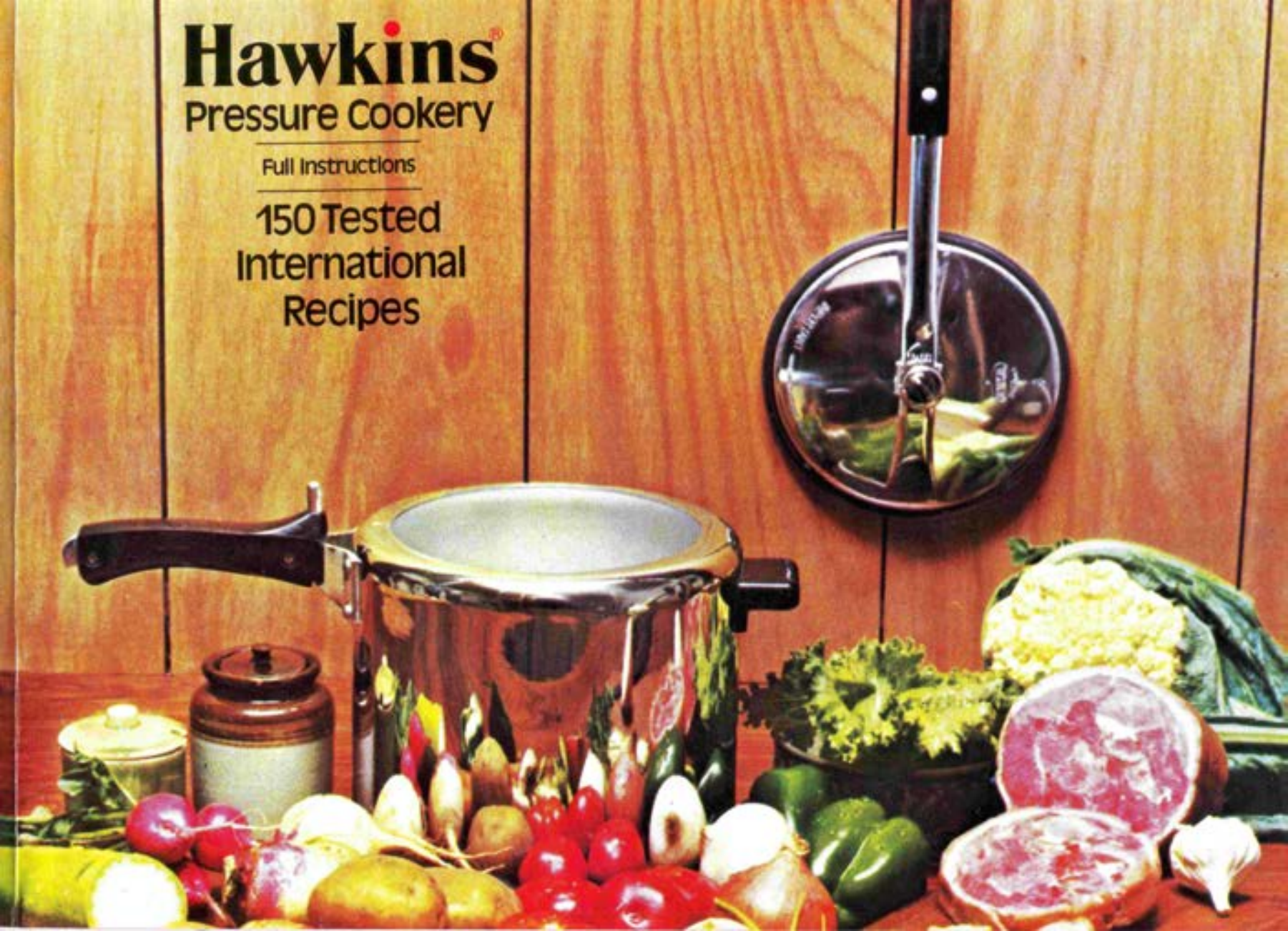


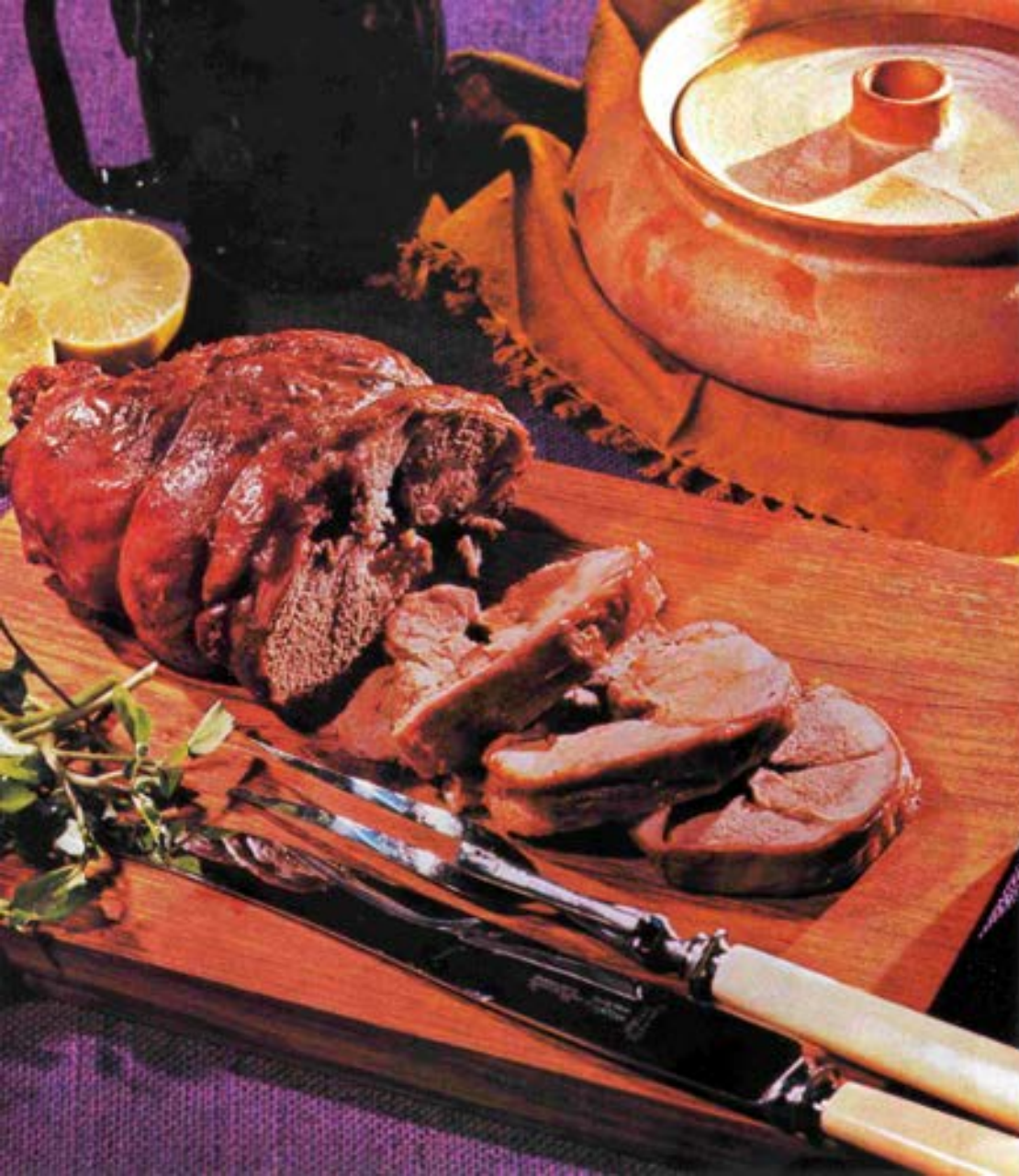
Hawkins®

Pressure Cookery

Full Instructions

150 Tested
International
Recipes





***T**his book tells you all you need to know about how to use the Hawkins-Universal pressure cooker to best advantage. Detailed instructions and easy-to-follow **tested and tasted** recipes make it a most useful working guide. Keep it handy. It will open a whole new world of easy, sensible, pleasurable cooking for you and your family.*

Bon appetit!

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. Do not wash in a dish washer.
5. Extreme caution must be used when moving a pressure cooker containing hot liquids.
6. Do not use pressure cooker for other than intended use.
7. 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 "Operating Instructions" on page 6.
8. Always check that the vent tube is clear immediately before closing the lid for pressure cooking.
9. The vent weight is an accurately weighted device to regulate operating pressure. Never place anything over the vent weight while cooking.
10. When starting to pressure cook, close the lid WITHOUT the vent weight in position on the vent tube. Place the vent weight on the vent tube ONLY AFTER steam starts to come out of the vent tube steadily. See "Operating Instructions" on page 7.
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 2/3 full. When cooking foods that expand during cooking such as rice or dried vegetables, do not fill the unit over 1/2 full. Over filling may cause a risk of clogging the vent tube and developing excess pressure. See Food Preparation Instructions i.e. "Operating Instructions" on pages 14 & 15.
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 (vent tube). 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 lift vent weight for reducing pressure in case of liquid or frothing foods.
16. 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 7 & 8.
17. Do not use this pressure cooker for pressure frying with oil.
18. Never use the pressure cooker body made of aluminium for deep frying or light frying for more than 20 minutes at a time since the strength of the metal may decrease to a dangerous level.
19. Pressure cooker bodies should not be used as an oven for dry heating or baking as this can affect the safety of the cooker.
20. 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 by a genuine Hawkins safety valve.
21. Do not attempt to make any changes to the pressure regulator and safety valve. Repairs other than the replacement of gasket, body handle, safety valve and the vent weight must be done only by an authorised service centre/representative. All replacement parts must be genuine Hawkins parts.
22. In case of Hawkins pressure cookers suitable for use on an electric hot plate, use a plate of diameter equal to or less than that of the base of the pressure cooker.
23. **SAVE THESE INSTRUCTIONS.**

Hawkins[®]

Pressure Cookery

Full Instructions

150 Tested International Recipes

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FOREWORD

In today's world where you are faced with too much to do and too little time or money to do it in, **pressure cooking** has become a necessity. Scientific cooking trials have proved that the Hawkins-Universal pressure cooker saves on the average, 53% time, fuel and money.

Besides, the Hawkins-Universal will help you cook more nutritious and hygienic food for you and your family which is as tasty as they are used to getting from you.

The Hawkins-Universal makes cooking an easy and delightful task, not only for working mothers and busy housewives, but for bachelors and husbands with culinary pretensions as well!

You'll find there's no end to the variety of dishes you can cook in your Hawkins. Soups, fish, meat, poultry, game, vegetables, cereals, desserts and jams . . . 150 tried-and-tested international favourites from Continental to Indian and Chinese cuisine are found here.

IMPORTANT ADDITIONAL INFORMATION

This pressure cooker has a new improved pressure regulation system for faster cooking, easier insertion and removal of vent weight and less sprouting of foods prone to frothing.

SPECIAL INSTRUCTIONS FOR USING THIS PRESSURE COOKER

Maximum Quantities

- The cooker body should never be filled more than two-thirds. Liquids or foods which froth or expand during cooking should not be loaded more than half. Any food which froths excessively should be limited to one-third the capacity of the cooker body (food and water combined). If frothing still occurs, reduce quantity by a further 10% and bring to full pressure on medium heat – not high heat.
- To cook **tuvar dal** follow this table:

Model	Maximum Quantity of <i>dal</i>	Quantity of water required
3.5 litre	1 cup/200 gm/7 oz	700 ml/2 ³ / ₄ cups
4 litre	1 cup/200 gm/7 oz	700 ml/2 ³ / ₄ cups
5 litre	1 ³ / ₄ cups/350 gm/12 ¹ / ₂ oz	1.2 litre/5 cups
6.5 litre	2 ¹ / ₄ cups/450 gm/1 lb	1.6 litre/6 ¹ / ₂ cups
8 litre	5 cups/1 kg/2 lb + 3 ¹ / ₂ oz	3.5 litre/14 cups
10 litre	6 ¹ / ₄ cups/1.2 kg/2 lb + 12 oz	4.5 litre/18 ³ / ₄ cups
12 litre	7 ¹ / ₂ cups/1.5 kg/3 lb + 5 oz	5 litre/21 cups

Pressure Cooking Time: 1 minute

Method of Cooling for 3.5 litre to 8 litre: Allow cooker to cool gradually on its own (see page 7, para 8).

Cooling for 10 litre and 12 litre: Allow cooker to cool gradually on its own for 10 minutes and release pressure by slight lifting of vent weight.

- To cook **moong dal** follow this table:

Model	Maximum Quantity of <i>dal</i>	Quantity of water required
3.5 litre	¹ / ₂ cup/100 gm/3 ¹ / ₂ oz	420 ml/1 ³ / ₄ cups
4 litre	¹ / ₂ cup/100 gm/3 ¹ / ₂ oz	420 ml/1 ³ / ₄ cups
5 litre	³ / ₄ cup/150 gm/5 oz	600 ml/2 ¹ / ₂ cups
6.5 litre	1 ¹ / ₄ cups/250 gm/9 oz	1 litre/4 ¹ / ₄ cups
8 litre	3 ¹ / ₂ cups/700 gm/1 lb + 9 oz	2.7 litre/11 ¹ / ₂ cups
10 litre	4 ¹ / ₂ cups/900 gm/2 lb	3.6 litre/15 cups
12 litre	5 ¹ / ₂ cups/1.1 kg/2 lb + 7 oz	4.4 litre/18 ¹ / ₄ cups

Pressure Cooking Time: 1 minute

Method of Cooling for 3.5 litre to 8 litre: Allow cooker to cool gradually on its own (see page 7, para 8).

Cooling for 10 litre and 12 litre: Allow cooker to cool gradually on its own for 10 minutes and release pressure by slight lifting of vent weight.

Tips To Reduce *Dal* Sprouting

- Do not** fill the cooker (*dal* and water combined) to more than one-third. Do not exceed the *dal* and water quantities given in the tables above and alongside.
- Do** soak *dal* (in enough water to cover *dal*) for 15 minutes before pressure cooking and, per cup of *dal*, add 1 teaspoon/ 5 ml salt, ¹/₄ teaspoon/1.3 ml turmeric and 1 teaspoon/ 5 ml vegetable oil to *dal* and water in cooker before closing the lid.
- Do** reduce heat to medium immediately when the pressure cooker reaches full operating pressure.
- Do not** release pressure by lifting the vent weight.

PLEASE TURN OVER

ALL INSTRUCTIONS AND RECIPES IN THIS COOKBOOK ARE APPLICABLE TO THIS COOKER EXCEPT AS FOLLOWS

How to Cook in It (page 7, paragraphs 5, 6 and 7)

- After the vent weight is placed on the vent tube, there is first a very low hissing sound of steam from the vent weight. Then steam emission increases to full force and the vent weight lifts with a brief whistling sound. The cooker is now at full operating pressure. At this point, reduce heat from HIGH to MEDIUM and start timing the recipe.
- If the cooker whistles too frequently, reduce heat further. If there is no steam coming out of the vent weight for a few minutes, increase the heat gradually until the steam comes out.
- Counting whistles may give you the wrong time required for cooking any particular food or recipe. Use a clock or timer to check or set the time at full pressure to properly cook any particular food or recipe. Pressure cooking times are given in this cookbook.

Releasing Pressure (page 8, first column, last paragraph): In case you wish to immediately open the cooker for a recipe for which the timing has been given on the basis of gradual cooling and reduction of pressure, increase the pressure cooking time by 2 to 3 minutes and not by half.

Separator Cooking (page 8): There is no separator set for the 3.5 litre cooker.

Cleaning and Care (page 11): Do not wash the pressure cooker lid in a dishwasher. The cooker body may be washed in a dishwasher but may tarnish.

Adapting Recipes

To adapt recipes in this cookbook to this cooker reduce/increase all ingredients in the recipes and charts suitably to fit the body of the cooker bearing in mind the following instructions:

1. In general, the minimum quantity of water is 240 ml/1 cup for the first 10 minutes of pressure cooking time and 120 ml/ $\frac{1}{2}$ cup for every subsequent 10 minutes or part thereof. Always ensure there is enough water or cooking liquid for the entire pressure cooking time.
2. Never reduce liquid in recipes where the total liquid is 200 ml/ $\frac{3}{4}$ cup or less.
3. **Meat, Fish & Poultry** chart, page 13: increase water to minimum 240 ml/1 cup for meat and chicken regardless of food quantity being cooked; increase water to minimum 120 ml/ $\frac{1}{2}$ cup for fish and prawns regardless of food quantity being cooked. **Vegetables** chart, page 14: increase water to minimum 120 ml/ $\frac{1}{2}$ cup for up to 2 minutes pressure cooking time regardless of food quantity being cooked.
4. Pressure cooking times remain the same if the size of the pieces of food remains the same (see page 13, first sentence under the heading, **Meat, Fish & Poultry**; and the **Vegetables** chart on page 14).
5. Do not obstruct the vent tube. Food can swell during cooking so allow ample space around the vent tube nut. Most **roasts, whole birds, whole cauliflowers and moulds** (other than small individual moulds) are too big to fit in the available space in the 3.5 litre and 4 litre cookers. The available space is the space from the cooker base to the two-thirds level. When judging if an item or quantity of food will fit, include the height of the grid (1.3 cm/ $\frac{1}{2}$ inch) if it is used.

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OPERATING INSTRUCTIONS



WHY PRESSURE COOKING?

Ordinary cooking - in an open pot - is done at the boiling point of water which, at sea level, is 100°C . At heights, the boiling point of water falls and so does the temperature of cooking in an open pot. This is why cooking in the mountains in the ordinary way can be difficult.

In pressure cooking, steam is sealed in the cooking pot so that there is a rise in pressure which raises the boiling point of water and therefore the cooking temperature. Food cooks much faster - irrespective of the atmospheric pressure.

The Hawkins-Universal pressure cooker cooks food at 122°C . It cuts cooking time — and fuel — by more than half. The food cooked in a pressure cooker tends to be more hygienic and nutritious. Hygienic, because certain micro-organisms which are not destroyed at 100°C are destroyed at 122°C , which is the temperature generally used for sterilisation. Nutritious, because certain proteins and vitamins are better retained in pressure cooking, as compared to open pot cooking.

Many gourmets find that the natural flavour and taste of food is better kept in a pressure cooker, perhaps because it is cooked for a shorter time and the flavours are not allowed to escape continually. Certainly, kitchens and apartments are less filled with cooking smells!

GET TO KNOW YOUR HAWKINS

Familiarise yourself with the names of the parts of the Hawkins pressure cooker given in the diagram on the opposite page. This will help you understand the working of the pressure cooker and also simplify any servicing or replacement, should you ever need it.



The standard-base Hawkins is recommended

for use on gas or any other open flame.



The heavy-base Hawkins is suitable for use on all kinds of heat sources including electric hot plates.

For your greater safety, and for trouble-free cooking and longer service, the Hawkins-Universal pressure cooker is designed differently from most other pressure cookers.

The first thing you will notice is that the system of opening and closing a Hawkins is not the usual sideways opening you find in many pressure cookers, or even the screw-clamp type you find in some. The Hawkins design is such that you cannot even force it open as long as there is dangerous steam pressure inside the cooker. For your safety, Hawkins is accident-free.

It is really quite simple to learn how to open and close the Hawkins if you follow the instructions in the next section and practise the opening and closing two or three times **without panicking!**

ANATOMY OF THE HAWKINS-UNIVERSAL PRESSURE COOKER



Operating Instructions

HOW TO CLOSE

1. Place the lid flat over the mouth of the cooker. Ensure that the lid handle is at right angles (90°) to the body handle on the right-hand side.



2. Slide the lid slightly away from the body handle and tilt the portion of the lid into the mouth of the pressure cooker.



3. Move the rest of the lid into the mouth of the pressure cooker as you turn the lid handle towards the body handle.



4. Place the lid handle bar on the top of the pivot which rests on the body handle. Adjust the lid handle bar on the pivot until the gasket (rubber ring) on the lid rests comfortably in direct contact with the underneath of the rim of the body of the pressure cooker. Squeeze the lid handle and the body handle together and fit the loop at the end of the lid handle bar on to the end of the body handle.



HOW TO OPEN

3. As the lid handle bar approaches 90° or the right angle position, gently tilt up a portion of the lid away from the body handle and remove the lid out of the mouth of the pressure cooker.

2. Move the lid handle bar towards the right-hand side.

1. Holding the body handle, squeeze the lid handle bar downwards and free the locking loop from the end of the body handle. Tip the lid down slightly into the mouth of the cooker.

HOW TO COOK IN IT



1. Place the food to be cooked in the body of the cooker.



2. Add water (the quantity is stated in each recipe) and close the lid. Remember that you should never load the cooker beyond two-thirds its maximum capacity. Do not place the vent weight yet on the vent tube.



