

FUTURA[®]

CAST IRON

**INSTRUCTION MANUAL
WITH GUARANTEE CARD**



**Heavy
Gauge**



FUTURA[®]
IRONMAN

***Slim* Cast Iron**

Healthy Eating. Modern Design

IM 195

Important Safeguards

1. Futura Cast Iron Cookware retains heat well. Excessive heat may cause food to stick or burn and wastes fuel.
2. Always give careful attention to a hot pan, hot oil and flame/heat. **Do not** leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the pan. Never pour water on the fire as this may spread the fire.
3. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the 1.5 Litre Kadhai is 1½ cups/360 ml, 2 Litre Kadhai is 2½ cups/600 ml, 3.5 Litre Kadhai is 4¼ cups/1 Litre and in the 4 Litre Kadhai is 5 cups/1.2 Litres.
4. Never drop food from a height on/in the pan particularly when it has hot oil or ghee. Place food gently to avoid splashing.
5. When placing or moving the pan on a burner, hold on to the handle(s) until you are certain pan is seated securely with no possibility of it slipping or tipping.
6. **Do not** touch hot pan/handles. Certain Heavy Gauge Cast Iron products (such as 22 cm Tava, 16 cm/20 cm/22 cm Frying Pans) and all *Slim* Cast Iron (Ironman) products have stay-cool handle(s). For all other products, use a kitchen cloth or pot holder when handling hot products.
7. **Do not** put glass lid or pans with wooden handle in an oven or under a broiler/grill.
8. The handle(s) of the pan should be parallel to the kitchen counter – not sticking out.
9. **Do not** drop or hit pan, or bang its rim.
10. **Do not** put hot pan or lid in water. Allow to cool first.
11. **Heavy Gauge cast iron tends to rust if left wet after use or if not dried properly after cleaning. To prevent rusting, after each use – wash, dry promptly. Apply cooking oil to the entire surface of the pans before storing.**
12. Futura *Slim* Cast Iron (Ironman) pans with stainless steel handle(s) may be washed in a dishwasher. Do not wash Futura Heavy Gauge Cast Iron pans in a dishwasher. Doing so is likely to cause rusting and dull the wooden handle(s) and the lid. Hand wash. Do not use metal scrubbers or abrasive cleaners. After washing the pan (either in a dishwasher or by hand) immediately wipe dry thoroughly to avoid rusting.
13. Read and follow all instructions in this Manual.

Contents

	Page
Important Safeguards	1
What is Cast Iron?	3
Futura Heavy gauge Cast Iron	4
Futura <i>Slim</i> Cast Iron (Ironman)	4
How to Use	5
How to Clean	6
General Cooking Tips	7
Recipes	9
Guarantee Card	back cover

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What is Cast Iron?

Cast iron is an alloy of iron and carbon, just like steel. Steel generally has a carbon content of less than 2%, whereas cast iron generally has 3% or more carbon. To make cast iron, iron alloy is heated to over 1200°C, molten metal is poured into molds, and cooled. The molds are broken and the cast iron emerges and goes through various processes to prepare it for use in your kitchen.

Cast iron has been used to make cookware in India and other parts of Asia for over two thousand years, and has spread to other parts of the world because of its wonderful cooking properties and health benefits.

- **Cast iron retains heat better than most other cookware.** It is slow to heat up, but once it is hot, it stays hot for long, and retains heat well. Foods that need higher temperatures will brown better, cook faster and crispier, and cook more evenly inside and out.
- **Cast iron gets better with use.** As you cook in it, it builds a natural nonstick surface over time, called 'seasoning', which is a smooth and tough cooking surface. So, the more you use it, the better it gets!
- **Iron is widely regarded as beneficial when used for cooking.** This is probably based on its acceptance in kitchens across the world for over two thousand years. During cooking, some small amounts of iron may get mixed into or absorbed by the food, which is generally considered beneficial for health.
- **Heavy gauge cast iron cookware, properly made, is virtually indestructible.** It has the strength of iron forged at very high temperature. It withstands high heat, metal ladles and rough handling well.
- **Cast iron cookware is versatile.** It may be used on gas stoves, in the oven/grill (except pans with wooden handle) or on a *chulha*. Although Futura Cast Iron pans generally work on induction too, they may not work well on some induction cooktops. Some of the flat-base cast iron products may draw excessive heat from the induction cooktop – hence, please refer to the cooktop instructions prior to using these pans.
- Our Cast Iron cookware is offered in two types: Futura Heavy Gauge Cast Iron and Futura *Slim* Cast Iron (Ironman) cookware, which are explained alongside.

Futura Heavy Gauge Cast Iron

Futura Heavy Gauge Cast Iron Cookware has the following additional benefits:

- It is made from a high-quality grade of cast iron with superior purity, increased hardness, greater corrosion resistance and reduced porosity.
- Futura heavy gauge cast iron cookware is generally thicker, tougher, purer and stronger than ordinary cast iron cookware. Properly used, it will give you generations of faithful service and tasty, healthy food.
- The 22 cm Tava and 16 cm/20 cm/22 cm Frying Pans have a wooden handle, designed to stay cool during cooking and for comfort and safety in handling. The other pans have integrated metal handles for strength and durability. The pans may be hung by the handle for convenient, space-saving storage.
- All pans are pre-seasoned with vegetable oil and securely packed so that they are delivered factory-fresh in your hands.

Futura *Slim* Cast Iron (Ironman)

Futura *Slim* Cast Iron Cookware – the Ironman series is made of *slim* cast iron that undergoes a nitriding process – a surface-hardening treatment where nitrogen is diffused into the metal surface at high temperatures.

Futura Ironman Cookware has the following additional benefits:

- ***Slim, yet strong*** – feels lighter in the hand for healthy cooking
- **Corrosion resistance** – properly seasoned surface prevents rust
- **Less surface porosity** – requires less oil for cooking
- **Non-reactive surface** – safe for cooking a wide variety of foods
- **Smooth nitrided finish** – easy to stir, easy to clean.
- **Perfect for searing and stir-frying** – locks in flavour and texture
- **Stainless Steel Stay-cool Handle(s)** – for comfort and safety in handling

How to Use

Follow all the IMPORTANT SAFEGUARDS on Page 1.

Before First Use

Remove labels. Hand wash in warm soapy water, rinse and wipe dry. Do not wash in a dishwasher.

Season the Pan to prevent rusting and sticking

Seasoning, simply put, is the process of rubbing vegetable oil onto the surface of the pan and heating it. When heated to high temperatures, the oil fills the pores of the pan and hardens into a tough, smoother cooking surface. As you keep cooking in your cast iron pan, over subsequent uses, this process of seasoning naturally creates a nonstick layer that only gets better with time and use. This layer also prevents rusting.

