



PRESSURE COOKER
INSTRUCTION MANUAL
with 21 tested recipes



How to Close the Hawkins Ventura



1. Place lid above cooker body. Lid handle must be at right angle to body handles.



2. Tilt lid into cooker and move lid to wall of cooker body away from you.



3. Move lid handle towards long body handle.



4. Lower rest of lid into cooker body by slight twist of wrist of hand holding lid handle.



5. Rest lid handle on long body handle. Centralize lid. Squeeze lid handle and body handle together.



6. By now, the handles should have latched automatically. If not, latch the handles.

How to Open See inside back cover



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IMPORTANT SAFEGUARDS

1. Read all instructions.
2. Do not touch hot surfaces. Use handles.
3. Close supervision is necessary when the pressure cooker is used near children.
4. Do not place the pressure cooker in a heated oven.
5. Do not wash in a dishwasher.
6. Extreme caution must be used when moving a pressure cooker containing hot liquids.
7. Do not use pressure cooker for other than intended use.
8. This appliance cooks under pressure of 103 kPa (15 lbs/in²). Improper use may result in scalding injury. Do not use the unit unless it is properly closed. See "How to Close the Hawkins Ventura" on the inside front cover.
9. Always check that the steam vent is clear immediately before closing the lid for pressure cooking.
10. The pressure regulator is an accurately weighted device to regulate operating pressure. Never place anything over the pressure regulator while cooking.
11. Always place water as indicated in each recipe (or one cup for every 10 minutes of pressure cooking time) in the pressure cooker body before pressure cooking.
12. Do not fill the unit over $\frac{2}{3}$ full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over $\frac{1}{2}$ full. When cooking *dal*/pulses which sprout, never fill the cooker more than $\frac{1}{3}$ full. Over filling may cause a risk of clogging the steam vent and developing excess pressure. See Food Preparation Instructions i.e. "Easy Tips for Better Cooking" on page 11.
13. Be aware that certain foods, such as applesauce, cranberries, pearl barley, oatmeal or other cereals, split peas, noodles, macaroni, rhubarb, or spaghetti can foam, froth and sputter, and clog the pressure release device (steam vent). These foods should not be cooked in a pressure cooker.
14. When the normal operating pressure is reached, turn the heat down so all the liquid, which creates the steam, does not evaporate.
15. Never attempt to force open the pressure cooker. Do not open the pressure cooker until the unit has cooled and internal pressure has been released. If the handles are difficult to push apart, this indicates that the cooker is still pressurized – do not force it open. Any pressure in the cooker can be hazardous. See "Operating Instructions" on pages 15 and 16.
16. Never lift pressure regulator for reducing pressure in the case of liquid or frothing foods.
17. Do not use this pressure cooker for pressure frying with oil.
18. Never use the cooker body for deep frying or light frying for more than 20 minutes at a time or as an oven for dry heating or baking, since the strength of the metal may decrease to a dangerous level.
19. The safety valve is fusible type and operates automatically in the event of excess pressure. If activated, please put off the heat source and replace the safety valve with a genuine Hawkins safety valve.
20. Do not attempt to make any changes to the pressure regulator and safety valve. Repairs other than the replacement of gasket, plastic handles, safety valve and the pressure regulator must be done only by an authorised service centre/representative. All replacement parts must be genuine Hawkins parts.

21. **SAVE THESE INSTRUCTIONS.**

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OPERATING INSTRUCTIONS

Useful General Information

Principles of Pressure Cooking

Ordinary open-pot cooking is done at the boiling point of water which produces steam at sea level at 100°C (212°F). Pressure cooking works by sealing the steam in a pot so that there is a rise in pressure to a safe, controlled extent which raises the boiling point of water and therefore the cooking temperature. The steam permeates through the food, tenderizing it, infusing it with flavour, preserving nutrients, colour, texture and juices and cooking much faster. The Hawkins Ventura Pressure Cooker cooks food at 121°C (250°F) at a pressure of 15 lb per square inch (1 kg per square cm).

Benefits of Hawkins Ventura Pressure Cooking

This Manual, your Hawkins Ventura Pressure Cooker and your own skill will enable you to produce delicious and nutritious food quickly, easily and economically.

Faster Cooking. Hawkins Ventura cooking can reduce normal cooking times by as much as half. Economical foods such as legumes (lentils, dried peas and beans) and tougher cuts of meat can be cooked to perfection in a fraction of the normal time.

Fuel Saving. Because food cooks faster in a pressure cooker, you save fuel, and therefore money.

More Healthful. Scientific literature indicates that certain nutritive elements such as proteins and vitamins are better retained by pressure cooking. Steaming is ideal for low-calorie, low-fat cooking.

More Hygienic. The higher temperature in Ventura cooking (121°C

or 250°F) ensures completely hygienic food. The Ventura can even be used for sterilizing.

Improves Taste. Closed cooking in super-heated steam better evokes the natural flavours of the food – producing delicious results.

Versatile. Your Hawkins Ventura cooks a wide range of foods. Whether parts of recipes or entire meals, the Ventura can be a trusted, indispensable help in the kitchen.

Advantages of Hawkins Ventura

Safe

- **Pressure-locked Safety Lid.** When there is pressure inside the cooker, the lid is pressure-locked like a modern jetliner door. It cannot be opened until the pressure has fallen to a safe level.
- **Automatic Safety Valve** is positioned such that, if it operates, the steam and food are deflected safely downwards.
- **Automatic Air Ventile** expels air automatically before cooking – your food is cooked in pure steam. Cooking in pure steam is faster and also safer because the safety valve works at the right time when required. The air ventile is a handy visual indicator of pressure inside the cooker.

Fast

- **Black Hard Anodised Base** absorbs heat quickly and evenly, resulting in faster cooking and more fuel saving; will not tarnish, pit or corrode.

Better Pressure Regulation

- **New Improved Black Pressure Regulator** regulates pressure better, cooks faster, saves more fuel, is easier to insert and remove and reduces *dal* sprouting.

Trouble-Free

- **Longer Lasting Gasket.** As the lid fits from inside, the gasket does not get rubbed sideways every time the pressure cooker is opened or closed. Also, the gasket is not exposed to food acids in the pressure cooker due to its sealing position and the protection given to it by the shape of the lid.
- **Rust Proof Components.** The Hawkins Ventura Pressure

Cooker has special metal alloy handle bar and handle brackets to withstand rust.

Using Your Own Recipes

We recommend the recipes we have actually tested and included in this Manual. Once you are familiar with cooking with your Hawkins Ventura Pressure Cooker, you may adapt recipes from other cookbooks or use your own, making sure that you adjust cooking time, food and water quantities as may be needed (see **Easy Tips for Better Cooking** pages 11 to 16).

DO NOT ATTEMPT TO COOK IN THE VENTURA WITHOUT FIRST READING CAREFULLY THE REMAINING INSTRUCTIONS.

Parts of the Ventura Pressure Cooker



Product Information: Getting to Know Your Hawkins Ventura

The stated volume of all pressure cookers is with lid closed. **Cooking capacity** in a pressure cooker is less than its full volume. To safeguard against clogging the steam vent and to provide space for steam, the **cooker body** should never be filled more than two-thirds and for liquid foods, never more than half. Two-thirds and half levels are indicated inside the cooker body as 'Maximum Food Level' and 'Maximum Food Level for Certain Foods' respectively. In the 5 litre (5¼ quarts) Hawkins Ventura the two-thirds capacity is about 13½ cups/3.2 litres and half capacity is about 10 cups/2.4 litres.



The cooker body comes fitted with a **body handle** screwed on to a **body handle bracket** attached to the cooker body. There is a **subsidiary handle** attached to the cooker body, which helps carry the cooker when it is loaded. The **hard anodised base** is black for faster cooking.

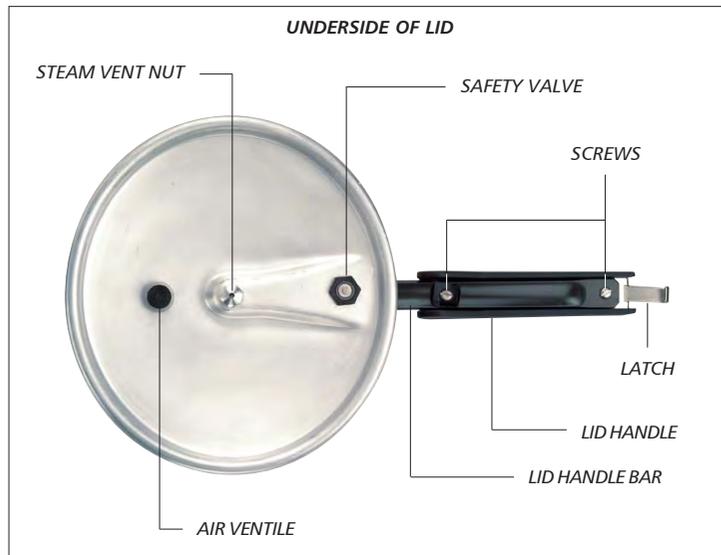
The **pressure regulator/vent weight** automatically maintains the cooking pressure of about 15 pounds per square inch (1 kg per square cm). The pressure regulator has to be placed on the **steam vent/vent tube** and pressed into position. When the pressure regulator is pressed down on the steam vent, there is a slight click which indicates the pressure regulator is in the correct position.



The pressure regulator has a spring mechanism which holds the pressure regulator on to the steam vent and is strong enough to prevent it from falling off should the lid be inverted.



On the underside of the lid, the **steam vent nut** secures the steam vent. The steam vent nut has seven holes so that even if a few holes are clogged, the other holes will allow the escape of steam. Always keep the steam vent clean and check before every use by looking through it. The **air ventile** expels air automatically and shows when there is pressure inside the cooker. The **air ventile gasket** seals the air ventile when it lifts. Always keep the air ventile clean and check before every use that it moves freely.



If the normal escape of steam is blocked, the **safety valve** will operate. The safety valve will also operate if there is insufficient water in the pressure cooker and it boils dry, causing the temperature to rise beyond the normal operating point. The fusible alloy in the safety valve melts at the required temperature and releases pressure. The safety valve can be replaced as shown on page 36.

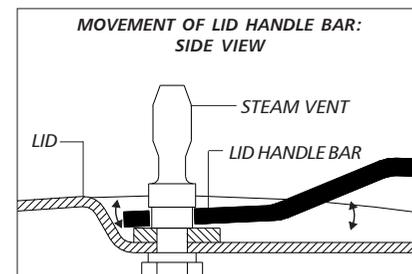
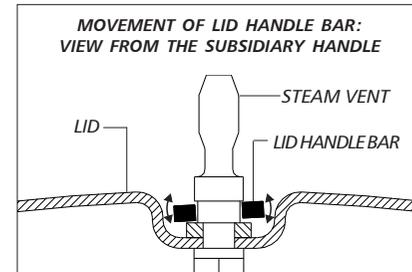


FUSIBLE ALLOY..



...WHICH MELTS WHEN REQUIRED

The **lid handle bar** is so attached to the lid that there is extra space for deliberate "play" or movement. This ensures perfect sealing of the lid with the rim of the cooker body. The lid handle bar has a plastic lid handle fixed on to it with screws.



The **steam vent/vent tube** seats the pressure regulator and is the outlet for excess steam. The steam vent is also the point at which the lid handle is connected to the lid.

The lid comes assembled with the detachable **rubber gasket**. It can be removed from the lid curl with the fingers. The gasket can be easily put back by slipping the lid handle through the gasket and patting and pushing it down all along the lid curl until it is seated properly.



The Hawkins Ventura Pressure Cooker can be purchased with a separator set and grid or without a separator set and grid.



For product information on the **separator set** and the **grid**, see **Using Grid, Separators and Molds** page 27.

How to Close and Open the Hawkins Ventura

For instructions on how to close and open the Ventura, see inside front cover and inside back cover.

Here are some points to make the closing and opening even easier:

1. While closing and opening, do not tilt the lid deeply into the cooker body. The minimum tilt that will get the lid into and out of the cooker body should be used so that the lid does not touch the food inside the cooker.



2. Before latching the handles together, centralize the lid so that the gasket is in even contact with the rim of the cooker body.

3. When opening after releasing latch, do not let go of the lid handle or the lid will fall into the cooker.

4. Squeeze the lid and body handles together at the end. This requires the least force.



Trial Run

Even if you have used a pressure cooker previously, take a trial run before cooking in your Hawkins Ventura. This section will take you step-by-step through your trial run in about 30 minutes.

1. Preliminary Steps

Remove label and wash cooker, removing any adhesive with baby or vegetable oil. Read pages 2 to 8. Identify parts. Remove and place the pressure regulator on the steam vent, the gasket on the lid curl. Close and open the pressure cooker a few times.



2. Placing Cooker on Stove

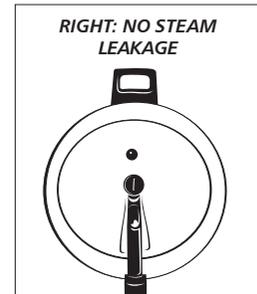
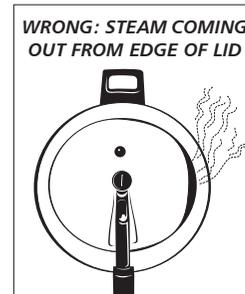
Pour 2 cups water in cooker body. Add 1 teaspoon (5 ml) lemon juice or vinegar to prevent discolouring the cooker. Remove pressure regulator from steam vent. Look through steam vent and ensure it is clear. Tap the air ventile from underneath the lid to make sure it moves freely.

