

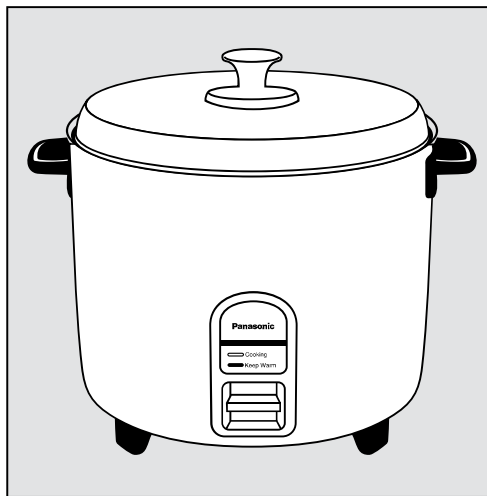
**Panasonic®**

# Operating Instruction cum Recipe Book Automatic Cooker-Warmer

**Household Use**

Model No. SR-W Series

Refer to Page 11 for Model No.



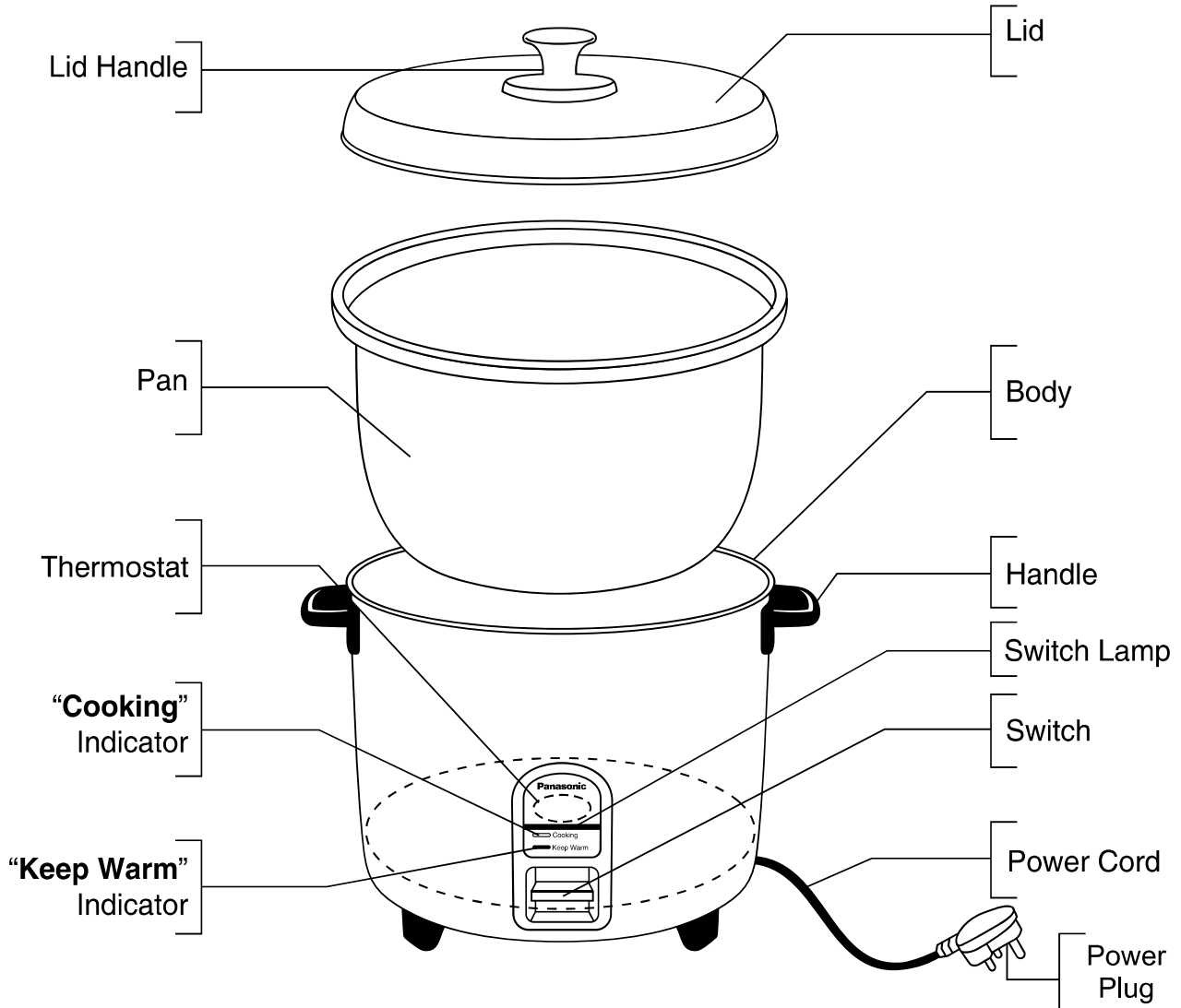
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Thank you very much for purchasing Panasonic product.