3. Place the cooker on heat source and turn heat on high.



4. When steam escapes freely through the vent tube, place the vent weight on it.



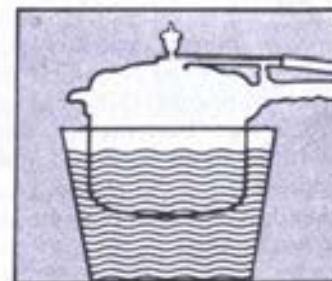
5. Continue on high heat until steam escapes from the vent weight. This is a sign that full cooking pressure has been reached. You need not watch the cooker for this moment because the hissing sound made by the escape of steam from the vent weight will itself alert you even if you are doing something else in or near the kitchen.

6. Now lower the heat. It is to be noted that even if the heat is not lowered, there is no danger of pressure exceeding the usual cooking pressure because the vent weight will automatically lift to allow excess pressure to escape. However, frequent "letting off" of steam or continued loud hissing indicates that the heat is too high. The food will not

cook any faster and fuel is merely being wasted.

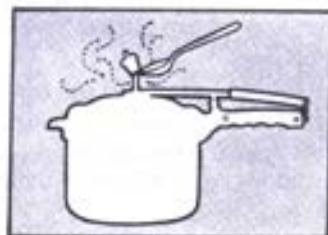
7. Start the timing of the recipe for pressure cooking from the time the pressure cooker reaches full operating pressure — i.e., steam escapes from the vent weight as described in para 5 above.

8. Before the Hawkins pressure cooker can be opened, the steam pressure inside must be brought down to a safe level. The lowering of steam can be allowed to take place gradually on its own, in which case it will take from 5 to 15 minutes, depending upon the size of the pressure cooker and the temperature outside.



9. If you are in a hurry and would like to serve the food as quickly as possible, the pressure inside the cooker can be brought down immediately by lowering the body of the cooker into a bowl or bucket of cold water.

Operating Instructions



10. When the food cooked does not have a high liquid content, the pressure can also be reduced without cold water by lifting the vent weight and allowing the steam to escape. Please note that the latter method should not be attempted for soups, gravies and the like, as there is a danger that the liquid foods may spurt out.

11. Each recipe indicates whether the timing is on the basis of slower, natural pressure reduction or immediate reduction after removal of the cooker from the heat source. In case you wish to adopt a method other than the one indicated for the recipe, please remember to adjust the cooking time suitably. If you are not in a hurry, you can save even more fuel by allowing the cooker to cool gradually even though the recipe indicates immediate cooling, provided you remember to reduce the pressure cooking time by one-third.

In case you wish to immediately open the cooker for a recipe for which the timing has been given on the basis of gradual cooling and reduction of pressure, please remember to increase the pressure cooking time by half.

DIRECT COOKING



1. Direct cooking means cooking directly in the cooker body without the use of separators (see following section).

Direct cooking is most useful when you are catering for a large group of people and need to cook large quantities of a single dish.



2. In direct cooking you can always use the cooker body without the lid before pressure cooking, as a pan for frying onions, spices, meat, vegetables or rice.



3. After the frying is done, add the required quantity of water, close the lid and pressure-cook according to instructions given in the recipe.

SEPARATOR COOKING

1. Separator sets are available with the Hawkins pressure cooker as an optional extra.



2. Separators help you cook two or three different dishes at a time! You can cook a different dish in each separator — all at the same time — with no fear of foods mixing.

3. To cook two or more dishes simultaneously, it is essential to choose dishes which need approximately the same cooking time. The recipes and cooking times given for direct cooking in this book can be used for

separator cooking if you remember to increase the time required for cooking at full pressure by approximately two-thirds. Also, the quantities of food and water will have to be reduced to fit the separators.



4. Always put at least 2 cups of water into the cooker body before placing separators in it for cooking. Please note that the water is needed in the cooker body apart from any water that may be required in the separators.

5. For such recipes as require frying directly over the flame before pressure cooking, please remember that the separator is not recommended for this purpose because its bottom is too thin. Such frying prior to pressure cooking can be done in a saucepan or the pressure cooker body and then the food transferred to the separator.



6. Stack separators loaded with food one on top of the other.



7. Fit separators into separator stand.



8. Pour water into pressure cooker body and place separators in it.



9. Close cooker and pressure cook as explained on page 8, para 3. (Direct cooking)

10. Given overleaf are some examples of foods which can be cooked in separators at the same time in a pressure cooker; two sets of three recipes each are given for Continental Cuisine and one set of three recipes each for Chinese and Indian Cuisine, as examples. The reference to page numbers is to the detailed recipes for each of the 12 dishes contained in the recipe section of this book.

11. The recipes given are mere examples of what can be done with separator cooking. With a little practice you can evolve your own combinations for quick, tasty meals—all dishes cooked at the same time.

Operating Instructions

SOME SEPARATOR COOKING COMBINATIONS (FOR 6.5 LITRES PRESSURE COOKER)

Mentioned below are some examples of foods which can be cooked together in separators:

FOOD	PAGE	QUANTITY	WATER INSIDE SEPARATOR	PRESSURE COOKING TIME
CONTINENTAL - I				
1. Steamed Cauliflower	44	500 gm. /1 lb + 2 oz cauliflower	Nil)	4 minutes) Allow to cool gradually
2. Bouillabaisse	24	500 gm. /1 lb + 2 oz fish	Nil)	
3. Apple Compote	49	300 gm. /11 oz apples	200 ml. / ¾ cup)	
CONTINENTAL - II				
1. Chicken à la King	36	750 gm. /1 lb + 11 oz jointed chicken	50 ml. /¼ cup)	10 minutes) Allow to cool gradually
2. Caramel Custard	50	300 ml. /1¼ cups milk 2 eggs	Nil)	
3. Braised Kidney Beans	42	200 gm. /7 oz beans	300 ml. /1¼ cups)	
CHINESE				
1. Sweet & Sour Prawns	61	250 gm. /9 oz prawns	Nil)	10 minutes) Allow to cool gradually
2. Sweet & Sour Chicken	61	750 gm. /1 lb + 11 oz jointed chicken	50 ml. /¼ cup)	
3. Chinese Fried Rice	60	250 gm. /9 oz rice	250 ml. /1 cup)	
INDIAN				
1. Masala Cauliflower	56	400 gm. /14 oz cauliflower	Nil)	4 minutes) Allow to cool gradually
2. Matar Panir	57	350 gm. /¾ lb peas	25 ml. /2 tbsp.)	
		200 gm. /7 oz panir	)	
3. Vegetable Pulao	58	250 gm. /9 oz rice	350 ml. /1½ cups)	)
		200 gm. /7 oz mixed vegetables		

NOTE: Please note that 400 ml. / $\frac{1}{2}$ cups water should be poured into the base of the pressure cooker before placing the separators inside. The quantity of water is in addition to the amount of water given in the table, which has to be poured into the separators. See para 4 on page 9.

THE GRID



1. The grid is used only for direct cooking.



2. The grid is used when you want the food to cook in steam and not be immersed in water. For example, you don't use the grid when cooking soups and casseroles, but you do use it when cooking a pot roast or pudding. Water (always necessary in a pressure cooker) is poured into the body of the cooker, the grid is then put in position with the rim downwards and the food, or mould containing food, is put on top of the grid. Recipes needing the use of the grid always specify it.
3. To remove the hot grid easily, simply hook a fork into one of the slots and lift.
4. The grid is never used with separators.

CLEANING AND CARE

1. Soon after use, wash cooker in hot, soapy water or detergent solution, rinse and dry carefully.
2. Fine steelwool and a scouring powder may be used occasionally to clean the inside of the cooker.
3. The outside can be occasionally polished with any non-abrasive polish (such as is used for silver or chromium surfaces).
4. Before use, as well as after, make sure the vent tube is entirely free by looking through it. A needle may be used to unblock it.
5. Never allow a film of grease or food particles to remain on the safety valve.
6. Keep the gasket free of grease by gentle washing and wiping without removing it from the rim of the lid. It is not recommended that the gasket be removed from the lid, but should this be necessary, care should be exercised not to stretch the gasket — which can happen if it is hot.
7. When not in use, store the cooker open. Hang the lid by the locking loop, from a hook.
8. Be careful not to nick or dent the edge of the mouth of the cooker or the lid as that may hinder perfect sealing.
9. Hard water salts may cause staining of your cooker. These stains are not harmful to

food or health. Should this happen, you may try this simple method to lessen the blackening:

In the cooker body, boil for 30 minutes: 1 litre* of water to which 2 teaspoons of any of the following have been added: tartaric acid, citric acid, vinegar, fresh lemon juice.

10. Always use genuine Hawkins spare parts for your safety and the durability of your Hawkins pressure cooker.

* 4 $\frac{1}{8}$ cups

Operating Instructions

A little care goes a long way

As the most trouble-free pressure cooker, Hawkins is an investment that has paid handsome dividends — in some cases for as long as twenty years! In 1980, in India, 66 pressure cookers were collected for a research project from families who had been using them continuously for 20 years.

If you follow instructions carefully, your Hawkins should give you many years of trouble-free service. We give below information on what to do if you come across minor problems.

The full line of spare parts and expert advice, if needed, should be available at the shop from which you bought your Hawkins. In case of difficulty, please write to us at the address given on the inside back cover.

What to do if this happens	Cause	Remedy
Steam leaks around lid	Lid not centrally placed in cooker mouth	Centralise the lid
	Dent on lid or rim of cooker	Repair or replace dented part
	Gasket not seated properly	Check the gasket and seat properly
	Gasket is worn-out or expanded	Change gasket
Safety valve fused	No water, or too little water; or vent tube blocked	Change safety valve

HAWKINS COOKING TIMINGS

Vegetables, meat and cereals vary greatly in tenderness and size. It is, therefore, not possible to indicate the exact time to suit every condition. The quality of food—and personal taste—will necessitate slight adjustments in cooking time. Until you know exactly how you like your pressure-cooked

foods, it is better to undercook rather than overcook. After all, you can always cook a little longer—but you cannot “un-cook”! *Begin timing* the instant full pressure is reached, as indicated by the sound of steam escaping from around the vent weight and a movement of the weight.

N.B.: The cooking timings indicated in the tables that follow were tested with a 6.5 litre* Hawkins on an electric stove by the direct method of cooking. These timings may vary slightly depending on the amount of heat (temperature) provided by the stove and the size of the cooker. *6.9 qts.

MEAT, FISH & POULTRY

The cooking time will vary according to the toughness, cut and shape of the pieces, the recipe and your personal preference. Frozen meats should be completely defrosted and brought to room temperature

before cooking. (When roasting meat, the rich brown colour that results from searing hot fat is not lost during pressure cooking.) For fish, chops and any meats with very short cooking time, cool cooker immediately when

cooking time is over. For other meats, cooker may be allowed to cool normally (at room temperature) or it may be cooled quickly as required.

Meat, Fish & Poultry	Quantity (gm./lb, oz)	Quantity of water (ml./cups)	Direct* cooking time at full pressure (min.)	Instructions after removal from heat source
Beef, cut into 2" pieces	500 / 1 lb + 2 oz	150 / 2/3 cup	23	Allow to cool gradually
Chicken, cut	1000 / 2 1/4 lb	100 / 1/3 cup	8	Open immediately after releasing steam pressure
Chicken, whole	1000 / 2 1/4 lb	150 / 2/3 cup	8	Allow to cool gradually
Fish	500 / 1 lb + 2 oz	100 / 1/3 cup	3	Open immediately after releasing steam pressure
Liver, diced	500 / 1 lb + 2 oz	100 / 1/3 cup	6	Allow to cool gradually
Mutton, cut into 2" pieces	500 / 1 lb + 2 oz	100 / 1/3 cup	14	Allow to cool gradually
Pork, cut into 2" pieces	500 / 1 lb + 2 oz	150 / 2/3 cup	15	Allow to cool gradually
Prawns	500 / 1 lb + 2 oz	100 / 1/3 cup	3	Allow to cool gradually

*For separator cooking, see pp. 8-10

Operating Instructions

VEGETABLES

Before cooking vegetables that have lost moisture, it is advisable to soak them in cold water for a few minutes to restore some of it. With some vegetables this is done automati-

cally when peeling in or under cold water (as with potatoes).

When cooking a large quantity of vegetables and other ingredients with little water, be

sure that the total quantity (including water) does not fill more than two-thirds of the cooker body. Be careful not to overcook vegetables.

Vegetables	Quantity (gm./lb, oz)	Quantity of water (ml./cups)	Direct* cooking time at full pressure (min.)	Instructions after removal from heat source
Beetroot, diced	500 / 1 lb + 2 oz	200 / $\frac{3}{4}$ cup	3	Allow to cool gradually
Carrots, diced	500 / 1 lb + 2 oz	150 / $\frac{1}{3}$ cup	2	Open immediately after releasing steam pressure
Cabbage, cut into quarters	500 / 1 lb + 2 oz	50 / $\frac{1}{4}$ cup	2	Open immediately after releasing steam pressure
Celery	500 / 1 lb + 2 oz	150 / $\frac{2}{3}$ cup	3	Open immediately after releasing steam pressure
Cauliflower, flowerettes	500 / 1 lb + 2 oz	150 / $\frac{2}{3}$ cup	2	Open immediately after releasing steam pressure
French beans	500 / 1 lb + 2 oz	150 / $\frac{2}{3}$ cup	4	Open immediately after releasing steam pressure
Green peas (shelled)	500 / 1 lb + 2 oz	100 / $\frac{1}{3}$ cup	2	Open immediately after releasing steam pressure
Leeks, diced	500 / 1 lb + 2 oz	150 / $\frac{2}{3}$ cup	2	Open immediately after releasing steam pressure
Potatoes, cut into halves	500 / 1 lb + 2 oz	200 / $\frac{3}{4}$ cup	2	Open immediately after releasing steam pressure
Spinach	500 / 1 lb + 2 oz	75 / $\frac{1}{3}$ cup	3	Allow to cool gradually
Turnips, cut into quarters	500 / 1 lb + 2 oz	150 / $\frac{2}{3}$ cup	3	Open immediately after releasing steam pressure

*For separator cooking, see pp.8-10

CEREALS, PULSES & PASTA

It is advisable to pre-soak cereals and pulses which require longer cooking time. Cereals have a tendency to froth during

cooking. So, after full cooking pressure has been reached, adjust the heat to barely maintain pressure with minimum sound of escap-

ing steam or weight movement. *Do not fill cooker over half its capacity.*

Cereals, Pulses & Pasta	Quantity (gm./lb, oz)	Quantity of water (ml./cups)	Direct* cooking time at full pressure (min.)	Instructions after removal from heat source
Rice	250 / 9 oz	400 / 1 ² / ₃ cups	4	Open immediately after releasing steam pressure
Lentil	250 / 9 oz	500 / 2 cups	2	Allow to cool gradually
Dried peas, soaked	250 / 9 oz	350 / 1 ¹ / ₂ cups	4	Allow to cool gradually
Dried peas, unsoaked	250 / 9 oz	500 / 2 cups	15	Allow to cool gradually
Macaroni	100 / 1/4 lb	500 / 2 cups	7	Open immediately after releasing steam pressure
Spaghetti	100 / 1/4 lb	500 / 2 cups	6	Open immediately after releasing steam pressure

*For separator cooking, see pp. 8-10

Operating Instructions

WEIGHING & MEASURING

This is a very important aspect of cookery. To obtain a standard product with a standard yield, weighing and measuring must be done

accurately. Every kitchen, therefore, needs to be equipped with a set of scales, measuring jugs, and standard measuring cups and

spoons. Weighing is more accurate than measuring, but for expediency, ingredients may be measured.

WEIGHT & APPROXIMATE VOLUME EQUIVALENTS

Baking powder	4 gm.	1 tsp.(level)
Cabbage (medium)	400 gm.	1
Capsicum (medium)	60 gm.	1
Carrot (medium)	65 gm.	1
Cauliflower (medium)	400 gm.	1
Celery	115 gm.	1 bunch
Chicken (standard)	1 kg.	1
Chicken (large)	1.5 kg.	1
Cinnamon	2 gm.	2" piece
Coconut (grated)	220 gm.	1
Coriander leaves	100 gm.	1 bunch
Coriander powder	4 gm.	1 tsp.(level)
Coriander seeds	2 gm.	1 tsp.(level)
Cumin powder	3 gm.	1 tsp.(level)
Cumin seeds	2 gm.	1 tsp.(level)
Cumin seeds	8 gm.	1 tbsp.(level)
Curry leaves	35 gm.	1 bunch
Fat	25 gm.	1 tbsp.
Fat	175 gm.	1 cup
Flour	15 gm.	1 tbsp.(level)
Flour	100 gm.	1 cup(heaped)
Garlic	2 gm.	2 flakes
Garlic	20 gm.	1 pod

Ginger	10 gm.	1" piece
Green chilli	2 gm.	1
Leeks	70 gm.	1 bunch
Oil	15 ml.	1 tbsp.
Oil	150 ml.	1 cup
Onion (small)	65 gm.	1
Onion (large)	135 gm.	1
Parsley	30 gm.	1 bunch
Peppercorns	1 gm.	5
Pepper powder	2 gm.	½ tsp.(level)
Pomfret	400 gm.	1
Potato (medium)	120 gm.	1
Potato (large)	165 gm.	1
Red chilli powder	3 gm.	1 tsp.(level)
Spinach	100 gm.	1 bunch
Sugar	15 gm.	1 tbsp.(level)
Sugar	175 gm.	1 cup
Tomato (medium)	110 gm.	1
Tomato (large)	150 gm.	1
Turmeric powder	2 gm.	½ tsp.(level)
Vinegar	15 ml.	1 tbsp.
Water	240 ml.	1 cup

ABBREVIATIONS

in.		inch
°C		degree Centigrade
°F		degree Fahrenheit
hr.		hour
l.		litre
min.		minute
ml.		millilitre
tbsp.		tablespoon
tsp.		teaspoon
gm.		gram
kg.		kilogram
med.		medium
lge.		large

All abbreviations are used in singular form regardless of the quantity they represent.

NOTE: U.S. and British equivalents of weights and measures on Page 67



Braised Steak, p.29



Brown Stew, p.29



Leeks Mornay, p.43

SOUPS

Soups are delicious and nourishing — and so easy to prepare. And now with your Hawkins, you can serve a hot soup in minutes, not hours.

Soups prepared in the Hawkins will be extra high in food value. You can even pressure-cook bones for about two hours, mash them to powder and add to soups for diets requiring a very high nutritive content. Clear soups stimulate the appetite at the beginning of a meal, while thick soups are nourishing as well as appetising.

When preparing soup, do not fill the cooker more than half. Once full pressure is reached, reduce heat to low. After the number of minutes indicated in the recipe for cooking at full pressure, take the cooker off the heat and allow it to cool gradually to room temperature. Never release pressure for soups by lifting or removing the vent weight; the soup may gush to the ceiling!

Soups can be cooked with stock or water. You will find the method for preparing stocks on page 62. Soups cooked with stock are generally tastier. Stocks can be prepared and kept in the refrigerator to be served

later as a clear consommé or as a base for a favourite soup recipe.

The grid is not used when cooking soups.

CELERY SOUP

100 gm. celery (8 stalks)
1 lge. potato
1 small onion
2 tbsp. flour
30 gm. butter (1 oz)
50 gm. soyabean powder (2 oz)
400 ml. milk ($1\frac{2}{3}$ cups)
300 ml. chicken stock ($1\frac{1}{4}$ cups)
Salt and pepper to taste

PREPARATION: Peel and chop onion, dice potato. Chop celery into small pieces. Blend flour with a little milk.

METHOD: Melt butter in cooker. Add onion and sauté. Add soyabean powder, stir well. Add chicken stock, potato, celery and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and add the rest of the milk and the blended flour. Bring to boil and serve hot.

CHICKEN SOUP

100 gm. chicken ($\frac{1}{4}$ lb)
1 lge. potato
1 small onion
2 tbsp. flour
30 gm. butter (1 oz)

400 ml. milk ($1\frac{2}{3}$ cups)
300 ml. chicken stock ($1\frac{1}{4}$ cups)
Salt and pepper to taste

PREPARATION: Peel and chop onion, dice potato. Blend flour with a little milk. Cook chicken in pressure cooker for 7 minutes in 150 ml. water and shred. $\frac{2}{3}$ cup

METHOD: Melt butter in cooker. Sauté onion. Add potato and chicken, chicken stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually. Open and add the rest of the milk and the blended flour. Bring to boil and serve hot.

CREAM OF LEEK SOUP

450 gm. leeks (6)
15 gm. butter (1 tbsp)
1 tbsp. flour
150 ml. milk ($\frac{2}{3}$ cups)
400 ml. white stock ($1\frac{2}{3}$ cups)
Salt and pepper to taste

PREPARATION: Wash and trim leeks and slice thinly. Cream butter and flour well together.

METHOD: Put leeks in cooker. Add stock and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Return to fire. Thicken with the creamed butter and flour mixture. Add pepper and hot milk. Serve hot.