Check and adjust the seating of the gasket on the lid curl by patting down snugly.

Place the pressure regulator on the steam vent and press down firmly. A click indicates that the pressure regulator is in position. Close cooker. Place cooker on high heat.

3. Ensuring a Steam-tight Seal

When water boils, hot air and/or steam should issue only from the air ventile. If steam comes out around the edge of the lid, check the centralization of the lid thus: unlatch and reposition the lid by moving the lid slightly towards the spot where steam is escaping and relatch. DO NOT TOUCH LID with bare hands since it will be hot.



4. Building Up to Full Operating Pressure



While hot air is expelled the air ventile taps as it moves up and down until it lifts automatically and seals the cooker. In about 2 minutes, the cooker should come to full operating pressure.

5. How to Recognize Full Operating Pressure

After air ventile lifts, there is first a very low hissing sound of steam from the pressure regulator. Then steam emission increases to full force and the pressure regulator lifts with a whistling sound.



COOKER WHISTLES AT FULL OPERATING PRESSURE

The cooker is now at full operating pressure. This is the point at which to reduce heat and start timing the recipe.

6. Maintaining Pressure on Reduced Heat

Once full pressure is reached, reduce heat from HIGH to MEDIUM. The pressure inside the cooker will be maintained at about 15 pounds per square inch (1 kg per square cm). If the cooker whistles too frequently, reduce the heat.

If there is no steam coming out of the pressure regulator for a few minutes, increase the heat gradually until the steam comes out.

Please remember that, particularly on electric heat, it may take some time for heat level adjustments to have an effect on the frequency of whistles. A little practice will make clear the correct heat setting and adjustments, if any, that may be required.

7. Releasing Pressure

Turn off heat. Remove pressure cooker from heat. With a fork, slightly lift pressure regulator to release steam. Do not remove pressure regulator. When cooking, release pressure as indicated in the recipe or on pages 14 and 15. When the pressure has fallen, the air ventile should drop automatically. If the air ventile does not drop, tap it gently with a spoon. If it still does not drop, slightly lift pressure regulator with a fork to release pressure.



RELEASE PRESSURE WITH SLIGHT LIFTING OF PRESSURE REGULATOR

8. Final Steps

Open cooker. Empty out water. Wash and wipe dry body, lid and pressure regulator. Store without closing the pressure cooker. Before cooking in your Hawkins Ventura, READ THE REMAINING INSTRUCTIONS.

Easy Tips for Better Cooking

Read this section after you have finished the **Trial Run** and before cooking in your Ventura.

Basic Pressure Cooking Steps

1. Prepare ingredients.
2. Fry, if necessary.
3. Put prepared ingredients (in separators or on grid, if necessary) and the required quantity of water in the cooker.
4. Look through the steam vent and ensure it is clear. Place pressure regulator on the steam vent.
5. Close the cooker.
6. Place the cooker on heat.
7. Reduce the heat when the cooker reaches full operating pressure and start timing the cooking of the recipe.
8. At the end of the pressure cooking time, remove the cooker from heat.
9. Release pressure, either gradually or immediately as needed.
10. Open pressure cooker.
11. Carry out post-pressure cooking operations, if any.
12. Serve and enjoy!



Ingredients

- See **Measurements** page 17 for information on weights and measures.

QUANTITY

- The recipes in this Manual are for the maximum quantities which should be cooked in the 5 litre Hawkins Ventura Pressure Cooker.

- The pressure cooker should not be filled more than two-thirds its capacity. This is to safeguard against blocking the steam vent and to leave enough space to allow steam to circulate. Certain foods, however, such as soups and other liquid foods, foods such as lentils and rice which expands during cooking should not be loaded more than half the capacity of the cooker body. *Dals* which sprout, such as *tuvar* and *moong*, should not be loaded more than one-third full.
- In general, the recipes can be proportionately decreased by 50% (halved) except as noted below:
 1. The minimum quantity of water is 1 cup for the first 10 minutes of pressure cooking time and $\frac{1}{2}$ cup for every

subsequent 10 minutes or part thereof. Always ensure there is enough cooking liquid for the entire pressure cooking time.

2. Cooking times remain the same except where noted.
3. NEVER reduce liquid in recipes where the total liquid is $\frac{3}{4}$ cup (or less).
4. NEVER reduce the water quantities given in the **Vegetable Chart** on pages 22 and 23 or the **Seafood Chart** on page 26.

5. To cook **Crème Caramel** in 4 small individual molds: Reduce custard quantity by 33%. Keep caramel quantity same. Use 1 cup water in cooker body. Pressure cooking time: 5 minutes.

SIZE

- The size of the individual pieces of food and not the total quantity determines the cooking time.
- Cut food in even sizes for even cooking.

COMBINING FOODS

- Ingredients requiring roughly the same cooking time can be cooked together without mixing their flavours if kept physically separated and not mixed in the same liquid.
- Ingredients with different cooking times may be cooked together by using the following techniques:



1. Speed up cooking time by cutting food into smaller pieces and by presoaking lentils, beans and cereals.
2. Slow down cooking time by cutting food into larger pieces and by wrapping in foil.
3. Start longer-cooking ingredients first, interrupt pressure cooking to add quicker-cooking ingredients and then complete pressure cooking.

SUBSTITUTIONS

- The salt and other seasonings in the recipes may be varied or eliminated according to your taste or health requirements.

Adapting your own Recipes

- Most foods that can be cooked with moist heat – boiled, steamed, braised and stewed – are suitable for pressure cooking.
- The recipes and charts in this Manual are examples of the correct way to cook in the Hawkins Ventura Pressure Cooker. Find a recipe in the Manual similar to yours and use broadly similar methods, food and water quantities and cooking times. Identify and group ingredients according to the length of pressure cooking time.
- If there is no similar recipe to match for timing, a general rule is to pressure cook one-third the normal cooking time

and then check the food for doneness. If undercooked, reclose the pressure cooker and cook for a suitable amount of additional time.

- There is little evaporation in pressure cooking so liquid quantity ordinarily has to be reduced – always ensuring there is enough liquid for the entire cooking time (see page 14).
- Pressure cooking retains flavours so season with restraint. Taste and add more seasoning, if required, after pressure cooking.
- Milk, cream and yogurt tend to curdle and froth when pressure cooked in the base of the cooker and should generally be added to recipes after pressure cooking.

Heat Source

- The Hawkins Ventura Pressure Cooker is specially suitable for use on domestic gas and kerosene stoves. After some use, the cooker base may not retain the flatness required for use on an electric hot plate. The Ventura is not suitable for induction stoves.
- Use a burner to suit the size of the cooker – gas flames should not lick the sides of the cooker.
- The cooker can be used on wood or coal fires provided it is not in direct contact with hot coals. **WARNING: DIRECT**



CONTACT WITH HOT COALS CAN DAMAGE THE METAL.

There should be at least a 1 inch/2.5 cm gap between the burning coals and the base of the cooker. On improvised fires or commercial burners, limit the heat to the level usually found in domestic stoves. This pressure cooker must not be used on an industrial burner.

- When cooking foods that may sprout such as legumes, bring cooker to full operating pressure on **medium** heat and reduce heat as soon as full pressure is reached.

Remove cooker briefly from heat if the steam seems to be evacuating too forcefully.

Frying Prior to Pressure Cooking

- Some recipes require light frying before pressure cooking. Frying or browning in a small amount of butter, oil or other fat can be done in the pressure cooker body without the lid.
- Browning meat and poultry before pressure cooking helps to seal in the juices and improves the appearance and taste of the food. If you want to eliminate the additional fat and/or save time, browning can be omitted – it is not necessary for pressure cooking.
- Brown pieces of food in small batches to keep the oil temperature high so the food is seared but does not cook. Brown all sides evenly.

- After frying, remove cooker body from heat before adding liquid to the cooker.
- It is a safety requirement that deep-frying, involving more than 1/2 cup oil or frying for more than 20 minutes at a time, is not done in the pressure cooker body.
- Do not pressure fry in this pressure cooker. It is designed to be operated only with liquid which produces steam.

Water

- There must be enough water (or stock, juice, vinegar, beer or wine) in the pressure cooker to make steam throughout the entire pressure cooking time and prevent burning. Oils and fats do not produce steam and should not be counted as cooking liquid for steam. Cooking liquid should always be water or a liquid which produces steam.
- The minimum quantity of cooking liquid required is 1 cup for the first 10 minutes of pressure cooking time plus 1/2 cup for every subsequent 10 minutes or part thereof. This quantity will prevent boiling dry provided you reduce the heat when cooker has reached full operating pressure. The same minimum quantity of water should be put in the cooker body when cooking in separators and molds.



- Some of the recipes have less (or more) cooking liquid than the amount prescribed in the preceding paragraph. Foods such as meat, fish, poultry, tomatoes and other vegetables give off juices during cooking (whereas legumes and rice absorb liquid). The recipes and charts reflect this.
 - Do not cook with less cooking liquid than stated in the recipe as you run the risk of either a ruined recipe or having to replace a safety valve – or both.
 - If you open the cooker and decide to cook longer, always check that there is enough cooking liquid to bring back to pressure and cook further.
 - The Hawkins Ventura Pressure Cooker should never be used as an oven for dry heating or baking as it reduces the strength of the metal.
- ## Timing
- Start timing recipes when the pressure cooker reaches full operating pressure (first whistle).
 - Use a kitchen timer or watch/clock. Exact timing is critical to successful pressure cooking. Counting whistles may give you the wrong time required for cooking any particular food or recipe. Pressure cooking is much faster than conventional cooking so timing errors have greater consequences. If in doubt, cook for less time rather than

more. It is possible to correct undercooking by cooking or pressure cooking more; you cannot reverse overcooking.

- If the food is only slightly undercooked, you may be able to complete the cooking without pressure. This method is especially suitable for foods which are easily overcooked. If the food requires more pressure cooking, decide how many minutes, ensure there is enough cooking liquid for the extra time, and bring cooker back to full operating pressure and cook the additional time.
- Cooking times given in this Manual are a guide. More or less time may be necessary depending on the age, tenderness and variety of the ingredients and how well cooked you prefer the food to be. Experience will enable you to adjust the times suitably.
- Pressure cooking time is determined primarily by the size and shape of the ingredients and not the quantity. If you are cooking pieces of food smaller or larger than those in a recipe, adjust cooking time accordingly.
- “Pressure Cooking Time 0 minute” in the charts and recipes signifies that the pressure cooker is to be taken off the heat as soon as the pressure cooker has reached full operating pressure.



Reducing Heat

- Reaching full operating pressure is also the signal to reduce the heat level.
- Once full pressure is reached, reduce heat from HIGH to MEDIUM. If the cooker whistles too frequently, reduce the heat. The heat setting required varies according to the type and quantity of food in the cooker and the stove.
- If there is no steam coming out of the pressure regulator for a few minutes, increase the heat gradually until the steam comes out.
- Cooking on high heat after full pressure is reached does not result in faster cooking. It wastes energy and increases the likelihood of boiling dry and/or spoiling the food.
- When cooking on wood stoves or camp fires, move pressure cooker to a cooler part of the stove or shift cooker partly off the burner to cook at reduced heat ensuring that cooker is not tilted.

Releasing Pressure

- There are three methods to release pressure in the Hawkins Ventura Pressure Cooker.
 1. “Allow to cool naturally” means to remove the cooker

from the heat and leave it until the pressure has dropped to normal and the lid can be opened. This takes from about 10 to 20 minutes, depending on the type and quantity of food and the size of the cooker. This method is required for soups, legumes, recipes containing leavening agents and custards.

2. "Release pressure with slight lifting of pressure regulator" means to lift the pressure regulator slightly with a fork and allow steam to escape so the lid can be opened immediately. This method is required for easily overcooked foods such as delicate vegetables and fish. This method cannot be used when the cooker contains predominantly liquid foods as the food/liquid may come out of the steam vent.

3. "Release pressure by placing cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes" means that the cooker is set in water for a few minutes and opened when the pressure has fallen. Do not run water over the lid. This method is required when the cooker contains liquid or frothing foods and you wish to open immediately.

- Each recipe indicates the method of releasing pressure. Some foods, such as rice, are cooled naturally for 5 minutes before releasing steam.



- Beyond the requirements discussed above, how to release pressure is one of personal preference. Some cooks believe that the texture, tenderness and taste of food, especially meat, are improved by allowing to cool naturally whenever possible.
- The method of releasing pressure has a bearing on the pressure cooking time. In cases where it is possible to change from immediate opening to cooling naturally, reduce pressure cooking time by 2 to 3 minutes. Similarly, if it is possible to change from cooling naturally to immediate opening, increase pressure cooking time by 2 to 3 minutes.