- This product is intended for household use only.
- Please read the instruction carefully and follow safety precautions when using this product.
- Before using this product **please give your special attention to “Safety Precautions” (Page 3-7).**

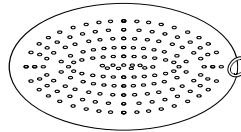
# Parts Identification



## Standard Accessories



Scoop

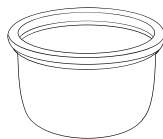


Cooking Plate

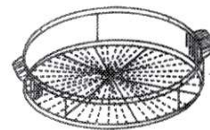
## Optional Accessory



2-Dish Separator Pan(\*)



Extra Pan



Steaming Basket (\*)  
(Included with Cooker for  
FHS & GHSN Type Models)

\* Not available for 2.7L models

# Safety Precautions

**Please be sure to follow these instructions.**

In order to prevent accidents or injuries to the user, other people, and damage to property, please follow the instructions below.

- **The following charts indicate the degree of damage caused by wrong operation.**



**Warning:** Indicates serious injury or death.



**Caution:** Indicates risk of injury or property damage if the appliance was mishandled.

- **The symbols are classified and explained as follows.**



This symbol indicates prohibition.



This symbol indicates requirement that must be followed.



# Warning

- Discontinue using the appliance immediately when abnormal or breaking down occurs.



(It may cause smoking, a fire or electric shock.)  
(e.g. For abnormal or breaking down)

- The Power Plug and the Power Cord become abnormally hot.
- The Power Cord is damaged or power failure when it is touched.
- The main body is deformed or is abnormally hot.
- There are cracks, looseness or wobbles of the appliance.

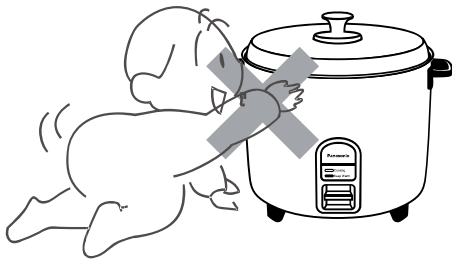
Please unplug the appliance and contact the store or an Authorised Service Centre.

- Do not use the appliance if the Power Cord or Power Plug is damaged or loosely connected to the power outlet.



(It may cause an electric shock, short circuit or fire.)

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.



(It may cause a burn or injury.)

- Do not damage the Power Cord and do not attempt to repair it if it is damaged.



Avoid damage to the Power Cord. Never attempt to customize the Power Cord. Keep the Power Cord away from high temperatures. Avoid bending, twisting and pulling on the Power Cord. Never place heavy objects on the Power Cord or attempt to tie it up. (Using a damaged Power Cord may cause short circuit or electric shock.)

- Do not plug or unplug the Power Plug with wet hands.



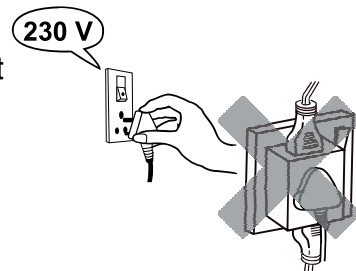
(It may cause an electric shock.)



- Make sure the voltage supplied to the appliance is the same as your local supply. (Otherwise it may cause electric shock or fire.)



(Using the appliance together with other equipment in the same outlet may cause overheating and fire.)





# Warning

- Do not immerse the appliance in water.
- ⊘ If water enters into the unit base, do not use it.  
(It may cause short circuit or electric shock.)

Once the appliance has problem, contact the store or an Authorised Service Centre.

- Do not modify, disassemble or repair the appliance.
- ⊘ (It may cause a fire, electric shock or injury.)

Please contact the store or an Authorised Service Centre.