Soups

CREAM OF POTATO SOUP

2 lge. potatoes
1 small onion
2 stalks celery
A few sprigs parsley
1 tbsp. flour
15 gm. butter (1 tbsp)
150 ml. milk (2/3 cups)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Peel and quarter potatoes. Chop onion and celery. Prepare a thin white sauce with flour, butter and milk (see p.63).

METHOD: Put potatoes, onion and celery in cooker. Add stock and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Add puree and pepper gradually to white sauce and reheat. Serve hot, garnished with chopped parsley.

CREAM OF SPINACH SOUP

250 gm. spinach (9 oz)
2 tbsp. flour
30 gm. butter (1 oz)
300 ml. milk (1 1/4 cups)
500 ml. stock (2 cups)
Salt to taste

PREPARATION: Clean, wash and chop spinach. Prepare white sauce with flour, milk and butter (see p.63).

METHOD: Put spinach in cooker. Add stock and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Add puree gradually to the white sauce. Reheat and serve.

CREAM OF TOMATO SOUP

5 med. tomatoes
2 med. carrots
1 small turnip
1 med. onion
30 gm. butter (1 oz)
2 tbsp. flour
300 ml. milk (1 1/4 cups)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Wash and chop the tomatoes. Chop onion, carrots and turnip. Prepare white sauce with milk, flour and butter (see p.63).

METHOD: Put all the vegetables in cooker. Add stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 6 minutes. Allow cooker to cool gradually before opening. Pass mixture through a sieve to make a puree. Add puree gradually to the white sauce. Strain, reheat, and serve hot with croutons or chopped parsley.

CREAM OF VEGETABLE SOUP

1 lge. onion
1 med. carrot
1 lge. potato
1 lge. tomato
2 small turnips
4 stalks celery
15 gm. butter (1 tbsp)
1 tbsp. flour
300 ml. milk (1 1/4 cups)
600 ml. vegetable stock (2 1/2 cups)
Salt and pepper to taste

PREPARATION: Wash and chop all vegetables. Prepare white sauce with flour, milk and butter (see p.63).

METHOD: Put stock in cooker. Add all the vegetables, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve to make a puree. Add puree to sauce and strain. Reheat in a double boiler and serve hot.

FRENCH ONION SOUP

4 lge. onions
30 gm. butter (1 oz)
30 gm. cheese (1 oz)
2 slices bread
1/2 tsp. Worcestershire sauce
800 ml. brown stock (3 1/3 cups)
Salt and pepper to taste

PREPARATION: Slice onions. Grate the cheese, sprinkle on bread and grill. Cut into cubes.

METHOD: Melt butter in cooker. Add onions and brown. Add stock, Worcestershire sauce, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Allow cooker to cool gradually before opening. Dish soup into individual soup cups. Arrange toasted cubes on top of soup and serve hot.

LENTIL SOUP

100 gm. lentil (1/4 lb)
1 lge. carrot
1 small turnip
1/2 small onion
1 stalk celery
2 tbsp. flour
30 gm. butter (1 oz)
50 gm. soyabean powder (2 oz)
150 ml. milk (2/3 cup)
900 ml. stock (3 3/4 cups)
Salt and pepper to taste

PREPARATION: Clean and wash lentil. Chop onion and celery. Grate carrot and turnip. Prepare white sauce with flour, milk and butter (see p.63).

METHOD: Put lentil and vegetables in cooker with stock, soyabean powder and seasoning. Close cooker, bring to full cooking pressure on maximum heat and cook for 4 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a

sieve to make a puree. Add puree to sauce and strain. Reheat in a double boiler and serve hot with croutons.

MINESTRONE SOUP

1 med. tomato
1 lge. onion
1 med. carrot
1 small turnip
1/4 med. cabbage
1 leek
2 stalks celery
A few sprigs parsley
50 gm. macaroni (2 oz)
30 gm. cheese (1 oz)
3 flakes garlic
1 tbsp. oil
600 ml. stock (2 1/2 cups)
Salt and pepper to taste

PREPARATION: Wash and dice vegetables finely. Blanch tomato and chop. Mince onion and garlic. Chop parsley. Break macaroni into half-inch pieces. Grate cheese.

METHOD: Heat oil in cooker and saute onion, garlic, parsley, carrot and turnip. Add leek, tomato, cabbage, celery and seasoning. Add stock, bring to boil; add macaroni. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 6 minutes. Allow cooker to cool gradually before opening. Garnish with grated cheese and serve hot.

MULLIGATAWNY SOUP

200 gm. mutton (7 oz)
2 med. tomatoes
1/2 small onion
1 coconut
3 flakes garlic
1" piece ginger
A pinch of cumin
A pinch of turmeric
Small piece cinnamon
1 tbsp. coriander
A pinch of fenugreek
1 sprig curry leaves
Juice of one lemon
900 ml. stock (3 3/4 cups)
Salt to taste

PREPARATION: Cut mutton into small pieces. Grate coconut and extract milk. Roast and powder coriander, cumin, cinnamon and fenugreek. Chop tomatoes, garlic, onion and ginger.

METHOD: Pour stock into cooker. Add all prepared ingredients except coconut milk. Add turmeric and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually before opening. Strain stock. Return best pieces of mutton to stock. Add coconut milk, lemon juice and bring to boil. Serve hot garnished with fried onion and boiled rice.

Soups

PRAWN CHOWDER

225 gm. prawns ($\frac{1}{2}$ lb)
1 lge. onion
3 stalks celery
1 small capsicum
A few sprigs parsley
 $\frac{1}{2}$ cup boiled rice
1 bayleaf
A pinch of cayenne pepper
 $\frac{1}{4}$ tsp. peppercorns
1 tbsp. mixed spices
200 ml. milk ($\frac{3}{4}$ cup)
Salt to taste

PREPARATION: Shell, wash and de-vein prawns. Chop onion, parsley, celery and capsicum.

METHOD: Pour 150 ml* water into cooker. Add prawns, chopped vegetables, bayleaf, salt, peppercorns and mixed spices. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Add milk and boiled rice and heat for 2 minutes. Serve in individual bowls. Garnish each serving with chopped parsley and cayenne pepper.

* $\frac{2}{3}$ cup

PUREE de CARROTES

4 lge. carrots
3 stalks celery
1 med. onion
2 leeks
2 tbsp. flour
60 gm. butter (2 oz)

$\frac{1}{2}$ tbsp. tomato puree
750 ml. white stock ($3\frac{1}{8}$ cups)
Salt and pepper to taste

PREPARATION: Wash, clean and chop vegetables.

METHOD: Melt butter in cooker. Add vegetables and saute in butter without discolouring them. Mix in flour and tomato puree, salt and pepper. Gradually add hot stock, stir till boiling. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve and then through a medium strainer. Reheat and serve hot with croutons.

PUREE du BARRY

1 med. cauliflower
2 med. potatoes
30 gm. butter (1 oz)
900 ml. milk ($3\frac{3}{4}$ cups)
Salt and pepper to taste

PREPARATION: Wash cauliflower and cut into flowerettes. Peel and cut potatoes.

METHOD: Put 600 ml* milk in cooker. Add cauliflower, potatoes, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve to make a puree. Add remaining milk and butter. Reheat and serve hot, garnished with croutons. * $2\frac{1}{2}$ cups

SCOTCH BROTH

150 gm. mutton (5 oz)
30 gm. pearl barley (1 oz)
2 med. carrots
1 med. turnip
1 med. onion
2 stalks celery
A few sprigs parsley
800 ml. stock ($3\frac{1}{3}$ cups)
Salt and pepper to taste

PREPARATION: Cut meat into pieces. Dice vegetables finely. Chop parsley.

METHOD: Pour stock into cooker. Add mutton. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow cooker to cool gradually before opening. Skim off the fat and remove mutton. Dice the mutton finely and return to cooker. Add barley, vegetables and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Serve hot garnished with chopped parsley.

SOUPE BORDELAISE

30 gm. shallots (1 oz)
20 gm. butter (1 oz)
10 flakes garlic
2 tbsp. rice flour
800 ml. water ($3\frac{1}{3}$ cups)
Salt and pepper to taste

PREPARATION: Chop garlic and shallots.

METHOD: Melt butter in cooker. Add garlic and shallots and brown. Add water, salt and pepper and bring to boil. Blend the rice flour with a little cold water and pour into cooker. Stir well. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Serve hot, garnished with croutons.

SOUPE COCKIE LEEKIE

*800 gm. chicken (1 $\frac{3}{4}$ lb)
4 leeks (white part)
30 gm. butter (1 oz)
Bouquet garni
300 ml. white stock (1 $\frac{1}{4}$ cups)
Salt and pepper to taste*

PREPARATION: Joint chicken. Prepare a julienne of the white part of the leeks.

METHOD: Pour stock into cooker. Add chicken, bouquet garni, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Remove chicken and stock. Melt butter in cooker. Add leeks and saute. Add chicken stock and seasoning. Close cooker, bring to full cooking pressure. Reduce to medium heat and cook for 1 minute. Allow cooker to cool gradually before opening. Bone chicken and cut meat into julienne. Place julienne in a tureen. Pour boiling soup over it and serve immediately.

SOUPE VICHYSOISSE

*8 leeks
50 gm. butter (2 oz)
1 med. onion
1 med. potato
A few sprigs parsley
100 ml. fresh cream (1/3 cup)
500 ml. chicken stock (2 cups)
Salt and pepper to taste*

PREPARATION: Cut leeks finely. Mince onion. Peel and slice potato thinly.

METHOD: Melt butter in cooker. Saute leeks and onion in butter without browning. Add seasoning, stock and potato. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually before opening. Pass ingredients through a sieve. Stir in the cream. Reheat. Serve hot, garnished with chopped parsley.

FISH

Most fish, excepting some shell fish, is already tender. In fact, the main problem in fish cookery is to retain the form of the fish. It must be carefully handled and not over-cooked. Pressure cooking is an ideal method for cooking fish as it holds together better in steam than in liquid. Fish is fully cooked when the flakes can be separated easily.

When fish is served as a main dish it is usually accompanied by potatoes, a salad or a cooked vegetable and a sauce. You will find the method for preparing sauces on pages 63-64.

BOUILLABAISSE

500 gm. fish (1 lb + 2 oz)
1 med. onion
1 small tomato
3 flakes garlic
A pinch of thyme
1 bayleaf
1 orange peel
1 tsp. ground pepper
A pinch of saffron powder
A few sprigs parsley
1 tbsp. olive oil
200 ml. fish stock ($\frac{3}{4}$ cup)
Salt to taste

PREPARATION: Fillet the fish. Chop onion, tomato, garlic, parsley and orange peel.

METHOD: Heat oil in cooker. Add the chopped vegetables and saute for 2 minutes. Add stock, seasoning and flavouring. Bring to boil and then gently place the fish fillets on top of the vegetables. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Place the fish and vegetables on a plate. Pour the liquid over the fish.

FISH & POTATO PIE

500 gm. fish (salmon) (1 lb + 2 oz)
4 med. potatoes
2 med. tomatoes
1 small onion
50 gm. butter (2 oz)
30 ml. milk (2 tbsp)
Salt and pepper to taste

PREPARATION: Clean and cut fish into slices. Slice tomatoes and mince onion. Peel potatoes and cut into quarters and boil in 50 ml. water for 3 minutes (see p.69). Mash potatoes, add milk and half the butter and cream well. Grease a mould.

METHOD: Pour 150 ml* water into cooker. Place grid inside. Put fish on grid, sprinkle salt, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. Put a thin layer of mashed potatoes in the greased mould, and then a layer of fish and then a layer of sliced tomatoes. Sprinkle with

* $\frac{2}{3}$ cup

onion, pepper and salt. Continue until the dish is three-quarters full. Pour melted butter over. Put remaining mashed potatoes on top. Roughen the surface with a fork and cover with grease proof paper.

Pour 150 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 6 minutes. Allow cooker to cool gradually before opening. Serve hot. * $\frac{2}{3}$ cup

FISH PUDDING

500 gm. fish (salmon) (1 lb + 2 oz)
3 med. potatoes
30 gm. butter (1 oz)
2 tbsp. flour
6 tbsp. tomato sauce
 $\frac{1}{4}$ cup milk
Salt and pepper to taste

PREPARATION: Clean and cut fish into thick slices. Boil potatoes in 150 ml* water for 5 minutes (see p.69), peel and mash. Add milk and butter to potatoes. Cream well. Grease a mould. † $\frac{2}{3}$ cup

METHOD: Pour 100 ml.†† water into cooker. Place grid inside. Put fish on top of grid. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. (Leave water and grid in cooker.) Add flour, seasoning and mix. Line greased mould with $\frac{1}{3}$ of potatoes. Add a layer of fish and $\frac{1}{3}$ of tomato sauce. Continue with a layer of potato. †† $\frac{1}{3}$ cup

then fish. Mix the remaining sauce with the remaining potatoes. When evenly coloured, spread over the fish. Roughen with a fork and cover mould with greaseproof paper.

Pour 150 ml.* water into cooker. Place mould on top of grid and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Serve hot. * $\frac{2}{3}$ cup

FISH SOUFFLE

500 gm. fish (salmon) (1 lb + 2 oz)
30 gm. butter (1 oz)
2 tbsp. flour
2 eggs
200 ml. milk ($\frac{3}{4}$ cup)
Salt and pepper to taste

PREPARATION: Clean and cut fish into slices. Prepare white sauce with flour, butter and milk (see p.63). Grease a mould.

METHOD: Pour 100 ml.[†] water into cooker. Place grid inside. Put fish on top of grid, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Remove fish and flake. (Leave water and grid in cooker.) Rub fish flakes through a wire sieve. Add seasoning and white sauce. Beat egg yolks and add to fish and sauce, stirring all the time. Whisk egg whites till stiff and fold in lightly. Pour mixture into greased mould and cover with greaseproof paper.

[†] $\frac{1}{3}$ cup

Pour 150 ml.* water into cooker. Place mould on top of grid, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. * $\frac{2}{3}$ cup

FISH STEW

500 gm. fish (salmon) (1 lb + 2 oz)
3 med. onions
2 med. tomatoes
4 green chillies
1" piece ginger
 $\frac{1}{2}$ coconut
2 tbsp. vinegar
A few curry leaves
Salt to taste
4 cloves)
2 red onions) to temper
2 tbsp. oil)

PREPARATION: Clean, wash and cut fish into pieces. Scrape coconut and make two extractions of milk: thick (60 ml.)[†] and thin (300 ml.)^{††} Slice onions and ginger lengthwise. Slit green chillies. Cut tomatoes. Finely chop red onions and crush cloves. [†] $\frac{1}{4}$ cup ^{††} $1\frac{1}{4}$ cups

METHOD: Heat 1 tbsp. oil in cooker. Saute onions, green chillies and ginger. Arrange fish slices and curry leaves in layers on top. Add salt, tomatoes, vinegar and thin milk. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually before opening. Add thick milk. Heat oil in a pan and add onions and cloves. When brown mix with stew.

PRAWN NOODLE CASSEROLE

500 gm. shelled prawns (1 lb + 2 oz)
100 gm. noodles ($\frac{1}{4}$ lb)
1 small capsicum
1 small onion
 $1\frac{1}{2}$ tbsp. flour
30 gm. butter (1 oz)
50 gm. grated cheese (2 oz)
300 ml. milk ($1\frac{1}{4}$ cups)
200 ml. court bouillon ($\frac{3}{4}$ cup)
Salt and pepper to taste

PREPARATION: Chop capsicum and onion and saute in a little butter. Prepare a white sauce with flour, butter and milk (see p.63). Boil noodles in cooker for 2 minutes with 200* ml. hot water and a little salt. Grease a mould. * $\frac{3}{4}$ cup

METHOD: Pour court bouillon in cooker and bring to boil. Add prawns and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Remove prawns and drain. Arrange noodles and prawns in layers in the mould. Pour white sauce over, add capsicum, onions, cheese. Season. Cover with greaseproof paper.

Pour 200 ml.[†] water into cooker. Place grid inside. Put mould on top. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. [†] $\frac{3}{4}$ cup

MEAT & POULTRY

All kinds of meat can be cooked with advantage in a pressure cooker, swiftly and nutritiously. The special advantage of pressure cooking meat is that tougher, less expensive cuts of meat can be tenderised quickly and made palatable. After pressure cooking you may find excess liquid. The gravy can be brought to the right consistency by cooking in the open cooker or by adding sauce as indicated in each recipe.

Meat may be fried in oil before pressure cooking, using the cooker (without the grid) as you would an ordinary pan.

The fundamental principles of cooking poultry do not differ from those applied to other meat.

BEEF STROGANOFF

500 gm. beef (fillet) (1 lb + 2 oz)
1 med. onion
30 gm. mushrooms (1 oz)
50 gm. butter (2 oz)
200 gm. smetana (sour cream) (7 oz)
1 tbsp. tomato puree (optional)
½ tbsp. flour
A pinch of mustard powder
150 ml. stock (⅔ cup)
Salt and pepper to taste

PREPARATION: Cut beef into 2" strips

and sprinkle with salt and pepper. Chop onion very finely. Wash and slice the mushrooms.

METHOD: Melt butter in cooker and fry onion till golden brown. Add mushrooms and beef and fry for 4 minutes. Add stock, tomato puree, half the smetana, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 18 minutes. Allow cooker to cool gradually before opening. Add flour blended with the remaining smetana and mustard powder. Bring to boil and serve hot.

BLANQUETTE OF VEAL

500 gm. veal (breast) (1 lb + 2 oz)
1 small carrot
1 small onion
2 stalks celery
2 leeks
30 gm. shallots (1 oz)
50 gm. mushrooms (2 oz)
1 lemon
1 clove
A few sprigs parsley
1 bayleaf
Pinch of nutmeg
30 gm. butter (1 oz)
2 tbsp. flour
500 ml. stock (2 cups)
Salt to taste

PREPARATION: Wash and cut veal into large pieces. Chop shallots, celery, leeks and parsley. Slice onion. Cut carrot into cubes and boil in 100 ml.* water for 3 minutes (see p.69). Blend the flour with a little stock.

*⅓ cup

METHOD: Melt butter in cooker. Saute onion, shallots, leeks and celery. Add veal and saute. Add stock, seasoning, flavouring and mushrooms. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 14 minutes. Allow cooker to cool gradually before opening. Thicken gravy by adding blended flour. Serve hot, garnished with carrots, chopped parsley and thin slices of lemon.

BOILED SILVERSIDE & DUMPLINGS

500 gm. beef (silverside) (1 lb + 2 oz)
2 lge. carrots
2 lge. onions
1 bayleaf
Salt and pepper to taste
FOR DUMPLINGS:
120 gm. flour (1 cup)
A pinch of baking powder
1 med. onion, finely chopped
1 tbsp. chopped parsley
Salt and pepper to taste

PREPARATION: Cut beef into 2" pieces. Slice onions. Cut carrots into strips.

PREPARATION FOR DUMPLINGS: Mix all the ingredients together. Add a little cold water and make a soft dough. Roll into 12 small balls. Pour 200 ml.* water into cooker and bring to boil. Add dumplings. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 8 minutes. Open after releasing steam pressure. Remove dumplings and drain.

*¾ cup



Shashlik Kabab, p.34



Cream of Tomato Soup, p.20 French Onion Soup, p.20 Minestrone Soup, p.21 Cream of Spinach Soup, p.20

METHOD: Pour 250 ml.* water into cooker. Add the beef, bayleaf, onions, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add carrots. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Serve beef hot with dumplings. *1 cup

BRAISED HAM

750 gm. ham (1 lb + 11 oz)
1 lge. carrot
1 med. onion
Bouquet garni
¼ cup dry white wine
Salt and pepper to taste

PREPARATION: Soak the ham in water overnight. Drain. Slice carrot and onion.

METHOD: Pour 150 ml.* water and the wine in cooker and bring to boil. Add carrot, onion, bouquet garni, salt and pepper. Add ham. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow cooker to cool gradually. Open and serve hot. *2/3 cup

BRAISED LIVER

350 gm. liver (¾ lb)
2 med. onions
1 tbsp. flour

A few sprigs parsley
2 tbsp. oil
Salt and pepper to taste

PREPARATION: Cut liver into ¾" pieces and season with salt and pepper. Slice onions. Chop parsley. Blend flour with a little water.

METHOD: Heat oil in cooker. Add onions and brown. Add liver and saute for 2 minutes. Add 150 ml.* hot water. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually. Open and add blended flour. Bring to boil and serve hot garnished with chopped parsley. *2/3 cup

BRAISED SHEEP'S TONGUE

4 sheep's tongues
60 gm. bacon (2 oz)
1 lge. carrot
1 lge. onion
30 gm. butter (1 oz)
Salt and pepper to taste

PREPARATION: Clean the tongues carefully. Cut bacon into small pieces. Slice onion and carrot.