How to Get the Best Out of Recipes

- Read the entire recipe before beginning to work. Assemble and prepare ingredients as required.
- Unless otherwise noted, in the recipes:
 1. All foods are to be appropriately cleaned and washed.
 2. Onions, potatoes, turnips, carrots, drumsticks, garlic and fresh ginger are to be peeled.
- If you come across a term you do not know, check **Glossary (Meanings and Methods)** page 54.
- All Hindi words used in the recipes are translated to English on page 57 or explained in the **Glossary**.

Measurements

Volume

All measurements are level, not heaping.

Measurement	Equivalent
1 teaspoon	5 ml
½ tablespoon	1½ teaspoons / 7.5 ml
1 tablespoon	3 teaspoons / 15 ml
¼ cup	4 tablespoons / 60 ml
⅓ cup	5 tablespoons + 1 teaspoon / 80 ml
½ cup	8 tablespoons / 120 ml
¾ cup	12 tablespoons / 180 ml
1 cup	16 tablespoons / 240 ml
4 cups	1 quart / 960 ml

Abbreviations

Abbreviation	Equivalent
tsp	teaspoon
tbsp	tablespoon
ml	millilitre
oz	ounce
lb	pound
g	gram
kg	kilogram
cm	centimetre
°C	degree centigrade
°F	degree Fahrenheit

Space for Your Notes

Weight

Metric	Equivalent
28 g (rounded off to 30 g)	1 oz
450 g	16 oz / 1 lb
1 kg	2.2 lb

Length

Measurement	Equivalent
¼ inch	6 mm
½ inch	1.3 cm
¾ inch	1.9 cm
1 inch	2.5 cm

Cooking Rice

The basic steps to pressure cook rice are:

1. Pour water in cooker. Bring to boil on high heat. Add rice and seasonings (if desired). Stir. It is also possible to add rice, water and seasoning at the same time.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Release pressure according to the chart.
4. Open cooker. Fluff up rice gently with a fork to separate grains.

There are many varieties of rice and some amount of experimentation with water and cooking time may be necessary to suit your taste.

- Do not fill cooker more than half.
- The grid is not required unless cooking rice in a mold or a single separator.
- Pick over rice to remove foreign objects. Wash rice by rinsing in water until water is clear. Drain.

- Various stocks, spices and flavourings may be added to rice.
- When frying rice, stir gently with a wooden spoon to avoid breaking the grains.
- 1 cup of dry rice yields 2 to 3 cups cooked rice.
- Some varieties of rice, especially white rice, froth out of the steam vent unless they are cooked with oil or butter or in a mold.

To pressure cook Basmati rice in a mold, such as a metal bowl:

1. Put 1 cup/200 g rice and 1½ cups/270 ml water in a mold (large enough to hold 3½ cups/840 ml).
2. Pour 1 cup/240 ml water in cooker. Put grid in cooker. Place mold on grid.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.
4. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of pressure regulator.
5. Open cooker.

Indian Rice Pressure Cooking Chart

Rice	Maximum Quantity	Water Quantity	Water Quantity for 1 cup Rice	Pressure Cooking Time in Minutes	Pressure Release
Colam Rice	4½ cups / 900 g	5½ cups / 1.3 litres	1¼ cups / 300 ml	2	Allow to cool naturally
Basmati Rice	4½ cups / 900 g	5 cups / 1.2 litres	1⅝ cups / 270 ml	3	Allow to cool 5 minutes and release pressure
Parboiled Rice	4½ cups / 900 g	7¼ cups / 1.7 litres	1⅔ cups / 400 ml	7	Allow to cool naturally

Cooking Dal

Dal is the Indian term for various dried edible seeds such as lentils.

The basic steps to pressure cook *dal* are:

1. Put *dal*, water and seasonings (if desired) in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook the required time.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Add tempering with spices as desired.

Some *dals* such as *tuvar*, *moong* and *chana*, tend to sprout while cooking. Pressure cooking these *dals* in a separator or mold eliminates sprouting. To pressure cook *dal* in separators or molds see **Using Grid, Separators and Molds** pages 27 to 30. See the following suggestions to reduce sprouting when cooking *dal* directly in the cooker.

To Reduce *Dal* Sprouting

1. **Do not** fill the cooker (*dal* and water combined) to more than one-third. Do not exceed *dal* and water quantities and cooking times given in the following chart.
2. **Do** soak *dal* (in enough water to cover *dal*) for 15 minutes before pressure cooking and add 1 tsp/5 ml salt, ¼ tsp/1.3 ml turmeric and 1 tsp/5 ml vegetable oil per cup of *dal*, to *dal* and water in cooker before closing the lid.
3. **Do** reduce heat to medium immediately when the pressure cooker reaches “Full Operating Pressure”.
4. **Do not** release pressure by lifting the pressure regulator.

There are many varieties of *dal* and some amount of experimentation with water and cooking time may be necessary to suit your taste. A few examples are given in the chart below.

<i>Dal</i> Pressure Cooking Chart				
<i>Dal</i>	Maximum Quantity	Water Quantity	Pressure Cooking Time in Minutes (soaked/unsoaked)	Pressure Release
<i>Tuvar dal</i>*	1¾ cups / 350 g	4¾ cups / 1.1 litres	1	Allow to cool naturally
<i>Moong dal</i>*	2 cups / 400 g	5 cups / 1.2 litres	1	Allow to cool naturally
<i>Chana dal</i>*	2½ cups / 500 g	4¼ cups / 1 litre	6	Allow to cool naturally
<i>Sabat Urad</i>	1¾ cups / 350 g	8 cups / 1.9 litres	25	Allow to cool naturally
* To reduce frothing: Soak 15 minutes in water and drain; add salt, turmeric and oil.				

Pressure Cooking Charts

The charts in this section were compiled in our North American Test Kitchen using the food available. You may need to modify the pressure cooking times when cooking food from different regions.

Rice Pressure Cooking Chart				
Rice (1 cup)	Water	Oil/Butter	Pressure Cooking Time in Minutes	Pressure Release
Basmati Rice	1 ⅛ cups		3	Allow to cool 5 minutes and release pressure
Brown Rice	2 cups		18	Allow to cool 5 minutes and release pressure
White Rice	1 ½ cups	1 tablespoon	5	Allow to cool 5 minutes and release pressure
Wild Rice	3 cups		25	Release pressure immediately. Drain
½ teaspoon salt optional				

Meat and Poultry

- Cooking time is affected by the thickness, the cut, the quality, the preparation (boneless, rolled etc.) of the meat and personal preference. The smaller the piece of meat, the greater its tenderness, the higher the quality and the bigger the bone – the shorter the cooking time required. Meat varies widely from region to region. The times given in the chart and recipes are for specific cuts and should serve as guides to be modified according to your ingredients, experience and taste.
 - The pressure cooking time for large pieces of meat, called roasts, is according to weight – minutes of cooking per lb/kg of meat. The shape and thickness of the roast affect the cooking time. Short, fat roasts take longer to cook than long, flat roasts.
- Boneless and rolled roasts take longer to cook than roasts with bones. Allow enough space around the roast in the cooker for steam circulation to ensure even cooking. For a more "roasted" effect, cook roast on grid.
- All the times in the chart except turkey are for poultry which has been lightly browned. The amount of browning can affect the cooking time – the less the browning the longer the pressure cooking time. You may have to adjust the cooking time to reflect the degree of browning you prefer.
 - Cooking times in the chart are based on medium-sized pieces of young poultry. Increase time when cooking larger and/or older pieces.

Meat and Poultry Pressure Cooking Chart

<i>Meat/ Poultry</i>	<i>Description</i>	<i>Use Grid?</i>	<i>Water in Pressure Cooker</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
Lamb	Leg	Yes	1 cup	11 per lb / 450 g	Allow to cool naturally
	Shank about 1 lb / 450 g	No	1½ cups	30	Allow to cool naturally
	Shoulder Chops 1 inch / 2.5 cm thick	Yes	1 cup	18	Allow to cool naturally
	Stew Meat (shoulder) 1½ inch / 3.8 cm cubes	No	1 cup	10 – 12	Allow to cool naturally
Chicken	Pieces	Yes	1 cup	7	Allow to cool naturally
		Yes	1 cup	9	Release pressure immediately
	Whole Fryer (3 lb / 1.3 kg)	No	1 cup	11	Allow to cool naturally
Duck (domestic)	Pieces	No	1 cup	13 – 15	Allow to cool naturally
Rock Cornish Hen	Whole (1¼ lb / 560 g) stuffed	Yes	1 cup	12 – 15	Allow to cool naturally
Turkey	Breast half (2½ lb / 1.1 kg)	Yes	1 cup	28	Allow to cool naturally
	Thigh	No	1 cup	20	Allow to cool naturally
	Leg	No	1 cup	20	Allow to cool naturally

Vegetable Pressure Cooking Chart

Vegetable	Description	Water in Pressure Cooker	Pressure Cooking Time in Minutes
Artichokes	Whole stems cut short	1½ cups	11
Asparagus	Tough ends removed	½ cup	1 – 2 depending on size
Beets	Whole unpeeled, root and 1 inch / 2.5 cm of stem remaining	small	10
		medium	12 – 16 depending on size
Broccoli	Flowerettes	½ cup	1
	Full stalks stems scored	½ cup	2
Brussels Sprouts	Whole ends trimmed	1 cup	3
Cabbage	Quartered	1 cup	5 – 6 depending on size
Carrots	Sliced (foil on grid)	½ cup	1
	Whole baby or large cut into halves lengthwise	½ cup	2
	Whole	1 cup	4 – 7 depending on size
Cauliflower	Flowerettes	½ cup	2
	Whole small stems and leaves removed, core hollowed	1 cup	5
Celery	Cut into 1 inch / 2.5 cm pieces	½ cup	2
Collards	Stems (spines removed) cut crosswise in 1 inch / 2.5 cm pieces	1 cup	5
Corn on the Cob	Whole	1 cup	4 – 5 depending on size and tenderness
Eggplant	Cut into ½ inch / 1.3 cm slices	½ cup	0
Green Beans	Whole ends trimmed	½ cup	1 – 2 depending on tenderness
	Cut into 1 inch / 2.5 cm pieces	½ cup	0 – 1 depending on tenderness

Vegetable Pressure Cooking Chart

<i>Vegetable</i>	<i>Description</i>	<i>Water in Pressure Cooker</i>	<i>Pressure Cooking Time in Minutes</i>	
Kale	Cut in 1 inch / 2.5 cm sections	½ cup	2	
Kohlrabi	Cut into ½ inch / 1.3 cm slices	1 cup	4	
Mustard Greens	Stalks removed	½ cup	2	
Onions	Whole small	1 cup	5	
Parsnips	Whole	1 cup	8 – 10 depending on size	
	Cut into 1 inch / 2.5 cm pieces	1 cup	3 – 4 depending on size	
Peas	Shelled (foil on grid)	small	½ cup	1
		medium	½ cup	2
Potatoes	Cut into ½ inch / 1.3 cm slices	½ cup	2	
	Peeled and cut into 1½ inch / 3.8 cm pieces	1 cup	6	
	Whole peeled or unpeeled	small (3 oz / 85 g)	1 cup	10
medium (5 oz / 140 g)		1½ cups	15	
Rutabagas	Cut into 1 inch / 2.5 cm pieces	1 cup	5	
Spinach	Stalks removed	½ cup	0	
Squash, Acorn	Halved, seeds removed	1 cup	7	
Squash, Zucchini	Cut into ½ inch / 1.3 cm slices	½ cup	1 – 2 depending on size	
Sweet Potatoes	Halved lengthwise	1 cup	6 – 8 depending on size	
Turnips	Cut into ½ inch / 1.3 cm slices or 1 inch / 2.5 cm pieces	1 cup	3 – 4 depending on tenderness	

- For each item: Use grid. Release pressure immediately.
- Times given in the chart are for fresh vegetables. For old and tough vegetables, increase zero pressure cooking time up to 1 minute, other times up to double.
- When pressure cooking vegetables with short pressure cooking times of 0 to 2 minutes and ½ cup water do not leave the cooker once it is on heat. Pressure cook without delays: time accurately, remove cooker from heat quickly and release pressure immediately.

Legumes are cholesterol-free, low in fat and high in proteins, minerals, B vitamins and fiber. They are particularly valuable for vegetarians and those wishing to reduce meat consumption.

Legumes tend to foam while cooking. This can be messy and/or block the steam vent unless you take the precautions given on the next page.

Legume Pressure Cooking Chart		
Legume (1 cup)	Pressure Cooking Time in Minutes	
	Soaked	Unsoaked
Adzuki Beans	6	14
Anasazi Beans	5	22
Black (Turtle) Beans	7	23
Black-eyed Beans	6	15
Cranberry Beans	10	30
Flageolet Beans	10	23
Garbanzo Beans (Chickpeas)	12	48
Great Northern Beans	5	35
Kidney Beans	11	40
Lentils	Do not soak	6
Mung Beans	Do not soak	8
Pinto Beans	6	30
Red Beans	6	30
Scarlet Runner Beans	12	22
Small Navy Beans	5	30
Soybeans (Add 2 tablespoons vegetable oil to reduce frothing.)	20	50
<ul style="list-style-type: none"> ● Do not pressure cook lima beans. ● For each item: Water: 3 cups. Allow to cool naturally. 		

