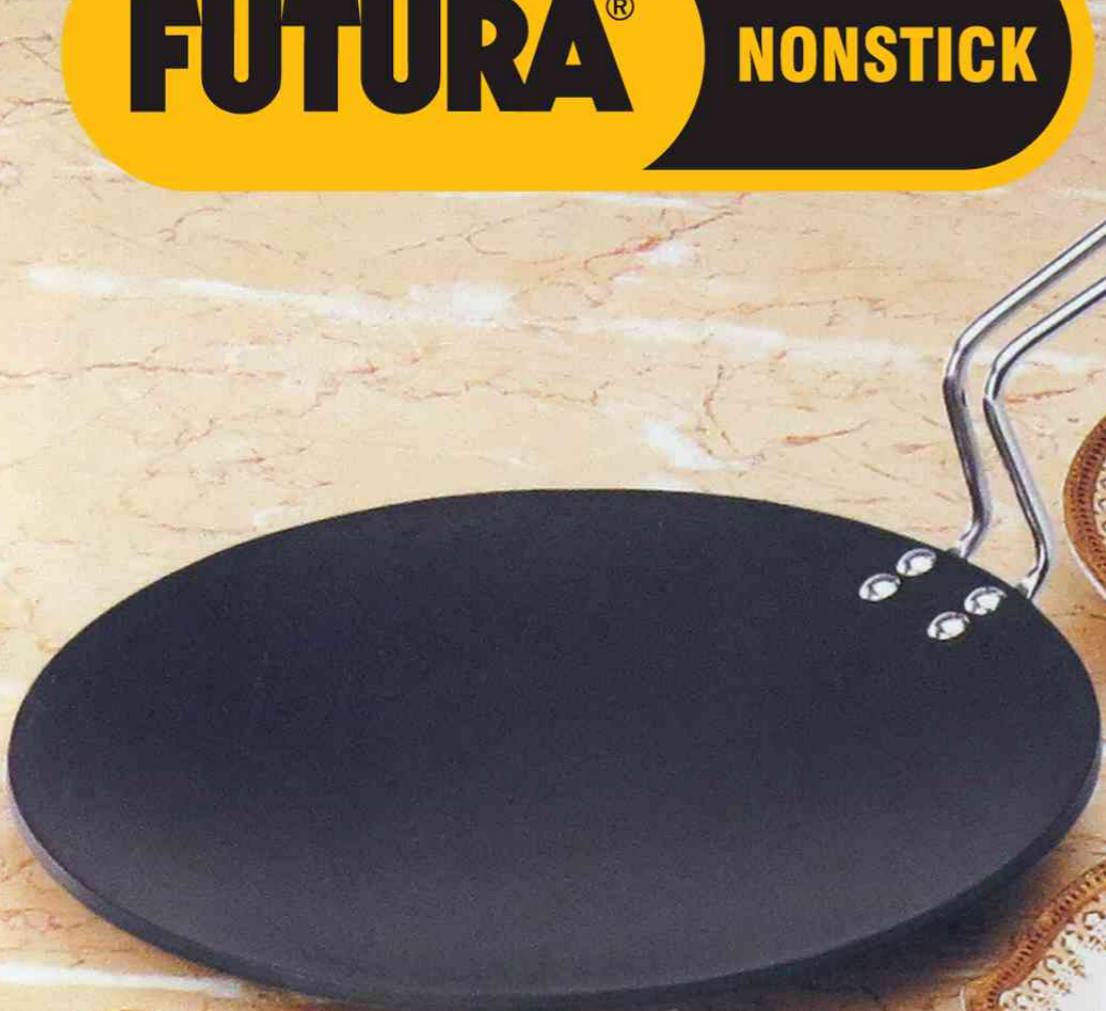


**FUTURA**<sup>®</sup>

**NONSTICK**

**TAVA (GRIDDLE)  
INSTRUCTION MANUAL**  
with 10 tested recipes



WELSH GRIDDLE CAKES



SCOTCH PANCAKES



PANEER TIKKI  
(COTTAGE CHEESE CUTLETS)



COCONUT CHUTNEY



DOSA  
(RICE/GRAM INDIAN PANCAKES)