Suitable Heat Sources

Cast iron cookware can be used on all domestic gas and electric stoves (lift, do not drag pan across glass cooktops). Except the glass lid and pans with wooden handle, all other pans may also be used in an oven, OTG or broiler/grill (do not use in a microwave oven). Induction cooktops which can safely handle the high temperatures that cast iron cookware can reach during cooking may also be used. Please check the instructions accompanying the induction cooktop before use to confirm this. Use the small burner of a gas stove for the 16 cm and 20 cm Frying Pans, 1.5 Litre Kadhai, 16 cm Appa Pan and 1.25 Litre Baby Casserole – flames should not spread beyond the base of the pan.

Regulate Heat

Cast iron cookware conducts heat evenly and efficiently so high heat is rarely necessary. Do not lose track of time so that it becomes too hot. Some foods require the pan to be at a certain temperature before you cook. To achieve good cooking results, regulate heat. Do not overheat the pan as it may cause sticking and burning of food. Reduce heat if you find that food is burning – especially when frying. The sticking will reduce over time with the proper natural build up of the seasoning layer.

Saving Energy

Futura Cast Iron Cookware will save energy and produce tasty food while optimising fuel consumption if you regulate the heat as given in the instructions.

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. Let pan cool before washing.
2. Futura Ironman pans with stainless steel handle(s) may be washed in a dishwasher. Do not wash Futura Heavy Gauge Cast Iron pans in a dishwasher. Dishwashing detergents may contain harsh chemicals or abrasive substances which may damage the seasoning of the pan, cause rusting and dull the wooden handle and the lid. Hand wash. Do not use metal scrubbers or abrasive cleaners. After washing the pan (either in a dishwasher or by hand) immediately wipe dry thoroughly to avoid rusting.
3. Always wash all surfaces of the pan thoroughly **after every use** in hot water with a small amount of mild kitchen cleanser and a dishcloth or plastic scrubber. Do not soak pan. Do not use any abrasive or caustic cleaning powders, steel wool or abrasive scrubbers. This may damage the seasoning of the pan. Dry promptly and thoroughly with a soft clean cloth. **Apply a thin layer of cooking oil to the entire surface of the heavy gauge cast iron pan prior to storage.** This will keep the pan from rusting.
4. For stubborn spots: Do not soak pan. Add a few tablespoons of oil and salt and try scrubbing your cast iron pan with a paper towel or cloth. When the salt looks black and dirty, rinse and dry well.
5. If your heavy gauge cast iron pan gets rusty, clean and restore as follows:
 - a. Scrub: scour the rusty pan with warm, soapy water and stiff brush. Rinse and wipe dry thoroughly.
 - b. Oil: Apply a thin, even layer of cooking oil to all the surfaces of the pan. Heat pan till oil begins to smoke. Continue heating the pan about 20 minutes. Allow to cool. Repeat this process 2 to 3 times or bake upside down on a rack for 1 hour in an oven at 200°C/400°F. Allow to cool.

Scan to see the video
on how to clean a
rusted Cast Iron pan.



General Cooking Tips

1. Cast iron cookware conducts heat evenly and efficiently. Excessive heat may cause sticking and burning of food and wastes fuel.
2. Before every cooking, wash pan and wipe dry. Apply a very thin layer of cooking oil all over the cooking surface.
3. To prevent sticking of foods such as *dosa*, *uttapam*, *appe* and *poora*: season pan till oil just begins to smoke at the start of each cooking. Before heating pan, rub $\frac{1}{2}$ tsp/2.5 ml vegetable oil using a clean cotton cloth or a pastry brush all over the cooking surface. Heat pan on medium-high heat till oil **just** begins to smoke. Reduce heat to medium/low. Your pan is now 'seasoned'. This is the point to pour batter on/in pan. Heating pan to the correct temperature is critical.
 - If pan is heated beyond the point when oil just begins to smoke, pan will be too hot and batter will be difficult to spread.
 - If pan is not hot enough (that is, if you add batter before oil begins to smoke) batter will spread but *dosa/poora/appe* will stick.
 - For cooking the remaining *dosa/poora/appe* do not season the pan again.
4. For safety reasons and to minimise spattering of oil, the maximum quantity of oil that should be put in the 1.5 Litre Kadhai is $1\frac{1}{2}$ cups/360 ml, 2 Litre Kadhai is $2\frac{1}{2}$ cups/600 ml, 3.5 Litre Kadhai is $4\frac{1}{4}$ cups/1 Litre and in the 4 Litre Kadhai is 5 cups/1.2 Litres.
5. 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.
6. Foods removed from refrigerator such as eggs and batters should be at room temperature before beginning to cook. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium-low temperatures.
7. Do not put oil in a wet pan. Do not add food to hot oil with wet hands.
8. Do not leave the ladle in the pan while cooking.
9. Brown pieces of food a few at a time. This allows the oil/fat to stay at a high temperature so food browns quickly. This also makes turning easier for even browning.

10. Add food gently from the edges of the pan. Never drop food directly into the oil from a height (it may splash) or from too close to the surface (it may spatter).

11. Add only a limited number of food items one after the other to hot oil. Do not attempt to cook too much at one time; the temperature of the oil will decrease too fast for crisp results and the oil may splash out of the pan.

12. Avoid cooking acidic foods such as tomatoes, tamarind or curds for more than a few minutes, or letting such foods sit in the pan for long periods of time after cooking. This may break down the seasoning and impart a metallic flavour to the food.

13. Some induction cooktops may overheat and give an error message. If so, wait a minute or two, restart the cooktop and continue cooking or place sheet(s) of paper (large enough to cover the base of the product) between the pan and the cooktop.

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

Volume		Weight	
Measurement	Equivalent	Metric	Equivalent
1 teaspoon	5 ml	28 g	1 oz
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml	(rounded off to 30 g)	
1 tablespoon	3 teaspoons / 15 ml	450 g	16 oz / 1 lb
1/4 cup	4 tablespoons / 60 ml	1 kg	2.2 lb
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml	Length	
1/2 cup	8 tablespoons / 120 ml	Measurement	Equivalent
3/4 cup	12 tablespoons / 180 ml	1/4 inch	6 mm
1 cup	16 tablespoons / 240 ml	1/2 inch	1.3 cm
		3/4 inch	1.9 cm
		1 inch	2.5 cm

Abbreviations & Equivalents

tsp	teaspoon	kg	kilogram	ml	millilitre
tblsp	tablespoon	oz	ounce	mm	millimetre
g	gram	lb	pound	cm	centimetre

Recipes

The recipe section features 16 recipes – two for each type of pan. To give you an idea, we recommend the following recipes suitable for each pan that we have actually tested in our Test Kitchen. Using these as a base, you can easily adapt your own favourite recipes.