- Insert the Power Plug firmly. Do not use a broken Power Plug or loose power outlet.
- ! (Otherwise it may cause an electric shock and fire caused by the heat that may generate around the plug.)

- Do not insert metal objects such as pins, needles or other foreign objects in any portion of the unit.
- ⊘ (It may cause an electric shock or abnormal operation, leading to injury.)

- Wipe off any dust that has gathered on the Power Plug regularly.
- ! (Excessive dust on the Power Plug may cause poor insulation due to humidity, which in turn may cause a fire.)  
Remove the Power Plug and wipe it with a dry cloth.



- Do not cover the Lid with your hand or place your face directly over the steam coming out from the unit.
- ⊘ (It may cause a burn.)  
Keep the appliance out of reach of children.





## Caution

■ Do not use the appliance on the following places.

- ⊘ ● The place where it may be splashed with water or near a heat source.  
(It may cause an electric shock, electric leak or fire.)
- The place with uneven surface or on non-heat-resistant carpet.  
(It may cause a burn, injury or fire.)
- Near a wall, or furniture or direct sunlight.  
(It may cause at discoloration or deformation.)

---

■ Do not expose the Power Plug to steam.

- ⊘ Do not expose the Power Plug to steam when it is plugged in.  
(It may cause a short circuit or fire.)

When place the appliance on the place such as sliding table, use it where the Power Plug cannot be exposed to steam.

---

■ Be sure to hold the Power Plug when unplugging the Power Plug.

- ⓘ (Otherwise it may cause an electric shock, short circuit or fire.)

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■ Allow the appliance to cool down before cleaning it.

- ⓘ (Touching hot elements may cause a burn.)

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■ Take extra care while handling the appliance when the Pan has hot liquids in it.

- ⓘ (Otherwise it may cause a burn or injury.)

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■ Unplug the Power Plug from the power outlet when the appliance is not in use.

- ⓘ (Otherwise, it may cause an electric shock and fire caused by a short circuit.)

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■ Do not touch the heating elements while the appliance is in use or after cooking.

- ⊘ Especially the Lid, Cast Heater and Pan.  
(It may cause a burn.)

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■ Do not use other Pan than the one specified.

- ⊘ (It may cause a burn and injury due to overheat or malfunction.)





# Caution

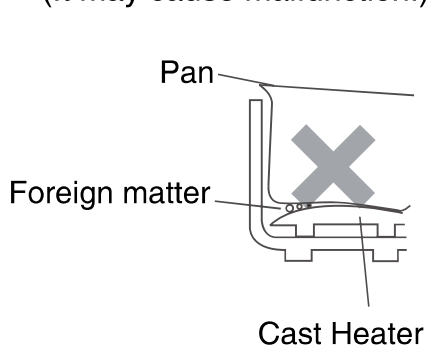
- Do not leave the Power Plug connected to the power outlet while the Pan is not in the appliance or the appliance is not in use.
  - ⊘ (The inside of the main body gets overheated when switched on by mistake, it may cause a burn.)
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  - ❗ (Otherwise, it may cause a fire, electric shock or injury.)

# Usage Precautions

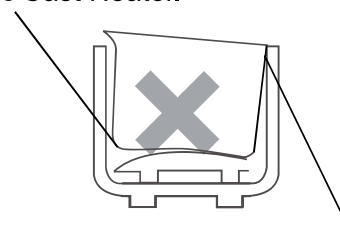
- Paper located between the Pan and the Cast Heater should be removed before use.



- Make sure the Pan is sitting properly in the main body. Keep the outside of the Pan and the Cast Heater clean and dry. If the Pan is not positioned correctly or have any foreign matter between them, the Switch may pop up sooner or the Cast Heater may be damaged. Do not use the appliance if it has foreign matter. (It may cause malfunction.)

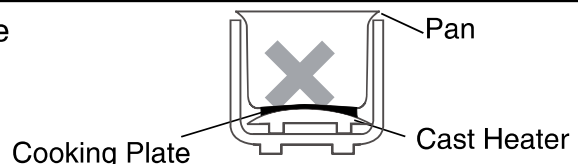


The Pan should not be caught on the edge above the Cast Heater.



The Pan should not be caught on the edge of the Body

- Do not put the Cooking Plate between the Cast Heater and the Pan.



- Do not leave the Lid overturned in the place where it can reflect the sunlight. If direct light is subjected to the concave side of the Lid, it may focus on furniture, walls etc. and damages may result.

