



appe PAN

INSTRUCTION MANUAL WITH GUARANTEE CARD



24 cm
12 Cups
45 ml

20 cm
12 Cups
25 ml

IM 169

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

- Strong, well balanced
- Will not warp
- Heats all cups evenly
- Retains heat well



5. 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
- Locks in the steam, heat and flavours
- Strong stainless steel rim and stay-cool knob

4. Wooden

Appe Remover
specially designed to insert, turn and remove food from the Appe Pan



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Important Safeguards

- 1. DO NOT USE HIGH HEAT.** Use medium to low heat – the pan heats quickly and retains heat well.
- 2. 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 the base of the pan.
- 3.** Limit pre-heating of the pan without food (with or without small quantity of oil/butter/ghee) on **Medium heat on the Big burner of a Gas stove and to no more than 3 minutes** for the 20 cm pan and **4 minutes** for the 24 cm pan. **Do not** dry heat pan otherwise. When pan is hot, ensure that it is never without food.
- 4.** This pan is designed for low-oil cooking – do not deep-fry in it.
- 5. Do not** drop, hit, bang, rub, cut or chop on/in pan or scrape with metal or sharp objects. Use the Hawkins wooden *appe* remover provided with the pan or a heat-resistant nylon or silicone spatula (do not use metal spatula).
- 6. Do not** put pan or glass lid in a heated oven or under a broiler/grill.
- 7. Do not** put hot pan or glass lid in water. Allow to cool first.
- 8. Do not wash pan or glass lid in a dishwasher.** Doing so will dull the surfaces. Hand wash.
- 9.** The handle(s) of the pan should be parallel to the kitchen counter – not sticking out. The integrated handles of the 24 cm pan will become hot, do not touch with bare hands, use kitchen cloth.
- 10. Do not scrape pan across or bang pan down on pan supports.** Doing so will damage the ceramic coating.
- 11.** 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.
- 12.** 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 complex, intricately designed pot or pan which adds the metal where it is needed most, 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:** because the die-casting process through complex and precise engineering puts the metal where it is most needed, what you get as a result is a tough, long-lasting pan that will give you many years of faithful service, but yet feels amazingly light in the hand! 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.
- **Precisely Engineered:** the 12 cups of the Hawkins Nonstick *Appé* Pan are made to precise engineering tolerances to give you uniform cups of 25 ml each in 20 cm pan and 45 ml each in 24 cm pan.
- **Sturdy Integrated handle(s)/bracket:** is cast as an integral part of the pan and is not made of separately-jointed components; hence the handle(s) will be more stable and firmly fixed.

How to Use

Before First Use

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 *appe* or 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 (cups) 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

High temperatures will shorten the life of the nonstick and may destroy it. Use pan only on domestic gas stove, in which the temperature can 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. **Do not use high heat. Use low to medium heat.** Do not use on a coal fire or industrial burner or any heat source that cannot be regulated to low and medium heat.

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 the first batch. **When pre-heating the cold empty pan without food (with or without oil) before beginning to cook, it is critical that THE HEAT IS NO MORE THAN MEDIUM and the maximum pre-heating time strictly limited to no more than 3 minutes for the 20 cm pan and 4 minutes for the 24 cm pan.**

The actual time required for pre-heating for best cooking results may be less, depending on the food being cooked and your burner. 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.

Avoid Scratching, Damage, Breakage

Always use the wooden *appe* remover provided with the pan or use any other wooden, heat resistant nylon or silicone spatula (do not use metal). Metal utensils will scratch and mark the surface 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 gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the pan without protecting it. The glass lid can break under a sharp or forceful blow. Handle and store the glass lid with appropriate care to avoid hard knocks that may break the glass. The 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.

After use, faint scratches or marks may appear on the ceramic or nonstick coating. These are marks of normal wear and tear and do not affect the performance of the coating. 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. Allow pan to cool before washing.
2. DO NOT WASH PAN OR LID IN A DISHWASHER. We recommend hand washing. Dishwashing detergents may contain harsh chemicals or abrasive substances which may damage the ceramic coating and dull the plastic handle, glass lid and knob.
3. 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. Let pan cool before immersing in water. 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 *appe* remover 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 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.

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.