Precautions

- Never fill cooker more than half. If frothing occurs, reduce quantity by a further 10%. Legumes expand when cooked and absorb water. Do not reduce water quantity below 1½ cups.
- Measure legumes. Pick over to remove stones, dirt and shriveled, broken pieces and wash before cooking. To wash: place legumes in a bowl. Cover with water and agitate gently. Remove and discard floating pieces. Tip bowl to one side to drain off water, keeping one hand on the edge of the bowl to prevent legumes spilling. Repeat several times.

Soaking Legumes

You may or may not soak most legumes before pressure cooking. Soaked legumes cook more evenly, more quickly and may taste better. Soaking legumes and then discarding the soaking water can reduce the water soluble complex sugars which may cause the discomfort some people experience digesting legumes. If you soak legumes, adding 1 tablespoon of vegetable oil for each cup of legumes while pressure cooking helps reduce frothing. Unsoaked legumes froth less and hold their shape better. Some legumes also retain more of their colour when unsoaked. Two methods of soaking are:

1. To soak overnight: Put legumes in double their volume (enough to cover) of cold water overnight.
2. To soak one hour: Put legumes in a pan. Pour boiling water over legumes until they are covered by 1 inch/2.5 cm. Cover the pan and allow to stand 1 hour.

Drain and rinse legumes. Remove any floating, loose skins before cooking.

Pressure Cooking Legumes

1. Put legumes and water in cooker. The grid is not required. A standard proportion is 3 cups of water for every 1 cup of legumes. The quantity of water can be reduced or increased according to your experience. Be sure the legumes are well covered with water. Legumes absorb water while cooking. **Do not fill cooker more than half.**

2. Adding 1 tablespoon of vegetable oil for every cup of legumes helps reduce frothing – especially with soaked beans. Add 2 tablespoons of oil for every 1 cup of soybeans. Salt and acidic foods such as tomatoes, ketchup, lemon juice, vinegar and molasses cause the skins of the beans to harden and extend the cooking times substantially. These are not ordinarily added while cooking. You may add flavourings such as 1 clove garlic (minced or whole), 1 bay leaf and/or a whole onion, according to your taste.

3. Boil. Skim off any scum with a slotted spoon. Close cooker. **Bring to full pressure on medium heat. Reduce heat immediately when full pressure has been reached to prevent frothing.** Remove cooker briefly from heat if the steam seems to be evacuating too forcefully. Heat should be the minimum necessary to maintain pressure.

4. Time according to the chart. The times given are approximate – the variety of legume, freshness, growing conditions affect cooking time. Cook until ALL the legumes are cooked. Beans should be cooked until they can be squeezed with thumb and finger or mashed with your tongue against the roof of your mouth quite easily. Do not eat legumes which are undercooked. The times given in the chart are for "just cooked" legumes. Cook longer when softer legumes are required, as for purées and soups.

5. When cooking is complete, remove cooker from heat and allow to cool naturally or place cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes. **NEVER release pressure by lifting the pressure regulator.** Open cooker. Check doneness. If necessary, bring back to pressure and cook more or simmer without

the lid until done. We do not recommend bringing soybeans back to pressure as they tend to froth out of the steam vent. Drain.

- Most varieties of beans yield about 2½ cups cooked beans for every 1 cup dry beans.

Seafood Pressure Cooking Chart				
Seafood	Shape and Size		Water in Pressure Cooker	Pressure Cooking Time in Minutes
Cod	Fillet ¾ inch / 1.9 cm to 1 inch / 2.5 cm thick		¾ cup	3
Halibut	Steak 1 inch / 2.5 cm thick		1 cup	6
Ocean Perch	Fillet ¾ inch / 1.9 cm thick		¾ cup	2
Red Snapper	Fillet ¾ inch / 1.9 cm thick		¾ cup	2
Salmon	Steak	1 inch / 2.5 cm thick	1 cup	6
		1½ inch / 3.8 cm thick	1 cup	9
Scallops	–		¾ cup	1 – 2
Sole	Fillet	¼ inch / 6 mm thick	¾ cup	0
		½ inch / 1.3 cm thick	¾ cup	1
Trout	Small, whole (10 oz / 280 g)		¾ cup	4
Tuna	Steak ¾ inch / 1.9 cm thick		¾ cup	3
<ul style="list-style-type: none"> ● For each item: Use grid. Release pressure immediately. ● When pressure cooking seafood, even a few extra seconds can overcook. Do not leave the 		cooker once it is on the heat – cooking times are so short. Pressure cook seafood without delays: time accurately, remove cooker from heat quickly and release pressure immediately.		

Using Grid, Separators and Molds

The Hawkins Ventura Pressure Cooker can be purchased with a separator set and grid or without a separator set and grid. The grid is used for minimising the contact between food and the cooking liquid and/or the base. The separators along with a stand for convenient stacking can be used for cooking two dishes at a time.



Grid

- Use the grid to steam food above the water when you so desire it (rather than immersed in liquid with flavours blending).



- Use the grid when steaming foods in molds or other containers.
- Use the grid to separate layers of food and to stack custard cups (not provided), always ensuring that the cooker is not more than two-thirds full.
- Use grid as a coaster or heat pad for the hot cooker body.



Separators

- In the base of the cooker use a minimum 1 cup water for the first 10 minutes of pressure cooking time plus $\frac{1}{2}$ cup for every subsequent 10 minutes or part thereof.
- To prevent discolouring aluminium when steaming in separators, add 1 teaspoon lemon juice for every 2 cups water in the base of the cooker.
- Each separator can be used individually with or without the stand. Place separator on grid if using without the stand. When using separators with the stands, do not use the grid.

- Separators can be used for steaming foods which are to be kept out of water.
- **Reheating/Thawing.** Separators can be used to reheat food, including precooked frozen food, in the cooker. To reheat food in a separator/mold: put food in the separator/mold. Cover with aluminium foil unless steam/moisture will improve the food. Cooked rice, for instance, should be reheated uncovered. Estimate the cooking time according to the type, size, volume

and temperature of the food to be heated. A separator full of cooked rice will require 2 minutes pressure cooking time. A frozen dinner requires about 10 minutes at pressure. With experience you will be able to judge the time. Add water according to the cooking time. Put grid in cooker. Place separator/mold on grid. Close cooker. Bring to full pressure on high heat. Reduce heat and cook. Remove cooker from heat. Release pressure immediately.

Maximum Quantities of *Tuvar Dal*, *Moong Dal*, Mutton Curry and Rice for Ventura Separators

	<i>Separators</i>	<i>Item</i>	<i>Maximum Quantity</i>	<i>Water Quantity</i>	<i>Pressure Cooking Time in Minutes</i>	<i>Pressure Release</i>
1.	Top	<i>Tuvar dal</i>	¾ cup / 150 g	1½ cups / 360 ml	10	Allow to cool naturally
	Bottom	Colam rice	2 cups / 400 g	2¾ cups / 640 ml		
2.	Top	<i>Moong dal</i>	½ cup / 100 g	1⅓ cups / 320 ml	10	Allow to cool naturally
	Bottom	Basmati rice	2 cups / 400 g	2¼ cups / 540 ml		
3.	Top	Mutton curry	¾ lb / 340 g*	-	20	Allow to cool naturally
	Bottom	Parboiled rice	1½ cups / 300 g	2½ cups / 600 ml		

* This includes 250 g mutton (the maximum quantity of mutton that can be cooked) and about ½ cup/90 g gravy, which should be made in another pan and added to the separator with mutton for pressure cooking.

- The steps in using the Hawkins Ventura separators are:



1. Load the separators with ingredients outside the pressure cooker body.



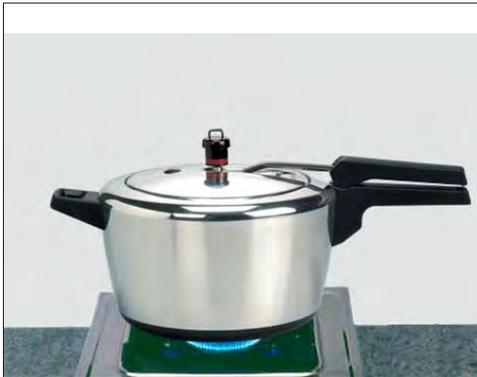
2. Stack the separators on the stand. Close wire handles around stacked separators and fasten clamp.



3. Pour the required quantity of water into cooker body.



4. Place the separator set in the pressure cooker.



5. Close the pressure cooker and cook for the required time following the same procedure as for non-separator cooking.



6. Release pressure as appropriate. Open cooker. Remove the separator set using tongs (not provided) as it will be hot. Wash cooker and wipe dry.

Molds

- The recipe for **Crème Caramel** requires cooking in a mold (not provided) which is put inside the cooker. Foods such as rice, fish, pâtés and other desserts may also be cooked in molds.
- A Futura mold (1 litre/1 quart) is available separately as an accessory. It is made of hard anodised aluminium.



- Molds can also be made of oven-proof metal, glass or ceramic. The thicker the mold, the longer the cooking time.
- Molds should be placed on the grid.
- A mold should fit inside the cooker such that the top of the mold (when placed on the grid) is not above two-thirds up the cooker body.
- When required, cover the mold with foil or a double thickness of greaseproof paper and tie securely.

- A handle made from string is useful for transferring molds in and out of the cooker.



- In the base of the cooker use a minimum 1 cup water for the first 10 minutes of pressure cooking time plus ½ cup for every subsequent 10 minutes or part thereof.
- To reheat food in molds, see **Reheating/Thawing** page 28.

Care and Cleaning

To get the best use from your Hawkins Ventura Pressure Cooker, observe the following directions.

Body and Lid

- Remove label, wash, rinse and dry cooker before use. Remove any adhesive with baby or vegetable oil.
- Do not hit or knock the rim of the cooker body with a ladle, spoon or any other object and protect the edge of the lid from dents which may disturb sealing.
- Do not leave food or water in the cooker for more than 8 hours. Do not leave the cooker lying in water or with dirty dishes for long. Chemicals and natural salts in the water and decomposing food can cause pitting of the metal. Do not leave salted liquid, vinegar, lemon juice, mayonnaise or mustard in the cooker. Never add salt to the cooker when there is no liquid in the cooker. First add the liquid, warm it, then add the salt and stir until the salt is completely dissolved.

Handles

- Plastic handles are liable to break under a sharp or forceful blow.
- Do not attempt to remove the “play” provided for the lid handle bar where it is attached to the lid. The “play” is essential for proper sealing.

Rubber Gasket

- Do not stretch the gasket, particularly when it is hot, as it may distort. There should be no extra length of gasket unaccommodated in the lid curl.
- Replace the gasket when it no longer seals, becomes hard or cracked. Before replacing at the first sign of not sealing, however, check that the gasket is sitting flush in the lid curl and that the lid is properly centered. Sometimes just moving the gasket around or inverting it stops the leak. The life of the gasket depends upon use and care; with proper care, the gasket should last several years.

Pressure Regulator

- The pressure regulator can be cleaned with a jet of water to clear the steam channels inside. Only dishwashing liquid detergent such as ‘Vim Drop’ (and dishcloth or sponge) is recommended for washing the pressure regulator. Do not use powdered detergents, plastic scourers or harsh soaps. With use, the colour of the pressure regulator may wear off. This is normal wear and does not affect its functioning.



General Cleaning

- Do not wash pressure cooker or any of its parts in a dishwasher.
- Always wash and dry every surface of the cooker soon after use. Food, if not removed, can corrode the metal over a period of time.
- Wash all parts of the cooker except the pressure regulator in hot water with a mild soap or detergent and a dishcloth or sponge. Rinse and wipe dry. Aluminium can become pitted if left wet.
- Wash the separators and grid as given in the preceding point. Do not wash Futura Mold in a dishwasher.
- Carefully remove the gasket when washing the lid. Gently wipe or wash and rinse the gasket without stretching it. If food is lodged in the lid curl, remove the gasket and clean the lid curl with a sponge or a brush. Dry lid and gasket thoroughly before reassembling.
- Check that the steam vent is clear after rinsing. If it is clogged, clean by carefully pushing a wire through the steam vent. Rinse with running water. A needle may be used to remove food from the steam vent nut.



- Check that the air ventile and its gasket are thoroughly cleaned of any food particles. Ensure that the gasket is always fitted in the groove of the air ventile on the underside of the lid.
- Clean the area at the base of the steam vent and under the lid handle bar with a brush as required.
- Metallic marks – most often from gas stove pan supports – may appear on the black 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.

Baked-on Stains

- If the pressure cooker is not cleaned thoroughly, a thin layer of food or grease may remain. When the cooker is heated next this food/grease becomes “baked-on” and very difficult to remove. Avoid “baked-on” fat or gravy stains; wipe off any fat or gravy on the cooker base before placing on hot stove. Ensure stove surface in contact with pressure cooker is free of fat drippings.
- If you do get “baked-on” stains on the hard anodised base, tackle them while they are still fresh. Soak in hot water. Make a thick paste of a chlorine-based kitchen cleanser, such as Vim, and apply it to the surface. Wait 5 to 10 minutes, then scour with steel wool using a circular motion. Wash and wipe dry.
- If food is stuck to the cooker, remove with a plastic scrubber and a non-abrasive cleanser or an aluminium cleanser. If food is badly stuck or burned the following procedure helps dislodge food particles and makes cleaning easier: pour into cooker enough water (not above half full) to cover the area of burned

food. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 5 minutes. Allow to cool naturally. Open cooker. Wash and wipe dry. Do not use abrasive powders, bleach, ash, soda or mud as these will damage the finish of the cooker. For stubborn spots, a fine soap-impregnated steel wool pad may be used **sparingly** as it can over time lead to pit marks.