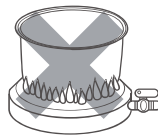
- To avoid scratches, ingredients such as crabs and cockles are not recommended.



# Usage Precautions

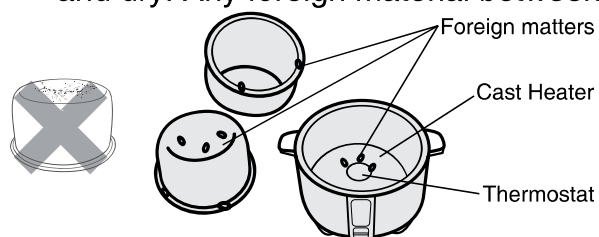
- When cooking other than rice, ensure that the Lid is removed to prevent overflow.
- 

- Do not use the Pan directly on the flame.



- Do not press down the Switch continuously by force or use any object to hold it from popping up.
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- Always keep the outside bottom of the Pan, Thermostat and the Cast Heater clean and dry. Any foreign material between them will cause your cooker to malfunction.



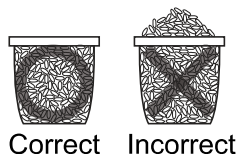
- Handle the Pan carefully when cleaning, washing or serving food. Any damage to the bottom surface of the Pan results in overheating of the Cast Heater and affects the cooking performance. Once the Pan is having a problem, it must be returned to the Sales Dealer or an Authorised Panasonic Service Centre.
- 

## For both inner and outer surface of the Pan

- Do not hit or rub it.
- Do not wash with cleanser, scrubbing brush or nylon brush.
- Do not bump it to hard things.
- Do not wash dishes inside the Pan.
- Do not use metal utensils in the Pan (spoons, forks).
- Do not keep the Pan inside the Freezer.
- Do not mix vinegar in the Pan when making sushi rice.
- Do not use whisk to wash rice.
- Do not use a metal ladle.
- Wash it immediately after cooking if seasoning was used.

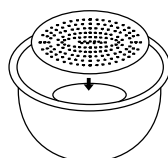
# How to Use

- 1** Measure rice with Standard Cup. One cup of uncooked rice makes approximately 3 cups of cooked rice.



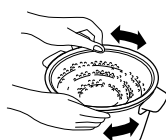
- 2** Rinse rice by washing it thoroughly until water becomes relatively clear. Otherwise, rice may be burnt at bottom or smell like rice bran.

- 3** Place the Cooking Plate in the Pan. Put rinsed rice into the Pan and add water according to the standard (see specifications on page 11). Soak the rice for approximately 30 minutes.



- 4** Put the Pan into the body. Make sure the Pan is directly in contact with the Cast Heater by keep turning it slightly 2-3 times until it fits.

\*Wipe the surface of the Pan before use. If it is wet, it may cause noise while cooking. Any foreign matters between the Pan and Cast Heater may damage the Automatic Cooker.



- 5** Close the Lid firmly.

- 6** Insert the Power Plug, then the Switch Lamp is on. Do not plug in until ready to cook. Otherwise, the rice may be spoiled. If you do not set the Pan in the Rice Cooker, the “Cooking” will not start.

- 7** Press the switch. The “Cooking” Indicator (Orange) tells you Cooking has started.



When rice is done, the Switch will pop up. The “Keep Warm” Indicator changes to orange to signal Keep Warm function is working.



- 8** After the Switch moves up, leave the Lid closed for about 15 minutes to fully steam the rice. After that, stir and loosen the rice.

- 9** Unplug the Automatic Cooker. when it is not in use.

## Tips

For consistently fine and tasty rice.

This Panasonic Automatic Cooker will cook rice thoroughly as desired.

The taste of rice will depend on the quality of rice and soaking time before cooking.

Adjust water quantity according to your taste.

Boiled water may be spilled out while cooking.

Adding too much water or placing the Automatic Cooker on the tilted surface may cause boiled water to spill out.

To avoid spillages, please add water accurately according to the table and using Standard Cup.

(See “How to Use”.)

# Keep Warm Function

- After cooking is completed, the “Keep Warm” automatically function until the Power Cord is unplugged.
- Always unplug before taking the Pan out of the Rice Cooker.
- Do not switch to “Cooking” again during “Keep Warm” function.
- Do not keep rice warm for more than 5 hours.
- Do not use the “Keep Warm” function to reheat cold rice.

