

FUTURA[®]

NONSTICK

FLAT TAVA (GRIDDLE) INSTRUCTION MANUAL with 10 tested recipes

ALU PARATHA
(UNLEAVENED BREAD
STUFFED WITH POTATOES)

UTTAPAM
(SAVOURY RICE/GRAM
PANCAKES)

ALU TIKKI
(POTATO CUTLETS
- SINDHI STYLE)

COCONUT CHUTNEY

DOSA
(RICE/GRAM PANCAKES)



IMPORTANT SAFEGUARDS

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 or whose flame spreads beyond the tava.
3. Limit preheating of tava without food on medium heat to no more than 3 minutes for the 22 cm tava, 4 minutes for the 26 cm tava and 5 minutes for the 30 cm tava.
4. When tava is hot, ensure that it is never without food.
5. Do not cut on tava or scrape it with metal or sharp edged objects.
6. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not use abrasive cleaning agents or scrubbers.
7. Do not put hot tava in cold water.
8. Do not wash tava in a dishwasher.
9. Do not put tava in a hot oven or under a broiler.
10. The handle of tava should be parallel to the kitchen counter – not sticking out.
11. Always give careful attention to a hot tava, hot oil and flame/heat.
12. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the tava. Never pour water on the fire as this may spread the fire.
13. Do not drop food or other objects from a height on the tava particularly when it has hot oil or butter. Place food gently on the tava to avoid spattering.
14. Read and follow instructions in this Manual.

IF YOU HAVE ANY QUESTIONS, COMMENTS OR SUGGESTIONS OR IF YOU NEED ANY HELP WITH THIS PRODUCT OR WITH ANY OF OUR OTHER PRODUCTS, PLEASE CONTACT THE CONSUMER SERVICE MANAGER AT:



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Introduction

Futura Nonstick Cookware

Futura Nonstick Cookware is made with a patented process by which high quality nonstick coating is fixed on to a hard anodised surface which makes it most durable. Futura Nonstick Cookware comes in many useful shapes and sizes to suit your different cooking needs. All are made from heavy gauge, pure, virgin aluminium for fast and even heat conduction. The pans are well-balanced with sturdy, stay-cool handles. The bottom and outer sides are hard anodised to give you a surface that will not tarnish, pit or corrode and will stay looking new for years.

Futura Nonstick Flat Tava (Griddle)

This Manual contains instructions and 10 recipes for all the Futura Nonstick Flat Tava (Griddle): 22 cm diameter, 26 cm diameter with stainless steel handle, 26 cm diameter with plastic handle and 30 cm diameter. The size of the tava is stamped on the underside of the tava. Your tava will give you years of easy, great-tasting, healthful, economical cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

The recipes in this Manual are written for the 30 cm Futura Nonstick Flat Tava. If you have a tava of 22 cm diameter or 26 cm diameter, you will need to make adjustments given in the chart **Adapting Recipes to Different Sizes of the Flat Tava (Griddle)** on pages 8 and 9.

How to Use

Before Use

Remove sticker/label. Remove any adhesive with baby or vegetable oil. Before using tava for the first time, wash in hot water with a mild soap or detergent, rinse in clear water and dry. Do not wash in a dishwasher.

Before putting your tava on the heat, assemble and prepare all ingredients and keep spatula, utensils, serving plate etc. ready in the cooking area. **If you are looking for things once the tava is on the heat, it can overheat quickly and destroy the nonstick coating.**

Seasoning

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

Suitable Heat Sources

High temperatures will shorten the life of the nonstick and may destroy it. Use tava only on domestic gas, electric or halogen stoves in which the temperature can be regulated to low and medium heat. Use a burner to suit the size of your tava – gas flames should not spread beyond the tava. Do not use high heat. Use low to medium heat.

Limit Preheating of Tava

Some foods/recipes require preheating of the tava. Foods such as *dosa*, French toast, *paratha*, *phulka* and *uttapam* require the tava to be at a certain temperature before you cook the first batch.