Loss of Shine

- With use, the aluminium cooker body and lid may lose their shine. The loss of shine is the normal behavior of the metal over time.

Removing Stains Caused by Chemicals in the Water

- The inside of the cooker body may become darker due to minerals in the water. This darkening is neither injurious to health nor does it affect the taste and quality of food. To remove stains from inside the cooker body: fill cooker with water to half its capacity. Add 2 teaspoons tartaric acid (cream of tartar) or lemon juice for each quart/litre of water. Bring cooker to full pressure on high heat and cook 15 minutes. If you wish to remove stains from the upper half of the cooker body, do not pressure cook. Fill cooker with enough of the same water-tartaric acid solution to cover the stains. Boil 30 minutes. Wash and then dry with a soft, clean cloth. Use these methods periodically to keep the inside of the cooker stain-free. Do not apply the lemon juice or tartaric acid solutions to the black base as they may damage the finish.

Storing

- Allow the cooker and all its parts to dry completely before storing.

- The gasket should be stored fitted in the lid curl.
- Store the cooker open to avoid mustiness.

How to Prevent Unnecessary Fusing of the Safety Valve

1. **Check** that the steam vent is clear by looking through it.
2. **Do not** fill the cooker more than $\frac{2}{3}$ (for liquid foods, not more than half.)
3. **Do** put enough water for the cooking time (Check water quantities in this Manual).
4. **Do not** place the pressure cooker on an industrial burner or stove – use only a domestic stove.
5. **Do** reduce heat to medium when the pressure cooker reaches “Full Operating Pressure” (See **Trial Run** page 10).
6. **Do** take the pressure cooker off the stove when its cooking time is complete (Check cooking time in chart or recipe as appropriate).

Replaceable Parts

- Always use genuine Hawkins spare and replacement parts for safety and the durability of the cooker. See page 34 for **Parts and Service**.

Parts and Service

There are over 500 Hawkins Authorised Service Centres all over India for your convenience. Included in the pressure cooker carton is a directory giving the names, addresses and telephone numbers of the Authorised Service Centres.



Always use genuine Hawkins spare parts. Frequently used parts are packaged and affixed with a Hawkins hologram. Hologram must show cooker and label alternately.



To obtain genuine parts or service please contact the nearest Centre listed in the Service Centre Directory or contact the Consumer Service Manager at:

Hawkins Cookers Limited

PO BOX 6481, MUMBAI 400 016, INDIA
 TEL (91 22) 2444 0807 FAX (91 22) 2444 9152
 EMAIL conserve@marketing.hawkinscookers.com

Some Parts and Codes	
<p><i>BODY HANDLE</i></p> <p>V20 - 01</p>	<p><i>GASKET</i></p> <p>V20 - 09</p>
<p><i>SUBSIDIARY HANDLE</i></p> <p>V20 - 05</p>	<p><i>PRESSURE REGULATOR</i></p> <p>V20 - 20</p>
<p><i>LID HANDLE</i></p> <p>V20 - 13</p>	<p><i>SAFETY VALVE</i></p> <p>B10 - 10</p>

In case you have to replace certain parts yourself, you will find the following notes helpful.

Gasket Replacement

If leakage develops along the rim of the cooker body which is not due to the misalignment of the lid or a dent on the rim or lid curl, the gasket needs to be replaced. This is simply done by changing it with a replacement Hawkins Ventura gasket (see page 8).

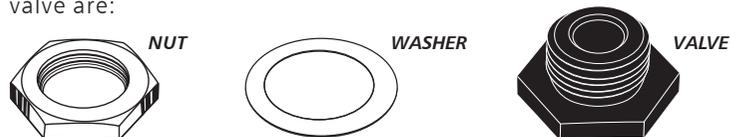
Replacement of Plastic Handles

The subsidiary handle, the body handle and the lid handle are replaceable by unscrewing the existing handle and screwing on the replacement handle with a screwdriver. Clean any accumulated dirt from the area before attaching the new handle.

If the subsidiary or the body handle is difficult to unscrew, a second person holding the cooker body firmly while one person turns the handle screws anti-clockwise will make it easier. If the lid handle is difficult to unscrew, the lid should be held on a soft surface such as a folded cloth to avoid damaging the lid and handle bar. If any of the handles is difficult to unscrew, immerse the handle in boiling water for about 5 minutes. Remove. Use a cloth or oven mitts when holding the hot metal and unscrew.

Safety Valve Replacement

1. Get a genuine Hawkins safety valve. The three parts of the safety valve are:



2. Two 17mm/¹¹/₁₆ inch spanners (wrenches) are required to replace the safety valve – one for holding the nut on the top of the lid and one for turning the valve on the underside of the lid. The replacement is easier if one spanner is a ratchet spanner fitted with a ¹¹/₁₆ inch, 12 point socket.



OR



3. A food compatible glue is recommended.
4. Two people are recommended to replace the safety valve.

TO REMOVE

1. Remove the gasket and pressure regulator from the lid.
2. Immerse the lid (but not the plastic handle) in very hot water and soak for 1 hour. Wipe lid dry.

3. Hold and brace the lid on a soft surface such as a folded cloth. Take care not to bend or warp the lid curl. Do not hold the lid by the handle. Place the round end of one spanner (or the ratchet spanner) on the valve on the underside of the lid in such a way that you will be able to exert downward pressure while turning the valve anti-clockwise.



4. The second person holds the lid (not the handle) and places the second spanner on the nut on the top of the lid. While the first person turns the valve anti-clockwise the second person holds the nut on the top in place. Continue turning the valve anti-clockwise until the valve is loosened. Unscrew and remove valve, washer and nut. Discard all parts; do not reuse any part of the old safety valve.

**REMOVING SAFETY VALVE:
VIEW OF UNDERSIDE OF LID**



...AND VIEW OF TOP SIDE OF LID



TO REPLACE

1. Clean lid where the safety valve will sit.
2. Unscrew the new nut and keep it to one side with the chamfered side down. Leave the washer on the valve.



3. Hold the valve with the washer on it and apply a small amount of food compatible glue on the valve threads. Push the valve (with washer) into the safety valve hole from the underside of the lid and hold in place with the left hand. Place the nut (chamfered side down, flat corners up) on the valve on the top side of the lid. Screw the nut in a clockwise direction until tight.



4. Place one spanner on the nut on the top side of the lid and hold in place along with the lid. The second person holds the lid and places the second spanner (or ratchet spanner) on the valve on the underside of the lid and tightens the valve by turning in a clockwise direction while the nut is held firm. See the pictures for removing safety valve. Tighten valve securely.

RECIPES

Indian

Chana Pindi **(Chickpeas – Rawalpindi Style)**

Serves 12

Pressure Cooking Time 18 minutes

2½ tbsp / 37.5 ml	pomegranate seeds
2 tbsp / 30 ml	cumin seeds
4 cups / 960 ml	water
4 cups / 800 g	kabuli chana soaked overnight or in hot water for 2 hours and drained
2½ tbsp / 37.5 ml	salt
4	brown cardamoms
5 x 1 inch / 2.5 cm sticks	cinnamon
10	cloves
¼ cup / 60 ml	coriander powder
2 tsp / 10 ml	garam masala powder
3 tbsp / 45 ml	mango powder
2½ tsp / 12.5 ml	pepper
6	green chillies slit
1 x 1½ inch / 3.8 cm piece (½ oz / 15 g)	fresh ginger cut into thin strips

½ cup / 120 ml **vegetable oil**

½ cup / 110 g **ghee**

1 medium (3½ oz / 100 g) **onion** sliced

2 **lemons** cut into wedges

1. In a pan, roast together pomegranate and cumin seeds (see page 56) and grind to a powder.
2. Pour water in cooker. Add *chana*, 1 tbsp + 1 tsp/20 ml salt, cardamoms, cinnamon and cloves. Stir.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 18 minutes.
4. Remove cooker from heat. Allow to cool naturally.
5. Open cooker. Drain off cooking liquid and reserve. Add pomegranate-cumin mixture, coriander, *garam masala* and mango powders, remaining salt (1 tbsp + ½ tsp/17.5 ml) and pepper. Mix till *chana* are evenly coated with spices. Sprinkle chillies and ginger on top.
6. In a pan, heat oil and *ghee* together about 3 minutes and pour evenly over *chana*. Add cooking liquid.
7. Place cooker with *chana* on medium heat and cook till liquid dries up and oil shows separately (about 10 minutes), stirring occasionally.
8. Remove cooker from heat. Transfer *chana* onto a serving dish. Serve hot, garnished with onion and lemons. ●

Chola Dal ***(Bengal Gram with Coconut)***

Serves 8

Pressure Cooking Time 3 minutes

2 tbsp / 30 ml	ghee
¼ cup / 60 ml	coconut cut into ⅛ inch / 3 mm thick ¼ inch / 6 mm squares
¼ cup + 1 tbsp / 75 ml	mustard oil
4	whole dry red chillies
3	bay leaves
6	cloves
1 x 2 inch / 5 cm stick	cinnamon
4	green cardamoms
1 tsp / 5 ml	cumin seeds
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	fresh ginger chopped
6	green chillies slit
2 tsp / 10 ml	jaggery packed firmly
2 cups / 400 g	chana dal
1 tsp / 5 ml	turmeric
1 tbsp + ½ tsp / 17.5 ml	salt
¾ cups / 780 ml	water

1. In a pan, heat 1 tbsp/15 ml *ghee* about 1 minute. Add coconut pieces and fry till light brown. Remove and keep aside.

2. Heat oil in cooker about 2 minutes. Add red chillies, bay leaves, cloves, cinnamon, cardamoms and cumin seeds. Stir a few seconds. Add fried coconut and all other ingredients except water and remaining *ghee* (1 tbsp/15 ml). Stir and fry about 2 minutes. Add water. Stir.

3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.

4. Remove cooker from heat. Allow to cool naturally.

5. Open cooker. Warm remaining *ghee* (1 tbsp/15 ml) and pour evenly over *dal*. Serve hot. ●

Mixed Vegetable Pulao

Serves 8

Pressure Cooking Time 3 minutes

¼ cup + 3 tbsp / 105 ml	vegetable oil
1 tsp / 5 ml	cumin seeds
2	bay leaves
1 x 2 inch / 5 cm stick	cinnamon
4	brown cardamoms
5	cloves
3 medium (9 oz / 250 g)	carrots cut into strips 1 inch / 2.5 cm long and about ¼ inch / 6 mm wide
¾ cup / 90 g	green beans cut diagonally into thin strips 1 inch / 2.5 cm long
1 cup / 150 g	peas shelled or frozen

3 cups / 600 g **Basmati rice** washed and drained
 1 tbsp + 1 tsp / 20 ml **salt**
 3½ cups / 840 ml **water**

1. Heat oil in cooker about 2 minutes. Add cumin seeds, bay leaves, cinnamon, cardamoms and cloves. Stir a few seconds. Add carrots, beans and peas. Stir and fry about 2 minutes. Add rice. Fry till rice turns opaque (about 3 minutes). Add salt and water. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 3 minutes.
3. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of pressure regulator.
4. Open cooker. Serve hot. ●

Ma ki Dal ***(Whole Black Gram)***

Serves 10

Pressure Cooking Time 50 minutes

6½ cups / 1.6 litres **water**
 1¼ cups / 250 g **sabat urad**
 ¼ cup / 60 ml **rajma** soaked in water for 1 hour and drained
 2 medium (7 oz / 200 g) **tomatoes** chopped
 1 x ½ inch / 1.3 cm piece **fresh ginger** cut into thin strips
 (⅙ oz / 5 g)

6 small cloves **garlic** chopped
 4 **green chillies** chopped
 2 **whole dry red chillies** (Kashmiri)
 1½ tbsp / 22.5 ml **salt**
 ½ tsp / 2.5 ml **red chilli powder**
 1 tbsp / 15 ml **ghee**

Tempering

2 tbsp / 30 ml **ghee**
 1 small (1¾ oz / 50 g) **onion** chopped
 1 x ½ inch / 1.3 cm piece **fresh ginger** finely chopped
 (⅙ oz / 5 g)
 ½ tsp / 2.5 ml **red chilli powder**

1. Pour water in cooker. Bring to boil on high heat. Add remaining ingredients except those for Tempering. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 50 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Partially mash *dal* with back of a ladle.
5. Place cooker with *dal* on low heat. Simmer to obtain a creamy consistency (about 7 minutes), stirring occasionally.
6. **Tempering:** In a pan, heat *ghee* about 1 minute. Add onion and fry till transparent. Add ginger and continue frying till onion is golden brown. Remove pan from heat. Add chilli powder and pour evenly over *dal*. Serve hot. ●

Sambar **(Red Gram and Vegetable Curry – Tamil Style)**

Serves 8

Pressure Cooking Time 4 minutes

¼ cup + 1 tbsp / 25 g	tamarind seeds removed before measuring
1 cup / 240 ml	hot water
1½ tbsp / 22.5 ml	vegetable oil
6	whole dry red chillies
3	whole dry red chillies (Kashmiri)
1 tbsp / 15 ml	chana dal
1 x ½ inch / 1.3 cm piece	asafoetida
½ cup / 40 g	coconut grated
2 sprigs	curry leaves
¼ cup / 60 ml	coriander seeds
½ tsp / 2.5 ml	cumin seeds
½ tsp / 2.5 ml	fenugreek seeds
5½ cups / 1.3 litres	water
1 cup / 200 g	tuvar dal
½ tsp / 2.5 ml	turmeric
1 tbsp + 1 tsp / 20 ml	salt
1 medium (3½ oz / 100 g)	onion cut into 6 pieces

2 **drumsticks** cut into 2 inch / 5 cm long pieces

Tempering

2 tbsp / 30 ml **vegetable oil**
½ tsp / 2.5 ml **mustard seeds**

1. Put tamarind in a stainless steel or glass bowl. Add hot water. Keep covered 30 minutes. **To extract tamarind pulp:** Place a sieve over a stainless steel or glass bowl. Put soaked tamarind into sieve, reserving liquid. Push tamarind through sieve adding a little of the reserved liquid from time to time. Scrape pulp off sieve into the bowl. Using all reserved liquid, keep rubbing tamarind through sieve till all pulp has been extracted. Discard tamarind in sieve.