## IMPORTANT SAFEGUARDS

1. Do not use high heat.
2. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat.
3. Limit preheating without food to 3 minutes for the 22 cm tava and 4 minutes for the 26 cm tava on medium heat.
4. When tava is hot, ensure that it is never without food.
5. Do not cut on tava or scrape it with metal or sharp edged objects.
6. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not use abrasive cleaning agents or scrubbers.
7. Do not put hot tava in cold water.
8. Do not wash tava in a dishwasher.
9. Do not put tava in a hot oven or under a broiler.
10. The handle of tava should be parallel to the kitchen counter – not sticking out.
11. Always give careful attention to a hot tava, hot oil and flame/heat.
12. Do not leave frying unattended.
13. Do not drop food or other objects from a height on the tava particularly when it has hot oil or butter. Gently place food on the tava to avoid splashing of the contents.
14. Read and follow instructions in this Manual.

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# Introduction

## Futura Nonstick Cookware

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

## Futura Nonstick Tava (Griddle)

This Manual contains instructions and 10 recipes for the three Futura Nonstick Tava (Griddle): 22 cm diameter, 26 cm diameter (4.06 mm thick) and 26 cm diameter (4.88 mm thick). The size and thickness of the tava is stamped on the underside of the tava. Specific instructions for a particular size are given when required. Your tava will give you years of easy, great-tasting, healthful, economical cooking and easy clean-up if you carefully follow the instructions in this Manual.

## Futura Nonstick Flat Tava (Griddle)

Also available in the Futura Nonstick Cookware range are three flat tava: 26 cm diameter with stainless steel handle, 26 cm diameter with plastic handle and 30 cm diameter with stainless steel handle – which have their own Manual.

# How to Use

## Wash Before Use

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

## Seasoning

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

## Suitable Heat Sources

High temperatures will shorten the life of the nonstick and may destroy it. Use tava only on domestic gas, electric or halogen stoves in which the temperature can be regulated to low and medium heat. **Do not use high heat. Use low to medium heat.**

## Limit Preheating of Tava

Some foods require preheating of the tava. Foods such as *phulka* and *paratha* require the tava to be at a certain temperature before you cook the first batch.

**When preheating the cold empty tava (with or without oil) before beginning to cook, it is critical that THE HEAT IS NO MORE THAN MEDIUM and the time is strictly limited to no more than the following:**

Tava	Maximum Preheating Time
22 cm	3 MINUTES
26 cm	4 MINUTES

The actual time required for preheating for best cooking results may be less, depending on the food being cooked and your burner. Overheating can occur quickly if the tava is left on the heat without food so **NEVER** keep the tava empty on the heat once it is hot.

## Avoid Overheating: Check Your Burner

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

**The tava can overheat even on medium heat if the burner is providing excessive heat.** To check if your burner can overheat even on medium heat, place clean tava on medium heat. Heat tava for 2 minutes. Press one finger firmly into whole wheat flour (*atta*). Do not pinch. Flick from a distance of about 6 cm a small, fine, even dusting of flour on centre of tava and immediately begin counting off seconds (“one second, two second, three second” etc.) while watching the flour. The time the flour takes to become dark brown gives a rough indication of how hot the tava is. As long as flour has not turned dark brown within 15 seconds, the tava is not overheated. Follow the steps in the chart on the next page to complete the test. Do not exceed the preheating limit of 3 minutes for 22 cm tava and 4 minutes for 26 cm tava in any case.

Flour turns dark brown in 15 seconds or less?	Tava is...	Action needed
<b>A. Yes</b>	<b>Overheated</b>	<ol style="list-style-type: none"> <li>1. Remove tava from heat at once.</li> <li>2. Reduce heat setting.</li> <li>3. Try again when tava has cooled.</li> </ol>
<b>B. No</b>	<b>Not overheated</b>	<ol style="list-style-type: none"> <li>1. Continue heating tava for one more minute. Repeat flour test.</li> <li>2. If flour turns dark brown in 15 seconds or less, tava is overheated: follow action as per <b>A</b>.</li> <li>3 <b>a. For the 22 cm tava:</b> If flour does not turn dark brown in 15 seconds or less, the heat setting is all right for preheating. Stop the test. <b>b. For the 26 cm tava:</b> If flour does not turn dark brown in 15 seconds or less, continue heating tava for one more minute. Repeat flour test. If flour turns dark brown in 15 seconds or less, tava is overheated: follow action as per <b>A</b>. If flour does not turn dark brown in 15 seconds or less, the heat setting is all right for preheating. Stop the test.</li> </ol>