As both varieties of Cast Iron Cookware have varying thicknesses, you may want to adjust the heat, timing and oil to suit your taste when using one or the other type in the recipes given below.

Product	Recipe	Page No.
Tava	<i>Uttapam (Savoury Rice and Gram Pancakes)</i>	10
	<i>Alu Tikki (Potato Cutlets – Sindhi Style)</i>	11
Kadhai	<i>Kadhai Masala Chicken (Spicy Stir-Fried Chicken)</i>	13
	<i>Alu Methi (Stir-Fried Potatoes with Fenugreek Leaves)</i>	14
Frying Pan	<i>Butter Garlic Vegetables</i>	15
	<i>Pan-Seared Fish Steaks with Herbs</i>	16
Dosa Tava	<i>Masala Dosa (Rice and Gram Pancakes with Spicy Potato Filling)</i>	17
	<i>Egg Rolls</i>	19
Square Tava	<i>French Toast</i>	22
	<i>Hara Bhara Kebab (Spinach and Green Peas Cutlets)</i>	23
Cook n Serve Bowl	<i>Masala Bhath (Spiced Rice with Vegetables)</i>	25
	<i>Egg Curry</i>	26
Apple Pan	<i>Kuzhi Paniyaram (Savoury Appe)</i>	28
	<i>Unniappam (Sweet Appe)</i>	29
Stir-Fry Wok	<i>Stir-Fried Noodles and Vegetables</i>	30
	<i>Chinese Fried Rice</i>	31

Tava: Uttapam (Savoury Rice and Gram Pancakes)

These recipes are written for the 24 cm Tava. For 22 cm Tava, no change required.

Yield: 6 *uttapam*

1½ cups (10 ² / ₃ oz / 300 g)	rice
¾ cup (5 ¹ / ₃ oz / 150 g)	urad dal
1 cup + 2 tbsp / 270 ml	water other than for step 1
1 tbsp / 15 ml	salt
1 large (6 ¹ / ₃ oz / 180 g)	onion finely chopped
4	green chillies chopped
2 tbsp / 30 ml	coriander leaves chopped
3 tbsp + ½ tsp / 47.5 ml	vegetable oil

1. In separate bowls, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a paste, adding water (½ cup/120 ml) a little at a time.
3. Grind *dal* into a paste, adding remaining water (½ cup+ 2 tbsp/150 ml) a little at a time.
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. Gently mix fermented batter and all other ingredients except oil.
6. Rub ½ tsp/2.5 ml oil all over the inside base of Tava using a clean cotton cloth or a pastry brush. Heat Tava on medium-high heat till oil **just** begins to smoke. See **General Cooking Tips**, page 7, para 3. Reduce heat to medium-low.
7. Stir batter and pour ¾ cup/180 ml in centre of Tava. With the flat base of a metal ladle, quickly and gently spread batter to make a round of even thickness about 7¼ inch/18 cm

in diameter. Add $\frac{1}{2}$ tsp/2.5 ml oil around edges of *uttapam*. Fry till surface becomes dull and underside is golden brown (about 3 minutes). Dribble 1 tsp/5 ml oil all over *uttapam*. Turn over. Fry till underside is golden brown (about 3 minutes). Remove. Fry remaining *uttapam* in the same way. Serve hot, accompanied with coconut chutney. ●

Alu Tikki (Potato Cutlets – Sindhi Style)

Yield: 12 *tikki*

4 slices (each $3\frac{1}{2}$ inch x $3\frac{1}{2}$ inch x $\frac{3}{8}$ inch / 9 cm x 9 cm x 1 cm)	bread
1 cup / 240 ml	water
6 medium (1 lb 5 oz / 600 g)	potatoes boiled*, peeled and mashed while still hot
2	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves finely chopped
$1\frac{1}{2}$ tbsp / 22.5 ml	mint leaves finely chopped
$1\frac{1}{2}$ tsp / 7.5 ml	salt
$\frac{1}{2}$ tsp / 2.5 ml	red chilli powder
1 tsp / 5 ml	cumin seeds
3 tbsp / 45 ml	vegetable oil

1. Immerse each bread slice in water for 15 seconds. Squeeze out and discard water. Break bread into tiny pieces. Mix bread and all other ingredients except oil. Make 12 patties about $2\frac{3}{4}$ inch/7 cm in diameter, $\frac{1}{2}$ inch/1.3 cm thick.
2. Rub $\frac{1}{2}$ tsp/2.5 ml oil all over the inside base of Tava using a clean cotton cloth or a pastry brush. Heat Tava on medium-high heat till oil **just** begins to smoke. See **General**

Cooking Tips, page 7, para 3. Reduce heat to medium. Add 1 tbsp/15 ml oil. Spread oil with spatula all over base of Tava.

3. Add 4 patties. Fry on both sides till golden brown (about 3 minutes on each side). Remove.

4. Fry remaining patties in the same way as in **step 3**, adding and immediately spreading 1 tbsp/15 ml oil on Tava for each batch. Serve hot, accompanied with tomato ketchup or *dhania* chutney. ●

* "Boiled" Potatoes in a Pressure Cooker:

Size of the Potato (Whole, Unpeeled)	Water Quantity	Pressure Cooking Time
(Small – 75 g)	1 cup	6 minutes
(Medium – 100 g)	1 cup	10 minutes
(Large – 150 g)	1½ cups	15 minutes

Pour water in cooker. Place potatoes in cooker, preferably on a grid. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat to medium and cook the required time. Remove cooker from heat. Release pressure by slight lifting of vent weight. Open cooker.

Kadhai: Kadhai Masala Chicken (Spicy Stir-Fried Chicken)

The recipes are written for the 2 Litre Kadhai. To adapt these recipes to the 2.5 Litre, 3.5 Litre and 4 Litre Kadhai increase all ingredients by 25%, 75% and 100% respectively and to adapt these recipes to 1.5 Litre Kadhai reduce all ingredients by 25%.