METHOD: Pour 300 ml.* water into cooker and bring to boil. Add tongues. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually. Open, drain tongues and peel off outer skin. *1 ¼ cups

Melt butter in cooker. Add bacon, onion and carrot. Place the tongues on top. Add 300 ml.* water, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 30 minutes. Allow cooker to cool gradually. Open and serve with tomato sauce.

*1 ¼ cups

BRAISED STEAK

4 steaks (undercut)
100 gm. butter (¼ lb)
1 lge. onion
Bouquet garni
¼ cup dry white wine
Salt and pepper to taste

PREPARATION: Slice onion.

METHOD: Melt butter in cooker. Saute onion, add steaks and brown lightly on all sides. Add 200 ml.* water, wine, bouquet garni, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 25 minutes. Allow cooker to cool gradually. Open and dry water. Serve hot, garnished with fried mushrooms and grilled tomatoes. *3/4 cup

BROWN STEW

500 gm. mutton (shoulder) (1 lb + 2 oz)
2 med. onions
2 lge. carrots
4 small turnips
2 tbsp. flour
3 tbsp. oil
600 ml. stock (2 ½ cups)
Salt and pepper to taste

Meat

PREPARATION: Trim, wash and cut mutton into 1" cubes. Slice onions and cut carrots and turnips into even-sized cubes. Blend flour with a little water.

METHOD: Heat oil in cooker. Add onions and fry till golden brown. Add meat and fry till brown. Add carrots, turnips, stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 18 minutes. Allow cooker to cool gradually. Open and add blended flour. Simmer for 3 minutes. To serve, place mutton in the centre of a hot dish with the vegetables around it and pour the gravy over.

CARBONADE A LA FLAMANDE

*500 gm. beef (1 lb + 2 oz)
1 med. onion
15 gm. butter (1 tbsp)
¼ tsp. sugar
1 tsp. flour
A pinch of thyme
¼ tsp. mustard powder
¼ tsp. black pepper
1 bayleaf
30 ml. beer (2 tbsp)
250 ml. stock (1 cup)
Salt to taste*

PREPARATION: Cut beef into 1" cubes. Slice onion. Blend flour with a little cold water.

METHOD: Melt butter in cooker. Fry onion till golden brown. Add beef and brown on all sides. Add sugar, mustard powder, thyme, salt, pepper and bayleaf. Add beer and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 18 minutes. Allow cooker to cool gradually. Open and add blended flour. Bring to boil and serve hot.

EXETER STEW

*500 gm. mutton (shoulder) (1 lb + 2 oz)
2 lge. onions
2 lge. carrots
2 lge. turnips
1 tbsp. flour
3 tbsp. oil
400 ml. stock (1⅔ cups)
Salt and pepper to taste*

FOR DUMPLINGS:

*½ cup flour
A pinch of baking powder
1 small onion
A few sprigs parsley
2 tbsp. oil
Salt and pepper to taste*

PREPARATION: Trim, wash and cut meat. Chop onions and parsley. Cut carrots and turnips into cubes. Blend flour with a little water or stock.

Mix the dry ingredients for dumplings. Rub in oil. Add sufficient water to make a light dough. Divide into even-sized balls.

METHOD: Heat oil in cooker and fry meat till brown and remove. Fry sliced onions. Add stock and seasoning. When hot, add meat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and add vegetables, blended flour and dumplings. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually. Open and serve.

HARICOT MUTTON

*500 gm. mutton (mid-neck) (1 lb + 2 oz)
30 gm. haricot beans (1 oz)
(soaked overnight)
1 lge. carrot
4 small turnips
2 med. onions
1 tbsp. flour
3 tbsp. oil
400 ml. stock (1⅔ cups)
Salt and pepper to taste*

PREPARATION: Cut mutton into even-sized pieces with bones. Cut carrots and turnips into cubes. Slice onions. Blend flour with a little water.

METHOD: Heat oil in cooker. Add onions and fry. Remove onions and add mutton and fry for 2 minutes. Add seasoning, onions and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow

cooker to cool gradually. Open and add blended flour. Add carrots, turnips and beans. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Put mutton in the centre of a hot dish with beans, and garnish with other vegetables.

HUNGARIAN GOULASH

500 gm. mutton (1 lb + 2 oz)
1 lge. onion
1 lge. capsicum
1 lge. tomato
1 tbsp. flour
1 bayleaf
A pinch of nutmeg
A pinch of paprika
A few sprigs parsley
3 tbsp. oil
400 ml. stock (1²/₃ cups)
Salt and pepper to taste

PREPARATION: Cut mutton into even-sized cubes and mix with half the flour and a little salt and pepper. Remove seeds from capsicum. Wash well, drain and chop. Chop onion and parsley. Blanch tomato and chop.

METHOD: Heat oil in cooker. Saute onion and capsicum. Add mutton and fry lightly on all sides. Stir in blanched tomato and remaining flour, spices and seasoning. Add stock, bayleaf and parsley. Close cooker, bring to full cooking pressure on maximum heat. Re-

duce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Serve hot.

IRISH STEW

500 gm. mutton (leg) (1 lb + 2 oz)
500 gm. potatoes (5 med.)
4 med. onions
400 ml. stock (1²/₃ cups)
Salt and pepper to taste

PREPARATION: Cut mutton into 1" cubes. Slice onions. Peel and cut half the potatoes into large cubes and the other half into thin slices.

METHOD: Pour stock into cooker and bring to boil. Add mutton, onions, seasoning and $\frac{1}{4}$ of the sliced potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 10 minutes. Allow cooker to cool gradually. Open and place the remaining potatoes on top of the meat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot with mutton in the centre and the potatoes and gravy around it.

LAMB ROAST

1 kg. leg of lamb (2 lb)
12 flakes garlic
2" piece ginger
 $\frac{1}{2}$ tsp. pepper powder

1 tbsp. tomato sauce
1 tbsp. Worcestershire sauce
1 tbsp. soya sauce
1 bayleaf
4 tbsp. oil
Salt to taste

PREPARATION: Clean meat properly and prick it. Grind ginger and garlic to a paste. Rub all ingredients, except oil and bayleaf, over meat evenly. Leave for 2 hours.

METHOD: Heat oil in cooker. Add bayleaf and meat with spices and juices. Fry till evenly brown. Add 400 ml.* water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 30 minutes. Allow cooker to cool gradually. Open and dry off water. Slice and serve (hot or cold) with mashed or fried potatoes. *1²/₃ cups

MUTTON CHOP CASSEROLE

500 gm. mutton chops (1 lb + 2 oz)
2 lge. tomatoes
1 lge. carrot
2 med. onions
4 med. potatoes
100 gm. green peas (shelled) (2/3 cup)
 $\frac{1}{2}$ bunch celery (8 stalks)
2 tbsp. oil
400 ml. stock (1²/₃ cups)
Salt and pepper to taste

PREPARATION: Blanch and chop the tomatoes. Clean and slice carrots and onions. Peel and dice potatoes; dice celery.

METHOD: Heat oil in cooker and saute onions. Add mutton chops and saute. Add stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and add prepared vegetables and tomatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

MUTTON CURRY

500 gm. mutton (leg) (1 lb + 2 oz)
4 med. onions
3 med. tomatoes
1 cup curd
3 flakes garlic
1" piece ginger
½ tsp. cumin seeds
3 cloves
4 tbsp. coriander powder
¼ tsp. turmeric powder
1 tsp. red chilli powder
3 tbsp. oil
Salt to taste

PREPARATION: Cut mutton into even pieces and marinate with half the curd. Chop garlic, ginger and onions. Grind together coriander, red chilli and turmeric powders, cumin seeds, ginger, garlic and half the onions.

METHOD: Heat oil in cooker. Add remaining onions and fry till golden brown.

Add the ground spices and fry. Add mutton, cloves, salt and 200 ml. water. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and add remaining curd. Simmer for 2 minutes. Serve hot. *¾ cup

MUTTON FRICASSEE

500 gm. mutton (leg) (1 lb + 2 oz)
4 lge. carrots
2 med. onions
1 tbsp. flour
1 bayleaf
A few sprigs parsley
A little mace
2 tbsp. oil
400 ml. stock (1⅔ cups)
Salt and pepper to taste

PREPARATION: Trim mutton and cut into neat pieces. Slice onions. Cut carrots into cubes and chop parsley. Blend flour with a little stock. Boil carrots in 100 ml. water for 3 minutes (see p.69). †⅓ cup

METHOD: Melt oil in cooker and saute onions. Add mutton, bayleaf, mace and parsley. Add stock, blended flour and seasoning, and stir well. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually before opening. Arrange mutton in a dish and pour the gravy over it. Surround with boiled carrots and garnish with chopped parsley.

NAVARIN PRINTANIER

500 gm. mutton (shoulder) (1 lb + 2 oz)
4 baby carrots
2 small turnips
2 med. new potatoes
50 gm. peas (shelled) (⅓ cup)
50 gm. beans (2 oz)
2 med. tomatoes
50 gm. baby onions (2 oz)
¼ tsp. sugar
1 tbsp. flour
Bouquet garni
3 tbsp. oil
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Cut mutton with bones. Blanch tomatoes and chop. Cut carrots and turnips into cubes. Chop beans. Peel potatoes and onions.

METHOD: Heat oil in cooker. Add mutton and brown lightly. Add seasoning and sugar. When mutton is well fried, sprinkle the flour. Cook for a few minutes, stirring all the time. Add stock, continue stirring and bring to boil. Add blanched tomatoes and bouquet garni. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and add vegetables. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

OSSO BUCO

1 kg. shin of veal (2 lb)
 60 gm. butter (2 oz)
 2 small onions
 3 med. tomatoes
 1 carrot
 2 stalks celery
 1 tbsp. refined flour
 A pinch of rosemary
 A few sprigs parsley
 3 flakes garlic
 ½ lemon
 ¼ cup dry white wine
 300 ml. stock (made from
 bouillon cubes) (1 1/4 cups)
 Salt and pepper to taste

PREPARATION: Clean and cut veal into 2" cubes. Season with salt and pepper. Skin and chop onions finely. Slice carrot and chop celery. Blanch and chop tomatoes. Chop garlic and parsley. Blend the flour with a little stock.

METHOD: Melt butter in cooker. Add veal, brown and remove. Add onions, carrot and celery and fry until golden brown. Add veal, tomatoes and garlic. Add wine, stock, rosemary and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add the blended flour and bring to boil. Serve hot, garnished with chopped parsley and lemon rind.

PELOTA

225 gm. minced mutton (1 1/2 lb)
 1 med. tomato
 2 slices bread
 ½ cup milk
 1 egg
 3 flakes garlic
 30 gm. pistachio (1 oz)
 Salt and pepper to taste

TO GARNISH:

2 eggs
 1 med. tomato

PREPARATION: Chop tomato, garlic and pistachio. Soak bread in milk. Grease a mould.

METHOD: Mix mutton, egg, seasoning with all the prepared ingredients. Fill in the mould. Cover with greaseproof paper. Pour 300 ml.* water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually. Open and serve hot, garnished with fried eggs and grilled tomato.

*1 1/4 cups

ROAST BEEF

500 gm. beef (fillet) (1 lb + 2 oz)
 1 tbsp. flour
 3 tbsp. oil
 400 ml. stock (1 2/3 cups)
 Salt and pepper to taste

PREPARATION: Wash, trim and marinate beef with salt, pepper and a little oil.

METHOD: Heat remaining oil in cooker and add beef. Fry lightly on all sides until evenly browned. Add stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 35 minutes. Allow cooker to cool gradually and open. Remove beef and slice it. Pour off excess fat in a pan, add the flour and prepare gravy and serve.

ROAST PORK

500 gm. pork (leg) (1 lb + 2 oz)
 2 tbsp. oil
 Salt and pepper to taste

PREPARATION: Wash, trim and marinate pork with salt, pepper and oil for 2 hours.

METHOD: Pour 500 ml.* water into cooker. Add pork. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 45 minutes. Allow cooker to cool gradually and open. Cook the pork till dry. *2 cups

SAUTE KIDNEYS

8 sheep's kidneys
 50 gm. butter (2 oz)
 A few sprigs parsley
 300 ml. demiglace (1 1/4 cups)
 Salt and pepper to taste

PREPARATION: Clean, skin and halve kidneys. Remove the sinews and cut each

Meat

half into 3 to 5 pieces. Wash well. Chop parsley.

METHOD: Melt butter in cooker. Add kidneys and saute. Add demiglace, salt and pepper. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually. Open and serve, garnished with chopped parsley.

SHASHLIK KABAB

500 gm. lamb (cubed) (1 lb + 2 oz)
225 gm. rice ($\frac{1}{2}$ lb)
4 small onions
4 small tomatoes
1 lge. red pepper
1 tbsp. vinegar
1" piece ginger
8 flakes garlic
2 tbsp. oil
Salt and pepper to taste

PREPARATION: Grind garlic and ginger. Marinate the cubed lamb with ground garlic, ginger, vinegar and salt for 2 hours. Peel and cut onions into halves. Cut red pepper into 6 long pieces. Wash and soak rice in 2 cups water for $\frac{1}{2}$ hour and drain.

METHOD: (Shashlik). Arrange the meat, onions, tomatoes and pepper alternately on skewers. Brush with oil and grill, turning them while they cook so that the meat browns evenly.

(Rice). Heat oil in cooker, add rice and fry for a few minutes till it starts sticking to the

bottom. Add 350 ml.* water and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Put rice on hot serving dish and place kababs on top.

* $1\frac{1}{2}$ cups

SHEPHERD'S PIE

500 gm. mutton (1 lb + 2 oz)
400 gm. potatoes (4 med.)
2 med. onions
1 med. tomato
30 gm. butter (1 oz)
1 tbsp. flour
100 ml. milk ($\frac{1}{3}$ cup)
1 tbsp. oil
200 ml. stock ($\frac{3}{4}$ cup)
Salt and pepper to taste

PREPARATION: Cut mutton into small pieces. Chop onions. Blanch tomato and chop. Boil potatoes in 150 ml.[†] water for 5 minutes (see p.69). Peel and mash potatoes with milk. Grease a mould. $\frac{2}{3}$ cup

METHOD: Pour stock into cooker and bring to boil. Add mutton. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove mutton and mince. Heat oil in a pan and fry onions till pale brown. Stir in flour and add blanched tomato. Add seasoning and minced mutton. Put into greased mould. Spread mashed potatoes over the mince. Roughen surface with a fork. Dot with butter and cover with

greaseproof paper. Pour 1 cup water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually. Open and serve hot.

SPAGHETTI & MUTTON CASSEROLE

500 gm. minced mutton (1 lb + 2 oz)
225 gm. spaghetti ($\frac{1}{2}$ lb)
3 tbsp. tomato sauce
1 egg
2 tbsp. breadcrumbs
3 tbsp. oil
Salt and pepper to taste

PREPARATION: Beat egg and add to minced mutton. Add breadcrumbs and seasoning and shape into balls. Grease a mould.

METHOD: Pour 700 ml.* water into cooker and bring to boil. Add spaghetti and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure and remove spaghetti. Place a thick layer of spaghetti in the mould. Cover with tomato sauce. Top with meat balls. Cover with greaseproof paper. Pour 250 ml.[†] water in cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and serve hot. $*2\frac{3}{4}$ cups $\dagger$ 1 cup

STEWED OXTAIL

1 oxtail (400 gm.)
2 lge. tomatoes
1 med. onion
Bouquet garni
Juice of 1 lemon
1 tbsp. flour
30 gm. butter (1 oz)
500 ml. stock (2 cups)
Salt and pepper to taste

PREPARATION: Wash oxtail, trim and cut into small pieces. Slice onion. Blanch and chop tomatoes. Prepare white sauce with butter, flour and a little stock (see p.63).

METHOD: Melt remaining butter in cooker. Fry onion till golden brown. Add oxtail pieces and tomatoes. Add stock, bouquet garni, salt and pepper. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 40 minutes. Allow cooker to cool gradually. Open and leave until cold and lift off the layer of fat formed on top. Add white sauce and lemon juice to the stewed oxtail. Bring to boil. Serve hot.

SUMMER STEW

500 gm. middle-neck of lamb (1 lb + 2 oz)
400 gm. new potatoes (4 med.)
300 gm. green peas (shelled) (2 cups)
2 lge. onions
4 small turnips
2 med. carrots
A few mint leaves
Salt and pepper to taste

PREPARATION: Wash lamb and cut into pieces. Peel and slice onions. Scrape and cut turnips and carrots. Peel potatoes, chop mint.

METHOD: Pour 500 ml* water into cooker and bring to boil. Add lamb, onions and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and add vegetables, potatoes and mint. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot. *2 cups

VEAL STEW

500 gm. veal (1 lb + 2 oz)
4 tbsp. tomato puree
100 gm. green peas (shelled) (2/3 cup)
30 gm. butter (1 oz)
250 ml. stock (1 cup)
Salt and pepper to taste

PREPARATION: Cut veal into 2" pieces.

METHOD: Melt butter in cooker. Add veal and brown lightly. Add tomato puree, stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and add peas. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

VIENNESE STEWED BEEF

500 gm. lean beef (1 lb + 2 oz)
1 med. onion
1 med. turnip
1 med. capsicum
1 tbsp. breadcrumbs
15 gm. butter (1 tbsp)
A little mace
100 ml. white wine (1/3 cup)
200 ml. stock (2/3 cup)
Salt and pepper to taste

PREPARATION: Cut beef into 1 1/2" pieces and season with salt and pepper. Dice vegetables into 1" cubes.

METHOD: Melt butter in cooker, add beef and brown. Add stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually. Open and add all the vegetables, breadcrumbs, white wine and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve hot.

BRAISED CHICKEN

1 kg. chicken (2 lb)
30 gm. butter (1 oz)
1 lemon
30 ml. espagnole sauce (2 tbsp)
150 ml. brown stock (2/3 cup)
Salt and pepper to taste

Poultry

PREPARATION: Joint the chicken.

METHOD: Melt butter in cooker. Add chicken and brown lightly. Add espagnole sauce, seasoning and stock. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve hot with slices of lemon.

N.B.: It can be served accompanied with brown potatoes and grilled tomatoes.

BRAISED DUCK

1½ kg. duck (2½ lb)
50 gm. butter (2 oz)
1 lemon
150 ml. brown stock (⅔ cup)
300 ml. espagnole sauce (1¼ cups)
Salt and pepper to taste

PREPARATION: Joint the duck.

METHOD: Melt butter in cooker. Add jointed duck and brown lightly. Add espagnole sauce, seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually. Open and serve hot with slices of lemon.

CHICKEN A LA KING

750 gm. chicken (1 lb + 11 oz)
1 small tin button mushrooms
250 ml. milk (1 cup)

100 gm. butter (⅓ lb)
½ cup fresh cream
4 tbsp. flour
1 egg.
¼ tsp. pepper powder
Salt to taste

PREPARATION: Joint chicken. Separate egg yolk.

METHOD: Pour 1½ cups water into cooker. Add chicken and close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Bone chicken and shred. Strain stock and keep aside. Melt butter in a pan, add flour and stir till creamy. While stirring, add stock and milk gradually. Add beaten egg yolk and then the cream. Add chicken, mushrooms, salt and pepper. Serve hot.

CHICKEN CASSEROLE

1 kg. chicken (2 lb)
1 lge. carrot
1 lge. onion
60 gm. bacon (2 oz)
60 gm. butter (2 oz)
Bouquet garni
300 ml. stock (1¼ cups)
Salt and pepper to taste

TO GARNISH:

2 med. tomatoes
60 gm. mushrooms (2 oz)
100 gm. green peas (shelled) (⅔ cup)
300 ml. espagnole sauce (1¼ cups)
15 ml. meat glaze (1 tbsp)

PREPARATION: Joint chicken and season. Slice onion, carrot, bacon and mushrooms. Boil peas and carrots in cooker for 2 minutes in 100 ml. water (see p.69). Cut tomatoes into halves and grill.

METHOD: Melt butter in cooker and saute mushrooms and remove. Add sliced onions and bacon and fry for 2 minutes and remove. Add chicken and brown. Add stock, salt, pepper and bouquet garni. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 9 minutes. Allow cooker to cool gradually. Open and put chicken with gravy in a warm casserole dish. Pour espagnole sauce and meat glaze over chicken. Serve garnished with grilled tomatoes, sauted mushrooms, boiled carrots and peas.

CHICKEN EGYPTIAN

1 kg. chicken (2 lb)
60 gm. mushrooms (2 oz)
150 gm. ham (5 oz)
2 med. onions
2 med. tomatoes
3 tbsp. oil
200 ml. chicken stock (¾ cup)
Salt and pepper to taste

PREPARATION: Joint chicken. Slice onions, mushrooms and tomatoes. Dice ham.

METHOD: Heat oil in cooker. Add chicken and saute till light brown. Add ham, onions, mushrooms and tomatoes. Add stock and



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seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve hot.