# How to Clean

- Unplug before cleaning.
- Soak the Pan and the Cooking Plate in hot water to loosen cooked - on rice.
- Do not immerse the Rice Cooker in water or any other liquid. Wipe with a well - wrung cloth.
- Do not use abrasive cleaners or steel wool.
- Clean with non-metal brush or Sponge.
- Please use fine sand paper (around No. 600) or dry cloth to gently clean the Cast Heater.

# Troubleshooting

Please check the following items:

Description	Rice cooking problems					Keep warm problems			No electric power	Unusual noise
	Rice is hard	Rice is half cooked	Rice is too soft	Water is overflowing	Rice on the bottom is scorched	Rice smells bad	Rice changes colour	Rice is too dry		
Possible Causes										
Improper proportion of rice and water	●	●	●	●	●				Unplug and check the power source. If there is no problem at the power source, take the Rice Cooker to the nearest Service Centre.	Noise occurs if there is water between the outer side of the Pan and the Cast Heater. This may cause damage to the Cast Heater.
Rinsed rice but not clear				●	●	●	●			
Scratches on the inner side of the Pan	●	●			●					
Rice cooked with oil	●	●			●	●	●			
Rice is not mixed after done	●		●		●					
Uncommon objects stuck on the inner side of the Pan						●				
Uncommon objects stuck between the outer side of the Pan and the Cast Heater	●	●	●		●	●	●			
Not closing the Lid firmly						●		●		
Wash the inner side of the Pan but not clean					●	●				
Unplug or switch off		●				●				

# Specifications

Model No.	Power Supply	Power Consumed		Pan Capacity, Litres	Accessories						Optional	
		Cooking	Keep Warm		Scoop	Extra Pan	Cooking Plate	Steaming Basket	Sponge	2-Dish Separator Pan		
SR-WA10H (E)	230 V	450 W	45 W	2.7	Yes		Yes					Extra Cooking Pan, 2 Dish Separator Pan*, Steaming Basket*
SR-WA10HS	230 V	450 W	45 W	2.7	Yes		Yes	Yes				
SR-W18GH	230 V	660 W	45 W	4.4	Yes		Yes					
SR-WA18H (E)	230 V	660 W	45 W	4.4	Yes		Yes					
SR-WA18H (T)	230 V	660 W	45 W	4.4	Yes		Yes					
SR-WA18H (B)	230 V	660 W	45 W	4.4	Yes		Yes					
SR-W18H (YT)	230 V	660 W	45 W	4.4	Yes	Yes	Yes			Yes		
SR-WA18H (KT)	230 V	660 W	45 W	4.4	Yes	Yes	Yes					
SR-WA18H (SS)	230 V	660 W	45 W	4.4	Yes		Yes	Yes				
SR-WA18H (SSG)	230 V	660 W	45 W	4.4	Yes		Yes	Yes		Yes		
SR-W18GHSN (D)	230 V	660 W	45 W	4.4	Yes		Yes	Yes				
SR-WA22H	230 V	750 W	45 W	5.4	Yes		Yes					
SR-WA22H (E)	230 V	750 W	45 W	5.4	Yes		Yes					
SR-WA22H (T)	230 V	750 W	45W	5.4	Yes		Yes					
SR-WA22H (NE)	230 V	750 W	45 W	5.4	Yes		Yes					
SR-WA22H (YT)	230 V	750 W	45 W	5.4	Yes	Yes	Yes			Yes		
SR-WA22H (KT)	230 V	750 W	45 W	5.4	Yes	Yes	Yes					
SR-WA22H (SS)	230 V	750 W	45 W	5.4	Yes		Yes	Yes				
SR-W22GHSN (D)	230 V	750 W	45 W	5.4	Yes		Yes	Yes	Yes			

(\*) Not available for 2.7L models.