When preheating a cold empty tava before beginning to cook, it is critical that THE HEAT IS NO MORE THAN MEDIUM and the time is strictly limited to no more than the following:

Tava	Maximum Preheating Time
22 cm	3 minutes
26 cm	4 minutes
30 cm	5 minutes

Even if you have a small quantity of oil or butter or ghee (1 tablespoon/15 ml or less) on the tava, you should observe the limits given in the table above. Overheating can occur quickly if tava is left on the heat without food so **NEVER** keep tava empty on the heat once it is hot.

Avoid Overheating: Check Your Burner

If food is smoking or burning, reduce heat. Using medium or lower heat and limiting the time the empty tava is heating are the basic techniques to avoid overheating.

The tava can overheat even on medium heat if the burner is providing excessive heat. To check if your burner can overheat even on medium heat, do the following test.

Step 1. Place clean tava on medium heat. Heat tava for the minutes given in the following chart:

Tava	Heat for:
22 cm	1 minute
26 cm	2 minutes
30 cm	3 minutes

Step 2. Press one finger firmly into whole wheat flour (*atta*). Do not pinch. Flick from a distance of about 2½ inches/6 cm a small, fine, even dusting of flour on centre of tava and immediately begin counting off seconds ("one second, two second, three second" etc.) while watching the flour. The time the flour takes to become dark brown gives a rough indication of how hot the tava is. As long as flour has not turned dark brown within 15 seconds, the tava is not overheated.

Step 3. Follow the steps in the chart below to complete the test.

Flour turns dark brown in 15 seconds or less?	Tava is...	Action needed
A. Yes	Overheated	<ol style="list-style-type: none"> 1. Remove tava from heat at once. 2. Reduce heat setting. 3. Try from Step 1 again when tava has cooled.
B. No	Not overheated	<ol style="list-style-type: none"> 1. Continue heating tava. Repeat flour test at 1 minute intervals. If flour turns dark brown in 15 seconds or less, tava is overheated: follow action as per A. 2. If flour does not turn dark brown in 15 seconds or less, stop test when recommended Maximum Preheating Time for tava is reached. The heat setting is all right for preheating.

Avoid Scratching, Damage, Breakage

Use wooden, heat-resistant nylon, plastic or rubber spatula/utensils. Metal utensils will scratch and reduce the life of the nonstick coating. Do not cut or scrape with metal objects or knives. If using a metal spatula, try to keep spatula parallel to tava to avoid digging into the coating. Try to touch the food and minimise contact with the coating. Do not leave plastic, nylon or rubber utensils on tava while it is hot.

Do not hit tava or bang its rim. Do not bang tava down on pan supports. Lift tava from the pan supports – do not drag it across the pan supports. When storing tava ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the coating without protecting it. Plastic handles are liable to break under a sharp or forceful blow.

After use, faint scratches or marks may appear on the nonstick coating. These are marks of normal wear and tear and do not affect the performance of the coating. Even if some of the coating is scraped off, the tava is still safe to use. The coating is non-toxic and inert; if accidentally and unknowingly ingested, it passes through the body harmlessly.

Saving Energy

The instructions given in this Manual for regulating heat in order to protect your tava and produce tasty food will also optimise fuel consumption.

How to Clean

Wash After Every Use

Taking care to protect your hand from the hot tava with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot tava immediately after cooking. Doing so makes cleaning very much easier.

Always wash all surfaces of tava thoroughly **after every use** in hot water with a mild soap or detergent and a dishcloth or sponge. Do not wash tava in a dishwasher. Let tava cool before immersing in water. For stubborn spots on the **nonstick surface**, soak tava in hot water 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 tava ensure that the nonstick 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 tava to avoid damaging the tava.

Wash wooden spatula in hot water with a mild soap or detergent, rinse and dry immediately – do not soak.

Metallic marks – most often from gas stove pan supports – may appear on the hard anodised base. To remove metallic marks from base: apply a kitchen cleanser, such as 'Vim', to the marks and rub with an abrasive kitchen scrubber, such as 'Scotch-Brite' or fine steel wool.