CHICKEN ESPAGNOLE

1 kg. chicken (2 lb)
225 gm. rice (1½ lb)
2 small capsicums
100 gm. green peas (shelled) (2/3 cup)
100 gm. sausages (1¼ lb)
3 tbsp. oil
350 ml. stock (1½ cups)
Salt and pepper to taste
TO GARNISH:
3 cherries
2 lge. tomatoes

PREPARATION: Joint chicken. Clean and wash rice. Chop capsicums. Slice sausages. Grill tomatoes.

METHOD: Heat oil in cooker and saute chicken. Add capsicums, peas, sausages and saute. Add rice, stock and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and serve hot garnished with cherries and grilled tomatoes.

CHICKEN FERMIERE

1 kg. chicken (2 lb)
50 gm. ham (2 oz)
1 med. onion

1 med. carrot
3 small turnips
3 stalks celery
30 gm. butter (1 oz)
½ tsp. sugar
200 ml. chicken stock (¾ cup)
Salt to taste

PREPARATION: Joint chicken. Slice carrot, turnips, celery and onion. Dice ham.

METHOD: Melt butter in cooker, saute chicken and onion. Add seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Open cooker after releasing steam pressure. Add carrot, turnips, celery, ham and sugar. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 4 minutes. Allow cooker to cool gradually. Open and serve.

CHICKEN FORESTIERE

1 kg. chicken (2 lb)
50 gm. bacon (2 oz)
100 gm. butter (1¼ lb)
50 gm. shallots (2 oz)
2 med. potatoes
4 mushrooms
A few sprigs parsley
A pinch of mustard powder
250 ml. stock (1 cup)
Salt and pepper to taste

PREPARATION: Joint chicken. Marinate chicken with mustard, salt and pepper. Keep aside for ½ hour. Slice shallots and mush-

rooms. Cut bacon into ½" pieces. Boil potatoes in 150 ml.† water for 5 minutes (see p.69). Peel and dice. *2/3 cup

METHOD: Melt butter in cooker. Add chicken and saute. Add shallots and mushrooms, seasoning and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. In a separate pan, saute potatoes. Fry bacon to golden brown. Dish out chicken. Garnish with potatoes, fried bacon and parsley. Pour gravy over chicken or serve separately.

CHICKEN GOULASH

1 kg. chicken (2 lb)
1 lge. onion
3 lge. tomatoes
30 gm. butter (1 oz)
1 tbsp. paprika
Salt and pepper to taste

TO GARNISH:

225 gm. spaghetti (1½ lb)
15 gm. butter (1 tbsp)

PREPARATION: Joint chicken. Chop onion. Blanch and slice tomatoes. Boil spaghetti with salt in 700 ml.† water for 5 minutes (see p.69). †2¾ cups

METHOD: Melt butter in cooker. Add onion and chicken. Brown evenly. Add salt, pepper and paprika. Arrange tomato slices on top of chicken and onion. Add 200 ml.†† ††¾ cup

Poultry

water. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and serve surrounded by spaghetti tossed in butter.

CHICKEN MARENGO

1 kg. chicken (2 lb)
225 gm. crayfish (1½ lb)
30 gm. shallots (1 oz)
2 med. tomatoes
50 gm. mushrooms (2 oz)
4 eggs
300 ml. Jus-lie brown sauce (1¼ cups)
30 gm. butter (1 oz)
3 flakes garlic
1 tsp. olive oil
A few sprigs parsley
Salt and pepper to taste

PREPARATION: Joint chicken. Season with salt and pepper. Blanch and chop tomatoes and slice mushrooms. Slice shallots and garlic. Clean crayfish.

METHOD: Pour 200 ml* water into cooker. Place grid inside. Put fish on top of grid. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow the cooker to cool gradually. Open and remove fish. Drain water.

Heat oil in cooker. Add chicken and brown slightly. Add shallots, garlic, tomatoes, mushrooms, seasoning and brown sauce. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat

and cook for 10 minutes. Allow cooker to cool gradually before opening. Remove chicken onto a flat dish. Pour gravy on top. Surround with crayfish, fried eggs and heart-shaped croutons. Sprinkle chopped parsley. ^{*3/4 cup}

CHICKEN MEXICAN

1 kg. chicken (2 lb)
4 med. tomatoes
3 lge. capsicums
50 gm. mushrooms (2 oz)
30 gm. butter (1 oz)
3 tbsp. oil
150 ml. stock (⅔ cup)
Salt and pepper to taste

PREPARATION: Joint chicken. Blanch and chop tomatoes. Cut capsicums into halves, remove seeds. Slice mushrooms.

METHOD: Heat oil in cooker and saute chicken. Add stock and half the chopped tomatoes. Add seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and dish out chicken. Pour the gravy over. Surround with grilled capsicum halves and mushrooms. Garnish with the remaining tomatoes tossed in hot butter.

CHICKEN NAVARESSA

1 kg. chicken (2 lb)
100 gm. ham (⅓ lb)
2 lge. onions

2 lge. carrots
2 leeks
Juice of 1 lemon
30 gm. butter (1 oz)
1 tbsp. flour
A few mint leaves
Bouquet garni
200 ml. stock (¾ cup)
Salt and pepper to taste

PREPARATION: Clean chicken. Chop carrots, onions and leeks. Dice ham. Chop mint and mix with half the butter and lemon juice and stuff in the chicken.

METHOD: Melt a little butter in cooker. Add chicken. Add stock, onions, carrots, leeks, ham, bouquet garni and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 12 minutes. Allow cooker to cool gradually before opening. Place the chicken on a plate and surround with vegetables.

SAUCE: Melt butter in a saucepan. Add flour and fry a little. Add the cooking liquid and remaining lemon juice. Strain.

Pour sauce over chicken and serve hot with boiled rice.

CHICKEN ROAST

1 kg. chicken (2 lb)
1½" piece ginger
6 flakes garlic
½ cup vinegar

3 *tblsp.* oil
Salt to taste

PREPARATION: Wash and clean chicken. Grind ginger, garlic and salt to a fine paste. Rub the paste on to the chicken and soak in vinegar for 2-3 hours.

METHOD: Heat oil in cooker and fry whole chicken till golden brown all over. Add 125 ml.* water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually. Open and dry off water, if any. Continue frying till outer layer is crisp. Garnish with fried potatoes and boiled vegetables.*¹/₂ cup

FRICASSEE OF CHICKEN

1 *kg.* chicken (2 *lb*)
8 *button* mushrooms
2 *small* onions
1 *lge.* carrot
Bouquet garni
80 *gm.* butter (3 *oz*)
2 *tblsp.* flour
2 *tblsp.* cream
1 *clove*
200 *ml.* stock (³/₄ *cup*)
Salt and pepper to taste

PREPARATION: Joint chicken. Cut up the carcass. Chop onions and carrot. Slice mushrooms.

METHOD: Melt half the butter in cooker. Add the carcass and fry without browning. Add onions, carrots, clove, bouquet garni

and stock. Bring to boil. Add chicken pieces and seasoning. Close cooker and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Remove chicken pieces on to a plate. Melt remaining butter in a pan. Add flour and cook without discolouration. Add cooking liquid and bring to boil. Add the cream and sliced mushrooms. Pour the sauce over the chicken and serve garnished with croutons.

PAELLA A LA VALENCIANA

500 *gm.* young chicken (1 *lb* + 2 *oz*)
1 *lobster*
15 *gm.* bacon (¹/₂ *oz*)
200 *gm.* french beans (7 *oz*)
2 *med.* tomatoes
1 *med.* onion
100 *gm.* green peas (shelled) (²/₃ *cup*)
400 *gm.* rice (14 *oz*)
A pinch of saffron
1 *flake* garlic
1 *bayleaf*
2 *tblsp.* oil
750 *ml.* stock (3¹/₈ *cups*)
Salt and pepper to taste

PREPARATION: Joint chicken. Chop garlic and onion. Cut beans into 1" pieces. Cut bacon and lobster into 1" pieces. Grill tomatoes.

METHOD: Heat oil in cooker. Fry chopped garlic and onion. Add chicken and saute till golden brown. Add rice and fry for 2

minutes. Add bacon, lobster, peas and beans. Add stock, salt, pepper, bayleaf and saffron. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 8 minutes. Allow cooker to cool gradually. Open and serve hot, garnished with grilled tomatoes. (The secret of Paella is to serve it immediately after it is cooked.)

VEGETABLES

Vegetables play an important role in the human diet. They provide variety and make a meal more attractive by introducing colour and furnishing roughage. What's more, cooked or raw, they make an invaluable contribution towards the supply of necessary vitamins and minerals.

There is no better way to cook vegetables than by pressure cooking them. This ensures minimum loss of vitamins, minerals, salts, etc. A variety of methods can be effectively employed in the preparation of vegetable dishes, but the objective should be to lose as little as possible of their natural flavour, colour and nutrients.

ANNA POTATOES

500 gm. potatoes (5 med.)
50 gm. butter (2 oz)
Salt and pepper to taste

PREPARATION: Wash and peel potatoes.

METHOD: Pour 150 ml.* water into the cooker. Bring to boil. Add potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually. Open and drain off water. Slice potatoes into thin roundels. Melt butter in a pan, add potatoes and seasoning, saute for 2 minutes and serve. * $\frac{2}{3}$ cup

BOILED CELERY

500 gm. celery (2 bunches)
50 gm. butter (2 oz)
Salt to taste

PREPARATION: Wash and chop celery.

METHOD: Pour 200 ml.* water into cooker and bring to boil. Add celery and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually. Open and drain off water. Pour melted butter over and serve hot. * $\frac{3}{4}$ cup

BRAISED CABBAGE

500 gm. cabbage (1 med.)
50 gm. bacon (2 oz)
30 gm. butter (1 oz)
1 lge. carrot
2 med. onions
2 flakes garlic
50 ml. stock (3 tbsp)
Salt and pepper to taste

PREPARATION: Clean and separate leaves of cabbage. Chop onions and garlic. Clean and cut carrot into small cubes. Cut bacon.

METHOD: Melt butter in cooker. Saute onion, garlic, carrot and bacon. Arrange cabbage leaves in layers in cooker and sprinkle salt and pepper. Add stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually. Open and serve hot.

BRAISED KIDNEY BEANS

200 gm. kidney beans (7 oz)
1 med. onion
2 stalks celery
30 gm. butter (1 oz)
1 bayleaf
 $\frac{1}{2}$ bunch parsley
400 ml. stock ($1\frac{2}{3}$ cups)
Salt and pepper to taste

PREPARATION: Soak beans for at least 4 hours. Chop onion, celery and parsley.

METHOD: Melt butter in cooker. Add onion and celery and saute. Add beans, bayleaf, pepper, salt and stock. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually and open. Serve hot, garnished with chopped parsley.

BRAISED LEEKS

500 gm. leeks (7)
30 gm. bacon (1 oz)
1 med. carrot
1 med. onion
Bouquet garni
2 tbsp. oil
150 ml. stock ($\frac{2}{3}$ cup)
Salt and pepper to taste

PREPARATION: Cut the roots from the leeks, remove any discoloured outside leaves and trim the green. Cut through lengthwise and wash well under running water. Slice onion. Cut bacon. Cut carrot into small cubes.

METHOD: Heat oil in cooker. Saute onion, carrot and bacon. Add leeks, stock, seasoning and bouquet garni. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Allow cooker to cool gradually. Open and serve hot.

CREAMED CARROTS

225 gm. carrots (1½ lb)
15 gm. butter (1 tbsp)
Salt to taste

PREPARATION: Wash and scrape carrots. Cut into roundels.

METHOD: Pour 150 ml.* water into cooker. Add carrots and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and drain off the water well. Pass carrots through a sieve. Reheat in a pan to dry water, if any. Add butter. Serve with cream if desired. *2/3 cup

CREAMED POTATOES

500 gm. potatoes (5 med.)
30 ml. milk (2 tbsp)
30 gm. butter (1 oz)
Salt to taste

PREPARATION: Peel and cut potatoes into quarters.

METHOD: Pour 250 ml.* water into cooker and bring to boil. Add potatoes and salt. Close cooker, bring to full cooking pressure †1 cup

on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually and open. Drain off water. Dry potatoes and mash well. Add hot milk and butter and cream well to a fluffy consistency.

LEEKS MORNAY

8 leeks
300 ml. milk (1¼ cups)
100 gm. grated cheese (1¼ lb)
25 gm. butter (1 oz)
2 tbsp. flour
A pinch of dry mustard
1 tsp. paprika
Salt and pepper to taste

PREPARATION: Clean, wash and cut leeks evenly into 4" long strips.

METHOD: Pour 1 cup water into cooker. Add leeks and salt. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 2 minutes. Open cooker immediately after releasing steam pressure. Drain off liquid. Put leeks on a heated serving dish and keep hot. Melt the butter in a pan, stir in flour and mustard and cook for 2 minutes. Gradually blend in milk, stirring all the time and bring to boil. Turn down the heat, stir in the cheese and add seasoning. Pour this sauce over leeks and sprinkle with paprika.

LYONNAISE POTATOES

500 gm. potatoes (5 med.)
2 med. onions
½ bunch parsley

2 tbsp. oil
Salt and pepper to taste

PREPARATION: Slice onions and chop parsley.

METHOD: Pour 250 ml.* water into cooker and bring to boil. Add potatoes. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Drain off water. Peel and slice potatoes into roundels. In a pan, fry onions till golden brown and remove. Toss potatoes in oil. Add onions, salt and pepper. Mix well. Remove and serve hot, garnished with chopped parsley. *1 cup

POTATO STEW

500 gm. potatoes (5 med.)
1 med. onion
20 gm. butter (1 oz)
1 tbsp. flour
1 bayleaf
Bouquet garni
150 ml. red wine (2/3 cup)
Salt and pepper to taste

PREPARATION: Peel and slice potatoes and onion.

METHOD: Melt butter in cooker. Add flour and stir well until mixture browns. Pour in 150 ml.* each of water and red wine. Continue stirring and bring to boil. Add potatoes, onion, seasoning and flavouring. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 5 minutes. Allow cooker to cool gradually. Open and serve hot. †2/3 cup

Vegetables

RED CABBAGE

1 red cabbage
500 gm. cooking apples (1 lb + 2 oz)
50 gm. butter (2 oz)
3 tbsp. sugar
4 cloves
4 tbsp. vinegar
1 tbsp. red currant jelly
Salt to taste

PREPARATION: Wash and finely shred cabbage. Peel, core and slice apples.

METHOD: Pour 50 ml.* water into cooker. Add cabbage, apples, sugar, salt, cloves and vinegar. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 2 minutes. Open immediately after releasing steam pressure. Add butter and red currant jelly, stir for a few seconds and serve. * $\frac{1}{4}$ cup

SAUTE VEGETABLE MARROW

250 gm. bottle gourd (9 oz)
1 small onion
1 tbsp. oil
Salt and pepper to taste

PREPARATION: Peel and cut bottle gourd into 1" pieces. Chop onion.

METHOD: Pour 250 ml† water into cooker and bring to boil. Add bottle gourd and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Allow cooker to cool gradually. Open and drain off water. Heat oil †1 cup

in a pan. Add chopped onion and saute. Add cooked vegetable marrow and pepper. Serve hot.

STEAMED CAULIFLOWER

500 gm. cauliflower (1 med.)
Salt to taste

PREPARATION: Trim the stem and remove the leaves of the cauliflower. Wash well.

METHOD: Pour 100 ml.* water into cooker. Add salt and bring to boil. Add cauliflower. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 2 minutes. Open cooker immediately after releasing steam pressure. Remove the cauliflower and drain well. Serve whole or cut into 4 even portions in a vegetable dish. * $\frac{1}{3}$ cup

STEAMED FRENCH BEANS

500 gm. french beans (1 lb + 2 oz)
30 gm. butter (1 oz)
Salt to taste

PREPARATION: Wash, string and slice beans diagonally.

METHOD: Pour 100 ml.† water into cooker, add salt and boil. Add beans. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Open cooker immediately after releasing steam pressure. Remove beans and drain well. Toss in melted butter and serve hot. † $\frac{1}{3}$ cup

CEREALS & PASTA

The principal factors that affect the time required for cooking cereals are the size of the grains or particles, the amount of water used, and the presence (or absence) of the bran layer. Pre-soaked cereals require less water and cooking time. The amount of water and time should be adjusted according to the desired consistency of the cooked cereals. One point to be remembered is that cereals tend to froth up when pressure cooked, so the cooker must never be more than half full.

BOILED RICE

450 gm. rice (1 lb)
Salt to taste

PREPARATION: Wash rice and drain well.

METHOD: Pour 600 ml* water in cooker and bring to boil. Add rice and salt. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and serve hot. *2½ cups

PEA PULAO

450 gm. rice (1 lb)
450 gm. green peas (3 cups)
1 med. onion

3 cardamoms
3 cloves
1 stick cinnamon
1 bayleaf
4 tbsp. oil
Salt to taste

PREPARATION: Wash and soak rice for ½ hour and drain. Shell peas. Slice onion.

METHOD: Heat oil in cooker. Fry sliced onion till golden brown. Add bayleaf and whole spices. Add rice and fry well. Add peas, salt and 600 ml* water and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually. Open and serve hot. *2½ cups

RISOTTO

450 gm. rice (1 lb)
60 gm. butter (2 oz)
2 med. onions
30 gm. cheese (1 oz)
A pinch of nutmeg powder
A pinch of saffron
3 tbsp. tomato sauce
600 ml. vegetable stock (2½ cups)
Salt and pepper to taste

PREPARATION: Wash rice and drain well. Peel and mince onions. Grate cheese.

METHOD: Melt butter in cooker. When hot, add onions and saute. Add rice, salt, pepper, nutmeg powder, saffron and tomato sauce together with stock. Close cooker, bring to full cooking pressure on maximum

heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually and open. Add grated cheese and serve hot.

MACARONI CHEESE

120 gm. macaroni (1¼ lb)
60 gm. cheese (2 oz)
15 gm. butter (1 tbsp)
1 tbsp. flour
300 ml. milk (1¼ cups)
30 gm. butter (for macaroni) (1 oz)
Salt and pepper to taste

PREPARATION: To make the Cheese Sauce: Grate cheese. Melt butter in pan. Add flour, mix well; cook gently for 2 minutes. Remove from heat and add the milk gradually, stirring all the time. Bring to boil and add half the grated cheese, stirring all the time. Gently boil for 5 minutes. Add seasoning.

METHOD: Pour 700 ml* water in the cooker body. Add 1 teaspoon salt. Place on stove on maximum heat, bring to boil and add macaroni. Close lid. Bring to full cooking pressure, reduce to medium heat and cook for 6 minutes. Allow the cooker to cool gradually before opening. Drain water in colander and hold under a running tap to prevent sticking. *3⅓ cups

Melt butter in a pan and toss in the macaroni for 1 minute. Dish out the macaroni in a serving dish and pour the cheese sauce over. Garnish with remaining grated cheese and serve hot.

SPAGHETTI WITH BARBECUE SAUCE

250 gm. spaghetti (9 oz)
30 ml. oil (2 tbsp)
1 med. onion
1½ tbsp. cornflour
5 med. tomatoes
30 gm. brown sugar (1 oz)
½ tsp. paprika
1 tbsp. Worcestershire sauce
1 tsp. vinegar
A few drops Tabasco sauce
15 gm. stuffed olives (optional) (1½ oz)
60 gm. grated cheese (2 oz)
2 tbsp. butter
Salt to taste

PREPARATION: To make Barbecue Sauce:

In a pan boil the tomatoes in water for 2 minutes. Peel off the skin and pass through a sieve to make a puree. Chop the onion finely. Heat oil in a pan and saute onion without browning. Stir in the cornflour and mix well. Add tomato puree, 500 ml* water and simmer for 10 minutes. Add sugar, paprika, Worcestershire sauce, vinegar and Tabasco sauce and allow to simmer on low heat for 2 minutes. Stir in the stuffed olives (optional). *2 cups

METHOD: Pour 1 litre water in the cooker body with 1 teaspoon salt. Place cooker on stove on maximum heat and bring the water to boil. Hold spaghetti in a bundle and lower the ends into the boiling water; gradually wind the rest round the inside of the cooker body. Close lid. Bring to full cooking pressure, reduce to medium heat and cook for 5 min-

utes. Allow the cooker to cool gradually before opening. Drain water in a collander and hold under a running tap to prevent sticking.

Melt butter in a pan and toss in the spaghetti for 1 minute. Dish out the spaghetti in a serving bowl and pour the barbecue sauce over. Garnish with grated cheese and serve hot.