PLEASE NOTE: SPECIFICATION ARE SUBJECT TO CHANGE WITHOUT NOTICE  
APPROXIMATE RICE: WATER PROPORTION FOR PANASONIC AUTOMATIC COOKER

Rice Quantity	Water Quantity		
	2.7 L Type	4.4 L Type	5.4 L Type
1 cup	2-2.5 cups	2-2.5 cups	2-2.5 cups
2 cups	4-5 cups	4-5 cups	4-5 cups
3 cups	6-7 cups	6-7 cups	6-7 cups
4 cups	Not Possible	8-9 cups	8-9 cups
5 cups	Not Possible	10-11 cups	10-11 cups
6 cups	Not Possible	12-13 cups	12-13 cups
7 cups	Not Possible	Not Possible	14-15 cups
8 cups	Not Possible	Not Possible	16-17 cups

1 Cup = 180 mL

The above mentioned water proportion is an indication only & is likely to vary depending on quality, kind & age of rice, power supply and individual preference. If softer rice is preferred, the water quantity should be increased.

# Recipes



## VEGETABLE BIRYANI

Cooking time 20-25 mins, approx. Serves 4-6

### Ingredients:

Basmati rice	-	2 cups
Water	-	4 cups
Mixed Vegetables (Cauliflower, Carrots, Beans, Potatoes)	-	½ kg
Onions	-	3 nos (Sliced)
Bay leaf	-	1 no
Shahjeera	-	½ tsp
Ghee	-	5 tbsp
Mint, coriander leaves	-	2 tbsp each (chopped)
Salt	-	to taste

### To be ground to a paste

Ginger	-	3 cms
Garlic	-	8 cloves
Green Chillies	-	3 nos
Poppy Seeds	-	2 tsp
Fennel	-	2 tsp
Coriander powder	-	2 tsp
Chilli powder	-	½ tsp
Cloves	-	4 nos
Cardamom	-	4 nos
Cinnamon	-	5 cms

**Method:** Pour water over the Cooking Plate in the Pan. Add the cleaned rice. Cover with the Lid and allow rice to soak for 15 minutes. Add salt and diced vegetables to a frying pan. Heat ghee in a Kadai. Add shahjeera and bay leaf. Add sliced onion and fry till brown. Add the ground masala, fry for 2 minutes. Add mint and coriander leaves. Remove from fire and add the contents to the Pan. Stir gently and replace the Lid. Switch on the Automatic Cooker to "**Cooking**". Stirring the biryani gently once half way through the cooking helps to distribute the flavours and seasoning uniformly. When the biryani is cooked, the Switch will automatically move to the "**Keep Warm**" position. Let the biryani

steam for 10 -15 minutes before switching off the Automatic Cooker and serving. Alternatively, leave biryani in the Automatic Cooker in "**Keep Warm**" position, till time to serve (up to 4 hrs.)

### Instructions

**For 5.4 L Models:** Use 1 ½ times the quantities of the ingredients mentioned above if desired. Serves 6-8.

**Note:** 1. Mix the biryani lightly before serving.

2. Biryani can be garnished with fried nuts, raisins and boiled eggs.

### Variation for minced Meat Biryani

Omit vegetables, soak 350g. of cleaned mincemeat in half a cup of curds for one hour. When the masala is fried, add meat with the curds and cook till dry. Then proceed as per Vegetable Biryani.

### Tips for using 2 Dish Separator Pan:

Place 1 beetroot, Cut into 2, in the 2 Dish Separator Pan while cooking biryani. Peel,grate and use it in raitha.

For details on 2-Dish cooking, refer-pagano. 18

## SOOJI HALWA

Cooking time 20 mins. Approx. Serves 6-8

### (Specially Recommended for Non-stick Model)

### Ingredients :

Roasted semolina (Rava)	-	2 cups
Sugar	-	2 cups
Water	-	4 cups
Ghee	-	¾ - 1 cup
Tinned Pineapple pieces (chopped)	-	1 cup
Pineapple essence	-	1 tsp
Yellow food colour	-	little

**Method :** Place all the ingredients over the Cooking Plate in the Pan, mix well, cover with the Lid and press the Switch to "**Cooking**". The switch will move to "**Keep Warm**" in 15-20 minutes. If there is excess liquid, mix well and press the Switch once again to "**Cooking**". When the halwa is ready the switch will automatically move to "**Keep Warm**". Switch off the Automatic Cooker, transfer the halwa to a serving dish and decorate with extra pineapple slices. If using fresh pineapple cook it with ½ cup sugar and ½ cup water for 5 minutes. Drain from syrup and use.

### Variation for Plain Kesari

Omit pineapple, essence and yellow food colour. Use roasted cashewnuts, cardamom powder and orange red colour.

### Instructions :

For Non-Stick Models : Use ½ - ¾ cups of ghee.