Avoid "Baked-On" Food/Stains

If tava is not cleaned thoroughly, a thin layer of food or grease may remain. When the tava 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 tava.

If you get "baked-on" food/stains, you may try the following methods (knowing that the tava surface may get damaged):

On the Hard Anodised (Bottom Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

On the Nonstick (Top/Cooking Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with a plastic scrubber using a circular motion. Wash.

Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 7.
3. Unless otherwise noted, in the recipes:
 - All foods are to be appropriately cleaned and washed.
 - Onions and potatoes are to be peeled.
4. **For Users Outside India:** In the recipes, size descriptions of ingredients refer to food available in India. Outside India, follow the weights rather than the size descriptions.
5. All Hindi words used in the recipes are translated to English on page 15 and/or explained in the **Glossary (Meanings and Methods)**. If you come across a word you do not know, check **Glossary** page 16.
6. Time and heat settings in the recipes refer to the large burner of an efficient 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 or in the chart on pages 8 and 9 – whichever is appropriate for the size of tava. You will be helped in making these adjustments by the steps and indications given in various recipes (for example, a few light brown specks should appear on the underside of a *paratha* after 1 minute on medium heat). Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.
7. The nonstick coating of the tava retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.
8. Adding a little oil or butter to the tava may enhance the colour, taste and texture of many foods.
9. Do not heat oil till it smokes. It damages the oil and will burn the food.
10. It may be easier to turn some foods with two spatulas rather than one.
11. The quantities of green chillies recommended in the recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies according to your taste.
12. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium temperatures. Higher heat hardens the protein, resulting in rubbery eggs.
13. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
14. To prevent sticking when rolling out rounds of dough: slightly flatten balls and press the balls/coils lightly in flour on both sides. Shake off excess flour and roll out.
15. While cooking on tava, *paratha* and *phulka* leave a residue of flour that will burn. Using a kitchen cloth wipe off accumulated residue after every third *roti*.

How to Cook *Paratha*

THESE INSTRUCTIONS ARE TO BE USED AS INDICATED IN CERTAIN RECIPES.

1. Put round on preheated tava. Cook 1 minute. Top should begin to look dry and darken. (There should be a few light brown specks on the underside.)
2. Turn over with a wooden spatula. (If you can adjust the heat so that a few light brown specks appear on the underside in 1 minute, you will be cooking at the ideal temperature.)
3. Spread $\frac{1}{2}$ tsp/2.5 ml ghee all over top surface of round.
4. Turn over. Spread $\frac{1}{2}$ tsp/2.5 ml ghee in the same way.
5. Turn over. Lightly press entire round with spatula, rotating and pressing a small area at a time. (Pressing *paratha* ensures even cooking. If you notice a lighter area, press on the opposite side of that area when you have turned over *paratha*.)
6. Turn over. Press in the same way and spread $\frac{1}{2}$ tsp/2.5 ml ghee over round.
7. Turn over. Continue pressing and turning till *paratha* is evenly browned (medium-brown) on both sides. (*Paratha* and stuffed *paratha* take about 5 minutes to cook.)
8. For instructions on how to stuff *paratha*: see recipe on page 10.



Measurements

Volume		Weight			
All measurements are level, not heaped.		Metric	Equivalent		
Measurement	Equivalent	28 g (rounded off to 30 g)	1 oz		
1 teaspoon	5 ml	450 g	16 oz / 1 lb		
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml	1 kg	2.2 lb		
1 tablespoon	3 teaspoons / 15 ml	Length			
1/4 cup	4 tablespoons / 60 ml	Measurement	Equivalent		
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml	1/4 inch	6 mm		
1/2 cup	8 tablespoons / 120 ml	1/2 inch	1.3 cm		
3/4 cup	12 tablespoons / 180 ml	3/4 inch	1.9 cm		
1 cup	16 tablespoons / 240 ml	1 inch	2.5 cm		
1 litre	1000 ml				
Abbreviations					
Abbreviation	Equivalent	Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	oz	ounce	mm	millimetre
tbsp	tablespoon	lb	pound	cm	centimetre
ml	millilitre	g	gram		