### Avoid Scratching, Damage

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

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

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

# How to Clean

## Wash After Every Use

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

Always wash tava thoroughly after every use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not wash tava in a dishwasher. Let tava cool before immersing in water. For stubborn spots on the **nonstick surface**, soak tava in hot water about 10 minutes and rub with a non-abrasive plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the tava ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the tava to avoid damaging the tava. Dry thoroughly with a soft clean cloth.

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

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

## Avoid “Baked-On” Food

If tava is not cleaned thoroughly, a thin layer of food or grease may remain. When the tava is heated next this food/grease becomes “baked-on” and very difficult to remove. “Baked-on” food may be impossible to remove without damaging the tava.

If you get “baked-on” food, you may try the following methods knowing that the tava surface may get damaged:

**On the Hard Anodised (Bottom Surface):** Make a thick paste of a cleaning powder such as Vim and apply it to the surface. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

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

# Easy Tips for Better Cooking

1. All measurements used in these recipes are level, not heaped.

1 teaspoon = 5 ml

1 tablespoon = 15 ml/3 teaspoons

¼ cup = 60 ml/4 tablespoons

⅓ cup = 80 ml/5 tablespoons + 1 teaspoon

½ cup = 120 ml/8 tablespoons

¾ cup = 180 ml/12 tablespoons

1 cup = 240 ml/16 tablespoons

## Abbreviations

gm = gram

cm = centimetre

ml = millilitre

2. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.

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

4. Time and heat settings in these recipes refer to the large burner of an efficient domestic gas stove. (For the 22 cm diameter tava, use the small burner.) You may have to adjust these times and settings to suit your stove. For best cooking results, adjust the heat so that cooking times are the same as those given in the recipes. You will be helped in making these adjustments by the steps and indications given in various recipes (for example, a few light brown specks should appear

on the underside of a *paratha* after 1½ minutes on medium heat). Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.

5. Adding a little oil or butter to the tava may enhance the colour, taste and texture of many foods.

6. The quantities of green chillies recommended in the recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies according to your taste.

7. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium temperatures. Higher heat hardens the protein, resulting in rubbery eggs.

8. The nonstick coating of the tava retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.

9. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.

10. To prevent sticking when rolling out rounds of dough: slightly flatten balls and press the balls/coils lightly in flour on both sides. Shake off excess flour and roll out.

11. While cooking on tava, *paratha* and *phulka* leave a residue of flour that will burn. Using a kitchen cloth wipe off accumulated residue after every third *roti*.

12. If you come across a word in the recipes which you do not understand, please check **Glossary (Meanings and Methods)** page 17.

## How to Stuff *Paratha*

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



Figure A



Figure B

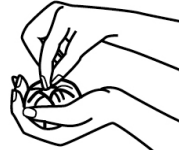


Figure C

1. Place round on palm of hand. Cup hand slightly to form a depression in centre of round (Figure A).
2. Put amount of filling specified in recipe on round. Except potato, lightly pat filling, spreading evenly to  $\frac{1}{2}$  cm from edge of round (Figure B).
3. Surround filling evenly with dough by gently opening and closing hand slightly in a pulsating motion till some edges just meet. Pinch together the edges which meet just enough to seal (Figure C). Pat sealed area to get an even thickness of dough. Repeat till round is closed fully.
4. Place stuffed round on board. Flatten slightly. Stuff remaining rounds of dough in the same way. Keep covered with a damp cloth.
5. On a floured board, roll each stuffed ball gently into a flat round 15 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.