2. In a pan, heat oil on medium heat about 1 minute and roast together whole chillies, *chana dal*, asafoetida, coconut, 1 sprig curry leaves, coriander, cumin and fenugreek seeds till coconut turns golden brown.

3. Grind roasted ingredients into a paste, adding a little water (½ cup/120 ml) from time to time.

4. Pour 3 cups/720 ml water in cooker. Add *tuvar dal*, turmeric and salt. Stir.

5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 4 minutes.

6. Remove cooker from heat. Allow to cool naturally.

7. Open cooker. Mash *dal* completely with back of a ladle to blend with liquid. Add tamarind pulp, ground paste, onion, drumsticks, remaining curry leaves (1 sprig) and water (2 cups/480 ml). Stir.

8. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure by placing cooker in about

4 inches/10 cm of cold water in a basin or in a sink for 2 minutes. Open cooker.

9. Tempering: In a pan, heat oil about 1 minute. Add mustard seeds. When crackling, pour into *sambar*. Stir and serve hot. ●

Khichuri **(Soft Rice with Green Gram and Vegetables)**

Serves 10

Pressure Cooking Time 4 minutes

1 x 2 inch / 5 cm piece ($\frac{2}{3}$ oz / 20 g)	fresh ginger
10 small cloves	garlic
6	green cardamoms seeds taken out and kept, pods discarded
1 x 2 inch / 5 cm stick	cinnamon
4	cloves
8 cups + 1 tsp / 1.9 litres	water
1 cup / 200 g	moong dal unwashed
$\frac{1}{2}$ cup / 120 ml	mustard oil
4	bay leaves
2 tsp / 10 ml	cumin seeds
1 large (5 oz / 140 g)	onion chopped
1 cup / 200 g	Basmati rice

1 small head (10½ oz / 290 g)	cauliflower cut into flowerettes of about 1 inch / 2.5 cm
2 medium (7 oz / 200 g)	potatoes cut into quarters
1 cup / 150 g	peas shelled or frozen
$\frac{1}{2}$ tsp / 2.5 ml	turmeric
2 tbsp / 30 ml	coriander powder
1 tbsp / 15 ml	red chilli powder
2 tsp / 10 ml	sugar
1 tbsp + 1 tsp / 20 ml	salt
2 tbsp / 30 ml	ghee

1. Grind together ginger and garlic into a paste.
2. Separately grind together cardamom seeds, cinnamon and cloves into a paste adding a little water (1 tsp/5 ml) from time to time.
3. In a pan, roast *moong dal* on medium heat till golden brown (about 7 minutes), stirring constantly. Remove and wash *dal*.
4. Heat oil in cooker about 5 minutes. Add bay leaves and cumin seeds. Stir a few seconds. Add onion and fry till golden brown. Add ginger-garlic paste. Stir a few seconds. Add washed *dal*, rice and all other ingredients except water, ground spices and *ghee*. Mix. Add remaining water (8 cups/1.9 litres). Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 4 minutes.
6. Remove cooker from heat. Allow to cool naturally.
7. Open cooker. Stir in ground spices. Warm *ghee* and pour evenly over *khichuri*. Serve hot. ●

Mutton Biryani (Rice Layered with Spicy Mutton – Moghul Style)

Serves 5

Pressure Cooking Time 10 minutes

1 x 2 inch / 5 cm piece ($\frac{2}{3}$ oz / 20 g)	fresh ginger
13 small cloves	garlic
5	green chillies
$5\frac{1}{4}$ cups + 2 tbsp / 1.3 litres	water
$1\frac{1}{2}$ lb / 600 g	mutton leg cut into $1\frac{1}{2}$ inch / 3.8 cm pieces
1 medium ($3\frac{1}{2}$ oz / 100 g)	tomato chopped
2 tbsp / 30 ml	lemon juice
1 tbsp + $2\frac{1}{2}$ tsp / 27.5 ml	salt
$2\frac{1}{2}$ tsp / 12.5 ml	red chilli powder
$2\frac{1}{2}$ tsp / 12.5 ml	cumin powder
1 tbsp + $\frac{3}{4}$ tsp / 20 ml	<i>garam masala</i> powder
$1\frac{1}{2}$ tbsp / 22.5 ml	coriander leaves chopped
2 tbsp / 30 ml	mint leaves chopped
1 cup / 240 ml	curd beaten
1 cup / 240 ml	vegetable oil
2 medium (9 oz / 250 g)	potatoes cut into $1\frac{1}{2}$ inch / 3.8 cm long and 1 inch / 2.5 cm thick pieces

3 large (1 lb / 450 g) **onions** thinly sliced

a large pinch **saffron threads**

$\frac{1}{4}$ cup / 60 ml **milk**

3 **green cardamoms**

4 **cloves**

1 **bay leaf**

1 x 1 inch / 2.5 cm stick **cinnamon**

2 cups / 400 g **Basmati rice**

$\frac{1}{4}$ cup + $3\frac{1}{2}$ tbsp / 100 g ***ghee* or vegetable oil**
(115 ml)

$\frac{1}{4}$ tsp / 1.3 ml **cumin seeds**

6 **almonds** blanched, skins
removed and halved
lengthwise

1. Grind into a paste ginger, garlic and chillies, gradually adding 2 tbsp/30 ml water.

2. In a bowl, rub ginger paste all over mutton. Add tomato, lemon juice, $2\frac{1}{2}$ tsp/12.5 ml salt, chilli, cumin and *garam masala* powders, coriander and mint leaves and curd. Mix. Cover and keep aside 4 hours or in refrigerator overnight.

3. In a deep-frying pan, heat oil about 5 minutes. Add potatoes. Fry till light brown (about 3 minutes), stirring occasionally. Remove and drain. Remove mutton-curd mixture from refrigerator. Add potatoes. Mix.

4. Divide onions into 2 batches. Add half onions and $\frac{1}{4}$ tsp/1.3 ml salt to oil remaining in pan. Fry till golden brown and crisp. Remove and drain. Fry remaining onions with $\frac{1}{4}$ tsp/1.3 ml salt in the same

way. Reserve 2 tbsp/30 ml fried onions. Crumble remaining onions. Add to mutton-curd mixture. Mix.

5. In a small bowl, stir saffron and milk. Keep aside.
6. Pour 5 cups water in cooker. Bring to boil on high heat. Add remaining salt (2½ tsp/12.5 ml), cardamoms, cloves, bay leaf, cinnamon and rice. Stir.
7. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure by placing cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes.
8. Open cooker. Immediately transfer rice to a colander and drain. Wash and wipe dry cooker.
9. Heat ¼ cup + 1½ tbsp/75 g *ghee* in cooker about 2 minutes. Add mutton with curd mixture. Mix. Add remaining water (¼ cup/60 ml). Stir.
10. Remove cooker from heat. Place rice evenly on mutton. Dribble saffron milk over rice.
11. In a small pan, heat remaining *ghee* (2 tbsp/30 ml) on medium heat about 2 minutes. Add cumin seeds. When cumin seeds begin to darken, immediately pour over rice in cooker.
12. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
13. Remove cooker from heat. Allow to cool naturally 10 minutes. Release pressure with slight lifting of pressure regulator.
14. Open cooker. Place rice on a serving dish. Put mutton and gravy on rice. Garnish with reserved onions and almonds. ●

Illish Sarse Bata ***(Hilsa Fish in Mustard)***

Serves 3

Pressure Cooking Time 2 minutes

1⅔ lb / 750 g

Hilsa fish cut into ½ inch / 1.3 cm thick slices

1½ tsp / 7.5 ml

salt

¾ tsp / 3.8 ml

turmeric

2 tbsp / 30 ml

mustard seeds

6

green chillies 3 whole, 3 slit

½ cup + 2 tbsp / 150 ml

water

2 tsp / 10 ml

curd

¼ cup / 60 ml

mustard oil

1. Rub fish with salt and turmeric.
2. Grind together mustard seeds and whole chillies into a paste, adding a little water (2 tbsp/30 ml) from time to time. Blend curd with ground paste and mix with fish.
3. Heat 3 tbsp/45 ml oil in cooker about 3 minutes. Add fish with paste, slit chillies, remaining water (½ cup/120 ml) and oil (1 tbsp/15 ml).
4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
5. Remove cooker from heat. Release pressure with slight lifting of pressure regulator.
6. Open cooker. Serve hot. ●

Hirva Masalyachi Bhaji **(Vegetables in Green Masala)**

Serves 10

Pressure Cooking Time 2 minutes

2½ cups / 200 g	coconut coarsely grated
3½ cups / 840 ml	water
2 medium (9 oz / 250 g)	onions
2¼ tsp / 11.3 ml	aniseed
8	green chillies
1 cup / 50 g	coriander leaves chopped
6	cloves
1 x 2 inch / 5 cm stick	cinnamon
4	brown cardamoms seeds taken out and kept, pods discarded
¼ cup + 3 tbsp / 105 ml	vegetable oil
2 medium (9 oz / 250 g)	onions thinly sliced
3 large (1 lb / 450 g)	potatoes cut into 2 inch / 5 cm long and 1 inch / 2.5 cm thick slices
1½ cups / 225 g	peas shelled or frozen
5 medium (14 oz / 400 g)	carrots quartered lengthwise and cut into 1 inch / 2.5 cm pieces
1¼ cups / 150 g	green beans cut into 1 inch / 2.5 cm pieces

1 small head (14 oz / 400 g) **cauliflower** cut into flowerettes of about 1 inch / 2.5 cm

2 tbsp / 30 ml

salt

1 tbsp / 15 ml

lemon juice

1. Extract 1½ cups/360 ml milk from coconut using 1½ cups/360 ml water (see page 54).
2. Grind together onions, aniseed, chillies and coriander leaves into a paste.
3. In a pan, roast together cloves, cinnamon, cardamom seeds (see page 56) and grind to a powder.
4. Heat oil in cooker about 2 minutes. Add sliced onions and fry till golden brown. Add ground paste. Stir and fry about 2 minutes. Add potatoes, peas, carrots, beans and cauliflower. Stir and fry about 2 minutes. Add powdered spices and salt. Stir a few seconds. Add remaining water (2 cups/480 ml). Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
6. Remove cooker from heat. Release pressure with slight lifting of pressure regulator.
7. Open cooker.
8. Place cooker with vegetables on medium heat. Add coconut milk and bring to boil, stirring carefully.
9. Remove cooker from heat. Stir in lemon juice. Serve hot. ●

Rajma **(Kidney Bean Curry)**

Serves 10

Pressure Cooking Time 20 minutes

1 x 1 inch / 2.5 cm piece (1/3 oz / 10 g)	fresh ginger
12 small cloves	garlic
1/2 cup / 120 ml	vegetable oil
3	whole dry red chillies (Kashmiri)
2 large (10 1/2 oz / 290 g)	onions grated
3 large (1 lb / 450 g)	tomatoes chopped
1 tbsp / 15 ml	red chilli powder
1 tbsp + 2 1/2 tsp / 27.5 ml	salt
2 1/2 cups / 500 g	rajma soaked overnight or in hot water for 2 hours and drained
4 1/4 cups / 1 litre	water
1 tsp / 5 ml	garam masala powder

1. Grind together ginger and garlic into a paste.
2. Heat oil in cooker about 3 minutes. Add chillies. Stir a few seconds. Add onions and fry till golden brown. Add ginger-garlic paste. Stir a few seconds. Add tomatoes, chilli powder and salt. Cook till tomatoes are pulpy and oil shows separately (about 5 minutes), stirring occasionally. Add *rajma* and water. Mix.

3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 20 minutes.