Saving Energy

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

General Cooking Tips

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Before putting pan on heat, prepare all ingredients and keep *apne* remover, 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. 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. 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.
5. This pan is designed for low oil cooking. We do not recommend deep-frying.
6. Eggs and batters should be at room temperature before beginning to cook.
7. *Besan* available in the market is of different qualities – which may require less or more quantity of water to make batter than given in our recipe. Add water as required.
8. 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.
9. It may be easier to turn/remove the food by using another spatula or a spoon along with the provided *apne* remover.
10. It is advisable to not fill the cups to the brim with batter of certain foods such as *apne*/muffins etc., as these foods rise while cooking.
11. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium-low temperatures.

12. The well-fitting glass lid seals the steam inside and cooks food faster.

13. Abbreviations used:

Abbreviation	Equivalent
tsp	teaspoon
tbsp	tablespoon
g	gram
oz	ounce
ml	millilitre
mm	millimetre
cm	centimetre

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

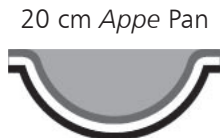
Measurement	Equivalent
1 teaspoon	5 ml
1 tablespoon	3 teaspoons / 15 ml
1 cup*	16 tablespoons / 240 ml

* This 'cup' is the standard universal cup measure. Each *Appé* Pan 'cup' is 25 ml/ 45 ml as shown below.

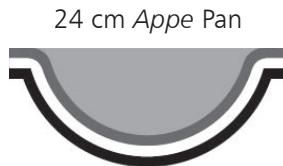
Recipes

The recipes in this Manual are written for the 20 cm *Appé* Pan. When cooking them in the 24 cm *Appé* Pan, make the following adjustments:

- Increase ingredients proportionately by 66%.
- Increase pre-heating time by 50%
- Increase cooking times suitably: for example, in each batch, the cooking time for *Savoury Appé* and *Chocolate Muffins* needs to be increased by 50% for the first side, but no increase in cooking time is required for the second side.



Each cup 25 ml



Each cup 45 ml
(80% bigger)

Savoury Appe (Kuzhi Paniyaram)

Yield: 24 *appe*

¾ cup / 150 g	colam rice
⅛ tsp / 0.6 ml	fenugreek seeds (<i>methi</i>)
¼ cup / 50 g	split skinned black gram (<i>urad dal</i>)
¼ cup / 15 g	beaten rice/<i>poha</i> (thin variety)
¾ cup / 180 ml	water other than for step 1
1 tsp / 5 ml	salt
2 tsp / 10 ml	vegetable oil
1 small (1¾ oz / 50 g)	onion finely chopped
1 x ¾ inch / 2 cm piece (¼ oz / 8 g)	fresh ginger finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
15 small	curry leaves torn into pieces
1	green chilli finely chopped
1 tbsp / 15 ml	vegetable oil for greasing cups

1. Mix rice and fenugreek seeds. In separate bowls, cover rice-fenugreek mixture and *dal* with water at least 4 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a slightly coarse paste, gradually adding ¼ cup + 1 tbsp/75 ml water.
3. Grind *dal* into a paste, gradually adding remaining water (¼ cup + 3 tbsp/105 ml). Add *poha* and continue grinding into a smooth paste.
4. In a large bowl, mix rice and *dal* pastes and salt to make batter. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.

5. In a small pan, heat 2 tsp/10 ml oil on medium heat about 1 minute. Add onion and ginger. Stir fry till light brown. Immediately add to the batter. Add coriander leaves, curry leaves and chilli. Mix.

6. Heat *Appe* pan on medium heat about 2 minutes. Brush oil in each cup. Reduce heat to low. Stir batter and pour 1 heaped tablespoon in each cup. Cover pan and cook about 4 minutes. Uncover pan. Turn over each *appe* with the *appe* remover. Cover and cook about 4 minutes. Uncover pan and remove. Keep heat at low. Brush oil in each cup. Cook remaining *appe* in the same way. Serve hot with green coriander chutney. ●