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

Adapting Recipes to Different Sizes of the Flat Tava (Griddle)

The recipes in this Manual are written for the 30 cm Futura Nonstick Flat Tava. The 22 cm tava and the 26 cm tava both heat faster than the 30 cm tava at the same level of heat. For best cooking results, adjust heat so that cooking times are the same as those given in the recipes unless otherwise noted in the following chart. When using the 22 cm tava or the 26 cm tava, follow the recipes except as noted herein below:

Recipe	Page No.	Required Changes	
		22 cm Flat Tava	26 cm Flat Tava
Alu Paratha	10	Step 9: Heat tava on medium heat no more than 3 minutes.	Step 9: Heat tava on medium heat no more than 4 minutes.
Alu Tikki	11	Step 2: Heat 1 tsp/5 ml oil on tava on medium heat no more than 3 minutes. Step 3: First three batches: Add 4 patties. Fry till underside is golden brown (about 3 minutes). Dribble 1/2 tsp/2.5 ml oil all over patties. Turn over. Fry till underside is golden brown (about 4 minutes). Step 4: Remaining batch: 1/2 tsp/2.5 ml oil on tava; 2 patties; 1/4 tsp/1.3 ml oil all over patties.	Step 2: Heat 2 1/2 tsp/12.5 ml oil on tava on medium heat no more than 4 minutes. Step 3: First two batches: Add 6 patties. Step 4: Remaining batch: 1 tsp/5 ml oil on tava; 2 patties.
Coconut Chutney	11	Ingredients may be reduced as required. Cooking groundnuts in a single layer recommended.	
Dosa	12	Step 5: Heat tava on medium heat no more than 3 minutes. Step 6: Stir batter and pour 3 tbsp/45 ml in centre of tava. Make a round about 7 1/4 inch/18 cm in diameter. Add 1/4 tsp/1.3 ml oil around edges and all over <i>dosa</i> . Cook first side about 1 1/2 minutes. Follow all other instructions in this step.	Step 5: Heat tava on medium heat no more than 4 minutes. Step 6: Stir batter and pour 3 tbsp/45 ml in centre of tava. Make a round about 7 1/2 inch/19 cm in diameter. Add 1/4 tsp/1.3 ml oil around edges of <i>dosa</i> . Dribble 1/4 tsp/1.3 ml oil all over <i>dosa</i> . Follow all other instructions in this step.
French Toast	12	Step 2: Each batch is 1 slice. Step 3: Heat tava on medium heat about 2 minutes and reduce heat to low. Spread 1/2 tsp/2.5 ml butter on tava where slice will be placed.	Step 2: First two batches are 3 slices each. Step 3: Heat tava on medium heat about 3 minutes. Spread 1 1/2 tsp/7.5 ml butter on tava where slices will be placed. Step 5: Remaining batch: 1 tsp/5 ml butter; 2 slices.
Fried Eggs	13	Reduce ingredients by one-half; cook 2 eggs at a time. Step 2: Heat tava on medium heat about 2 minutes.	Step 2: Heat tava on medium heat about 3 minutes.
Paratha	13	Step 7: Heat tava on medium heat no more than 3 minutes.	Step 7: Heat tava on medium heat no more than 4 minutes.