## How to Cook *Paratha*

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

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



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## ***Channa Dal Paratha (Unleavened Bread Stuffed with Bengal Gram)***

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Yield: 12 *paratha*

### **Filling**

2 cups + 3 tablespoons (525 ml)	<b>water</b>
1⅓ cups (225 gm)	<b>Bengal gram</b> soaked in 2 cups water for 15 minutes and drained
1¾ teaspoons	<b>salt</b>
¼ teaspoon	<b>turmeric powder</b>
1 medium (120 gm)	<b>onion</b> finely chopped
1 x 2.5 cm piece (5 gm)	<b>ginger</b> finely chopped
4	<b>green chillies</b> finely chopped
¼ cup	<b>coriander leaves</b> finely chopped

### **Dough**

4 cups (400 gm)	<b>sifted wheat flour</b>
½ teaspoon	<b>salt</b>
1⅓ cups + 1 tablespoon (335 ml)	<b>water</b>

### **Ghee for Frying**

½ cup (120 gm)

**1. To make filling:** Bring water to boil in a medium pan on high heat. Add gram, salt and turmeric powder. Stir. Bring to boil. Reduce heat to low. Cover and cook till gram is tender but not mushy (about 35 minutes). Meanwhile, do **step 2**. Drain off excess water, if any. Allow to cool. Add remaining ingredients. Mix.

**2. To make dough:** Mix flour, salt and 1 cup water. Add enough of remaining water (6 tablespoons), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**3.** Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 4 cm in diameter. Keep covered with a damp cloth.

**4.** On a floured board, roll each ball of dough into a flat round 10 cm in diameter (see page 6 para 10). Keep covered with a damp cloth.

**5. To stuff *paratha* :** Follow illustrated steps on page 7, using ¼ cup of filling for each round of dough.

**6.** Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.

**7.** Put round on tava. Cook as explained on page 7. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

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## ***Welsh Griddle Cakes***

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Yield: 15 cakes

1¾ cups (200 gm)	<b>refined flour</b>
2 teaspoons	<b>baking powder</b>
¼ teaspoon	<b>salt</b>
¼ teaspoon	<b>nutmeg powdered (optional)</b>
⅓ cup + 1½ tablespoons (100 gm)	<b>cold butter</b> cut into 1.5 cm cubes and refrigerated till use
¾ cup (100 gm)	<b>powdered sugar</b>
⅓ cup (50 gm)	<b>raisins</b>
1	<b>egg</b> beaten
½ to 2 teaspoons	<b>milk</b>
1 teaspoon	<b>butter</b>

1. Sift together flour, baking powder, salt and nutmeg, three times. Place in large bowl.
2. Add butter into bowl. Take a small portion of butter and flour mixture between fingertips and thumb of each hand. Raise hands about 20 cm from base of bowl. Rub butter and flour mixture between fingers and thumbs; let mixture fall into bowl. Repeat till all butter is rubbed in and mixture resembles fine bread crumbs. Add sugar and raisins. Mix with a fork. Add egg. Mix with fork. Add and mix enough milk,

½ teaspoon at a time, till mixture can be patted to form a ball. Do not knead.

3. On a floured surface, roll out dough evenly to about ½ cm thick. Cut into rounds with pastry cutter or inverted bowl or glass 7 cm in diameter. Use a blunt knife/spatula to lift rounds and place on a floured surface.

4. Gather trimmings and form a ball. Repeat **step 3** till all dough is cut into rounds (about 15).

5. Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.

6. Reduce heat to low. Spread butter all over tava. Quickly add 5 rounds\*, leaving the centre space free. Cook about 5 minutes on each side (both sides should be golden brown). Cook remaining rounds, 5\* at a time, on low heat about 3 minutes on each side without adding butter. Serve hot or at room temperature accompanied with honey or jam.