4. Remove cooker from heat. Allow to cool naturally.

5. Open cooker. Partially mash *rajma* with back of a ladle till gravy is creamy. Stir in *garam masala* powder. Serve hot. ●

Gajar Halwa **(Carrot Pudding)**

Serves 12

Pressure Cooking Time 0 minute

10 large (4 lb / 1.8 kg)	red carrots grated
1/4 cup / 60 ml	milk
2 cups / 400 g	sugar
2 2/3 cups / 400 g	mava crumbled
1/4 cup + 3 tbsp / 90 g	ghee
20	almonds blanched and sliced

1. Put carrots and milk in cooker.
2. Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Release pressure with slight lifting of pressure regulator. Open cooker.
3. Place open cooker with carrots and milk on high heat. Add sugar. Cook till liquid dries up (about 15 minutes), stirring occasionally. Add *mava* and *ghee*. Cook till *ghee* shows separately (about 10 minutes), stirring constantly. Serve hot, garnished with almonds. ●

Kozhi Kuttan (Chicken Curry – Kerala Style)

Serves 8

Pressure Cooking Time 7 minutes

3¼ lb / 1.5 kg	chicken pieces
1½ tsp / 7.5 ml	turmeric
1 tbsp + 1 tsp / 20 ml	salt
1 tbsp / 15 ml	curd
2½ cups / 200 g	coconut coarsely grated
2¼ cups / 540 ml	water
¼ cup / 60 ml	coconut oil
5	whole dry red chillies (Kashmiri)
6	whole dry red chillies
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	fresh ginger chopped
16 small cloves	garlic
½ tsp / 2.5 ml	peppercorns
1 tsp / 5 ml	aniseed
1 x 2 inch / 5 cm stick	cinnamon
10	cloves
3	green cardamoms seeds taken out and kept, pods discarded
¼ cup + 1 tbsp / 25 g	coriander seeds
½ tsp / 2.5 ml	cumin seeds

2 medium (9 oz / 250 g)	onions chopped
2	green chillies slit
2 medium (7 oz / 200 g)	tomatoes puréed

1. Rub chicken pieces with 1 tsp/5 ml turmeric, 1 tsp/5 ml salt and curd. Keep aside.
2. Extract 1 cup/240 ml thick milk from coconut using 1 cup/240 ml water. Add ¾ cup/180 ml water to the same coconut and extract ¾ cup/180 ml thin milk (see page 54).
3. In a pan, heat 1 tbsp/15 ml coconut oil on medium heat about ½ minute. Roast all other ingredients except onions, green chillies and tomato purée (see page 56). Grind together roasted ingredients into a paste, adding a little water (½ cup/120 ml) from time to time.
4. Heat remaining oil (3 tbsp/45 ml) in cooker about 2 minutes. Add onions and fry till golden brown.
5. Add remaining turmeric (½ tsp/2.5 ml), ground paste, chillies and tomato purée. Cook about 3 minutes, stirring constantly. Add chicken and remaining salt (1 tbsp/15 ml). Mix. Add thin coconut milk. Stir.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 7 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Stir in thick coconut milk. Serve hot. ●

Rogan Josh (Mutton in Rich Gravy)

Serves 8

Pressure Cooking Time 12 minutes

1 tbsp / 15 ml	coriander seeds
2 tsp / 10 ml	cumin seeds
1 tbsp / 15 ml	poppy seeds
16	almonds shelled
2	brown cardamoms seeds taken out and kept, pods discarded
¼ tsp / 1.3 ml	peppercorns
4	cloves
a large pinch	mace
2 tbsp / 30 ml	coconut grated
5	whole dry red chillies (Kashmiri) soaked in ½ cup / 120 ml hot water for 15 minutes, water drained and reserved
1 x 2 inch / 5 cm piece (⅔ oz / 20 g)	fresh ginger
8 small cloves	garlic
a large pinch	nutmeg grated
½ cup / 120 ml	vegetable oil
2	bay leaves
1 x 1 inch / 2.5 cm stick	cinnamon

5	green cardamoms cracked just till a seam opens slightly
2 medium (9 oz / 250 g)	onions grated
2 medium (7 oz / 200 g)	tomatoes chopped
1 tsp / 5 ml	turmeric
1 tbsp / 15 ml	red chilli powder
¾ cup / 180 ml	curd beaten
2¾ lb / 1.2 kg	mutton shoulder cut into 1½ inch / 3.8 cm pieces
1 tbsp + 1 tsp / 20 ml	salt
1 cup / 240 ml	water

1. In a pan, roast together coriander, cumin and poppy seeds, almonds, brown cardamom seeds, peppercorns, cloves, mace, coconut (see page 56) and grind into a paste with whole chillies, ginger, garlic and nutmeg, adding a little water in which chillies were soaked (½ cup/120 ml) from time to time.

2. Heat oil in cooker about 2 minutes. Add bay leaves, cinnamon and green cardamoms. Stir a few seconds. Add onions and fry till golden brown. Add ground paste, tomatoes, turmeric and chilli powder. Mix.

3. Add 1 tbsp/15 ml curd. Stir and fry until curd is well blended (about ½ minute). Add remaining curd (½ cup + 3 tbsp/165 ml) in the same way, a tablespoon at a time, till all curd is used. Fry till oil shows separately (about 3 minutes). Add meat and salt. Boil 10 minutes, stirring constantly. Add water. Mix.

4. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 12 minutes.

5. Remove cooker from heat. Allow to cool naturally.

6. Open cooker. Serve hot.

●

Mansam Chops **(Mutton Chops – Andhra Style)**

Serves 10

Pressure Cooking Time 10 minutes

½ cup / 40 g	coconut grated
1 x 4 inch / 10 cm piece (1 ⅓ oz / 40 g)	fresh ginger
28 small cloves	garlic
1 ½ tbsp / 22.5 ml	peppercorns
5	green cardamoms seeds taken out and kept, pods discarded
8	cloves
1 x 2 inch / 5 cm stick	cinnamon
1 tbsp + ½ tsp / 17.5 ml	cumin seeds
⅔ cup / 160 ml	water
2 ¾ lb / 1.2 kg	mutton chops
2 medium (9 oz / 250 g)	tomatoes cut into quarters
½ tsp / 2.5 ml	turmeric
¾ cup / 180 ml	vegetable oil
2 sprigs	curry leaves
6	green chillies sliced
¼ cup / 60 ml	cashew nuts broken into pieces
4 medium (14 oz / 400 g)	onions sliced
1 ½ tbsp / 22.5 ml	salt

1. Grind together coconut, ginger, garlic, peppercorns, cardamom seeds, cloves, cinnamon and cumin seeds into a paste, adding a little water (⅔ cup/160 ml) from time to time.
2. Put chops, tomatoes and turmeric in cooker. Mix.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
4. Remove cooker from heat. Allow to cool naturally.
5. Open cooker. Remove chops. Reserve cooking liquid.
6. In a pan, heat oil about 3 minutes. Add curry leaves, chillies, cashew nuts and onions. Fry till onions are pale brown. Add ground paste. Stir and fry about 3 minutes. Add cooking liquid and salt. Cook till liquid dries up and oil shows separately (about 5 minutes), stirring constantly. Add chops. Stir and fry about 5 minutes. Serve hot. ●

International Recipes

Lamb Stew

Serves 6

Pressure Cooking Time 10 minutes

1 tbsp / 15 ml	vegetable oil
1 tbsp / 15 ml	butter
2 lb / 900 g	boneless lamb shoulder and neck cut into 1½ inch / 3.8 cm pieces
1 small (4 oz / 115 g)	onion chopped
1 clove	garlic finely chopped
2 tbsp / 30 ml	flour
2 sprigs	parsley tied together
¼ tsp / 1.3 ml	dried basil leaves
¼ tsp / 1.3 ml	dried thyme leaves
1	bay leaf
1½ tsp / 7.5 ml	salt
¼ tsp / 1.3 ml	pepper
2 tbsp / 30 ml	tomato paste
2½ cups / 600 ml	water
4 medium (1 lb / 450 g)	carrots cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 small (4 oz / 115 g)	turnip cut into quarters

2 large (1 lb / 450 g)	potatoes cut into 1½ inch / 3.8 cm long and ¾ inch / 1.9 cm thick pieces
1 cup / 150 g	peas shelled
8 small (½ lb / 225 g)	boiling onions
1 tbsp / 15 ml	parsley chopped

1. Heat oil and butter in cooker about 1 minute. Brown lamb on all sides and remove.
2. To oil and butter remaining in cooker, add onion and garlic. Stir fry till onion is transparent. Add lamb and flour. Stir. Add remaining ingredients except carrots, turnip, potatoes, peas, boiling onions and parsley. Mix.
3. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 8 minutes.
4. Remove cooker from heat. Release pressure with slight lifting of pressure regulator.
5. Open cooker. Add remaining ingredients except parsley. Submerge vegetables in cooking liquid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 2 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Discard bay leaf and parsley sprigs. Serve hot, garnished with parsley. ●

Braised Chicken

Serves 4

Pressure Cooking Time 11 minutes

1 (3 lb / 1.3 kg)	whole chicken
½ tsp / 2.5 ml	salt
¼ tsp / 1.3 ml	pepper
3 cloves	garlic crushed
1 tbsp / 15 ml	ketchup
1 tbsp / 15 ml	Worcestershire sauce
1 tbsp / 15 ml	soy sauce
1 tbsp / 15 ml	vinegar
1 tbsp / 15 ml	vegetable oil
¼ cup / 60 ml	water

1. In a bowl, rub chicken with salt, pepper and garlic.
2. Combine ketchup, Worcestershire sauce, soy sauce and vinegar. Rub sauce mixture all over chicken. Cover and keep aside 2 hours.
3. Remove chicken. Reserve sauce mixture.
4. Heat oil in cooker about 2 minutes. Brown chicken on all sides and remove.
5. Remove cooker from heat. Pour water and sauce mixture in cooker. Stir to remove any frying residue attached to base. Add chicken.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 11 minutes.

7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Leaving cooking liquid in cooker, place chicken on serving dish. Keep hot.
9. **To make gravy:** Skim off and remove fat from cooking liquid with a small ladle or spoon. Return cooker to medium heat and boil till liquid is reduced to half, stirring occasionally. Serve chicken hot, with gravy. ●

Tomato Soup

Serves 6

Pressure Cooking Time 10 minutes

4 large (2¼ lb / 1 kg)	ripe tomatoes cores removed
2 medium (10 oz / 280 g)	onions sliced
2 medium (10 oz / 280 g)	carrots cut into ½ inch / 1.3 cm slices
3 cups / 720 ml	water
2 tbsp / 30 ml	lemon juice
1 tbsp / 15 ml	sugar
2½ tsp / 12.5 ml	salt
⅛ tsp / 0.6 ml	pepper
¼ cup / 60 ml	butter

1. Put tomatoes, onions, carrots and water in cooker.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
3. Remove cooker from heat. Allow to cool naturally.

4. Open cooker. Mix the soup smooth in a blender or mash it through a sieve.
5. Return soup to cooker.
6. Place cooker on high heat and bring to boil. Add lemon juice, 1 tsp/5 ml sugar, 1 tsp/5 ml salt and pepper. Stir.
7. Reduce heat to low. Simmer 10 minutes, stirring occasionally. Add, according to taste, remaining sugar (2 tsp/10 ml) and remaining salt (1½ tsp/7.5 ml). Stir.
8. Bring to boil on high heat. Add butter. Stir till melted. Serve hot. ●

Crème Caramel

Serves 6

Pressure Cooking Time 10 minutes

¾ cup / 150 g	sugar
1¼ cups / 300 ml	water
2 cups / 480 ml	milk
3	eggs
½ tsp / 2.5 ml	vanilla extract

1. To make caramel: In a small, heavy saucepan, combine ½ cup/100 g sugar and ¼ cup/60 ml water. Place pan on low heat and stir till sugar is **completely** dissolved. After **all** sugar is dissolved, increase heat to medium. Bring to boil and continue cooking till syrup turns a deep golden colour. Remove pan from heat. Wearing oven mitts, pour caramel in a 1 quart/1 litre mold and tip and turn the mold to coat evenly bottom and sides.