Serves 3

1 x 1 inch / 2.5 cm piece ($\frac{1}{3}$ oz / 10 g)	fresh ginger
6 small cloves	garlic
6	cashew nuts
$\frac{1}{2}$ cup + 3 tbsp / 165 ml	water
1 tbsp + 2 tsp / 25 ml	coriander powder
2 tsp / 10 ml	red chilli powder
$\frac{1}{2}$ tsp / 2.5 ml	pepper
$\frac{3}{4}$ tsp / 3.8 ml	cumin powder
$\frac{1}{8}$ tsp / 0.6 ml	turmeric
$\frac{3}{4}$ tsp / 3.8 ml	<i>garam masala</i> powder
$2\frac{1}{2}$ tsp / 12.5 ml	lemon juice
2 tbsp / 30 ml	vegetable oil
1 small ($2\frac{1}{2}$ oz / 80 g)	onion finely chopped
$1\frac{1}{3}$ lb / 600 g	chicken pieces
$\frac{3}{4}$ tsp / 3.8 ml	salt

1. Grind together ginger and garlic into a paste.
2. Grind separately cashew nuts into a paste, adding water (1 tbsp + 2 tsp/25 ml) a little at a time.
3. Mix together coriander, chilli, pepper, cumin, turmeric and *garam masala* powders, lemon juice and 2 tbsp/30 ml water to make a spice mixture.
4. Heat oil in Kadhai on high heat about 2 minutes. Add onion and fry till golden brown. Add ginger-garlic paste. Stir a few seconds. Add chicken and spice mixture. Stir fry till chicken is lightly browned and oil shows separately (about 15 minutes).

5. Add cashew nut paste. Mix. Add remaining water ($\frac{1}{3}$ cup + 2 tbsp/110 ml) and salt. Stir. Reduce heat to low. Cover and cook till chicken is tender and liquid dries up (about 20 minutes), stirring occasionally. Serve hot. ●

Alu Methi (Stir-Fried Potatoes with Fenugreek Leaves)

Serves 4

3 tbsp / 45 ml	mustard oil
1 tsp / 5 ml	cumin seeds
a pinch	hing (asafoetida)
5 small cloves	garlic finely chopped
1	green chilli finely chopped
1 medium ($3\frac{1}{2}$ oz / 100 g)	onion finely chopped
2 tsp / 10 ml	salt
$\frac{1}{2}$ tsp / 2.5 ml	turmeric
1 tsp / 5 ml	red chilli powder
6 medium ($1\frac{1}{3}$ lb / 600 g)	potatoes peeled and cut into $\frac{3}{4}$ inch / 2 cm cubes
4 cups / 160 g	methi (fenugreek leaves) chopped
$\frac{1}{2}$ tsp / 2.5 ml	amchur (mango powder)

1. Heat oil in Kadhai on high heat till oil smokes (about 3 minutes). Reduce heat to medium. Add cumin seeds, *hing*, garlic and chilli. Stir a few seconds. Add onion and stir fry till transparent. Add salt, turmeric and red chilli powder. Mix.

2. Add potatoes. Stir fry about 5 minutes. Cover and cook till potatoes are **just** cooked (about 5 minutes), stirring occasionally. Add half the quantity of *methi*. Mix. Add remaining *methi*. Mix carefully. Reduce heat to low. Cover and cook about 5 minutes. Uncover Kadhai. Increase heat to medium. Cook till liquid dries up (about 2 minutes), stirring continuously. Sprinkle *amchur*. Mix. Remove and serve hot. ●

Frying Pan: Butter Garlic Vegetables

This recipe is written for the 24 cm Frying Pan. To adapt the recipe to the 16 cm, 20 cm and 22 cm Frying Pans reduce all ingredients by 66%, 33% and 15% respectively and for 26 cm Frying Pan increase all ingredients by 20%.

Serves 4

3 tbsp / 45 ml	butter
20 small cloves	garlic finely chopped
7 oz / 200 g	mushrooms cut into quarters
7 oz / 200 g	baby corns cut diagonally into $\frac{3}{4}$ inch / 2 cm long and $\frac{1}{4}$ inch / 6 mm thick pieces
1 tsp / 5 ml	salt
1 tsp / 5 ml	pepper
1 tsp / 5 ml	dried mixed herbs
1 large ($5\frac{1}{3}$ oz / 150 g)	onion cut into $\frac{3}{4}$ inch / 2 cm squares and separated into single petals
1 medium head ($\frac{3}{4}$ lb / 350 g)	broccoli cut into 1 inch / 2.5 cm flowerettes (175 g)
1 medium ($4\frac{2}{3}$ oz / 130 g)	red bell pepper cut into $\frac{3}{4}$ inch / 2 cm squares
1 tsp / 5 ml	lemon juice

1. Melt butter in the Frying Pan on high heat. Add garlic. Stir fry till garlic turns golden brown. Add mushrooms and baby corns. Reduce heat to medium. Stir fry about 10 minutes. Add salt, pepper and mixed herbs. Mix.
2. Add onion and broccoli. Mix. Reduce heat to low. Cover and cook about 3 minutes. Uncover Pan. Add bell pepper and lemon juice. Mix. Cover and cook about 2 minutes. Uncover Pan. Stir fry about 1 minute. Remove from heat. Serve hot. ●

Pan-Seared Fish Steaks with Herbs

For 16 cm diameter Pan: Cook in 4 batches of 2 steaks

For 20 cm and 22 cm diameter Pan: Cook in 2 batches of 3 steaks and 1 batch of 2 steaks

For 26 cm diameter Pan: No change required

Serves 4

1 x 1½ inch / 3.8 cm piece (½ oz / 15 g)	fresh ginger
30 small cloves	garlic
3	green chillies
1 tsp / 5 ml	salt
1 tsp / 5 ml	peppercorns coarsely ground
2½ tsp / 12.5 ml	mixed dried herbs
1 tbsp / 15 ml	lemon juice
2 tbsp / 30 ml	vegetable oil
8 (1 lb ¾ oz / 500 g)	fish steaks cut into 3 inch / 7.5 cm long, 2 inch / 5 cm wide and ¾ inch / 2 cm thick pieces

1. Grind together ginger, garlic and green chillies into a paste.
2. In a bowl, mix ginger paste, salt, pepper, mixed herbs, lemon juice and 1½ tsp/7.5 ml oil. Add fish. Rub mixture all over fish. Cover and keep aside 30 minutes.
3. Heat remaining oil (1½ tbsp/22.5 ml) in Frying Pan on high heat till oil **just** begins to smoke. Reduce heat to low. Add 4 fish steaks. Fry on both sides till golden brown (about 5 minutes on each side). Remove.
4. Fry remaining steaks in the same way except do not add oil. Serve hot. ●

Dosa Tava: Masala Dosa (Rice and Gram Pancakes with Spicy Potato Filling)

Yield: 20 *dosa*

Batter

1/2 cup (3 1/2 oz / 100 g)	rice
1 cup (7 oz / 200 g)	parboiled rice
1/2 cup (3 1/2 oz / 100 g)	<i>urad dal</i>
2 1/2 cups / 600 ml	water other than for step 1
2 tsp / 10 ml	salt