\*4 rounds on the 22 cm tava

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## ***Gobi Paratha (Unleavened Bread Stuffed with Cauliflower)***

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Yield: 12 *paratha*

### **Dough**

4 cups (400 gm)	<b>sifted wheat flour</b>
½ teaspoon	<b>salt</b>
1⅓ cups + 1 tablespoon (335 ml)	<b>water</b>

### **Filling**

3 medium (1.5 kg)	<b>cauliflowers</b> leaves and tough lower part of stems removed, quartered (750 gm)
5 teaspoons	<b>salt</b>
2 medium (200 gm)	<b>onions</b> finely chopped
1½ teaspoons	<b>cumin seeds</b>
5	<b>green chillies</b> finely chopped
¼ cup	<b>coriander leaves</b> finely chopped

### **Ghee for Frying**

½ cup (120 gm)

**1. To make dough:** Mix flour, salt and 1 cup water. Add enough of remaining water (6 tablespoons), 2 tablespoons at a

time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**2. To make filling:** Grate cauliflower. Mix cauliflower and salt. Keep aside 15 minutes. Squeeze out and discard water. Add remaining ingredients. Mix.

**3.** Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 4 cm in diameter. Keep covered with a damp cloth.

**4.** On a floured board, roll each ball of dough into a flat round 10 cm in diameter (see page 6 para 10). Keep covered with a damp cloth.

**5. To stuff *paratha* :** Follow illustrated steps on page 7, using 5½ tablespoons of filling for each round of dough.

**6.** Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.

**7.** Put round on tava. Cook as explained on page 7. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

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## ***Makai ki Roti (Corn Meal Flat Bread)***

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Yield: 12 *roti*

4 cups (400 gm)	<b>corn meal</b>
2¼ cups (540 ml)	<b>water</b>
½ cup (120 gm)	<b>ghee</b>

1. Start this step only when ready to cook. Mix corn meal and 1½ cups water. Add enough of remaining water (¾ cup), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball. Make 12 balls about 4.5 cm in diameter. Keep covered with a damp cloth.
2. On a well floured board, roll a ball of dough lightly. Dust rolling pin from time to time to avoid sticking. Seal cracks by pinching edges and continue rolling into a flat round 14 cm in diameter.
3. Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.
4. Put one hand over round and tip board till round drops onto open palm.\* Put round on tava. Cook till underside has light golden brown patches (about 2 minutes). Turn over with a wooden spatula. Cook 2 minutes. Turn over. Continue cooking, following steps 3 to 9 of How to Cook Paratha on page 7 till evenly browned on both sides.
5. Roll out and cook remaining balls in the same way. Roll out each ball shortly before cooking (while another round is on tava).

6. Serve hot, accompanied with *sarson ka saag*.  
\*If round sticks to the board, ease round using broad metal spatula and tip board in the same way. ●

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## ***Phulka (Puffed Unleavened Bread)***

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Yield: 12 *phulka*

2½ cups (250 gm)	<b>sifted wheat flour</b>
½ teaspoon	<b>salt (optional)</b>
¾ cup + 2 tablespoons (210 ml)	<b>water</b>

1. Mix flour, salt and ½ cup water. Add enough of remaining water (6 tablespoons), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. With oiled hands, knead dough briefly. Make 12 balls about 3 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll each ball of dough into a flat round 14 cm in diameter (see page 6 para 10). Keep on a lightly floured surface, covered with a damp cloth.
4. Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava. Put round on tava. Cook till small blisters appear on surface and very few light brown specks appear on underside (about 15-20 seconds). Turn over. Cook till brown specks appear on underside



(about 50 seconds). Turn over. If you are experienced with the technique, you may puff up *phulka* directly on the flame. Otherwise, with a folded kitchen cloth, press edges of *phulka* till *phulka* puffs up and/or underside has brown specks (about 30-40 seconds). Cook remaining rounds in the same way. Serve hot. ●

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## ***Paratha (Layered Unleavened Bread)***

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Yield: 12 *paratha*

5 cups (500 gm) **sifted wheat flour**

1 teaspoon **salt** (optional)

1¾ cups (420 ml) **water**

½ cup + 2 tablespoons **ghee**  
(150 gm)

1. Mix flour, salt and 1 cup water. Add enough of remaining water (¾ cup), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 4 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll a ball of dough into a flat round 15 cm in diameter (see page 6 para 10). Spread ½ teaspoon ghee all over the top surface of the round.