Adapting Recipes to Different Sizes of the Flat Tava (Griddle) *(continued)*

Recipe	Page No.	Required Changes	
		22 cm Flat Tava	26 cm Flat Tava
<i>Phulka</i>	14	Step 4: Heat tava on medium heat no more than 3 minutes.	Step 4: Heat tava on medium heat no more than 4 minutes.
<i>Rawa Dosa</i>	14	Step 3: Heat tava on medium heat no more than 3 minutes. Step 4: Stir batter and pour 3 tbsp/45 ml in centre of tava. Make a round about 7 ¹ / ₄ inch/18 cm in diameter. Add ¹ / ₄ tsp/1.3 ml butter around edges and all over <i>dosa</i> . Cook first side about 1 ¹ / ₂ minutes. Follow all other instructions in this step.	Step 3: Heat tava on medium heat no more than 4 minutes. Step 4: Stir batter and pour 3 tbsp/45 ml in centre of tava. Make a round about 7 ¹ / ₂ inch/19 cm in diameter. Add ¹ / ₄ tsp/1.3 ml butter around edges of <i>dosa</i> . Dribble ¹ / ₄ tsp/1.3 ml butter all over <i>dosa</i> . Follow all other instructions in this step.
<i>Uttapam</i>	15	Step 6: Heat tava on medium heat no more than 3 minutes. Step 7: Before pouring batter, reduce heat slightly. Stir batter and pour ¹ / ₂ cup/120 ml in centre of tava. Make a round about 6 ¹ / ₂ inch/16 cm in diameter. Dribble ³ / ₄ tsp/3.8 ml oil all over <i>uttapam</i> . Follow all other instructions in this step.	Step 6: Heat tava on medium heat no more than 4 minutes.

Alu Paratha (Unleavened Bread Stuffed with Potatoes)

Yield: 12 *paratha*

Filling

5 large (1lb 11 oz / 760 g)	potatoes 'boiled' (see page 16), peeled and mashed while still hot; allow to cool
2 medium (8½ oz / 240 g)	onions finely chopped
2	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves chopped
1 tbsp / 15 ml	salt
1¾ tsp / 8.8 ml	cumin seeds
½ tsp / 2.5 ml	red chilli powder
1½ tsp / 7.5 ml	coriander powder
a pinch	pepper
1¼ tbsp / 19 ml	pomegranate seeds crushed

Dough

4½ cups (1 lb / 450 g)	sifted wheat flour
¾ tsp / 3.8 ml	salt
2 tbsp / 30 ml	ghee
1½ cups / 360 ml	water

Ghee for Frying

¼ cup + 2 tbsp / 90 ml

- 1. To make filling:** Mix all Filling ingredients.
- 2.** Rub hands with a little ghee. Make 12 balls about 1¾ inch / 4.5 cm in diameter. Keep covered.
- 3. To make dough:** Mix flour, salt, ghee and 1 cup / 240 ml water.

Add enough of remaining water (½ cup / 120 ml), 2 tbsp / 30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

4. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 1½ inch / 3.8 cm in diameter. Keep covered with a damp cloth.

5. On a floured board, roll each ball of dough into a flat round 4¾ inch / 12 cm in diameter (see page 5 para 14). Keep on a lightly floured surface, covered with a damp cloth.

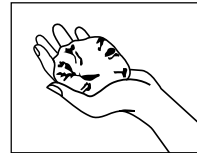


Figure A

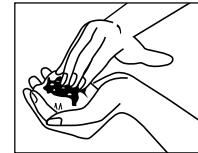


Figure B

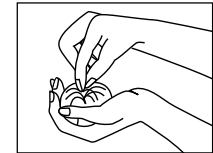


Figure C

6. To stuff *paratha*: Place round on palm of hand. Cup hand slightly to form a depression in centre of round (Figure A). Put a ball of filling on round (Figure B). Surround filling evenly with dough by gently opening and closing hand slightly in a pulsating motion till some edges just meet. Pinch together the edges which meet just enough to seal (Figure C). Pat sealed area to get an even thickness of dough. Repeat till round is closed fully.

7. Place stuffed round on board. Flatten slightly. Stuff and place remaining rounds of dough in the same way as given in **step 6**. Keep covered with a damp cloth.

8. On a floured board, roll each stuffed ball gently into a flat round 7¼ inch / 18 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.

9. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 8).