## KHEER

Cooking time 35 mins. Approx. Serves 6-8

### Ingredients:

Milk	-	1½ Ltrs
Basmati rice	-	¾ cup
Milk powder	-	6 tbsp (heaped)
Warm water	-	1 cup
Badam and pista	-	few (shredded)
Cardamoms	-	4 (powdered)

**Method :** Soak rice in water for one hour. Grind 3 tbsp of soaked rice to a smooth paste and keep aside. Pour the milk in the Pan (without Cooking Plate) and add the rice after draining the water. Stir well. Add cardamom. Cover with the Lid and press the Switch to **"Cooking"**. When the milk starts boiling, push the Switch manually to **"Keep Warm"**. After 25 minutes, add sugar, rice paste and milk powder dissolved in warm water. Mix well and press the Switch to **"Cooking"**. Let the mixture boil for 2-3 minutes. Switch off and serve garnished with shredded badam and pista.

- Note:**
1. ½ tin sweetened condensed milk can be used instead of milk powder paste. In this case omit or decrease sugar.
  2. Do not open the Lid while the rice is cooking in **"Keep Warm"** mode.

### Instructions:

**For 2.7 L Model :** Use ½ the quantity of the ingredients mentioned above. Serves 3-4.

## CHICKEN BIRYANI

Cooking time 20-25mins. Approx. Serves 4-6

### Ingredients :

Basmati Rice	-	2 cups	
Water	-	4 - 4½ cups	
Chicken	-	1 (above 800 g)	
Curds	-	½ cup	
Chilli powder	-	½ tsp	
Ginger	-	2 cms	} Grind together
Garlic	-	4 cloves	
Salt	-	to taste	
Green chillies	-	4-6 nos (chopped)	
Onions	-	5 nos sliced	
Mint leaves	-	2 tbsp	
Coriander leaves	-	2 tbsp	
Ghee	-	6 tbsp	
Cardamom	-	5 nos	} Powder together
Cloves	-	5 nos	
Cinnamon	-	3 nos	
Poppy seeds	-	2 tsp	

**Method :** Skin and joint the chicken. Clean and squeeze dry. Mix with curds, one teaspoon salt, chilli powder and ginger-garlic paste. Soak for two hours. Clean the rice. Place over the Cooking Plate in the Pan of the Automatic

Cooker. Add water, the remaining salt. Heat ghee in a Kadai and fry onions till brown and crisp. Add the chicken with curds. Fry till the liquid is absorbed. Add the powdered ingredients, mint and coriander leaves. Remove from fire. Add to the rice in the Automatic Cooker. Mix well and replace the Lid. Switch on to **"Cooking"**. When the rice is done, the Switch will automatically move to **"Keep Warm"**. Switch off after 15 minutes. Mix gently and serve hot or allow to keep warm till time to serve (up to 4 hours). Garnish if desired with boiled eggs and fried nuts.

### Tips for using 2-Dish Separator Pan

Place 2 eggs in the 2-Dish Separator Pan (water is not needed) and cook along with biryani. Shell, slice and use the eggs to garnish the biryani.

### Instructions:

**For Non-Stick Models :** Cooking Plate is not required. Fry the masala directly in the Non-Stick Pan. Then add rice and water. Gently stir a couple of times during Cooking and do not **"Keep Warm"** for more than one hour.

**For 5.4 L Model :** Use 1½ times the quantity of ingredients mentioned above if desired. Serves 6-8.

## RICE IDLY WITH VARIATION FOR KANJIVARAM IDLY

Cooking time 15-20 min. approx.

### Rice Idly

#### Ingredients:

Black gram dal	-	1 cup
Par boiled rice	-	3 cups
Salt	-	to taste

**Method :** Wash and soak rice in water for 3-4 hours and dal for 1 - 2 hours. Grind dal to soft fluffy paste. Grind rice to the consistency of fine rava. Mix both, add salt and enough water to get a batter of medium thickness. Allow to ferment overnight.

Pour ¾ - 1 cup of water over the Cooking Plate in the Pan. Switch on to **"Cooking"**. Grease the idly stand with oil or ghee and fill the cups with batter. When the water in the Pan begins to boil, place the idly stand in it. Cover the Pan with the Lid. Steam the idlis for 15 minutes. Remove the stand from the Automatic Cooker. Cool slightly and ease out the idlis. The extra batter can be stored in the refrigerator and used as required. But remove it from the refrigerator at least half an hour before steaming idlis.