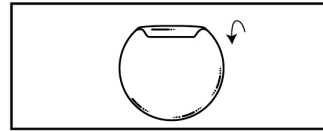


Figure A

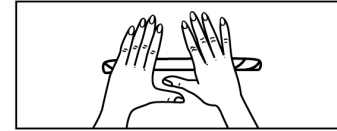


Figure B



Figure C

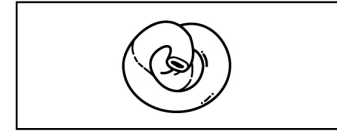


Figure D

4. Starting at one edge, tightly roll up round (Figure A). With palms of both hands roll back and forth till extended to 20 cm long (Figure B). Wind around one end into a flat coil (Figure C). Put free end over centre top of coil (Figure D). Press down free end gently. Flatten coil slightly.
5. Make remaining balls into coils in the same way. Keep covered with a damp cloth.
6. On a floured board, roll each coil into a flat round 15 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.
7. Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.
8. Put round on tava. Cook as explained on page 7.
9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot. ●

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## ***Paneer Tikki (Cottage Cheese Cutlets)***

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Yield: 20 *tikki*

8⅓ cups (2 litres)	<b>milk</b>
2 tablespoons	<b>lemon juice</b>
2 slices (each 8 cm x 7 cm x 1 cm)	<b>bread</b>
1 cup (240 ml)	<b>water</b>
2 tablespoons	<b>cornflour</b>
1 small (75 gm)	<b>onion</b> finely chopped
¼ cup	<b>coriander leaves</b> chopped
2	<b>green chillies</b> finely chopped
1½ teaspoons	<b>salt</b>
¼ teaspoon	<b>pepper</b>
5 teaspoons	<b>vegetable oil</b>

**1. To make soft paneer :** Bring milk to boil in a large pan. Add lemon juice, stirring constantly (about 1 minute) till milk has curdled (curd separated from whey). Remove pan from heat. Place muslin cloth over a bowl. Pour curdled milk into muslin and strain. Gather up corners of muslin and tie about 5 cm above curds. Hang this bag about 30 minutes. Gently squeeze bag to drain excess whey. Untie bag. Weigh 400 gm *paneer* to make *tikki*. Gently crumble *paneer*.

**2.** Immerse each bread slice in water for 15 seconds. Squeeze out and discard water. Shred bread into tiny pieces.

**3.** Mix gently with fingertips *paneer*, bread and all other ingredients except oil. Make 20 slightly rounded patties about 5 cm in diameter, 1 cm thick.

**4.** Spread 1 teaspoon oil on tava. Place on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava. Reduce heat to low. Add 4 patties. Fry on both sides till golden brown (about 3 minutes on each side). Remove. Fry remaining patties in the same way, except do not increase or reduce heat. Serve hot, accompanied with chutney or tomato ketchup. ●

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## ***Puran Poli (Sweet Stuffed Unleavened Bread)***

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Yield: 18 *poli*

### **Dough**

1¾ cups (200 gm)	<b>sifted refined flour</b>
¼ teaspoon	<b>salt</b>
a pinch	<b>turmeric powder</b>
⅓ cup + 1 tablespoon + 1 teaspoon (100 ml)	<b>water</b>
¼ cup + 2 tablespoons (90 ml)	<b>vegetable oil</b>

### **Filling**

1 cup (200 gm)	<b>Bengal gram</b>
1⅓ cups (400 ml)	<b>water</b>
1⅓ cups (375 gm)	<b>jaggery</b> grated
10	<b>green cardamoms</b> husks removed, seeds powdered

**1. To make dough:** Mix flour, salt and turmeric powder. Add water and mix to make a stiff dough. Add oil, 2 tablespoons at a time, kneading after each addition, till dough is very soft, elastic and no longer sticky. Keep covered 1 hour.

**2. To make filling:** Put gram and water in a Hawkins pressure cooker. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat and cook 10 minutes. Remove cooker from heat. Allow to cool naturally.

**3.** Open cooker. Mash *dal* with back of a ladle.

**4.** Add jaggery and cardamom. Cook on medium heat till mixture thickens and leaves the sides of cooker, stirring occasionally (about 15 minutes). Allow to cool.