Alu Bonda

Yield: 24 *bonda*

Filling

1 tbsp / 15 ml	vegetable oil
1/2 tsp / 2.5 ml	split skinned black gram (<i>urad dal</i>)
1/4 tsp / 1.3 ml	mustard seeds (<i>rai</i>)
a pinch	asafoetida (<i>hing</i>)
10 small	curry leaves torn into pieces
12 small cloves	garlic crushed
2	green chillies chopped and crushed
1/8 tsp / 0.6 ml	turmeric
3 medium (12 1/3 oz / 350 g)	potatoes boiled, peeled and mashed while still hot
1/2 tsp / 2.5 ml	salt
1/4 tsp / 1.3 ml	sugar

1 tsp / 5 ml **lemon juice**
2 tbsp / 30 ml **coriander leaves** finely chopped

Batter

1 cup / 100 g **Bengal gram flour (*besan*)**
1/8 tsp / 0.6 ml **turmeric**
1/8 tsp / 0.6 ml **salt**
1/4 tsp / 1.3 ml **cumin seeds**
1/4 cup + 2 tbsp / 90 ml **water**
2 tbsp / 30 ml **vegetable oil** for greasing cups

1. Heat oil in a pan on medium heat about 2 minutes. Add *dal* and fry till light brown. Add mustard seeds. When crackling, add asafoetida, curry leaves, garlic, chilli and turmeric. Stir fry a few seconds. Add potatoes, salt, sugar and lemon juice. Mix. Remove from heat, add coriander leaves and mix. Allow to cool. Make 24 balls about 1 1/4 inch/3 cm in diameter.
2. Sift together *besan*, turmeric and salt into a bowl. Add cumin seeds. Gradually add water, stirring constantly to make a smooth batter. Keep aside 15 minutes.
3. Heat *Appa* pan on medium heat about 2 minutes. Add and brush 1/4 tsp/1.3 ml oil in each cup. Take 12 potato balls, roll each ball in batter to coat and place the ball one after the other in each cup. Reduce heat to medium-low. Cover pan and cook about 5 minutes. Uncover pan and turn over the balls with the *appa* remover. Cover and cook about 4 minutes. Uncover pan. Remove *alu bonda*. Keep heat at medium-low. Add and brush 1/4 tsp/1.3 ml oil in each cup. Cook remaining *bonda* in the same way. Remove *alu bonda* and serve hot with garlic chutney.



Paneer Kebabs

Yield: 24 *kebabs*

1 1/4 cups / 200 g	paneer (cottage cheese) crumbled
1 medium (3 1/2 oz / 100 g)	potato boiled, peeled and grated
1/2 cup / 65 g	onion finely chopped
1/2 cup / 50 g	dried bread crumbs
2	green chillies finely chopped
1/2 tsp / 2.5 ml	peppercorns crushed
1/2 tsp / 2.5 ml	<i>garam masala</i> powder
2 tbsps / 30 ml	coriander leaves finely chopped
1 tsp / 5 ml	salt
2 tbsps + 2 tsp / 40 ml	vegetable oil for greasing cups

1. In a bowl, mix all ingredients except oil. Divide the mixture into 24 equal portions. Take one portion and roll between palms to shape into a smooth patty (about 1 1/2 inch/3.8 cm in diameter). Make remaining patties in the same way.
2. Heat *Appé* pan on medium heat about 2 minutes. Add and brush 1/4 tsp/1.3 ml oil in each cup. Reduce heat to low. Place one patty in each cup. Cook about 4 minutes. Brush each patty with little oil and turn over with the *appe* remover. Cook about 3 minutes. Remove *kebabs*. Keep heat at low. Add and brush 1/4 tsp/1.3 ml oil in each cup. Cook remaining patties in the same way. Remove *kebabs* and serve hot with mint chutney. ●

Vegetable Momos

Yield: 12 momos

Dough

$\frac{3}{4}$ cup / 90 g	sifted refined flour (<i>maida</i>)
$\frac{1}{8}$ tsp / 0.6 ml	salt
1 tsp / 5 ml	vegetable oil
3 tbsp + 1 tsp / 50 ml	water