SPAGHETTI WITH MUSHROOM & CHEESE SAUCE

250 gm. spaghetti (9 oz)
225 gm. button mushrooms (1½ lb)
1 med. onions
10 gm. butter (2 tsp)
150 ml. milk (2/3 cup)
1 tbsp. flour
3 tbsp. tomato sauce
60 gm. cheese (2 oz)
30 gm. butter (for spaghetti) (1 oz)
Salt and pepper to taste

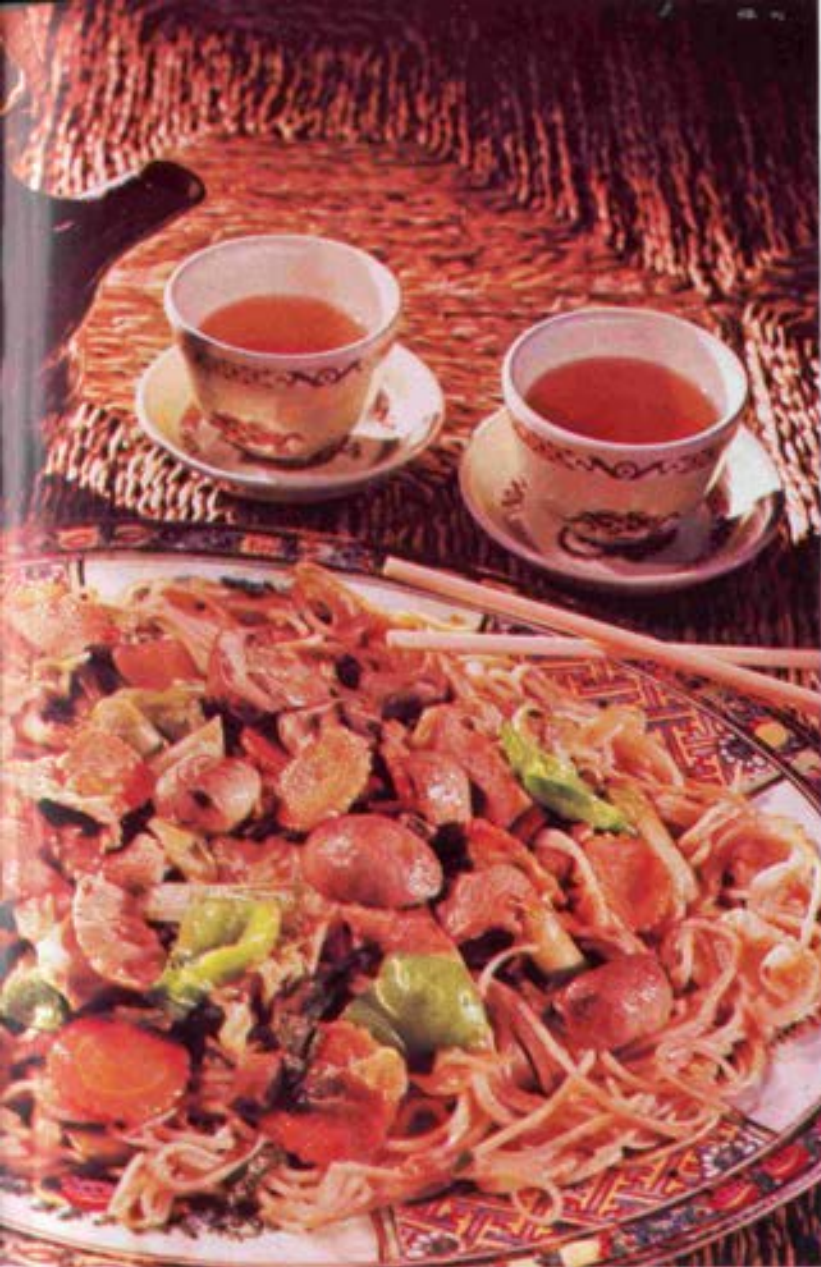
PREPARATION: To make Mushroom & Cheese Sauce:

Grate cheese. Chop onion finely. Cut mushrooms into halves. Melt butter in pan and saute onions without discolouring. Add mushrooms, milk and seasoning. Cover pan and simmer for 10 minutes. Make a smooth paste of the flour with a little milk and tomato sauce. Stir into the mushroom mixture and bring to boil, stirring continuously for 2 minutes. Remove from fire and stir in the grated cheese until melted.

METHOD: Pour 1 litre* water into the cooker body. Add 1 teaspoon salt. Place on stove on maximum heat and bring to boil. *4½ cups

Hold spaghetti in a bundle and lower the ends into the boiling water; gradually wind the rest round the inside of the cooker body. Close the lid. Bring to full cooking pressure, reduce to medium heat and cook for 5 minutes. Allow the cooker to cool gradually before opening. Drain water in collander and hold under a running tap to prevent sticking.

Melt butter in a pan and toss in the spaghetti for 1 minute. Dish out the spaghetti in a serving bowl and pour the mushroom and cheese sauce over. Garnish with half slices of tomato and sprigs of parsley. Serve hot.



Chow Mein, p.60



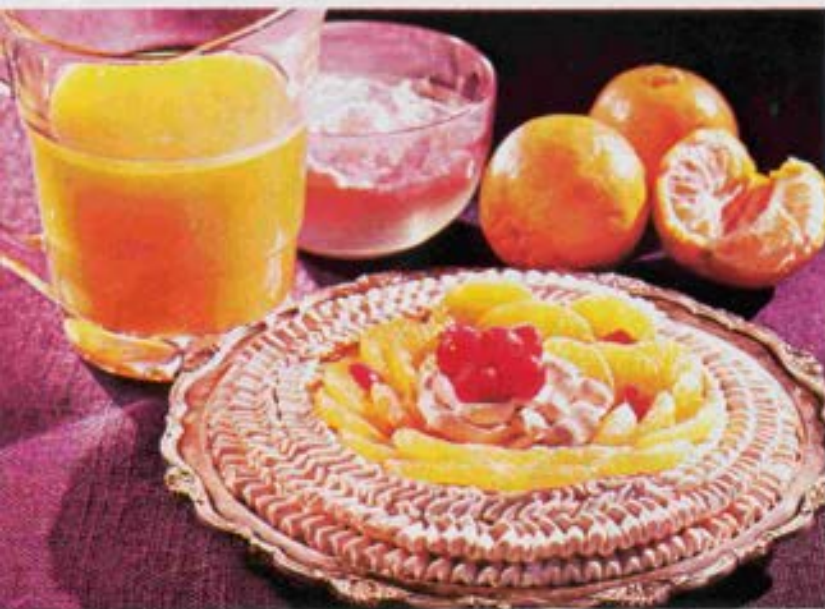
Sweet & Sour Prawns, p.61



Cabinet Pudding, p.49



Caramel Custard, p.50



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Bottling of Fruits & Vegetables

DESSERTS

A good dessert can add the right finishing touch to any meal in terms of beauty, flavour and balance. It could be anything from simple stewed fruit, cheese and apple slices to an elaborate pudding.

Fruits

Most fresh fruits are considered to be at their best raw. However, cooking is sometimes desirable, or necessary, because some fruits are more palatable and digestible when cooked—for example, green apples and rhubarb. Fruits are usually cooked in syrup or water. To retain their shape, fruits should be cooked in syrup.

Fruits which brown easily when peeled or cut, like bananas and apples, should be dipped in or covered with lemon juice or a solution of ascorbic acid to prevent discolouration. Placing the fruit in sugar syrup or even immersing it in water also helps.

Desserts and Puddings

When making a milk pudding, care should be taken that the correct proportions of the various ingredients are added. Whole sweet milk is best for all puddings; if skimmed milk is used,

fat should be added in the form of butter or margarine to make up for the fat loss.

ALBERT PUDDING

150 gm. flour (1½ cups)
100 gm. sugar (¼ lb)
100 gm. margarine (¼ lb)
5 glace cherries
2 eggs
A pinch of baking powder

PREPARATION: Sift flour and baking powder together. Grease pudding mould. Chop cherries and decorate greased mould.

METHOD: Cream margarine and sugar. Beat eggs and add gradually, beating mixture well with each addition of egg. Fold in flour gradually. Put mixture into mould. Cover with butter paper. Pour 200 ml* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 18 minutes. Allow cooker to cool gradually before opening. Take out mould from cooker and remove butter paper. Upturn into a dish. Serve hot with jam sauce. *¾ cup

APPLE COMPOTE

2 apples
200 gm. sugar (7 oz)

PREPARATION: Peel and core apples. Cut into quarters.

METHOD: Pour 200 ml* water into cooker and bring to boil. Add sugar and make a syrup. Add apples. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1 minute. Allow cooker to cool gradually before opening. Serve cold with cream or custard. *¾ cup

CABINET PUDDING

225 gm. bread (½ lb)
30 gm. butter (1 oz)
300 ml. milk (1¼ cups)
115 gm. sugar (¼ lb)
2 eggs
50 gm. sultanas (2 oz)
10 cashewnuts
A few drops of vanilla essence
or
½ lemon rind

PREPARATION: Butter pudding mould and decorate bottom and sides with nuts and sultanas. Butter slices of bread, cut off crust and cut the bread into cubes. Arrange a layer of bread into prepared mould and sprinkle with sultanas. Cover with another layer of bread and continue arranging in layers till mould is half full.

Boil milk and pour over beaten eggs, stirring well. Add flavouring and sugar. Pour over bread in the mould and let it stand for ½ hour, so bread is soaked thoroughly. Cover with butter paper.

Desserts

METHOD: Pour 300 ml.* water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 20 minutes. Allow cooker to cool gradually. Open and remove butter paper. Upturn mould into a dish and serve hot, with jam sauce or custard sauce. *1 1/4 cups

CANARY PUDDING

90 gm. flour (1 cup)
90 gm. butter (1/4 lb)
90 gm. sugar (1/4 lb)
2 eggs
A pinch of baking powder
5 drops vanilla essence

PREPARATION: Sieve flour with baking powder. Grease pudding mould.

METHOD: Cream butter and sugar. Add beaten egg yolks and the flour. Fold in well-beaten egg whites and add essence. Pour into the greased mould and cover with butter paper. Pour 300 ml.† water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 20 minutes. Allow cooker to cool gradually. Open and remove butter paper. Serve hot with jam sauce. †1 1/4 cups

CARAMEL CUSTARD

300 ml. milk (1 1/4 cups)
2 eggs

4 tbsp. sugar
A pinch of nutmeg powder

PREPARATION: Dissolve 1 heaped tbsp. sugar with a little water for caramel, in a heavy pan. Bring to boil and allow to colour a golden brown. Pour at once into a warm dry pudding mould and mask evenly all over.

METHOD: Beat eggs, add remaining sugar and stir well till sugar is dissolved. Bring the milk almost to boiling point and pour over beaten eggs. Strain into prepared mould. Sprinkle grated nutmeg. Cover mould with greaseproof paper. Pour 200 ml.* water into cooker. Place grid inside with mould on top and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 8 minutes. Allow cooker to cool gradually before opening. Remove greaseproof paper. Place an inverted serving plate over the custard and upturn. Serve either hot or cold. *3/4 cup

CHOCOLATE SOUFFLE

115 gm. chocolate (1/4 lb)
150 ml. milk (2/3 cup)
5 eggs
30 gm. butter (1 oz)
2 tbsp. flour
1 tsp. castor sugar
5 drops vanilla essence

PREPARATION: Grease mould.

METHOD: Break up chocolate roughly and boil in milk. Cool. Melt butter in a pan. Add flour and cook for a few seconds. Add

chocolate and milk and cook till thickened, beating well to make it smooth. Cool slightly and beat in egg yolks, one at a time. Add vanilla essence and sugar. Fold in stiffly-beaten egg whites and pour into mould. Cover with greaseproof paper.

Pour 200 ml.* water into cooker. Place grid inside cooker with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove and turn on to a dish. *3/4 cup

CHRISTMAS PUDDING

1 med. carrot
2 med. potatoes
50 gm. raisins (2 oz)
50 gm. dates (2 oz)
50 gm. butter (2 oz)
85 gm. sugar (3 oz)
30 gm. nuts (1 oz)
50 gm. flour (1/2 cup)
A pinch of soda bicarb
A pinch of cinnamon powder
A pinch of clove powder
A pinch of nutmeg powder
A pinch of salt

PREPARATION: Grate carrot. Peel and grate potatoes. Chop raisins and dates after de-seeding. Chop nuts. Sieve flour with soda bicarb, cinnamon, clove and nutmeg powders and salt. Grease pudding mould.

METHOD: Cream butter and sugar. Add carrot, potatoes, raisins, nuts and dates. Add

flour mixture and mix well. Put into mould and cover with butter paper. Pour 400 ml.* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 1¼ hours. Allow cooker to cool gradually. Open and remove mould. Upturn into a dish and decorate with glace cherries. Serve hot with vanilla sauce. *1½ cups

GINGER PUDDING

150 gm. flour (1½ cups)
50 gm. butter (2 oz)
50 gm. sugar (2 oz)
1 egg
½ tsp. dry ginger powder
½ tsp. baking powder
3 tbsp. milk

PREPARATION: Sieve flour with baking and ginger powders. Grease pudding mould.

METHOD: Cream together butter and sugar. Add egg yolk and beat. Beat egg white stiffly. Add flour, milk and egg white alternately and mix. Pour mixture into mould. Cover with butter paper. Pour 200 ml.† water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove butter paper and serve hot with custard sauce or jam sauce. †¾ cup

MARMALADE PUDDING

115 gm. marmalade (¼ lb)
50 gm. breadcrumbs (2 oz)
50 gm. flour (½ oz)
½ tsp. baking powder
2 tbsp. sugar
45 gm. shredded suet (2 oz)
or
vegetable shortening
1 egg
A pinch of salt

PREPARATION: Grease pudding mould.

METHOD: Mix dry ingredients together. Add beaten egg and marmalade. Put into mould and cover with butter paper. Pour 300 ml.* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 25 minutes. Allow cooker to cool gradually before opening. Remove butter paper and serve pudding with marmalade sauce. *1¼ cups

ORANGE PUDDING

1 orange
85 gm. sugar (3 oz)
4 eggs
85 gm. flour (3 oz)
60 gm. butter (2 oz)
1 tbsp. castor sugar
1 tbsp. rum

FOR ICING:

100 gm. icing sugar (¼ lb)
1 orange

PREPARATION: Extract juice from orange and grate the peel. Rub castor sugar with grated orange peel and rum. Grease pudding mould.

METHOD: Cream 3 egg yolks with sugar till light and fluffy. Add one whole egg, orange juice and the creamed castor sugar and beat thoroughly. Fold in flour and warmed butter. Add stiffly beaten egg whites. Pour into mould and cover with greaseproof paper. Pour 300 ml.* water into cooker. Place grid inside with mould on top, and bring to boil. Close cooker, bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Remove, cool and turn on to a dish. When cold, coat with icing. *1¼ cups

FOR ICING: Extract orange juice. Add warm orange juice gradually to icing sugar and keep on beating. When thick, pour over cake.

INDIAN CUISINE

The art of Indian cooking lies in the selective use of spices, which enhance the taste of the food. Each dish merits its own combination of spices — in the right measure. The recipes chosen here are moderately spiced. There is nothing complicated about Indian cooking. Techniques are simple, and Indian spices are now available in many parts of the world.

The recipes that follow contain details of ingredients and quantities of the specific spices that are required to give each dish its unique character. Although not as easy as shaking curry powder out of a tin, you will find following these recipes well worth the effort!

You will find reference to 'garam masala' in various recipes. The method of preparing garam masala is given on page 69.

CHICKEN CURRY

1 med. chicken
1 cup curd
3 med. onions
2 med. tomatoes
1" piece ginger
15 flakes garlic
1 tsp. chilli powder
1½ tsp. coriander-cumin powder

1/8 tsp. turmeric powder
½ tsp. garam masala powder
½ cup oil
Salt to taste

PREPARATION: Cut chicken into pieces and wash. Grate onions. Cut tomatoes. Grind ginger and garlic to a paste.

METHOD: Heat oil in cooker and fry onions till golden brown. Add ginger-garlic paste, tomatoes and curd. Fry till oil separates. Add chicken, chilli, turmeric, coriander-cumin powders and salt. Fry till chicken is evenly brown. Add 2 cups water. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Sprinkle garam masala powder.

KHEEMA KABABS

400 gm. minced meat (14 oz)
2 tbsp. Bengal gram
2 med. onions
1" piece ginger
4 green chillies
2 red chillies
10 peppercorns
1" piece cinnamon
3 cloves
4 cardamoms
A few coriander leaves
Oil for frying
Salt to taste

PREPARATION: Cut 1 onion, 2 green chillies and coriander leaves very finely.

Separately chop remaining onion, green chillies and ginger.

METHOD: Put minced meat in cooker with the chopped onion, ginger and 2 green chillies. Add red chillies, peppercorns, cinnamon, cloves, cardamoms and ¾ cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Add gram. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure and dry water, if any. Remove all ingredients and grind to a fine paste. Mix paste with cut green chillies, onion, coriander leaves and salt. Make into flat balls and deep fry. Serve hot.

MOGLAI BIRYANI

450 gm. rice (1 lb)
500 gm. mutton or chicken (1 lb + 2 oz)
2 cups curd
100 ml. milk (1/3 cup)
3 med. onions
1" piece ginger
5 flakes garlic
5 green chillies
4 red chillies
A pinch of turmeric powder
5 cardamoms
5 pieces cinnamon
5 cloves
A pinch of saffron
Juice of 1 lemon

50 gm. almonds (2 oz)
 ¼ bunch coriander leaves
 A few mint leaves
 ¼ cup oil
 1 tbsp. ghee
 Salt to taste

PREPARATION: Wash, clean and cut meat. Peel and slice onion; chop coriander and mint leaves. Powder cloves. Grind ginger, garlic, green and red chillies to a fine paste. Soak meat in ground spices and curd for 1½ hours.

METHOD: Heat oil in cooker and fry onions till crisp golden brown. Remove. Put meat mixture in cooker and fry till oil separates. Add 1 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Remove meat with spices. Put rice in cooker with 3 cups water. Close lid. Place cooker on maximum heat and bring to full cooking pressure. Reduce to medium heat and cook for 2 minutes. Open cooker immediately after releasing pressure. Remove rice and mix with powdered cloves, cinnamon, cardamoms, turmeric powder, coriander and mint leaves, salt and almonds. Add lemon juice and mix well. Dissolve saffron in half the milk and sprinkle over half the rice. In a separate pan, put layers of rice, mutton and fried onions. Repeat till all ingredients are used. Pour remaining milk and ghee over rice. Cover pan and seal edges with wheat flour paste. Put pan on tava (tin plate). Cook on slow heat for 1½ hour. Serve hot.

MURGH MUSALLAM

INGREDIENTS 'A':
 750 gm. chicken (1 lb + 11 oz)
 1 cup curd
 2" piece ginger
 6 flakes garlic
 2 green chillies
 ½ tsp. red chilli powder
 ½ tsp. garam masala powder
 1/8 tsp. turmeric powder
 Salt to taste

INGREDIENTS 'B':
 3 lge. onions
 2" piece ginger
 6 flakes garlic
 6 cloves
 6 peppercorns
 1" piece cinnamon
 4 cardamoms
 6 almonds
 ½ tsp. cumin seeds
 1 tsp. coriander seeds
 ¼ tsp. garam masala powder
 ¾ cup oil

PREPARATION 'A': Clean and wash chicken, prick all over with fork. Grind all spices to a fine paste and mix with curd. Rub this mixture into the chicken and leave for 2-3 hours.

PREPARATION 'B': Roast all spices except ginger, chilli and garam masala powders. Chop onions and garlic, fry and keep aside. Grind roasted spices, ginger, almonds, fried onions and garlic into a fine paste.

METHOD: Heat oil in cooker, add chicken and brown till oil separates. Add the spice paste of Ingredients B and stir for 2 minutes. Add 1 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Dry water, if any. Sprinkle garam masala powder.

MUTTON CHOPS

500 gm. mutton chops (1 lb + 2 oz)
 2 med. tomatoes
 2" piece ginger
 12 flakes garlic
 ½ tsp. red chilli powder
 2 cloves
 2 small pieces cinnamon
 2 cardamoms
 ½ cup vinegar
 4 tbsp. oil
 Salt to taste

PREPARATION: Chop tomatoes finely. Clean and wash chops. Grind ginger and garlic to a paste. Rub paste on chops, add salt and vinegar. Leave for 2-3 hours.

METHOD: Remove chops from vinegar and put into cooker with ½ cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Dry out remaining water. Add oil, whole spices, chilli powder and tomatoes. Keep frying till chops are light brown and tomatoes completely mashed. Serve hot.

MUTTON MASALA CHOPS

500 gm. mutton chops (1 lb + 2 oz)
3 lge. onions
4 med. tomatoes
1" piece ginger
6 flakes garlic
A few coriander leaves
2 green chillies
1 cup curd
½ tsp. red chilli powder
⅛ tsp. turmeric powder
1 tsp. coriander-cumin powder
½ tsp. garam masala powder
½ cup oil
Salt to taste

PREPARATION: Clean and wash chops. Grind onions, garlic, ginger and green chillies to a fine paste. Beat the curd. Chop tomatoes.