**5.** With oiled hands, make 18 balls about 3 cm in diameter. Keep covered.

**6. To make *poli* :** Knead dough briefly. With oiled hands, make 18 balls about 3 cm in diameter. Keep covered.

**7.** Rub hands with a little oil. Put a ball of dough on palm of one hand. With fingers of other hand, pat dough outwards to form a round 6 cm in diameter. Put a ball of filling in centre of round. Close round over filling by gently gathering dough from sides to top, pinching to form a tiny peak. Press peak to one side and pat dough to seal any openings. Keep assembled ball on floured surface. Assemble and keep remaining balls in the same way.

**8.** On a floured board, flatten assembled ball slightly. Roll gently into a flat round 14 cm in diameter (see page 6 para 10). Roll out remaining balls in the same way. Keep covered.

**9.** Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava. Put round on tava. Cook about 1 minute (underside should have very few faint brown specks). Turn over. Cook second side similarly about 1 minute. Cook remaining rounds in the same way. Serve hot or at room temperature. Optional garnish: melted ghee or butter. ●

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## ***Alu Paratha (Unleavened Bread Stuffed with Potatoes)***

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Yield: 12 *paratha*

### **Filling**

1½ cups (360 ml)	<b>water</b>
4 large (600 gm)	<b>potatoes</b>
2 medium (200 gm)	<b>onions</b> finely chopped
2	<b>green chillies</b> finely chopped
1½ tablespoons	<b>coriander leaves</b> chopped
2½ teaspoons	<b>salt</b>
1½ teaspoons	<b>cumin seeds</b>
½ teaspoon	<b>red chilli powder</b>
1¼ teaspoons	<b>coriander powder</b>
a pinch	<b>pepper</b>
1 tablespoon	<b>pomegranate seeds</b> crushed

### **Dough**

3¾ cups (375 gm)	<b>sifted wheat flour</b>
½ teaspoon	<b>salt</b>
1¼ cups (300 ml)	<b>water</b>

### **Ghee for Frying**

½ cup (120 gm)

**1. To make filling:** Pour water into a Hawkins pressure cooker. Put grid in cooker. Place potatoes on grid. Close

cooker. Bring to full pressure (first whistle) on high heat. Reduce heat and cook 15 minutes. Meanwhile, do **step 5**.

**2.** Remove cooker from heat. Release pressure by slight lifting of vent weight.

**3.** Open cooker. Remove potatoes. Cool just till potatoes can be handled. Peel and mash potatoes. Allow to cool. Add remaining ingredients. Mix.

**4.** Rub hands with a little ghee, make 12 balls about 4 cm in diameter. Keep covered.

**5. To make dough:** Mix flour, salt and ¾ cup water. Add enough of remaining water (½ cup), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**6.** Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 3.5 cm in diameter. Keep covered with a damp cloth.

**7.** On a floured board, roll each ball of dough into a flat round 10 cm in diameter (see page 6 para 10). Keep covered with a damp cloth.

**8. To stuff *paratha* :** Follow illustrated steps on page 7, using 1 ball of filling for each round of dough.

**9.** Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.

**10.** Put round on tava. Cook as explained on page 7. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●



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## ***Pudina Paratha (Layered Unleavened Bread with Mint)***

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Yield: 12 *paratha*

4½ cups (450 gm)	<b>sifted wheat flour</b>
5½ cups (85 gm)	<b>mint leaves chopped</b>
2 teaspoons	<b>cumin seeds</b>
2 teaspoons	<b>vegetable oil</b>
1½ teaspoons	<b>salt</b>
a pinch	<b>pepper</b>
a pinch	<b>red chilli powder</b>
1¼ cups (300 ml)	<b>water</b>
½ cup + 2 tablespoons (150 gm)	<b>ghee</b>

1. Mix all ingredients except water and ghee. Add ¾ cup water. Mix. Add enough of remaining water (½ cup), 2 tablespoons at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.
2. Rub hands with a little ghee. Knead dough briefly. Make 12 balls about 4 cm in diameter. Keep covered with a damp cloth.
3. On a floured board, roll a ball of dough into a flat round 15 cm in diameter (see page 6 para 10). Spread ½ teaspoon ghee all over the top surface of the round.