10. Put round on tava. Cook as explained on page 6. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

Alu Tikki (Potato Cutlets – Sindhi Style)

Yield: 14 *tikki*

5 slices (each 3½ inch x 3½ inch x ¾ inch / 9 cm x 9 cm x 1 cm)	bread
1 cup / 240 ml	water
5 large (1 lb 11 oz / 760 g)	potatoes 'boiled' (see page 16), peeled and mashed while still hot
3	green chillies finely chopped
2½ tbsp / 37.5 ml	coriander leaves finely chopped
1¾ tbsp / 26.3 ml	mint leaves finely chopped
1¾ tsp / 8.8 ml	salt
¾ tsp / 3.8 ml	red chilli powder
1¼ tsp / 6.3 ml	cumin seeds
2 tbsp / 30 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 14 patties about 2¾ inch/7 cm in diameter, ½ inch/1.3 cm thick.
2. Heat 1 tbsp/15 ml oil on tava on medium heat no more than 5 minutes (for tava other than 30 cm, see chart on page 8). Spread oil on tava with wooden spatula all over the area where the patties will be placed.
3. Add 7 patties. Fry on both sides till golden brown (about 5 minutes on each side). Remove.
4. Spread remaining oil (1 tbsp/15 ml) on tava. Fry remaining patties in the same way as in **step 3**. Serve hot, accompanied with chutney or tomato ketchup. ●

Coconut Chutney

Yield: 2 cups

½ cup (2⅔ oz / 80 g)	groundnuts
2 cups (5⅔ oz / 160 g)	coconut grated
⅔ cup / 160 g	curd beaten
6	green chillies
2 tsp / 10 ml	salt
1 tsp / 5 ml	sugar
¼ cup / 60 ml	water
Tempering	
1 tbsp / 15 ml	vegetable oil
1 tsp / 5 ml	mustard seeds
1 tsp / 5 ml	urad dal
12 small	curry leaves

1. Put groundnuts on tava on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from tava. Allow to cool. Remove skins by rubbing groundnuts.
2. Grind into a paste groundnuts, coconut, curd, chillies, salt and sugar, gradually adding water.
3. **Tempering:** Heat oil in a small pan on medium heat about 1 minute. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves. Stir constantly till *dal* is light golden brown. Immediately pour over chutney. Mix. Serve with **Dosa, Rawa Dosa** and **Uttapam** (for recipes, see pages 12, 14 and 15). ●

Dosa (Rice and Gram Pancakes)

Yield: 15 *dosa*

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)	urad dal
2 1/2 cups / 600 ml	water other than for step 1
2 tsp / 10 ml	salt
1/4 cup + 1 tbsp / 75 ml	vegetable oil

1. 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 gradually adding 2 cups/480 ml water.
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. Mix fermented paste and enough of remaining water (1/2 cup/120 ml) to make a thin batter.
5. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 8).
6. Stir batter and pour 1/4 cup/60 ml in centre of tava. Quickly place the back of a rounded ladle very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about 9 1/2 inch/24 cm in diameter. Add 1/2 tsp/2.5 ml oil around edges of *dosa*. Dribble 1/2 tsp/2.5 ml oil all over *dosa*. Cook about 2 minutes. With a spatula, press edges of *dosa* gently, if needed. Turn over. With a spatula, press edges of *dosa* gently, if needed. Cook 1 minute. Remove. Cook remaining *dosa* in the same way. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 11). ●

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 (each about 3 1/2 inch x 3 1/2 inch x 3/8 inch / 9 cm x 9 cm x 1 cm)		bread
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 4 minutes (for preheating tava other than 30 cm, see chart on page 8). Spread 2 tsp/10 ml butter on tava all over the area where the slices will be placed.
 4. Add the 4 soaked slices. Pour egg mixture leftover on the plate back into the bowl. Fry on both sides till browned (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 2 tsp/10 ml butter on tava. Fry the soaked slices in the same way as in **step 4**. Adjust heat to medium-low* if tava is too hot for the second batch. Serve hot with honey or jam.
- * A heat setting between medium and low. ●