METHOD: Heat oil in cooker and fry ground spices till golden brown. Add tomatoes, curd, chilli, turmeric and coriander-cumin powders. Fry till oil separates, add chops and salt. Keep frying chops till brown. Add 1½ cups water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Open immediately after releasing steam pressure. Garnish with chopped coriander leaves and garam masala powder. Serve hot.

MUTTON ROAST

1 kg. mutton leg (2 lb)
250 gm. small round potatoes (2 med.)

1 lge. onion
1 lge. tomato
1" piece ginger
10 flakes garlic
4 red chillies
10 tsp. peppercorns
4 cardamoms
4 cloves
1" piece cinnamon
2 tbsp. vinegar
3 tbsp. oil
Salt to taste

PREPARATION: Clean, wash and prick mutton. Grind ginger, garlic and peppercorns. Mix all ingredients with vinegar and apply to mutton. Leave for 2-3 hours. Slice onion. Chop tomato.

METHOD: Heat oil in cooker and fry onion till golden brown. Add red chillies, cinnamon, cardamoms and cloves. Add tomatoes and mutton and fry till brown. Add 1 cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 20 minutes. Allow cooker to cool gradually before opening. Dry water, if any. Serve sliced with fried or boiled potatoes.

PALAK MUTTON

450 gm. mutton (1 lb)
800 gm. spinach (1¾ lb)
3 lge. onions
3 lge. tomatoes
10 flakes garlic
1½" piece ginger

¼ tsp. red chilli powder
¼ tsp. turmeric powder
1 tsp. coriander-cumin powder
½ tsp. garam masala powder
2/3 cup oil
Salt to taste

PREPARATION: Clean and wash mutton. Chop tomatoes and onions. Grind ginger and garlic to a paste.

Chop and boil spinach in 50 ml* water for 5 minutes (see p.69). Drain and grind to a fine paste. *1/4 cup

METHOD: Heat oil in cooker and fry onions till golden brown. Add ginger-garlic paste and chilli powder. Fry for 3 minutes. Add tomatoes, turmeric, coriander-cumin and garam masala powders and salt. Fry till oil separates. Add mutton, dry up water and fry for about 7 minutes till meat is roasted. Add one cup of water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Add spinach paste. Simmer on slow heat till oil separates.

ROASTED STUFFED CHICKEN

1 med. chicken with liver
4 med. potatoes
2 onions
250 gm. peas (1⅓ cups)
3 green chillies
½" piece ginger
Few coriander and mint leaves

¼ tsp. pepper powder
¼ tsp. cinnamon powder
¼ tsp. sugar
1 tbsp. vinegar
6 tbsp. oil
Salt to taste

PREPARATION: Clean chicken. Make lengthwise slit 2-3 inches long on underside and remove intestines etc. Wash thoroughly. Apply a little salt inside and out. Mince onions, green chillies and ginger; chop coriander and mint leaves. Shell and boil peas in ½ cup water for 3 minutes (see p.69). Boil potatoes in 100 ml* water for 5 minutes (see p.69), peel and mash. *1/3 cup

METHOD: In a pan heat 2 tbsp. oil and fry onions, chillies and ginger till golden brown. Add peas, potatoes, coriander and mint leaves, sugar, vinegar, salt and pepper. Keep stirring for 5 minutes. Allow to cool. Stuff the chicken with this mixture through the slit. Stitch up slit with a strong needle and thread.

Heat remaining oil in cooker. Add stuffed chicken and brown well on all sides. Add a pinch of salt and 1 cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Replace on stove and dry water, if any. Can be served with sauce and fried potatoes.

ROGAN JOSH

500 gm. (1 lb + 2 oz) mutton (cut into small pieces)

1 cup curd
3 med. onions
4 med. tomatoes
1" piece ginger
10 flakes garlic
3 Kashmiri red chillies
1½ tsp. red chilli powder
¼ tsp. turmeric powder
½ tsp. poppy seeds
1 tsp. cumin seeds
1 tsp. coriander seeds
2 black cardamoms
5 green cardamoms
6 cloves
12 peppercorns
A pinch of nutmeg powder
½ tsp. garam masala powder
1 tbsp. grated coconut
A little mace
10 almonds
A few coriander leaves
2/3 cup oil
Salt to taste

PREPARATION: Roast together coriander, cumin and poppy seeds, almonds, black cardamoms, peppercorns, cloves, nutmeg, mace and coconut. Soak Kashmiri red chillies in ½ cup hot water for ½ hour. Grind roasted ingredients into fine paste with ginger, garlic, Kashmiri red chillies, adding the water in which chillies were soaked. Crush green cardamoms. Grate onions. Slice tomatoes finely. Chop coriander leaves finely.

METHOD: Heat oil in cooker. Add green cardamoms and onion and fry till golden brown. Reduce heat. Add red chillies,

turmeric powder and spice paste and fry for 2 minutes. Add tomatoes and beaten curd. Keep frying till tomatoes are completely mashed. Add mutton, salt and brown. Add 1 cup water. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Serve hot garnished with coriander leaves and garam masala powder.

YAKHNI PULAO

750 gm. mutton chops (1 lb + 11 oz)
400 gm. rice (14 oz)
3 flakes garlic
6 small sticks cinnamon
10 cloves
6 peppercorns
2 cardamoms
4 bayleaves
2/3 cup oil
Salt to taste

PREPARATION: Clean and wash chops and rice separately. Tie cinnamon, cloves, peppercorns, cardamoms and garlic in muslin.

MEHOD: Pour 500 ml* water into cooker, add chops, cardamoms, bayleaves, muslin bag and salt. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Open cooker immediately after releasing steam pressure. Remove chops. Strain stock and keep aside. Squeeze muslin bag into stock and remove. *2 cups

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Heat oil in cooker. Add chops and fry for 5 minutes. Add rice and mix well with chops. Add stock. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool for 2 minutes and open immediately after releasing pressure.

ALOO MATAR CURRY

2 lge. potatoes
200 gm. peas (shelled) (1¹/₃ cups)
1 lge. onion
1 lge. tomato
1" piece ginger
¼ tsp. red chilli powder
1 tsp. coriander-cumin powder
1/8 tsp. turmeric powder
3 tbsp. oil
Salt to taste

PREPARATION: Peel potatoes and cut into cubes. Grate onion. Cut ginger finely. Cut tomato.

METHOD: Heat oil in cooker and fry onion and ginger till golden brown. Add tomato and fry till oil separates. Add peas, potatoes, spice powders and salt. Stir for 2 minutes. Add 2 cups water, close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. Serve garnished with coriander leaves.

CHANNA MASALA

250 gm. whole white gram (9 oz)
2" piece ginger
4 green chillies
4 tsp. garam masala powder
1 tbsp. dry mango powder
1 tsp. red chilli powder
2 tsp. coriander-cumin powder
2/3 cup oil
Salt to taste

PREPARATION: Soak gram overnight. Cut ginger into fine long strips.

METHOD: Pour 2½ cups water into cooker and bring to boil. Add gram, close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain water from gram. Mix well all spices and salt with gram. Sprinkle ginger and whole chillies. In a separate pan, heat oil till it smokes and pour evenly over the gram. Simmer for 5 minutes.

DUM ALOO

600 gm. small potatoes (6 med.)
2 cups curd
2" piece ginger
10 flakes garlic
1 green chilli
½ tsp. red chilli powder
1/8 tsp. turmeric powder
1½ tsp. coriander-cumin powder
Oil for frying
Salt and pepper to taste

PREPARATION: Grind garlic, ginger and green chilli to a paste.

METHOD: Pour 2 cups water into cooker and bring to boil. Add potatoes. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Peel and prick each potato. Heat oil in a pan and deep-fry potatoes till golden brown and remove. Mix curd, ground spices, chilli, turmeric and coriander-cumin powders, salt and pepper with potatoes. Heat 3 tbsp. oil, add curd and potato mixture and fry till oil separates. Add 1 cup water. Simmer for 10-12 minutes on very slow heat.

MASALA CAULIFLOWER

1 med. cauliflower
4 med. onions
4 med. tomatoes
1 cup curd
½" piece ginger
3 flakes garlic
2 green chillies
1 tsp. coriander-cumin powder
¼ tsp. turmeric powder
¼ tsp. red chilli powder
¼ tsp. garam masala powder
2/3 cup oil
A few coriander leaves
Salt to taste

PREPARATION: Wash cauliflower. Grate onions. Chop tomatoes. Grind ginger, garlic and green chillies to a paste.

METHOD: Heat oil in cooker and fry onions and ginger-garlic paste till golden brown. Add curd gradually. Add tomatoes and fry till oil separates. Add turmeric, coriander-cumin and chilli powders, salt and whole cauliflower. Stir well. Sprinkle 50 ml. water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 3 minutes. Open cooker immediately after releasing steam pressure. Serve hot garnished with garam masala powder and chopped coriander leaves. $\frac{1}{4}$ cup

MATAR PANIR

350 gm. green peas (shelled) ($2\frac{1}{3}$ cups)
200 gm. panir (7 oz)
2 med. onions
2 med. tomatoes
1" piece ginger
 $\frac{1}{4}$ tsp. red chilli powder
 $\frac{1}{2}$ tsp coriander-cumin powder
A pinch of turmeric powder
A few coriander leaves
4 tbsp. oil
Salt to taste

PREPARATION: Cut panir into cubes and fry lightly. Grate onions. Chop tomatoes and ginger.

METHOD: Heat oil in cooker and fry onions till golden brown. Add ginger and a handful of water. Add tomatoes, turmeric, chilli and coriander-cumin powders and salt. Fry till oil separates. Add peas and fry for 2 minutes. Add $1\frac{1}{2}$ cups water. Close lid. Place cooker on maximum heat and bring to

full cooking pressure. Reduce to medium heat and cook for 3 minutes. Open cooker immediately after releasing steam pressure. Add panir. Simmer for 2 minutes. Garnish with chopped coriander leaves. Serve hot.

PALAK PANIR

350 gm. spinach ($\frac{3}{4}$ lb)
A handful fenugreek leaves
200 gm. panir (7 oz)
1 med. onion
3 med. tomatoes
 $\frac{1}{2}$ " piece ginger
5 flakes garlic
 $\frac{1}{4}$ tsp. red chilli powder
 $\frac{1}{2}$ cup milk
 $\frac{2}{3}$ cup oil
Salt to taste

PREPARATION: Chop spinach and fenugreek leaves. Slice onion. Grind garlic and ginger. Cut tomatoes. Cut panir into cubes and fry lightly.

METHOD: Place spinach and fenugreek leaves in cooker with $\frac{1}{4}$ cup water. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to medium heat and cook for 7 minutes. Open cooker immediately after releasing steam pressure. Drain water. Grind spinach and fenugreek leaves to a paste. Heat oil in a pan and brown onions. Add ginger, garlic and tomato and fry till oil separates. Add spinach paste and fry till oil separates. Add panir, chilli powder and salt and mix well. Add $\frac{1}{2}$ cup milk and simmer on slow heat for 2 minutes.

SAMBAR

INGREDIENTS FOR SAMBAR:

150 gm. tuvar dal (5 oz)
250 gm. brinjal (9 oz)
(or any other vegetable)
30 gm. tamarind (1 oz)
1 tsp. mustard seeds
 $\frac{1}{2}$ tsp. turmeric powder
 $\frac{1}{2}$ tsp. fenugreek seeds
A pinch of asafoetida
 $\frac{1}{2}$ bunch coriander leaves
1 tsp. groundnut oil
Salt to taste

INGREDIENTS FOR SAMBAR

MASALA:
 $\frac{1}{4}$ fresh coconut (grated)
5 red chillies
 $\frac{1}{4}$ tsp. fenugreek seeds
1 tsp. coriander seeds
1 tsp. groundnut oil

PREPARATION: Wash dal. Cut brinjal into long slices. Soak tamarind in 2 cups water and extract pulp. Heat 1 tsp. oil in a pan and roast coconut, chillies, fenugreek and coriander seeds. Grind this to a fine paste. Chop coriander leaves.

METHOD: Pour 4 cups water into cooker and bring to boil. Add dal. Close lid, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 3 minutes. Allow cooker to cool gradually before opening. In a separate pan boil tamarind water with brinjal, salt, turmeric and sambar masala paste till brinjal is

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cooked. Add cooked dal. Simmer for 3 minutes. Heat 1 tsp. oil, add mustard, asafoetida and fenugreek seeds and season. Garnish with coriander leaves.

VEGETABLE PULAO

250 gm. rice (9 oz)
100 gm. green peas (shelled) ($2\frac{1}{3}$ cup)
2 med. carrots
50 gm. french beans (2 oz)
2 pieces cinnamon
4 cardamoms
6 cloves
2 bay leaves
 $\frac{1}{2}$ tsp. cumin seeds
 $\frac{1}{3}$ cup oil
Salt to taste

PREPARATION: Wash and soak rice for $\frac{1}{2}$ hour, and drain. Cut carrots and beans lengthwise into 1-inch pieces.

METHOD: Heat oil in cooker, add cinnamon, cardamoms, cloves, bay leaves, cumin seeds and fry. Add vegetables and fry for two minutes. Add rice and salt, and fry for 1 minute. Add 300 ml* water. Close lid and bring to full cooking pressure on maximum heat. Reduce to minimum heat and cook for 3 minutes. Allow cooker to cool gradually. Open and serve hot. * $1\frac{1}{4}$ cups

GAJAR HALWA

500 gm. carrots (1 lb + 2 oz)
200 gm. khoya (7 oz)
125 gm. sugar ($1\frac{1}{4}$ lb)
10 almonds, blanched

50 gm. ghee (2 oz)
 $\frac{1}{4}$ tsp. cardamom powder

PREPARATION: Wash and grate carrots.

METHOD: Put carrots into cooker. Close lid and bring to full cooking pressure on maximum heat. Open cooker immediately after releasing steam pressure. Add ghee, khoya and sugar. Fry till carrots are light brown. Garnish with cardamom and finely cut blanched almonds.

KHEER

1 lit. milk ($4\frac{1}{8}$ cups)
60 gm. rice (2 oz)
100 gm. khoya ($1\frac{1}{4}$ lb)
4 tbsp. sugar
 $\frac{1}{4}$ tsp. cardamom powder
8 almonds, blanched

PREPARATION: Clean rice and soak in water for 2 hours, and drain.

METHOD: Bring milk to boil in cooker. Add rice and stir. Close lid. Place cooker on maximum heat, bring to full cooking pressure. Reduce to minimum heat and cook for 12 minutes. Allow cooker to cool gradually before opening. Add sugar and khoya and cook for about 5-7 minutes. Decorate with cardamom powder and blanched almonds.

CHINESE CUISINE

Chinese food is light and easy to digest. A minimum of spices are used, and vegetables are cooked lightly so that they retain their crispness. Meat is usually cooked boneless and the bones used for making stock, which forms a basic ingredient in Chinese cooking.

A Chinese meal should be eaten steaming hot. Serve with chilli sauce, soya sauce and pickled chillies (chopped green chillies in vinegar) to individual taste.

FRESH CORN & EGG SOUP

- 4 tender corn cobs
- 2 eggs
- 1 stalk celery
- 1 med. capsicum
- 2 tbsp. cornflour
- ¼ tsp. aji-no-moto
- 1 tsp. Worcestershire sauce
- 1 tsp. peanut oil
- Salt and pepper to taste

PREPARATION: Chop celery and capsicum. Mix cornflour in a little water to make a thin paste.

METHOD: Pour 500 ml* water into cooker and bring to boil. Add corn cobs, capsicum, celery, salt and pepper. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain the stock and keep aside in a *2 cups

pan. Grate corn from cobs, add to stock and place on slow fire. Add cornflour dissolved in a little water, Worcestershire sauce, peanut oil and aji-no-moto, and stir well. Simmer for 15 minutes. Add beaten eggs and swiftly shred with a fork. Serve hot with soya sauce and chilli sauce.

SWEET CORN & CHICKEN SOUP

- ½ chicken
- 1 tin cream style corn
- 2 eggs
- ½ cup milk
- 1½ tsp. arrowroot
- 1 tbsp. margarine
- Salt and pepper to taste

PREPARATION: Clean and wash chicken.

METHOD: Pour 400 ml* water into cooker and bring to boil. Add chicken. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Open cooker immediately after releasing steam pressure. Strain the stock and keep aside. Shred chicken into small pieces. In a pan, melt margarine and add salt, pepper, tinned corn, milk and stock. Bring to boil. Add arrowroot mixed in water. Stir till soup thickens. Add beaten eggs and swiftly shred with a fork. Add shredded chicken. Serve hot along with soya sauce, chilli sauce and green chillies in vinegar. *1½ cups

WONTON SOUP

INGREDIENTS A:

- 100 gm. flour (1 cup)
- 3 eggs
- A pinch of salt

INGREDIENTS B:

- 100 gm. minced meat (¼ lb)
- 50 gm. minced prawns (2 oz)
- 1 bunch Chinese cabbage
- 3 spring onions
- 1 egg
- ½ tsp. aji-no-moto
- ½ tsp. oil
- 400 ml. chicken stock (1⅔ cups)
- Salt and pepper to taste

PREPARATION: For Wonton skins: Mix eggs and salt with flour and knead well to make a dough. Keep covered with wet cloth for 1/2 hour. Roll out the dough till very thin and cut into squares.

Mix meat and prawns well with yolk of 1 egg, adding a pinch of aji-no-moto, salt and pepper. Wrap the meat in Wonton skins and seal edges. Cut cabbage into ½" pieces. Chop spring onions.

METHOD: Pour stock into cooker and bring to boil. Add Wontons, cabbage, oil, salt, pepper and remaining aji-no-moto. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Allow cooker to cool gradually before opening. Pour soup into a bowl. Garnish with spring onions and serve hot.

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CHINESE FRIED RICE

250 gm. rice (9 oz)
750 gm. chicken (1 lb + 11 oz)
12 prawns
4 eggs
1 med. capsicum
2 spring onions
1 med. carrot
1 stalk celery
¼ tsp. aji-no-moto
¼ tsp. soya sauce
2 tbsp. oil
Salt and pepper to taste

PREPARATION: Clean and wash chicken, prawns and rice separately. Grate carrot. Chop celery and capsicum. Cut spring onions into rings with part of green stem.

Boil chicken in ½ cup water for 10 minutes. Shred. Separately boil prawns in ½ cup water for 2 minutes (see p.69).

METHOD: Pour 2 cups water into cooker and bring to boil. Add rice. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat. Cook for 2 minutes only. Open cooker immediately after releasing steam pressure. Remove rice from cooker.

In a separate pan, heat oil. Add all vegetables and saute. Add eggs and keep stirring. Add prawns, chicken, salt and pepper, and fry for 2 minutes. Add rice, aji-no-moto and soya sauce. Keep tossing the rice till it gets cooked.

CHINESE NOODLES

200 gm. noodles (7 oz)
200 gm. prawns (7 oz)
200 gm. chicken (7 oz)
1 egg
½ med. cabbage
200 gm. french beans (7 oz)
1 med. carrot
1 med. capsicum
1 bunch spring onions
1 stalk celery
10 flakes garlic
2 tsp. tomato sauce
2 tsp. soya sauce
2 tsp. chilli sauce
5 tsp. groundnut oil
Salt to taste

PREPARATION: Shell and clean prawns. Cut carrot, capsicum and beans lengthwise into strips. Slice cabbage and onions finely. Cut celery into flat pieces. Grind garlic to a paste. Beat egg till stiff.

Boil chicken in ½ cup water for 10 minutes and shred. Separately boil prawns in ½ cup water for 2 minutes (see p.69).

METHOD: Pour 3 cups warm water into cooker, add noodles and salt. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Add cold water to the noodles, drain through sieve and allow to cool.

In a pan, heat oil and fry garlic paste. Add all the cut vegetables and cook till half done. Mix in chicken, prawns and sauces. Add

noodles. Fry lightly. Make an omelete with beaten eggs, cut into strips and garnish.

CHOW MEIN

200 gm. chicken (7 oz)
200 gm. noodles (7 oz)
200 gm. cabbage (7 oz)
60 gm. mushrooms (2 oz)
2 stalks leeks
2 eggs
2 tsp. cornflour
1 flake garlic
1" piece ginger
2 tsp. soya sauce
2 tsp. chilli sauce
2 tsp. tomato sauce
2 tsp. vinegar
6 tbsp. groundnut oil
Salt to taste

PREPARATION: Shred cabbage. Crush garlic. Slice ginger and leeks. Clean and wash chicken and boil in 1 cup water for 10 minutes (see p.69). Separate stock and shred chicken.

METHOD: Pour 3 cups water into cooker, add noodles and bring to boil. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Add cold water to the noodles, drain through sieve and allow to cool.

In a pan, heat 1 tbsp. oil. Add slightly beaten eggs and cook till set. Cut into strips. Remove from pan. Add 2 tbsp. more oil and fry the crushed garlic, leeks, cabbage,

mushrooms, ginger and chicken. Add $\frac{1}{2}$ cup chicken stock and soya sauce blended with cornflour. Simmer till sauce thickens. Add chilli sauce, tomato sauce and vinegar. Separately fry cooked noodles in remaining oil for about 5 minutes. Remove to a dish and garnish with egg strips. Pour chicken-vegetable mixture over noodles and serve hot.