4. Starting at one edge, tightly roll up round (Figure A). With palms of both hands roll back and forth till extended to 20 cm long (Figure B). Wind around one end into a flat coil (Figure C). Put free end over centre top of coil (Figure D). Press down free end gently. Flatten coil slightly.

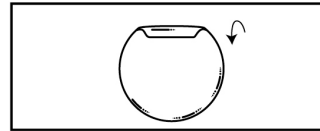


Figure A

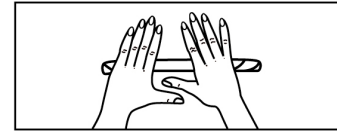


Figure B

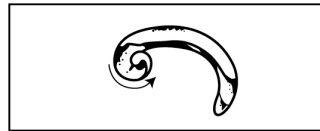


Figure C

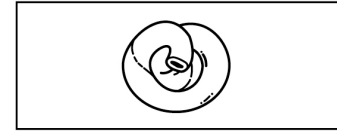


Figure D

5. Make remaining balls into coils in the same way. Keep covered with a damp cloth.
6. On a floured board, roll each coil into a flat round 15 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.
7. Heat tava on medium heat about 2 minutes for 22 cm tava/about 3 minutes for 26 cm tava.
8. Put round on tava. Cook as explained on page 7.
9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

## Glossary (Meanings and Methods)

**Beat:** To mix with an instrument using a regular, rapid, rhythmic movement.

**‘Cornflour’ (cornstarch):** The starch of corn very finely ground; used as a thickener. Available in grocery shops in plastic packets.

**Corn Meal (*Makai ka Atta*):** Flour made from pure maize (corn) which has been ground fine.

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

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

**Ghee:** Clarified butter.

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

**Knead:** To work dough with hands by pushing into the dough, folding it over

and pushing again until dough is resilient, smooth and satiny.

**Muslin:** A thin, plain-weaved cotton cloth.

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

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

***Roti*:** A general term for Indian breads.

***Sarson ka Saag*:** Mustard leaves.

**Sift:** To pass dry ingredients through a sieve.

### Translations to Hindi:

Bengal gram	<i>Channa dal</i>
Cardamoms (green)	<i>Choti elaichi</i>
Cauliflower	<i>Phulgobi</i>
Coriander leaves	<i>Hara dhania ke patte</i>
Coriander powder	<i>Pissa sukha dhania</i>
Cumin seeds	<i>Jeera</i>
Curd	<i>Dahi</i>
Ginger	<i>Adrak</i>

Green chillies *Hari mirch*

Jaggery *Gur*

Lemon juice *Nimbu ka rus*

Mint leaves *Pudina*

Nutmeg *Jaiphal*

Pepper *Pissi kali mirch*

Pomegranate seeds *Anardana*

Raisins *Kishmish*

Red chilli powder *Pissi lal mirch*

Turmeric *Haldi*

**Wheat Flour (*Gahun ka Atta*):** Flour made from whole wheat (usually a variety low in gluten), very finely ground for making Indian bread. Outside India, this flour is called ‘*chapatti* flour’ and is available in East Indian food stores. A fairly close substitute is whole wheat pastry flour. Regular whole wheat flour gives heavier results and is stiffer and more difficult to work with than ‘*chapatti* flour’. If regular whole wheat flour must be used, sift it several times through a very fine sieve (to get a fine flour and to remove bran) and substitute refined flour for half the whole wheat flour in a recipe. Once adept at handling the dough, you may decrease the quantity of refined flour to suit your taste.





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ALU PARATHA  
(UNLEAVENED BREAD  
STUFFED WITH POTATOES)



UTTAPAM  
(SAVOURY RICE/GRAM  
INDIAN PANCAKES)



PUDINA PARATHA  
(LAYERED UNLEAVENED  
BREAD WITH MINT)



MAKAI KI ROTI  
(CORN MEAL FLAT BREAD)



PARATHA  
(LAYERED UNLEAVENED BREAD)



CHANNA DAL PARATHA  
(UNLEAVENED BREAD STUFFED WITH BENGAL GRAM)