Fried Eggs

Yield: 4 eggs

4	eggs
1 tbsp / 15 ml	butter
a large pinch	salt
a large pinch	pepper

1. Break 2 eggs on a saucer. Repeat with another saucer.
2. Heat tava on medium heat about 4 minutes (for preheating tava other than 30 cm, see chart on page 8). Add butter and spread on tava with wooden spatula. Slide eggs onto tava. Cook about 1 minute or to desired doneness. Sprinkle salt and pepper. Serve hot. ●

Paratha (Layered Unleavened Bread)

Yield: 12 *paratha*

6 cups (1 lb 5 oz / 600 g)	sifted wheat flour
1 ¹ / ₄ tsp / 6.3 ml	salt (optional)
2 cups + 4 tsp / 500 ml	water
1 ¹ / ₂ cup / 120 ml	ghee

1. Mix flour, salt and 1¹/₂ cups/360 ml water. Add enough of remaining water (1¹/₂ cup + 4 tsp/140 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 1³/₄ inch/4.5 cm in diameter. Keep covered with a damp cloth.

3. On a floured board, roll a ball of dough into a flat round 7¹/₄ inch/18 cm in diameter (see page 5 para 14). Spread 1¹/₂ tsp/2.5 ml ghee 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 9¹/₂ inch/24 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.

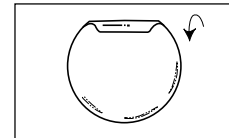


Figure A

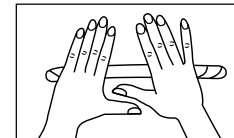


Figure B



Figure C

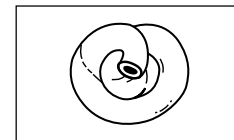


Figure D

5. Make remaining balls into coils in the same way as given in **step 3** and **step 4**. Keep covered with a damp cloth.
6. On a floured board, roll each coil into a flat round 7¹/₄ inch/18 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.
7. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 8).
8. Put round on tava. Cook as explained on page 6.
9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot. ●

Phulka (Puffed Unleavened Bread)

Yield: 12 *phulka*

4 cups (14 oz / 400 g)	sifted wheat flour
$\frac{3}{4}$ tsp / 3.8 ml	salt (optional)
1 $\frac{1}{4}$ cups / 300 ml	water

1. Mix flour, salt and 1 cup/240 ml water. Add enough of remaining water ($\frac{1}{4}$ cup/60 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. With oiled hands, knead dough briefly. Make 12 balls about $1\frac{3}{4}$ inch/4.5 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll each ball of dough into a flat round $7\frac{1}{4}$ inch/18 cm in diameter (see page 5 para 14). Keep on a lightly floured surface, covered with a damp cloth.
4. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 9). Put round on tava. Cook till small blisters appear on surface and very few light brown specks appear on underside (about 50 seconds). Turn over. Cook till brown specks appear on underside (about 30 seconds). Turn over. If you are experienced with the technique, you may puff up *phulka* directly on the flame. Otherwise, with a folded kitchen cloth, press edges of *phulka* till *phulka* puffs up and/or underside has brown specks (about 1 minute). Cook remaining rounds in the same way. Serve hot. ●

Rawa Dosa (Semolina and Gram Pancakes)

Yield: 20 *dosa*

$\frac{3}{4}$ cup (5 $\frac{1}{3}$ oz / 150 g)	urad dal soaked for 2 hours and drained
3 cups + 2 tbsp / 750 ml	water
2 cups (10 $\frac{2}{3}$ oz / 300 g)	rawa
2 tsp / 10 ml	salt
$\frac{1}{3}$ cup + 4 tsp / 90 g	butter melted

1. Grind *urad dal* into a paste gradually adding $1\frac{1}{4}$ cups/300 ml water.
2. Put *rawa* in a large bowl. Gradually add remaining water ($1\frac{3}{4}$ cups + 2 tbsp/450 ml), stirring constantly to make a smooth batter. Add *dal* paste and salt. Mix. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
3. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 9).
4. Stir batter and pour $\frac{1}{4}$ cup/60 ml in centre of tava. Quickly place the back of a rounded ladle very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about $9\frac{1}{2}$ inch/24 cm in diameter. Add $\frac{1}{2}$ tsp/2.5 ml butter around edges of *dosa*. Dribble $\frac{1}{2}$ tsp/2.5 ml butter all over *dosa*. Cook about 2 minutes. With a spatula, press edges of *dosa* gently, if needed. Turn over. With a spatula, press edges of *dosa* gently, if needed. Cook 1 minute. Remove. Cook remaining *dosa* in the same way. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 11). ●

