200 g)	tomatoes finely chopped
14 oz / 400 g	paneer (see page 22), crumbled
1 medium (3 1/2 oz / 100 g)	capsicum de-seeded and finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped

1. Heat oil in frying pan on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop about 2 minutes. Add onions. Stir and fry till onions are soft. Add green chilli, turmeric, chilli, coriander, cumin powders and salt. Stir and fry about 2 minutes. Add tomatoes. Mix. Cover and cook till tomatoes are pulpy (about 3 minutes), stirring occasionally. Uncover pan. Stir and fry till liquid dries up and oil shows separately. Add *paneer*. Stir and fry about 2 minutes. Add capsicum and half the coriander leaves. Mix. Cover and cook about 2 minutes.

2. Remove pan from heat. Uncover pan. Garnish with remaining coriander leaves (1 tbsp/15 ml). Serve hot with *paratha*.

To make soft *paneer*:

Yield: 14 oz / 400 g

10 cups / 2.4 litres **whole milk**

3 tbsp + 1 tsp / 50 ml **lemon juice**

- a. Place a strainer over a bowl large enough to hold the milk. Line strainer with a muslin cloth large enough to hold the curds and then be tied by winding one corner around the others and knotting. Keep aside.
- b. Pour milk into a pan and bring to boil on high heat, stirring occasionally to prevent skin from forming on top. Reduce heat to medium. Add lemon juice. Stir till milk curdles (curds separate from whey). Cook till whey has a yellow tint and has turned from cloudy to clear (about 2 minutes), stirring and scraping the sides and base of pan. Remove pan from heat.
- c. Stir curdled milk and pour into muslin-lined strainer over the bowl (kept aside in step a). Allow to strain till whey is drained into bowl.
- d. Gather up corners of muslin and tie a knot above curds to make a bag. Place bag on plate or board with knot on top and press gently for a few seconds on knot to level curds. Tilt plate slightly to drain and leave 20 minutes. Untie bag and remove *paneer*. ●

Sweet and Sour Vegetables

Serves 4

1 tbsp / 15 ml	sesame oil
1 x 1 1/2 inch / 3.8 cm piece (1/2 oz / 15 g)	fresh ginger grated
2 small (3 oz / 85 g)	carrots peeled and cut into 1/4 inch / 6 mm thick slices
1/2 cup / 60 g	green beans cut into 3/4 inch / 2 cm long pieces
5	babycorns cut diagonally into 3/4 inch / 2 cm long pieces
4 oz / 115 g	mushrooms sliced
1 small head (9 oz / 250 g)	cauliflower cut into 3/4 inch / 2 cm flowerettes including tender stalks (115 g)
1 stalk	celery chopped
2 tsp / 10 ml	salt
3/4 tsp / 3.8 ml	red chilli powder
1/2 tsp / 2.5 ml	chilli flakes
1 tbsp / 15 ml	vinegar
1 1/2 tsp / 7.5 ml	light soy sauce
1/2 cup / 120 ml	tomato ketchup

1 tbsp / 15 ml	sugar
2 small (2½ oz / 75 g)	spring onions , bulbs quartered; tender green stalks cut into ¾ inch / 2 cm long pieces and kept separately
1½ cups / 360 ml	water
3 tbsp / 45 ml	cornflour
½ medium (2½ oz / 75 g)	red bell pepper cut into ¾ inch / 2 cm square pieces

1. Heat oil in frying pan on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop about 2 minutes. Add ginger. Stir fry about 1 minute. Add carrots, beans and babycorns. Mix. Reduce heat to low. Cover and cook about 8 minutes. Uncover pan. Add mushrooms, cauliflower, celery and salt. Mix. Cover and cook about 2 minutes. Uncover pan. Add all other ingredients except tender green portion of spring onions, water, cornflour and bell pepper. Increase heat to medium. Mix till vegetables are evenly coated with the sauces (about 2 minutes).

2. Add 1¼ cups/300 ml water. Mix. Increase heat to high. Bring to boil. Reduce heat to low. Mix cornflour with remaining water (¼ cup/60 ml), blend until smooth. Stirring constantly, gradually add cornflour mixture into pan and continue cooking till sauce thickens (about 2 minutes). Add bell pepper and tender green portion of spring onions. Mix. Cook about 2 minutes stirring occasionally. Remove pan from heat. Serve hot with rice. ●

Sooji Halwa (Semolina Pudding)

Serves 6

1/2 cup / 120 ml	ghee
1 cup (5 ² / ₃ oz / 160 g)	sooji (semolina)
2 1/2 cups / 600 ml	hot water
1 1/2 tbsp / 22.5 ml	raisins
10	almonds blanched, skins removed and slivered
2 tsp / 10 ml	green cardamoms husks removed, seeds powdered
a pinch	saffron
1 1/8 cups (8 1/2 oz / 240 g)	sugar

1. Heat ghee in frying pan on medium heat of big burner of a gas stove or on 800 Watts on an induction cooktop about 3 minutes. Add *sooji*. Stir fry till light brown (about 5 minutes).
2. Reduce heat to low. Carefully add water and mix. Add raisins and half each of almonds and cardamom. Cook till water is absorbed, stirring constantly.
3. Add saffron and sugar. Increase heat to medium. Cook, stirring constantly, till ghee just begins to show on sides (about 10 minutes).
4. Sprinkle remaining almonds and cardamom. Serve hot. ●





**Spicy
Fish Fry**



**Macaroni
and Cheese**



Frying Pan

Die-Cast

2 Year
Guarantee
TERMS AND CONDITIONS

1. Hawkins Die-Cast Frying Pan is guaranteed against defects in material and workmanship for a period of 2 years from the date of first purchase by the user. 2. Fair wear and tear is not a defect. Normal replacement parts, namely, plastic handle, knob and finger guard 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. The pan must be used and maintained properly in accordance with the printed instructions contained in the Instruction Manual and the **Caution** alongside. 4. Damage caused by misuse/abuse, accident, dropping or hitting are not covered under this guarantee. 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 number given alongside must match the serial 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 high heat. Limit pre-heating without food as stated in the Instruction Manual. When pan is hot, ensure that it is never without food. 2. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat. 3. Do not drop, hit, bang, rub, cut or chop on/in pan or scrape with metal or sharp objects. 4. Do not bang pan down on the pan supports. Lift, do not drag or scrape pan across the pan supports, doing so can damage the exterior ceramic coating. 5. Use the Hawkins wooden spatula provided – do not use a metal or sharp spatula which may scratch and damage the nonstick. 6. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not put hot pan or glass lid in water. 7. Do not put pan or lid in a dishwasher. 8. Do not put pan or lid in a hot oven or under a broiler/grill. 9. To avoid "misting" caused by moisture, store the glass lid in a well-ventilated place and not in its original packing.



Scan to register guarantee
and get more recipes at
www.hawkins.in/recipes

SOLD BY
Name & Address of
the dealer & stamp

Date of Purchase:

For more recipes and cookbooks in other languages download the **Hawkins Kitchen App**.