Filling

1 medium ($3\frac{1}{4}$ oz / 90 g)	carrot peeled and grated
$\frac{1}{2}$ cup / 60 g	green beans thinly sliced
$\frac{1}{2}$ cup / 50 g	cabbage grated
$\frac{1}{3}$ cup / 50 g	green pepper finely chopped
$\frac{3}{4}$ tsp / 3.8 ml	salt
1 tbsp / 15 ml	vegetable oil
8 small cloves	garlic finely chopped
1 tsp / 5 ml	fresh ginger grated
2 small ($2\frac{2}{3}$ oz / 75 g)	spring onion bulbs finely chopped; stalks and tender green portion cut across into $\frac{1}{4}$ inch / 6 mm wide round pieces and kept separately
$\frac{1}{2}$ tsp / 2.5 ml	sugar
1 tsp / 5 ml	soy sauce
1 tsp / 5 ml	vinegar
$\frac{1}{4}$ tsp / 1.3 ml	pepper
1 tbsp + 1 tsp / 20 ml	vegetable oil for greasing cups

1. Mix flour, salt and oil. Gradually add water and knead to make a soft and elastic dough (about 5 minutes) – stop adding water before dough becomes wet and sticky. Keep covered with a damp cloth about 30 minutes.
2. Mix together carrot, beans, cabbage, green pepper and $\frac{1}{2}$ tsp/2.5 ml salt. Keep aside 15 minutes. Squeeze gently and discard water, reserve vegetables.
3. Heat oil in a pan on medium heat about 2 minutes. Add garlic and ginger. Stir a few seconds. Add spring onions (except stalks and tender green portion). Stir a few seconds. Add reserved vegetables, sugar and remaining salt ($\frac{1}{4}$ tsp/1.3 ml). Stir fry about 2 minutes. Add soy sauce, vinegar and pepper. Mix. Add stalks and tender green portion of spring onions. Mix. Remove from heat. Allow to cool.
4. Rub hands with a little oil. Knead dough briefly. Make 12 balls about $1\frac{1}{4}$ inch/3 cm in diameter. Keep covered with a damp cloth.
5. On a floured board, roll a ball of dough into a flat round about $3\frac{1}{2}$ inch/9 cm in diameter. Put $1\frac{1}{2}$ tbsp/22.5 ml filling in centre of round. Enclose filling by gently gathering edges of round from all sides to meet at the top. Pinch the gathered edges to form a tiny peak. To seal the edges hold the peak, twist gently and press down to seal. Keep covered with a damp cloth. Roll remaining balls of dough and stuff in the same way. Keep covered with a damp cloth.
6. Heat *Appe* pan on medium heat about 2 minutes. Add and brush $\frac{1}{4}$ tsp/1.3 ml oil in each cup. Reduce heat to low. Place 1 stuffed ball in each cup. Cook about 4 minutes. Brush each momo with little oil and turn over with the *appe* remover. Cook about 4 minutes. Remove momos. Serve hot accompanied with hot and sweet sauce. ●

Spicy Vegetable Manchurian

Yield: 24 manchurian balls

1½ cup / 50 g	cabbage grated
1½ cup / 50 g	carrot grated
1½ cup / 50 g	green beans halved length wise and finely chopped
1½ cup / 50 g	green pepper finely chopped
1½ cup / 50 g	spring onion including tender green portion finely chopped
2½ tsp / 12.5 ml	salt
10 small cloves	garlic finely chopped
1 x 1 inch / 2.5 cm piece (1⅓ oz / 10 g)	fresh ginger finely chopped
3	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves chopped
½ tsp / 2.5 ml	pepper
1½ tsp / 7.5 ml	soy sauce
2 tsp / 10 ml	vinegar
⅓ cup / 35 g	dry bread crumbs
2 tbsp / 30 ml	cornflour
2 tbsp + 2 tsp / 40 ml	sesame oil for greasing cups

1. In a bowl, mix together cabbage, carrot, beans, green pepper, spring onion and 1 tsp/5 ml salt. Keep aside 15 minutes. Squeeze gently and discard water. Add remaining salt (1½ tsp/7.5 ml) and all other ingredients except bread crumbs, cornflour and oil. Mix. Add bread crumbs and cornflour. Mix. Rub hands with little oil. Make 24 equal balls. Keep aside.