Filling

5 large (1 lb 12 oz / 790 g)	potatoes boiled* (see page 12), peeled and while still hot: 2 potatoes broken into quarters and coarsely mashed with fingers; and 3 potatoes cut into 3/4 inch / 2 cm cubes
2 1/2 tsp / 12.5 ml	salt
1/2 tsp / 2.5 ml	turmeric
1/4 cup + 2 tbs / 90 ml	vegetable oil
2 tsp / 10 ml	mustard seeds
2 tsp / 10 ml	<i>urad dal</i>
16	curry leaves
2	green chillies finely chopped
4 medium (14 oz / 400 g)	onions halved lengthwise (top to bottom) and sliced lengthwise
1 x 1/2 inch / 1.3 cm piece (1/6 oz / 5 g)	fresh ginger grated

Oil for Dosa

3 tbsp + 1 tsp / 50 ml **vegetable oil**

- 1. To make batter:** In a bowl, cover rice, parboiled rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice-*dal* mixture into a paste adding water (2 cups/480 ml) a little at a time.
3. In a large bowl, mix rice-*dal* paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
- 4. To make filling:** Mix potatoes, salt and turmeric.
5. Heat oil in a pan on medium-high heat about 2 minutes. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves and chillies. Stir fry till *dal* is light golden brown. Add onions and stir fry about 1 minute. Add ginger. Mix. Cover and cook on low heat (about 10 minutes) till onions are soft, stirring at 3 minute intervals. Uncover.
6. Increase heat to medium-high. Add potato mixture. Mix. Remove from heat. Cover and keep warm.
- 7. To make masala dosa:** Mix fermented paste and enough of remaining water (1/2 cup/120 ml) to make a thin batter.
8. Rub 1/2 tsp/2.5 ml oil all over the inside base of Tava using a clean cotton cloth/pastry brush. Heat Tava on medium-high heat till oil **just** begins to smoke. See **General Cooking Tips**, page 7, para 3. Reduce heat to medium.
9. Stir batter and pour 1/4 cup/60 ml in centre of Tava. Quickly place the flat base of a metal ladle or *katori* very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a thin round about 8 3/4 inch/22 cm in diameter. Add 1/4 tsp/1.3 ml oil around edges of *dosa*. Dribble 1/4 tsp/1.3 ml oil all over *dosa*. Cook about 2 minutes. Turn over. Cook 45 seconds, pressing gently with spatula all over *dosa* to flatten. Turn over. Quickly place 1/4 cup/50 g filling on one side of the centre of *dosa* and spread into a rectangular shape. Fold one large side of *dosa* over filling. Fold over the opposite side of *dosa*. Remove. Cook remaining *masala dosa* in the same way. Serve hot, accompanied with coconut chutney.

Egg Rolls

Yield: 4 rolls

Dough

1 1/4 cups (4 1/3 oz / 125 g)	sifted refined flour (<i>maida</i>)
1/4 + 1/8 tsp / 1.9 ml	salt
1/4 tsp / 1.3 ml	sugar
1 tbsp + 1 tsp / 20 ml	milk
1/4 cup + 2 tsp / 70 ml	water

Oil

2 tbsp / 30 ml	vegetable oil
----------------	----------------------

Filling

8	eggs
1/2 tsp / 2.5 ml	salt
1/2 tsp / 2.5 ml	pepper
2 small (3 1/2 oz / 100 g)	onions cut into rounds and separated into single rings
1 tsp / 5 ml	green chilli chopped (optional)
2 tsp / 10 ml	vinegar with green chillies* (see page 21)
2 tsp / 10 ml	chaat masala

1. Mix flour, salt, sugar and milk. Add 2 tbsp + 2 tsp/40 ml water. Mix. Add enough of remaining water (2 tbsp/30 ml), 1 tbsp/15 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes very wet and sticky). Knead till dough is smooth and elastic (about 5 minutes). Keep covered with a damp cloth about 30 minutes.

2. Rub hands with a few drops of oil. Knead dough briefly. Make 4 balls about 1½ inch/3.8 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll a ball of dough into a flat round 8 inch/20 cm in diameter. Spread ½ tsp/2.5 ml oil all over the top surface of the round.
4. Starting at one edge, tightly roll up round (Figure A). With palms of both hands roll back and forth till extended to 12 inch/30 cm long (Figure B). Wind around one end into a flat coil (Figure C). Put free end over centre top of coil (Figure D). Press down free end gently. Flatten coil slightly.

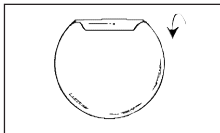


Figure A

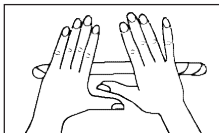


Figure B

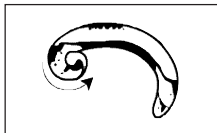


Figure C

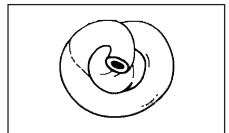


Figure D

5. Make remaining balls into coils in the same way as in **step 3** and **step 4**. Keep covered with a damp cloth.
6. On a floured board, roll each coil into a flat round 8 inch/20 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.
7. Break 2 eggs into each of 4 small bowls. Beat eggs in each bowl with a fork just till yolks and whites are mixed. Keep aside. Put ⅛ tsp/0.6 ml salt and ⅛ tsp/0.6 ml pepper onto each of 4 small plates to make four portions. Keep aside.
8. Heat Tava on medium heat about 4 minutes. Put one round on Tava. Cook 1 minute (Top should begin to look dry. There should be a few light golden brown specks on the underside – if the round does not have the desired light golden brown specks on the underside, cook 30 seconds longer). Turn over. Spread ¼ tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Cook about 45 seconds or till a few light golden brown specks appear. Turn over. Spread ¼ tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Lightly press entire round with spatula, rotating and pressing a small area at a time (about

45 seconds). Turn over. Cook, pressing round in the same way, about 1 minute. (*Roti* should be evenly cooked on both sides, with golden brown spots. It should not be very crisp so do not allow spots to become dark brown. A *roti* takes about 4 minutes to cook.) Remove. Keep aside. Cook remaining rounds in the same way. Wipe Tava with a kitchen cloth or paper napkin.

9. Spread $\frac{1}{2}$ tsp/2.5 ml oil outwards from centre of Tava over the circular area (about 8 inch/20 cm in diameter) where the eggs will be poured. Quickly take one of the bowls containing eggs, add one portion salt and pepper (pre-measured in **step 7**), beat till mixed and pour egg mixture in centre of Tava. Quickly place one *roti* over egg mixture. Press top surface of *roti* lightly with spatula till eggs stick to *roti* (about 30 seconds). Cook till eggs are set (about 30 seconds). Turn over. Cook about 30 seconds. Slide *roti* (egg side up) onto a plate. Put empty, hot Tava on a coaster or grid. Do **step 10** without delay.