2. Scald milk and allow to cool slightly.
3. In a bowl, beat eggs lightly to mix yolks and whites. Add vanilla and remaining sugar (¼ cup/60 ml). Stir. Gradually add milk, stirring constantly.
4. Pour milk mixture in caramel coated mold. Cover mold with aluminium foil securely tied.
5. Pour remaining water (1 cup/240 ml) in cooker. Place grid in cooker. Place mold on grid.
6. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 10 minutes.
7. Remove cooker from heat. Allow to cool naturally.
8. Open cooker. Take out and uncover mold. (Custard will continue to set as it cools). Allow to cool to room temperature. Refrigerate.
9. Place a serving dish (large enough to accommodate caramel sauce) on top of mold and invert. Shake gently to release. Remove mold. Serve cold. ●

Minestrone Soup

Serves 6

Pressure Cooking Time 11 minutes

1 tbsp / 15 ml	olive oil
1 medium (6 oz / 170 g)	onion chopped
1 clove	garlic crushed
½ cup / 100 g	kidney beans soaked overnight or in hot water for 2 hours and drained
5 cups / 1.2 litres	vegetable stock (see recipe page 53)
⅓ cup / 40 g	macaroni
a pinch	sage ground
1 medium (4 oz / 115 g)	carrot cut into ¼ inch / 6 mm pieces
1 large (11 oz / 310 g)	potato cut into 1 inch / 2.5 cm long, ½ inch / 1.3 cm wide and ½ inch / 1.3 cm thick pieces
1 small (3 oz / 85 g)	zucchini chopped
2 medium (10 oz / 280 g)	tomatoes chopped or 1 can (14½ oz / 415 g) precut, peeled tomatoes
½ cup / 50 g	cabbage chopped
¼ tsp / 1.3 ml	dried basil leaves
½ tsp / 2.5 ml	dried oregano leaves
1¼ tsp / 6.3 ml	salt
½ tsp / 2.5 ml	pepper

1 tbsp / 15 ml **parsley**

½ cup / 60 g **Parmesan cheese** grated

1. Heat oil in cooker about 1 minute. Add onion and garlic. Stir fry till onion is transparent. Add beans and stock. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 5 minutes.
3. Remove cooker from heat. Release pressure by placing cooker in about 4 inches/10 cm of cold water in a basin or in a sink for 2 minutes.
4. Open cooker. Place cooker on high heat. Bring to boil. Add remaining ingredients except parsley and cheese. Stir.
5. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.
6. Remove cooker from heat. Allow to cool naturally.
7. Open cooker. Add parsley. Serve hot, garnished with cheese. ●

Spanish Rice Casserole

Serves 6

Pressure Cooking Time 6 minutes

2 cups / 480 ml	water
2 cups / 400 g	long-grain white rice
1 large (½ lb / 225 g)	onion finely chopped
2 medium (½ lb / 225 g)	green peppers de-seeded and chopped
2 cups (about 1¼ lb / 560 g)	tomatoes blanched, peeled and chopped
⅔ cup / 90 g	celery chopped
1 tsp / 5 ml	dried oregano leaves
1 tsp / 5 ml	dried basil leaves
2 tsp / 10 ml	salt
¼ tsp / 1.3 ml	pepper
⅛ tsp / 0.6 ml	red chilli powder
1 cup / 115 g	Cheddar cheese grated

1. Pour water in cooker. Bring to boil on high heat. Add rice and remaining ingredients except cheese. Mix.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 6 minutes.
3. Remove cooker from heat. Allow to cool naturally 5 minutes. Release pressure with slight lifting of pressure regulator.
4. Open cooker. Add cheese. Stir. Serve hot. ●

Vegetable Stock

Yield: 5 cups

Pressure Cooking Time 15 minutes

1 medium (5 oz / 140 g)	carrot unpeeled, cut into 1 inch / 2.5 cm pieces
1 medium (5 oz / 140 g)	onion thickly sliced
1 small (5 oz / 140 g)	turnip unpeeled, cut into 1 inch / 2.5 cm pieces
2 stalks	celery with leaves coarsely chopped
3 sprigs	parsley
10	pea pods emptied
1	bay leaf
1 clove	garlic
2 tsp / 10 ml	salt
½ tsp / 2.5 ml	dried thyme leaves
4	peppercorns
6 cups / 1.4 litres	water

1. Put all ingredients in cooker. Stir.
2. Close cooker. Bring to full pressure on high heat. Reduce heat and cook 15 minutes.
3. Remove cooker from heat. Allow to cool naturally.
4. Open cooker. Strain stock through a fine sieve. ●

Glossary (Meanings and Methods)

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

Blanch: To plunge food in boiling water. To blanch almonds: Pour boiling water over nuts, cover and allow to cool. Slip off skins. To blanch and peel tomatoes: Immerse tomatoes in rapidly boiling water for 1 to 2 minutes and remove. Allow to cool. Remove core and skin.

Blend: To combine two or more ingredients till they mix thoroughly.

Boiling Onions: Substitute small white onions.

Celery: A green vegetable. Stalks used for flavouring. Available in some markets such as Crawford Market in Mumbai.

Clove of garlic: One of the small curved segments which make up one whole garlic bulb. Small cloves specified in the recipes weigh about 1 g and measure about 2 cm from tip to tip and about 1 cm at the widest part. If you have larger cloves, adjust the quantity appropriately. Large cloves can be five times larger than small cloves.

Coconut milk: Select a coconut without cracks or mold on the shell. Shake coconut; you should be able to hear liquid inside; stale coconuts contain little or no liquid.

To make coconut milk: Break open coconut by holding the coconut in one hand against a hard surface and hitting the coconut with the blunt side of a heavy cleaver all around its 'equator'. At the first sign of a crack, hold the coconut over a bowl to collect coconut water. Though not coconut milk, it makes a refreshing drink. Taste a piece of coconut to check if it is rancid. Break the halves into smaller pieces. Slip a knife between coconut meat and the shell and pry loose the meat. It is customary to remove the brown skin from the meat,

which is done with a potato peeler or paring knife. In the Hawkins Test Kitchen we have compared coconut milk made from coconut with and without the brown skin and found there is no difference in taste but the milk made with the brown skin is slightly less white. Coarsely grate the coconut or cut the coconut meat into pieces of about ½ inch/1.3 cm.

To extract good coconut milk always use the precise quantity of fresh coconut and water stated in the particular recipe. It is advisable to use hot water. Put coconut and the required water in a blender and mix the mixture until finely ground (about 5 minutes). Place muslin or a double thickness of cheesecloth over a bowl. Put mixture into cloth. After cooling, gather up the corners and squeeze through as much milk as possible. Measure the required milk and keep aside. The milk extracted first is called **thick coconut milk**.

To make **thin coconut milk**: Put the same coconut and the specified quantity of water in a blender. Repeat the same process of blending and extracting. Extra coconut can be grated and frozen.

Colander: A perforated bowl-shaped utensil for draining off liquids and rinsing food.

Dried basil leaves: Aromatic herb. Imparts a distinctive flavour. Available in some markets such as Crawford Market in Mumbai. May be omitted.

Dried oregano leaves: See Dried basil leaves.

Dried thyme leaves: See Dried basil leaves.

Flour (Maida): White flour made from wheat which has had the bran and germ removed before grinding.

Garam Masala Powder:

Yield: About 2½ tbsp/37.5 ml

1 tsp/5 ml **peppercorns**

¾ tsp/3.8 ml **cloves**

7 x 1 inch / 2.5 cm sticks **cinnamon**

4 **brown cardamoms**
seeds taken out and kept,
pods discarded. Measure
¾ tsp/3.8 ml seeds.

¾ tsp/3.8 ml **black cumin seeds**
(shah jeera) or **cumin**
seeds

1. Roast together all ingredients in a small, heavy skillet (pan) on medium heat. Stir continuously until the spices darken by a few shades and give out their distinct aromas (about 5 minutes). Remove from heat, spread on a plate and allow to cool.
2. Grind to a powder. Store in an air-tight jar.

Ghee: Clarified butter.

Ginger, fresh: Peel off the smooth brown skin before grating or chopping. The recipes give the weight as well as the length of fresh ginger required. Since the width and thickness of ginger pieces vary, the width of a piece of ginger is taken to be 1 inch/2.5 cm for quantities specified in the recipes. A 1 inch/2.5 cm long and 1 inch/2.5 cm wide piece of ginger is taken to weigh ⅓ oz/10 g.

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

Grind: To crush into bits or fine particles by rubbing between two hard surfaces. The traditional way to grind fresh herbs, dry spices,

pulses, coconut etc. is to use grinding stones (a hollow or flat stone slab and a stone roller called *sil batta*) or mortar and pestle. The modern and easier method is to use any of the various electric mixers, blenders or grinders.

Dry spices may be ground to a powder in a mortar and pestle, an electric coffee grinder or other spice grinder and a mixer-grinder. Place spices in grinder and operate machine until the spices are the required texture.

“Wet” ingredients such as chillies, garlic, ginger, coconut and onions – and whenever liquid is added – can be ground with a *sil batta*, in small electric choppers, mixer-grinders or food processors. For small quantities use the mixer’s small grinding attachment. Cut food into small pieces or grate for easier grinding. When using an electric chopper, blend on high speed about a minute. Stop. Stir the ingredients preferably with a rubber spatula, scraping mixture from the sides of the jar. Continue electric mixing at high speed, stopping the machine and stirring occasionally until the mixture is the desired consistency. Adding liquid enables chopped items to become a smooth paste.

Some recipes require grinding both wet and dry ingredients into a paste. If you do not have a powerful machine for grinding, it may be easier to grind the dry ingredients separately (for instance, in a spice grinder) and add them to the wet ingredients while they are being ground (for instance, in a mixer-grinder). A little experimentation with your equipment will show the easiest way.

Long-grain white rice: Polished Basmati rice is one type.

Mango powder (Amchur): Unripe mango which has been dried and then ground. It imparts a sour, fruity flavour. May be substituted with lemon juice.

Mava (Khoya): Milk which has been boiled down until all moisture has been removed. Available at dairy shops.

Muslin: A thin, plain-weaved cotton cloth.

Parsley: A green herb used mainly as a garnish. Available in some markets such as Crawford Market in Mumbai. May be omitted.

Puréed: To purée is to rub food through a sieve or blend in an electric blender until the food is pulpy. If using a blender to purée tomatoes, remove cores first. Alternatively, tomatoes can be grated to make a purée. Discard the hard skin and core, if any.

Red chilli powder: Whole dried red chillies which have been ground.

Roasting of spices: Before grinding, spices are sometimes roasted to bring out the characteristic aromas and to intensify their flavour. To roast, place spices in a small, heavy skillet (pan) on medium heat. Stir continuously until the spices darken by a few shades and give out

their distinct aromas. Remove from heat, spread on a plate and allow to cool.

Sage: See Dried basil leaves.

Scald: To heat liquid to a temperature just below the boiling point and stop.

Sieve: Utensil having a perforated or meshed bottom for separating solids or coarse material from liquid or fine particles.

Sift: To pass dry ingredients through a sieve.

Simmer: To cook gently just at or below the boiling point; adjust heat so that bubbles form, rise and break very slowly.

Tomato paste: Concentrated tomato purée.

Vanilla extract: Vanilla essence.

Zucchini: Substitute peeled bottlegourd, *lauki*, *dudhi* or *ghia*.

Translations to Hindi and English

Almonds	<i>Badam</i>	Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>	Parsley	<i>Ajmooda ke patte</i>
Aniseed	<i>Saunf</i>	Drumsticks	<i>Sahjan ki phali</i>	Peapods	<i>Matar ke chilke</i>
Asafoetida	<i>Hing</i>	Fenugreek seeds	<i>Methi dana</i>	Peas	<i>Matar</i>
Bay leaves	<i>Tej patta</i>	Flour	<i>Maida</i>	Pepper	<i>Pissi kali mirch</i>
Butter	<i>Makkhan</i>	Garlic	<i>Lissan</i>	Peppercorns	<i>Kali mirch</i>
Cabbage	<i>Bandh gobi</i>	Ginger, fresh	<i>Adrak</i>	Pomegranate seeds	<i>Anardana</i>
Cardamoms (brown)	<i>Moti elaichi</i>	Green beans	<i>Pharasbeen; French beans</i>	Poppy seeds	<i>Khuskhus</i>
Cardamoms (green)	<i>Choti elaichi</i>	Green chillies	<i>Hari mirch</i>	<i>Rajma</i>	Kidney beans
Carrots	<i>Gajar</i>	Green peppers	<i>Simla mirch, Capsicum</i>	Red chilli powder	<i>Pissi lal mirch</i>
Cashew nuts	<i>Kaju</i>	Jaggery	<i>Gur</i>	<i>Sabat urad</i>	Whole black gram
Cauliflower	<i>Phulgobi</i>	<i>Kabuli chana</i>	Chickpeas	Saffron threads	<i>Kesar</i>
Celery	<i>Ajwain ke patte</i>	Lemon	<i>Nimbu</i>	Tamarind	<i>Imli</i>
<i>Chana dal</i>	Bengal gram	Mace	<i>Javitri</i>	Turmeric	<i>Haldi</i>
Cinnamon	<i>Dalchini</i>	Mango Powder	<i>Amchur</i>	Turnip	<i>Shalgam</i>
Cloves	<i>Laung</i>	Mint leaves	<i>Pudina</i>	<i>Tuvar dal</i>	Red gram
Coconut	<i>Nariyal</i>	<i>Moong dal</i>	Split skinned green gram	Whole dry red chillies	<i>Sabat sukhi lal mirch</i>
Coriander leaves	<i>Hara dhania ke patte</i>	Mustard oil	<i>Sarson ka tel</i>	Vinegar	<i>Sirka</i>
Coriander powder	<i>Pissa sukha dhania</i>	Mustard seeds	<i>Rai</i>		
Coriander seeds	<i>Sukha dhania</i>	Nutmeg	<i>Jaiphal</i>		
Cumin powder	<i>Pissa jeera</i>	Olive oil	<i>Jaitoon ka tel</i>		
Cumin seeds	<i>Jeera</i>				
Curd	<i>Dahi; Yogurt</i>				

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How to Open the Hawkins Ventura



1. Squeeze handles together. Release latch.



2. Pushing lid towards far wall of cooker body, move lid handle away from you.



3. Raise lid edge out of cooker body with a slight twist of wrist of hand holding lid handle.



4. Move lid handle further away to right angle to body handle.



5. Move lid out towards you.

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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How to Close See inside front cover