2. Heat *Appa* pan on medium heat about 2 minutes. Add and brush $\frac{1}{4}$ tsp/1.3 ml oil in each cup. Reduce heat to low. Place one ball in each cup. Cook about 5 minutes. Brush each ball with little oil and turn over with the *appa* remover. Cook about 4 minutes. Remove. Keep heat at low. Add and brush $\frac{1}{4}$ tsp/1.3 ml oil in each cup. Cook remaining manchurian balls in the same way. Serve hot with sauce. ●

Egg and Cheese Balls

Yield: 12 balls

3	eggs
2 tbsp / 30 ml	onion finely chopped
2 tbsp / 30 ml	tomato finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
$\frac{1}{8}$ tsp / 0.6 ml	salt
$\frac{1}{8}$ tsp / 0.6 ml	pepper
1	green chilli finely chopped
1 tbsp / 15 ml	vegetable oil for greasing cups
2 tbsp / 30 ml	cheddar cheese grated

1. In a bowl, beat eggs just till yolks and whites are mixed. Add all other ingredients except oil and cheese. Mix.

2. Heat *Appa* pan on medium heat about 2 minutes. Add and brush $\frac{1}{4}$ tsp/1.3 ml oil in each cup. Reduce heat to low. Add $2\frac{1}{2}$ teaspoons egg mixture in each cup. Immediately place $\frac{1}{2}$ tsp/2.5 ml cheese in centre of eggs in each cup. Cover pan and cook till eggs set (about 4 minutes). Uncover pan. Remove egg and cheese balls. Serve hot with tomato sauce. ●

Jalapeño Poppers

Yield: 12 poppers

	1	fresh jalapeño pepper deseeded and finely chopped
1/2 cup / 50 g		mozzarella cheese grated
2 medium (7 oz / 200 g)		potatoes boiled, peeled and grated
1 1/4 tsp / 6.3 ml		salt
1/2 tsp / 2.5 ml		peppercorns crushed
1 cup / 100 g		dried bread crumbs
2 tbsp / 30 ml		coriander leaves finely chopped
1 tbsp + 1 tsp / 20 ml		vegetable oil for greasing cups

1. In a bowl, mix jalapeño pepper and cheese. Divide the mixture in to 12 equal portions, shape in to balls and keep aside.
2. In a separate bowl, mix together potatoes and remaining ingredients except oil. Divide the potato mixture in to 12 equal portions. Take one portion on the palm of your hand, pat to make a flat round about 1 1/4 inch/3 cm in diameter. Place one jalapeño-cheese ball in centre of the round. Gather the round from sides to cover the ball and meet the edges to seal. Roll between palms to make a smooth crack-free ball. Keep aside. Make remaining balls in the same way.
3. Heat *Appé* pan on medium heat about 2 minutes. Add and brush 1/4 tsp/ 1.3 ml oil in each cup. Reduce heat to low. Place one ball in each cup. Cook about 4 minutes. Brush each ball with little oil and turn over with the *appe* remover. Cook about 4 minutes. Remove jalapeño poppers and serve hot with ketchup. ●

Chocolate Walnut Muffins

Yield: 24 muffins

1 cup / 100 g	sifted refined flour (<i>maida</i>)
1/2 cup / 60 g	cocoa or chocolate powder
3/4 tsp / 3.8 ml	baking soda
1/4 tsp / 1.3 ml	baking powder
1 cup / 100 g	powdered sugar
1/2 cup / 120 g	butter melted and cooled
1/2 cup / 120 ml	milk
1 1/2 tsp / 7.5 ml	vinegar
1/4 cup / 60 ml	walnuts
1/2 tsp / 2.5 ml	vanilla essence
1/4 cup / 60 ml	water
1 tbsp / 15 ml	butter for greasing cups

1. Sift together flour, cocoa powder, baking soda and baking powder three times. Place in a bowl.
2. Add sugar to the flour-cocoa mixture. Mix. Add butter. Mix. Add remaining ingredients except water. Beat to blend. Gradually add water as required and gently fold in one direction to make a dropping consistency batter.
3. Heat *Appa* pan on medium heat about 2 minutes. Reduce heat to low. Brush little butter in each cup. Gently stir and pour 1 tablespoon batter in each cup. Cover pan and cook about 5 minutes. Uncover pan. Turn over muffins with *appa* remover. Cover and cook about 4 minutes. Uncover pan. Remove. Keep heat at low. Cook remaining muffins in the same way. Allow to cool. Serve. ●