10. Scatter $\frac{1}{4}$ cup/25 g onion rings over eggs. Sprinkle $\frac{1}{4}$ tsp/1.3 ml green chilli (optional), $\frac{1}{2}$ tsp/2.5 ml vinegar with green chillies and $\frac{1}{2}$ tsp/2.5 ml *chaat masala* over onions. Starting at one edge, roll up *roti*. Serve hot. Quickly return Tava to medium heat.

11. Make and serve remaining rolls in the same way as in **step 9** and **step 10**.

Serving Suggestions:

1. Serve with tomato ketchup or mustard sauce, if desired.
2. Wrap a piece of aluminium foil around half of roll for holding. ●

*** Vinegar with Green Chillies:**

Yield: 2 tsp / 10 ml

2 tsp / 10 ml	vinegar
$\frac{1}{2}$	green chilli finely chopped
$\frac{1}{8}$ tsp / 0.6 ml	salt

Place vinegar in a bowl. Add green chilli and salt. Mix. Keep covered about 1 hour.

Square Tava: French Toast

Yield: 8 toasts

	3	eggs
³ / ₄ cup + 3 tbsp / 225 ml		milk
1 ¹ / ₂ tbsp / 22.5 ml		sugar
3 drops		vanilla essence (optional)
¹ / ₄ tsp / 1.3 ml		salt
8 slices		bread
(each about 3 ¹ / ₂ inch x 3 ¹ / ₂ inch x ³ / ₈ inch / 9 cm x 9 cm x 1 cm)		
1 tbsp + 1 tsp / 20 ml		butter

1. In a bowl, beat eggs just till yolks and whites are mixed. Add milk, sugar, vanilla essence and salt. Mix.
2. Turn 1 slice bread in egg mixture leaving each side in mixture about 20 seconds. Remove with a spatula and put on a plate. Turn and remove 3 more slices in the same way.
3. Heat Tava on medium heat about 3 minutes. Add 2 tsp/10 ml butter and with a spatula spread on tava all over the area where the slices will be placed. Reduce heat to low.
4. Add the 4 soaked slices. (Pour egg mixture leftover on the plate back into the bowl.) Fry on both sides till browned (about 2-3 minutes on each side). Remove. (While slices are frying turn 4 more slices in egg mixture as described in **step 2** and keep aside.)
5. Spread remaining butter (2 tsp/10 ml) on Tava. Fry remaining 4 soaked slices in the same way as in **step 4**. Serve hot with honey or jam. ●

Hara Bhara Kebab (Spinach and Green Peas Cutlets)

Yield: 32 kebab

6 medium (1 lb 3½ oz / 550 g)

potatoes boiled* (see page 12), peeled and mashed while still hot; allow to cool

¼ cup + 2 tsp / 70 ml

vegetable oil

1 x 1½ inch / 3.8 cm piece
(½ oz / 15 g)

fresh ginger chopped

2

green chillies chopped

2 cups / 300 g

peas shelled or frozen

4 cups / 220 g

spinach (*palak*) chopped

2 tsp / 10 ml

salt

1½ tsp / 7.5 ml

***garam masala* powder**

1 cup / 50 g

coriander leaves chopped

½ cup / 72 g

bread crumbs

1 tsp / 5 ml

chaat masala

3 tbsp + 1 tsp / 20 g

cornflour

1. In a large pan, heat 2 tsp/10 ml oil on medium heat about 2 minutes. Add ginger and green chillies. Stir fry about 1 minute. Add peas. Stir fry about 2 minutes. Add spinach. Cook about 3 minutes, stirring carefully. Cover and cook till peas are just tender (about 5 minutes). Uncover pan. Add salt and *garam masala* powder. Mix. Increase heat to high and cook till water has evaporated about 5 minutes, stirring occasionally. Remove from heat. Transfer onto a plate. Allow to cool.

2. Add coriander leaves to peas and spinach on plate. In a mixer-grinder, blend peas, spinach and coriander leaves mixture into a paste.

3. In a large plate, mix potatoes, peas-spinach paste and all other ingredients except oil. Make 32 patties about 1½ inch/4 cm in diameter, ½ inch/1.3 cm thick.
4. Rub ½ tsp/2.5 ml oil all over the inside base of Tava using a clean cotton cloth or a pastry brush. Heat Tava on medium-high heat till oil **just** begins to smoke. See **General Cooking Tips**, page 7, para 3. Reduce heat to medium. Add 1 tbsp/15 ml oil. Spread oil with spatula all over base of Tava.
5. Add 16 patties. Fry till golden brown (about 3 minutes). Turn over, add 1 tbsp/15 ml oil. Fry till golden brown. Remove.
6. Add and spread 1 tbsp/15 ml oil all over base of Tava. Fry remaining patties in the same way as in **step 5**. Serve hot, accompanied with tomato ketchup or *dhania* chutney. ●

Cook-n-Serve Bowl: Masala Bhath (Spiced Rice with Vegetables)

The recipes are written for the 4 Litre Cook-n-Serve Bowl. To adapt these recipes to the 1.25 Litre Baby Casserole reduce all ingredients by 70%.

Serves 8

$\frac{2}{3}$ cup / 40 g	copra (dry coconut) grated
9	cloves
2 x 1 inch / 2.5 cm stick	cinnamon
1 tbsp + 1 tsp / 20 ml	sesame seeds
$\frac{1}{3}$ cup / 27 g	coriander seeds
1 tbsp + 1 tsp / 20 ml	cumin seeds
$\frac{2}{3}$ cup / 160 ml	vegetable oil
$1\frac{1}{4}$ tsp / 6.3 ml	mustard seeds
3	bay leaves
1 large (5 $\frac{1}{3}$ oz / 150 g)	potato peeled, cut into 1 inch / 2.5 cm cubes
1 medium head ($\frac{3}{4}$ lb / 350 g)	cauliflower cut into 1 inch / 2.5 cm flowerettes (175 g)
1 medium (4 oz / 115 g)	carrot peeled, cut into $\frac{3}{4}$ inch / 2 cm cubes
$\frac{2}{3}$ cup / 80 g	green beans cut into 1 inch / 2.5 cm pieces
$\frac{2}{3}$ cup / 100 g	peas shelled or frozen
$\frac{1}{4}$ cup / 60 ml	cashew nuts broken into pieces
1 tbsp + 1 tsp / 20 ml	salt
$\frac{3}{4}$ tsp / 3.8 ml	turmeric
2 cups / 400 g	Basmati rice washed and drained
$3\frac{2}{3}$ cups / 880 ml	water
$\frac{1}{2}$ cup / 35 g	coconut grated
3 tbsp + 2 tsp / 55 ml	coriander leaves chopped