SWEET & SOUR CHICKEN

750 gm. chicken (1 lb + 11 oz)
2 egg yolks
3 tsp. flour
A pinch of baking powder
3 small capsicums
1 med. onion
1 med. carrot
2 slices pineapple
2 tsp. sugar
2 tbsp. tomato sauce
1 tsp. cornflour
1 tsp. soya sauce
2 tsp. vinegar
Oil for frying
Salt to taste

PREPARATION: Wash chicken. Mix flour with egg yolks, salt and baking powder. Cut each capsicum into 6 pieces. Quarter onion. Cut carrot into thin strips, then diagonally. Cut pineapple slices into wedges.

METHOD: Pour 1 cup water into cooker, add chicken. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow

cooker to cool gradually before opening. Drain stock. Shred chicken into $1\frac{1}{2}$ " pieces. Mix chicken well into flour mixture.

Heat oil and deep fry chicken pieces till crisp and light golden. In a pan, heat 5 tsp. oil and saute capsicums, onion, carrot and pineapple. Add sugar, tomato sauce, soya sauce and vinegar. Mix and saute for a while. When boiling add cornflour, stirring constantly. Add chicken pieces. Mix and serve hot with noodles or fried rice.

SWEET & SOUR PRAWNS

250 gm. prawns (9 oz)
125 gm. cucumber ($\frac{1}{4}$ lb)
125 gm. french beans ($\frac{1}{4}$ lb)
1 bunch spring onions
3 med. capsicums
2 med. carrots
1 small bunch celery & leeks
2 cups groundnut oil
Salt to taste

INGREDIENTS FOR SAUCE:

$\frac{1}{2}$ cup vinegar
4 tsp. honey
4 tsp. soya sauce
6 drops tomato sauce
2 tbsp. cornflour
 $1\frac{1}{2}$ tsp. sugar

INGREDIENTS FOR PRAWN BATTER:

2 eggs
 $\frac{1}{4}$ tsp. baking powder
2 tbsp. flour
 $\frac{1}{2}$ cup milk

PREPARATION: Shell and clean prawns. Cut each capsicum into 6 pieces. Quarter spring onions. Cut cucumber, carrots, french beans, celery and leeks into strips and then diagonally.

For batter, beat eggs till light, add flour and milk alternately. Add salt, baking powder and a little water to make a thick batter.

METHOD: Pour 1 cup water into cooker, add prawns. Close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 5 minutes. Open cooker immediately after releasing steam pressure. Drain prawns and wipe each one dry.

Heat oil in a pan. Dip prawns in batter and deep fry. Then fry each vegetable separately and remove. Mix cornflour, salt, sugar, vinegar, honey, soya sauce and tomato sauce. Add vegetables and prawns and bring to boil. Simmer for 3 minutes. Serve hot.

STOCKS

Stocks are the foundation of good soups and gravies. Although stocks are generally made from meat and bones, vegetarian stock is also possible. Traditionally, the making of stock has been one of the most time-consuming activities in the kitchen. Now with your Hawkins, you can make stocks in less than half the time. Stock is a fertile medium for bacterial growth and care should be taken to store it under refrigerated or deep frozen conditions.

MEAT STOCK

1 kg. raw bones (2 lb)
450 gm. (1 lb) vegetables (onions,
carrots, celery, leeks)
12 peppercorns
Bouquet garni

PREPARATION: Cut vegetables. Chop up the bones and remove any fat or marrow.

METHOD: Place the bones in the cooker and pour 1½ litres* water over them. Bring to boil slowly over low heat. Skim off the scum as it rises to the surface. When scum stops rising, add vegetables, bouquet garni and peppercorns. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 40 minutes. Allow cooker to cool gradually before opening. Remove the stock, skim and strain.

*2¾ pint

VEGETABLE STOCK

A mixture of vegetable leftovers (approx. 750 gm. - 1 lb + 11oz) for example, the outer leaves of cabbage, cauliflower stalks, celery stalks and leaves, shells of peas, etc.

PREPARATION: Wash and shred vegetables.

METHOD: Place the vegetables in the cooker and pour 1½ litres* of water over them. Bring to boil slowly over low heat. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 20 minutes. Allow the cooker to cool gradually before opening. Strain.

*2¾ pint

FISH STOCK

500 gm. fish bones (1 lb + 2 oz)
1 lge. onion
30 gm. margarine (1 oz)
2 stalks parsley
1 bayleaf
½ lemon
6 peppercorns

PREPARATION: Wash the bones thoroughly in cold water. Clean and chop onion.

METHOD: Place all the ingredients in cooker. Add 1½ litres† water. Bring to boil. Skim off any scum that rises to the surface. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat †2¾ pint

and cook for 20 minutes. Allow cooker to cool gradually before opening. Strain stock.

COURT BOUILLON

1 med. carrot
1 med. onion
1 bunch parsley stalks
1 bayleaf
4 peppercorns
1 sprig thyme
75 ml. vinegar (1½ cup)
Salt to taste

PREPARATION: Clean and slice carrot and onion. Chop parsley stalks.

METHOD: Pour 500 ml* water into cooker. Add vegetables, vinegar and seasoning. Close cooker, bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 15 minutes. Allow cooker to cool gradually before opening. Strain and use as required.

*2 cups

SAUCES

A sauce is an accompaniment to a dish—meat, poultry or vegetables—and is used to moisten the food, to enhance the flavour, to provide contrast in taste or colour and sometimes to improve digestibility. Sauces are generally thickened with ingredients like roux, eggs, etc. Every sauce, whether plain or rich, must have a decidedly distinct flavour and character. Plain sauces should be simple and pure so that they taste of the ingredients employed. Rich sauces always require a longer and slower process for their preparation.

The art of sauce-making consists in preparing liquids from various ingredients by cleverly extracting and combining certain flavours. All sauces should be smooth and glossy in appearance, definite in taste and light in texture.

Generally, pressure cooking is not required for making sauces. Where pressure cooking is needed, it is clearly specified in the individual recipe for the sauce.

WHITE SAUCE

	Consistency		
	Pouring	Coating	Panada
	15 gm.	30 gm.	50 gm.
Flour	($\frac{1}{2}$ oz)	(1 oz)	(2 oz)
Butter or	15 gm.	30 gm.	50 gm.
margarine	($\frac{1}{2}$ oz)	(1 oz)	(2 oz)
Liquid (milk	300 ml.	300 ml.	300 ml.
or stock)	($1\frac{1}{4}$ cups)	($1\frac{1}{4}$ cups)	($1\frac{1}{4}$ cups)

Salt and pepper to taste

METHOD: Melt fat in saucepan. Add flour. Mix smoothly and cook over gentle heat for 3 minutes without discolouring. Remove from heat. Add heated milk or stock, a little at a time, to the roux stirring continuously, until mixture is light and creamy (if the liquid is not added gradually, lumps will form). Add seasoning, bring to boil, stirring well all the time. Continue boiling and stirring for 5 minutes to cook flour thoroughly. (If the boiling is not continued, the sauce will be raw in flavour and dull instead of glossy.)

The liquid used depends on the kind of food with which the sauce is to be served:

For meat	— half milk and half stock or pot liquor.
For fish	— half milk and half fish stock.
For vegetables	— half milk and half vegetable stock.
For desserts	— milk, or milk and water.

TOMATO SAUCE

2 lge. tomatoes
1 rasher bacon
15 gm. butter (1 tbsp)
1 small carrot
1 small turnip
1 small onion
1 tbsp. flour
 $\frac{1}{4}$ tsp. white pepper
300 ml. stock ($1\frac{1}{4}$ cups)
Salt to taste

PREPARATION: Slice onion and tomatoes finely. Shred carrot and turnip.

METHOD: Put all ingredients except flour in cooker. Close lid. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 7 minutes. Allow cooker to cool gradually before opening. Rub the contents through a sieve, blend in flour. Pour mixture into a saucepan and stir until boiling. Boil for 5 minutes and remove.

ESPAGNOLE SAUCE

50 gm. butter (2 oz)
50 gm. lean bacon (2 oz)
30 gm. mushrooms (1 oz)
1 med. carrot
2 med. onions
3 tbsp. flour
150 ml. tomato pulp ($\frac{2}{3}$ cup)
Bouquet garni
A little sherry (optional)
500 ml. stock (2 cups)
Salt and pepper to taste

Sauces

PREPARATION: Cut bacon and vegetables into small pieces.

METHOD: In a pan, fry bacon and vegetables lightly in butter. Add flour and cook very slowly till golden brown. Add stock, tomato pulp, bouquet garni and seasoning. Simmer for 30 minutes. Strain through a tammy. Reheat and add sherry if desired.

SAUCE DEMIGLACE

*150 ml. liquid glaze (2/3 cup)
150 ml. espagnole sauce (2/3 cup)
75 ml. sherry (optional) (1/3 cup)
Salt and pepper to taste*

METHOD: Boil all ingredients in a saucepan for 5 minutes. Season and strain.

MARMALADE SAUCE

*30 gm. marmalade (1 oz)
30 gm. sugar (1 oz)
Juice of 1/2 lemon*

METHOD: Put all ingredients in a saucepan with 300 ml* cold water. Boil until reduced to two-thirds in quantity. *1 1/4 cups

CUSTARD SAUCE

*1 tbsp. custard powder
30 gm. castor sugar (1 oz)
300 ml. milk (1 1/4 cups)*

PREPARATION: Blend custard powder with a little cold milk.

METHOD: Boil remaining milk in a saucepan. Gently pour in blended custard, stirring all the time. Mix in sugar. Remove when slightly thickened.

BROWN SAUCE

*1 small carrot
2 med. onions
1 tbsp. flour
1 tbsp. butter
300 ml. stock (1 1/4 cups)*

PREPARATION: Wash and slice vegetables.

METHOD: In a pan, melt butter and fry vegetables until brown. Add flour. Cook slowly until roux becomes a good brown colour. Remove from heat and add warm stock a little at a time, mixing smoothly with the roux. Return to fire and allow to simmer for about 30 minutes. Skim, strain and reheat.

VANILLA SAUCE

*300 ml. milk (1 1/4 cups)
1 tbsp. cornflour
2 tbsp. castor sugar
2 egg yolks
3 drops vanilla essence*

PREPARATION: Blend cornflour with a little cold milk. Mix egg yolks, sugar and essence in a separate bowl.

METHOD: Bring to boil remaining milk in a saucepan. Slowly add blended cornflour and the egg mixture, stirring all the time.

Reduce heat, keep stirring till the sauce is thickened. Pass through a fine strainer.

JUS-LIE

*100 gm. chicken bones and giblets (1/4 lb)
2 stalks celery
1 med. onion
1 med. carrot
1 bayleaf
A pinch of thyme
1 tsp. tomato puree
1 tbsp. arrowroot or cornflour
30 gm. mushroom trimmings (1 oz)
1 tbsp. oil
500 ml. stock (2 cups)
Salt and pepper to taste*

PREPARATION: Chop bones and giblets. Chop vegetables very finely.

METHOD: Heat oil in cooker and brown bones. Add giblets, vegetables and flavouring, and brown well. Mix in the tomato puree, stock and seasoning. Place cooker on maximum heat and bring to full cooking pressure. Reduce to minimum heat and cook for 40 minutes. Allow cooker to cool gradually before opening. Blend arrowroot or cornflour in a little cold water and pour into the boiling stock, stirring continuously until it re-boils. Simmer for 10-15 minutes. Pass all the ingredients through a fine strainer.

MEAT GLAZE

2 1/2 litres strong brown stock (10 1/3 cups)

METHOD: Reduce the stock by boiling until thick and dark. Use as required.

JAMS & JELLIES

You will find your pressure cooker very useful when making marmalade or any jam where the fruit takes a long time to soften, e.g. dried apricot jam.

Jellies are made in the same way as jams with the juice of fruit separated from the pulp after pressure cooking.

DRIED APRICOT JAM

500 gm. dried apricots (1 lb + 2 oz)

1 1/4 kg. sugar (2 3/4 lb)

Juice of 2 small lemons

PREPARATION: Soak the apricots in 1 litre water for 48 hours.

METHOD: Put the fruit and water into the cooker. Close cooker. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 10 minutes. Allow cooker to cool gradually before opening. Add in sugar, and bring to boil in open cooker, stirring all the time until sugar dissolves. Boil rapidly in open cooker stirring occasionally until jam sets.

GUAVA JELLY

300 gm. ripe guavas (11 oz)

300 gm. sugar (11 oz)

Juice of two small lemons

PREPARATION: Wash and slice guavas.

METHOD: Put guavas into cooker. Add 450 ml* water. Close cooker lid. Bring to full
*1 3/4 cups

cooking pressure on maximum heat. Reduce to minimum heat and cook for 15 minutes. Open cooker immediately after releasing steam pressure. Strain contents through muslin without squeezing. Measure the liquid and add an equal quantity of sugar and the lemon juice. Bring to boil in open cooker, stirring all the time, until sugar dissolves. Strain once again and simmer on low heat for 25 minutes till set. (To check if jelly is set, pour a little of the syrup on a plate.) Remove cooker from fire. Pour jelly into bottles, allow to cool before closing lids.

PLUM JAM

500 gm. plums (1 lb + 2 oz)

2 cups sugar

PREPARATION: Cut plums in halves and prick with a fork.

METHOD: Put plums into the cooker. Add 1/2 cup water. Close cooker. Bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for 4 minutes. Allow cooker to cool gradually before opening. Stir in sugar and cook in the open cooker over low heat. When sugar dissolves, increase the heat. Boil rapidly in open cooker stirring occasionally until jam sets.

SEVILLE ORANGE MARMALADE

500 gm. Seville oranges (1 lb + 2 oz)

1 kg. sugar (2 1/4 lb)

Sterilisation

Baby's feeding bottles and nipples, surgical instruments and syringes and needles for injections can be sterilised in the Hawkins. Here's how:

METHOD: Pour about 700 ml. water (i.e 3 cups of water) into the body of the cooker. Put the washed nipples into a covered jar and place the jar along with bottles and instruments etc. in to the cooker body, steam under pressure for 15 minutes at 15 lbs. Allow the cooker to cool gradually.

The nipples, bottles and instruments can be maintained in a sterilised condition if they are left in the cooker - with the vent weight in place - until required for use.

This method cannot be used for sterilisation of dry equipment such as bandages, towels, etc.

PREPARATION: Peel oranges and cut peel finely. Separate pips from pulp. Tie pips in muslin bag. Soak all 3 overnight in 500 ml† water.
†2 cups

METHOD: Put soaked ingredients and the water into cooker. Cook for 15 minutes on medium heat after full cooking pressure has been reached. Allow cooker to cool gradually and open. Remove muslin bag. Add sugar and bring to boil, stirring until sugar dissolves. Boil rapidly in open cooker until marmalade sets.

Culinary Terms

Aji-no-moto: Chinese 'salt'.

Aloo: Potatoes.

Beat: To mix ingredients together with a circular up-and-down motion, using a whisk, spoon or electric beater.

Biryani: Fried rice with spiced chicken or mutton.

Blanch: Literally to whiten, but used here to mean dipping food into boiling water for a few moments and then into cold water to remove skin.

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

Boiling in pressure cooker: Pour given quantity of water/stock into cooker. Add food, close lid and bring to full cooking pressure on maximum heat. Reduce to medium heat and cook for the time specified.

Bouillon: Unclarified broth or stock made from fresh meat.

Bouquet garni: A small bunch of mixed herbs used for flavouring soups, stews, etc. Ideally this should consist of a sprig each of parsley, thyme, basil, marjoram, with a bayleaf and a strip of lemon peel tied together in a piece of muslin. It must always be removed before the dish is served.

Braising: The food is cooked on a bed of vegetables in a covered pan or casserole. This is a combination of steaming and roasting or baking. Sufficient liquid is used to prevent the food from burning and this liquid

makes the gravy or sauce to serve with the dish. Meat is the food most commonly braised but vegetables, game and poultry are also cooked by this method.

Broth: A stock of beef, mutton or chicken cooked with diced vegetables, rice or barley.

Caramel: A substance made by heating sugar until it turns dark brown; used for coating moulds, flavouring dishes, etc.

Channa: Whole white gram.

Chowder: An American soup made from sea foods and various seasonings.

Compote: Fruit stewed in sugar syrup.

Condiments: Spices and seasonings.

Consistency: The thickness or texture of a mixture, such as a cake or batter mixture.

Consomme: A light-coloured clear soup.

Court Bouillon: A well-flavoured cooking liquor.

Creaming: Beating fat with a wooden spoon until light and fluffy.

Croutons: Bread cut into small cubes or fancy shapes and fried or toasted. Used to garnish soups.

Double boiler: Use two utensils — one big and one small. The big one has water and is in direct contact with the heat source. The small utensil contains the ingredients and is placed into the big boiler.

Dough: A mixture of water or milk and flour kneaded together into a stiff paste, sometimes with fat.

Dum: Cooking in steam and simmering on very slow heat in the final stages of cooking.

Espagnole: A rich brown sauce.

Fillets: Fish with bone removed. Also undercuts of veal, beef or lamb.

Gajar: Carrots.

Garam masala: This is a mixture of cinnamon, cloves, cardamoms, black cumin seeds, nutmeg and mace. To make 2 oz garam masala: 1 oz brown cardamom seeds, 1 oz cinnamon, 1/4 oz cloves, 1/4 black cumin seeds, large pinch mace and nutmeg. Grind ingredients together and pass through fine sieve.

Garnish: To decorate.

Ghee: Clarified butter.

Goulash: Hungarian meat stew, flavoured with paprika.

Halwa: A kind of Indian pudding.

Haricot: A type of stew. Literally, 'beans'.

Julienne: Food cut into long strips. A clear soup of this name contains finely shredded vegetables.

Jus: Gravy.

Kheema: Minced mutton.

Kheer: Indian rice and milk pudding.

Culinary Terms

Khoya: Thickened milk. This can be done by boiling milk and constantly stirring till it turns into a smooth lump.

Marinade: A mixture of curd, vinegar or wine, oil, herbs, spices, etc. in which fish or meat is soaked before cooking to improve flavour and texture.

Marjoram: A thick sauce made of egg yolk, oil and vinegar, mustard, etc. Used as a dressing for salads of all kinds. Also a herb.

Masala: Mixture of Indian spices.

Matar: Green peas.

Palak: Spinach.

Panir: A cottage cheese. To make 200 gm* panir, bring to boiling point one litre of milk, add a large tablespoon of curd or juice of one lemon. Stir on fire till whey separates. Pour the whole mixture into a clean muslin cloth. Tie loosely and hang till most of the liquid drains off. Keep the bag under a heavy weight for a few hours. Remove weight. Cut panir into cubes. *7 oz

Potage: A nourishing broth or soup.

Printanier: A garnish of spring vegetables.

Pulao: Fried rice. Can be made with vegetables, meat or chicken.

Puree: A smooth mixture obtained by rubbing cooked fruit, vegetables, etc. through a sieve.

Ragout: Well-flavoured meat stew, thick, well-seasoned and rich.

Roux: A thickening for soups or sauces made with flour and fat.

Sambar: A South Indian curry.

Saute: Toss and lightly brown in shallow fat.

Shred: Cut in fine strips, e.g. lettuce, cabbage, chicken, etc.

Simmer: To cook a liquid, or food in a liquid, at a temperature just below boiling point.

Steaming: Cooking food without direct contact with water. The food can be steamed directly on the grid in a pressure cooker or in a container placed on the grid.

U.S./BRITISH EQUIVALENTS

Exact conversion from Metric to Imperial measures do not give very convenient working quantities. For greater ease, the metric measures have been rounded off into units of 25 and their approximate conversion into ounces is given below:

APPROXIMATE DRY MEASURES

Grams	Ounces
25	1
50	2
75	3
100	4 (1/4 lb)
150	5
175	6
200	7
225	8 (1/2 lb)
250	9
275	10
300	11
350	12 (3/4 lb)
375	13
400	14
425	15
450	16 (1 lb)

APPROXIMATE LIQUID MEASURES

Millilitre/Litres	Fluid Ounce/Pints
150	5 (1/4 pint)
175	6
200	7
225	8
250	9
300	10 (1/2 pint)
325	11
350	12
450	15 (3/4 pint)
600	20 (1 pint)
750	1 1/4 pints
900	1 1/2 pints
1 Litre	1 3/4 pints
1.25 Litres	2 1/4 pints
1.5 Litres	2 3/4 pints
1.75 Litres	3 pints
2 Litres	3 1/2 pints

NOTE: The British Pint is 20 fluid ounces and the U.S. pint is 16 fluid ounces.

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are for four persons)

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If you have any questions or would like more information on any aspect of pressure cooking, or would like to share your own recipes of dishes made in the Hawkins pressure cooker, write to
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