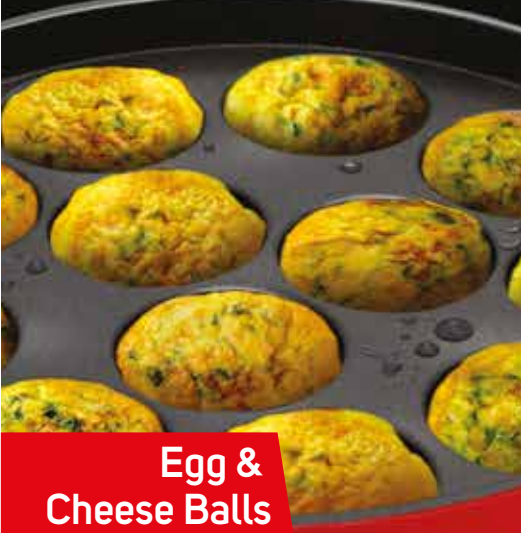
Sweet Appe (Unniappam)

Yield: 24 *appe*

1 cup / 200 g	colam rice
3 tbsp / 45 ml	water other than for step 1
2 medium	ripe bananas peeled and chopped
$\frac{3}{4}$ cup / 150 g	jaggrey (gur) grated
3 tbsp / 45 ml	coconut finely chopped
$\frac{1}{4}$ tsp / 1.3 ml	salt
$\frac{1}{2}$ tsp / 2.5 ml	dry ginger powder
$\frac{1}{2}$ tsp / 2.5 ml	green cardamoms husks removed, seeds powdered
$\frac{1}{2}$ tsp / 7.5 ml	black sesame seeds (til)
$\frac{1}{4}$ tsp / 1.3 ml	baking soda
2 tbsp / 30 ml	ghee for greasing cups

1. In a bowl, cover rice with water at least 4 cm above rice. Soak 4 hours. Drain.
2. Grind rice into paste, gradually adding 3 tbsp/45 ml water. Add bananas and jaggery, continue grinding till well blended.
3. In a large bowl, mix batter and all other ingredients except baking soda and ghee. Cover and keep aside (not in a refrigerator) at least 2 hours. Add baking soda. Mix.
4. Heat *Appe* pan on medium heat about 2 minutes. Reduce heat to low. Add and brush $\frac{1}{4}$ tsp/1.3 ml ghee in each cup. Stir batter and pour 1 tablespoon in each cup. Cover pan and cook about 4 minutes. Uncover pan. Turn over each *appe* with the *appe* remover. Cover and cook about 4 minutes. Uncover pan. Remove. Keep heat at low. Cook remaining *appe* in the same way. Serve hot. ●





**Egg &
Cheese Balls**



**Chocolate
Walnut Muffins**



**Vegetable
Momos**



Alu Bonda



appe
PAN

2 Year
Guarantee
TERMS AND CONDITIONS

1. Hawkins Die-Cast Nonstick Cookware 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 and knob 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 this Instruction Manual and the caution alongside. **4.** Genuine parts of our supply must be used at all times. **5.** The pan must not be damaged or weakened by any repair by an unauthorised person. **6.** The complete 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 cookware. The serial number given alongside must match the number on the bottom of the pan. **7.** Subject to the above mentioned terms and conditions, we shall repair or replace free of cost any defective part or parts or the whole cookware at our option.

CAUTION

1. Do not use high heat. **2.** Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat. **3.** Limit pre-heating without food as stated in the Instruction Manual. **4.** When pan is hot, ensure that it is never without food. **5.** Do not drop, hit, bang, rub, cut or chop on/in pan or scrape with metal or sharp objects. **6.** 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. **7.** 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 cold water. **8.** Do not put pan or lid in a dishwasher. **9.** Do not put pan or lid in a hot oven or under a broiler/grill.

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.** Damage caused by misuse/abuse, accident, dropping or hitting are not covered under this guarantee. **3.** Do not put lid in an oven or under a grill. **4.** Hand wash after every use in hot water with a mild soap or detergent and a dishcloth or sponge. Dry thoroughly with a soft clean cloth. **5.** To avoid "misting" caused by moisture, store the glass lid in a well-ventilated place and not in its original packing.



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