1. In a pan, roast together *copra*, cloves, cinnamon, sesame, coriander and cumin seeds till *copra* is golden brown. Allow to cool. Grind to a powder.
2. Heat oil in the Cook-n-Serve Bowl on high heat of big burner of gas stove about 2 minutes.
3. Add mustard seeds, when crackling add bay leaves. Stir a few seconds. Add all vegetables and cashew nuts. Stir fry about 3 minutes. Add ground *masala*, salt and turmeric. Stir a few seconds. Add rice. Stir fry about 2 minutes. Add water. Stir. Bring to boil.
4. Reduce heat to low. Cover. Simmer 20 minutes or till rice is cooked and water is absorbed stirring at every 5 minute intervals.
5. Remove the Bowl from heat. Uncover. Serve hot, garnished with coconut and coriander leaves. ●

Egg Curry

Serves 8

12	eggs
1 x 3 inch / 7.5 cm piece (1 oz / 30 g)	fresh ginger
20 small cloves	garlic
2	green chillies
³ / ₄ cup + 1 tbsp / 195 ml	vegetable oil
4 large (1 lb 2 ² / ₃ oz / 530 g)	onions chopped
1 ¹ / ₄ tsp / 6.3 ml	cumin seeds
5 large (1 lb 7 oz / 650 g)	tomatoes puréed
11	cloves
5	brown cardamoms

5 x 1 inch / 2.5 cm stick	cinnamon
2 ³ / ₄ tsp / 13.8 ml	salt
2 tsp / 10 ml	red chilli powder
2 ³ / ₄ tsp / 13.8 ml	coriander powder
1 ¹ / ₄ tsp / 6.3 ml	turmeric
³ / ₄ tsp / 3.8 ml	sugar
2 tbsp + 2 tsp / 40 ml	coriander leaves chopped
3 ¹ / ₃ cups / 800 ml	water

- 1. To boil eggs:** Place eggs in the Cook-n-Serve Bowl and cover with water at least 1 inch/2.5 cm above eggs. Bring to boil on high heat. Reduce heat to low. Cover and simmer 15 minutes. Meanwhile, do **step 2**. Pour off water. Pour tap water slowly over eggs till eggs are cool. Drain. Remove and keep aside eggs. Wash and dry the Bowl.
- 2.** Grind ginger, garlic and green chillies into a paste.
- 3.** Heat ²/₃ cup/160 ml oil in the Bowl on high heat about 2 minutes. Add onions and fry till light golden brown. Add cumin seeds and ginger paste. Stir a few seconds. Add tomatoes. Mix. Remove from heat.
- 4.** In a blender, mix tomato mixture till smooth. Wash and dry the Bowl.
- 5.** Heat remaining oil (2 tbsp + 1 tsp/35 ml) in the Bowl on medium-high heat about 2 minutes. Add cloves, cardamoms and cinnamon. Stir a few seconds. Reduce heat to low. Add tomato mixture and remaining ingredients except eggs and water. Cook about 3 minutes, stirring constantly. Add water. Stir. Bring to boil on high heat. Reduce heat to low.
- 6.** Cover and simmer. Meanwhile, shell eggs and cut lengthwise into halves. When gravy is slightly thickened (about 25 minutes), remove the Bowl from heat.
- 7.** Add eggs, keeping yolk sides up. Cover and simmer on low heat just till eggs are hot (about 3 minutes). Serve hot. ●

Appe Pan: Kuzhi Paniyaram (Savoury Appe)

Yield: 24 *appe*

$\frac{3}{4}$ cup / 150 g	colam rice
$\frac{1}{8}$ tsp / 0.6 ml	fenugreek seeds (<i>methi</i>)
$\frac{1}{4}$ cup / 50 g	split skinned black gram (<i>urad dal</i>)
$\frac{1}{4}$ cup / 15 g	beaten rice/<i>poha</i>
$\frac{3}{4}$ cup / 180 ml	water other than for step 1
1 tsp / 5 ml	salt
2 tsp / 10 ml	vegetable oil
1 small (1 $\frac{3}{4}$ oz / 50 g)	onion finely chopped
1 x $\frac{3}{4}$ inch / 2 cm piece (1/4 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

1. Mix rice and fenugreek seeds. In separate bowls, cover rice-fenugreek mixture and *dal* with water at least 1 $\frac{1}{2}$ inch/3.8 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a slightly coarse paste, gradually adding $\frac{1}{4}$ cup + 1 tbsp/75 ml water.
3. Grind *dal* into a paste, gradually adding remaining water ($\frac{1}{4}$ 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. Rub few drops of oil in each cup of Appe Pan using a pastry brush. Heat pan on medium-high heat till oil **just** begins to smoke. Reduce heat to low.
7. Add and brush $\frac{1}{8}$ tsp/0.6 ml oil 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*. Cover and cook about 4 minutes. Uncover pan and remove. Keep heat at low. Cook remaining *appe* in the same way. Serve hot with green coriander chutney. ●

Unniappam (Sweet Appe)

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
³ / ₄ cup / 150 g	jaggery (<i>gur</i>) grated
3 tbsp / 45 ml	coconut finely chopped
¹ / ₄ tsp / 1.3 ml	salt
¹ / ₂ tsp / 2.5 ml	dry ginger powder
¹ / ₂ tsp / 2.5 ml	green cardamoms husks removed, seeds powdered
¹ / ₂ tsp / 7.5 ml	black sesame seeds (<i>til</i>)
¹ / ₄ tsp / 1.3 ml	baking soda
2 tbsp / 30 ml	ghee

1. In a bowl, cover rice with water at least 1¹/₂ inch/3.8 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. Rub few drops of oil in each cup of Appe Pan using a pastry brush. Heat pan on medium-high heat till oil **just** begins to smoke. Reduce heat to low.
5. Add and brush 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*. Cover and cook about 4 minutes. Uncover pan. Remove. Keep heat at low. Cook remaining *appe* in the same way. Serve hot. ●

Stir-Fry Wok: Stir-Fried Chinese Noodles & Vegetables

Serves 8

2 tbsp + 1 tsp / 35 ml

soy sauce

1 tbsp / 15 ml

vinegar

10²/₃ oz / 300 g
(about 1³/₄ lb / 800 g cooked)