Uttapam (Savoury Rice and Gram Pancakes)

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 / 45 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, gradually adding ½ cup/120 ml water.
3. Grind *dal* into a paste, gradually adding remaining water (½ cup + 2 tbsp/150 ml).
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. Mix fermented batter and all other ingredients except oil.
6. Heat tava on medium heat no more than 5 minutes (for preheating tava other than 30 cm, see chart on page 9).
7. Stir batter and pour ¾ cup/180 ml in centre of tava. With the back of a rounded ladle, quickly and gently spread batter to make a round of even thickness about 7¼ inch/18 cm in diameter. Add ½ tsp/2.5 ml oil around edges of *uttapam*. Fry till surface appears 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** (for recipe, see page 11). ●

English/Hindi Translations

Bread	<i>Dabalroti</i>
Butter	<i>Makkhan</i>
Coconut	<i>Nariyal</i>
Coriander leaves	<i>Hara dhania ke patte</i>
Coriander powder	<i>Pissa sukha dhania</i>
Cumin seeds	<i>Jeera</i>
Curd; Yogurt	<i>Dahi</i>
Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>
Green chillies	<i>Hari mirch</i>
Groundnuts	<i>Moongphalli ke dane</i>
Mint leaves	<i>Pudina</i>
Mustard seeds	<i>Rai</i>
Pepper	<i>Pissi kali mirch</i>
Pomegranate seeds	<i>Anardana</i>
<i>Rawa; Sooji</i>	Semolina
Red chilli powder	<i>Pissi lal mirch</i>
<i>Urad dal</i>	Split skinned black gram

Glossary (Meanings and Methods)

Batter: A mixture made from flour and a liquid such as water, milk or egg which is thin enough to pour or drop from a spoon.

Beat: To mix with an instrument such as a spoon, whisk or electric beater using a regular, rapid, rhythmic movement.

'Boiled' Potatoes cooked in a Hawkins 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

Method: Pour water in cooker. Put grid in cooker. Place potatoes on 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.

Dough: A mixture of flour and a liquid such as milk or water which is stiff enough to knead or roll.

Floured board: A flat smooth piece of rigid material (such as wood or marble) used for rolling or shaping the dough, also known as *chackla*, dusted lightly with flour to prevent dough sticking.

Ghee: Clarified butter.

Grate (Kasna): To reduce food to fine particles by rubbing it against the surface of a grater (an abrasive implement with sharp-edged, raised perforations).

Knead: To work dough with hands by pushing into the dough, folding it over and pushing again until dough is resilient, smooth and satiny.

Parboiled rice (Usna chawal): Unpolished rice which has been partially boiled, then dried and dehusked.

Patty: A small oval or round flattened cake of chopped or minced food.

Rawa: Semolina – grainy, pale-yellow meal derived from hard wheat.

Roti: A general term for Indian unleavened breads.

Sift: To pass dry ingredients through a sieve.

Wheat flour (Gehun ka atta): Flour made from whole wheat (usually a variety low in gluten), very finely ground for making Indian bread.

Outside India, this flour is called '*chapatti* flour' and is available in East Indian food stores. A fairly close substitute is whole wheat pastry flour. Regular whole wheat flour gives heavier *roti* and is stiffer and more difficult to work with than '*chapatti* flour'. If regular whole wheat flour must be used, sift it several times through a very fine sieve (to get a fine flour and to remove bran) and substitute refined flour for half the whole wheat flour in a recipe. Once adept at handling the dough, you may decrease the quantity of refined flour to suit your taste.