Chinese noodles

5 tbsp / 75 ml

vegetable oil

1 x 1¹/₂ inch / 3.8 cm piece
(¹/₂ oz / 15 g)

fresh ginger finely chopped

15 cloves

garlic finely chopped

1¹/₃ cups / 160 g

green beans cut diagonally into
¹/₈ inch / 3 mm wide strips, 2 inch / 5 cm long

1 large (5²/₃ oz / 160 g)

carrot cut into matchstick-thin
strips, 2 inch / 5 cm long

2¹/₂ tsp / 12.5 ml

salt

1 tsp / 5 ml

sugar

6 (9 oz / 250 g)

spring onions, bulbs with 2 inch / 5 cm stalks
halved lengthwise (top to bottom) and sliced thinly
lengthwise; tender green portion cut across into
¹/₄ inch / 6 mm wide round pieces and kept separately

¹/₂ tsp / 2.5 ml

pepper

1 large (5²/₃ oz / 160 g)

capsicum deseeded and cut lengthwise into
¹/₈ inch / 3 mm wide strips

(5¹/₃ oz / 150 g)

cabbage cut lengthwise into
¹/₈ inch / 3 mm wide strips

1. In a small bowl, mix soy sauce and vinegar. Keep aside.
2. Cook noodles according to instructions on packet till noodles are just cooked (firm, not mushy). Immediately transfer noodles to a colander (*chalanee*). Drain. Rinse noodles with cold water till cool. Drain in colander. Keep aside.

3. Heat oil in Wok on high heat of big burner about 1 minute. Add ginger and garlic. Stir a few seconds. Add beans, carrots, 1 tsp/5 ml salt and sugar. Stir-fry about 2 minutes. Add spring onions (except tender green portion) and pepper. Stir-fry about 1 minute. Add capsicum and cabbage. Stir-fry about 1 minute. Reduce heat to medium. Add noodles, soy sauce-vinegar mixture and remaining salt (1½ tsp/7.5 ml). Cook about 2 minutes, tossing and mixing noodles and vegetables using wooden spatula and a fork.
4. Remove Wok from heat. Add tender green portion of spring onions. Mix. Serve hot.

Chinese Fried Rice

Serves 8

1/3 cup / 80 ml	vegetable oil
2	whole dry red chillies
1 x 1½ inch / 3.8 cm piece (1/2 oz / 15 g)	fresh ginger finely chopped
20 small cloves	garlic finely chopped
2	green chillies finely chopped
2 medium (7 oz / 200 g)	onions chopped
2 (1¾ oz / 50 g)	spring onions bulbs with 2 inch / 5 cm stalks chopped; tender green portion cut into fine round pieces and kept separately
3 tbsp / 45 ml	soy sauce
3½ tbsp / 52.5 ml	vinegar
1 large (5⅓ oz / 150 g)	carrot finely chopped
1⅓ cups / 150 g	green beans finely chopped
3½ oz / 100 g	baby corn finely sliced
1 medium (3½ oz / 100 g)	red bell pepper finely chopped
1 medium (3½ oz / 100 g)	yellow bell pepper finely chopped

10½ cups / 1.5 kg	cooked colam rice
1 tbsp + ½ tsp / 17.5 ml	salt
1½ tsp / 7.5 ml	red chilli powder
¾ tsp / 3.8 ml	pepper

1. Heat oil in Wok on high heat of big burner about 1 minute. Add whole dry red chillies. Stir a few seconds. Add ginger, garlic, green chillies, onions and spring onion bulbs. Stir till onion turns translucent about 3 minutes. Add soy sauce and vinegar. Mix. Add carrots, beans and baby corn. Stir fry about 3 minutes. Add bell peppers. Stir fry about 2 minutes. Add rice. Mix. Add red chilli powder, pepper and salt. Mix.
2. Remove from heat. Add tender green portion of spring onions. Mix. Serve hot

Space for Your Notes

Nitrided Iron

- **Hardens the surface**
Resists Abrasion
- **Corrosion Resistance**
Less likely to rust
- **Less surface porosity**
Needs less oil
- **Non-reactive surface**
Less likely to react with foods
- **Not spoil by high heat**
Perfect for searing and deep-frying

Slim Cast Iron

Healthy Eating. Modern Design



Rusted



Cleaned



To Clean the Rusted Cookware:

1. Scrub pan with warm, soapy water and a stiff scrubber (like Scotch-Brite™).
2. Rinse and dry thoroughly.
3. Apply a thin, even layer of cooking oil all over the surface.
4. Heat pan till oil begins to smoke.
5. Reduce heat, continue heating for 20 minutes.
6. Turn off heat. Allow to cool.
7. Repeat 2 times to lock in the seasoning.
8. Instead of using a stove, you may also bake (upside-down) in an oven for 1 hour at 200°C/400°F.

Scan to see the video on how to clean a rusted tava





5 Year Guarantee

TERMS AND CONDITIONS



1. Futura Cast Iron Cookware 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 or rusting is not a defect. Normal replacement parts namely wooden handle and knob are not covered under this guarantee. The layers of seasoning may flake or chip during use – these are not defects and are not guaranteed; this will not affect the functioning of the cookware. **3.** The cookware must be used and maintained properly in accordance with the printed instructions contained in the Instruction Manual given with the cookware and all instructions given in the Caution alongside. **4.** The cookware must not be damaged or weakened by any repair by an unauthorised person. **5.** 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 on the Guarantee Card must match the number on the bottom of the cookware. **6.** Subject to the above mentioned terms and conditions, we shall repair or replace free of cost any defective cookware at our option.

CAUTION

1. Clean thoroughly after each use using the method prescribed for Heavy Gauge and *Slim* Cast Iron Cookware in the Instruction Manual. Wipe dry promptly and thoroughly. **2.** Cast Iron is prone to rusting if these cleaning instructions are not followed. Rusting is a natural occurrence, not a material defect. Rusted cookware can be cleaned using the method given in the Manual. **3.** *Slim* Cast Iron (Ironman) may be put in a dishwasher. Heavy Gauge Cast Iron must be hand washed only, with a mild soap or cleanser and a dishcloth or scrubber. In either case, wipe dry promptly after cleaning. **4.** Do not use on industrial burners or any heat source which cannot be regulated. **5.** Although Futura Cast Iron pans generally work on induction, they may not work well on some induction cooktops – please check the cooktop instructions before use. **6.** Do not drop, hit, bang, rub, cut or chop on/in cookware or scrape with sharp objects. Do not bang down on pan supports – lift, do not drag or scrape across pan supports. **7.** Do not put hot cookware in cold water. **8.** Do not put pan with wooden handle in an 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 is not covered under this guarantee. **3.** Do not put lid in an oven or under a broiler/grill.

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