### Variation for Kanjivaram Idly

Cooking time 15-20 minutes. Approx.

#### Ingredients:

Raw Rice	-	¾ cup
Par boiled rice	-	¾ cup
Black gram dal	-	1 cup
Curd	-	1 tbsp
Oil	-	4 tsp
Cumin seeds	-	1 tsp - Crushed

- Pepper Corn - 2 tsp
- Dry ginger powder - ½ tsp
- Sodium-carbonate - ½ tsp
- Salt - to taste

**Method:** Clean the rice and dal and soak in water for 3 hours. Grind coarsely (to the size of big rava and make batter as for idlis). Add salt and curds and allow to ferment overnight. Next morning, heat oil, add cumin, pepper and ginger powder. Add to the batter. Add soda and mix well, then proceed as above for making idlis.

**Note:** The above dishes can be steamed in the 2 Dish Separator Pan while cooking minimum 2-3 cups of rice in the Pan.

**Instructions:**

**For 2.7 L Model:** This recipe is not recommended.

**For Non-Stick Models:** Take care to avoid scratches while placing and removing the idly stand from the Non-Stick Pan.

## VEGETABLE SOUP

Cooking time 45 minutes. Serves 6-8

**Ingredients:**

- Potatoes - 2 nos medium size
- Onions - 2 nos medium size
- Carrots - 2 nos medium size
- Turnip - 1 no medium size
- Tender beans - 10 nos
- Cabbage - 1 piece (100 g)
- Garlic - 8 doves
- Celery - 3 stalks
- Tomato - 1 large (hybrid quality)
- Water or vegetable - 8 cups
- Stock/Milk - 1 cup
- Salt and Pepper - to taste
- Garnish - Croutons and grated cheese

**Method :** Peel, de-seed and chop the tomato. Shared the cabbage. Mince all the other vegetables and garlic. Place in the Pan of the Automatic Cooker (no Cooking Plate). Add water and cover with the Lid. Switch onto "Cooking" and cook till the vegetables are very soft. Using a ladle, strain out 2 cups of cooked vegetables and blend in a Mixer with the milk (for best results, use **சூப்பாய்ளாண்டேஜ் Super Mixer Grinder**). Return me puree to the Pan. Season to taste with salt, pepper Replace the Lid. When the soup begins to boil again, switch off the Automatic Cooker and serve the soup hot, garnished with croutons and grated cheese. Alternatively, push the switch manually to "Keep Warm" and allow to remain hot till time to serve (up to 4 hours).

**Instructions**

**For 2.7 L Model :** Use ½ the quantity of the ingredients mentioned above. Serves 2-3. Cooking time 35-40 minutes approx.

**For 5.4 L Model:** Cooking time 40 minutes approx.

## CARMEL CUSTARD

Cooking time 45 minutes approx. Serves 4-6

**(Specially Recommended for Non-Stick Pan)**

**Ingredients:**

- Milk - 400 mL
- Vanilla Essence - ½ tsp
- Eggs - 3 nos
- Sugar for caramel - 3 tbsps
- Sugar - 5 tbsps

**Method :** Place 3 tablespoons sugar in a pudding mould (4 cups capacity) and sprinkle 2 teaspoons water over it. Place the mould on a low flame till the sugar melts and turns to a rich brown colour. Remove from fire. In another bowl, beat eggs (if the eggs are taken out of the refrigerator, thaw them before using). Add milk (use warm not hot milk), essence and sugar. Stir till sugar dissolves. Strain this mixture into the pudding mould. Place the Cooking Plate in the Pan and pour enough water to fill up to ½ the level of the mould. Now place the mould in the Automatic Cooker after covering it with a Lid. Cover the Automatic Cooker. Switch on to "Cooking". When the water in the Pan Begins to Boil Steadily Push the Switch manually to the "Keep Warm" position and let the custard cook for 25-30 minutes. Switch off. Remove from the Automatic Cooker and allow it to cool. Chill in there frigerator and turn it on to a serving plate.

**Note:** It is important to push the Switch to "Keep Warm" position when the water in the Automatic Cooker begins to boil failing which the custard may curdle. Do not attempt to cook anything in the 2-Dish Separator Pan with custard. Use an aluminium mould.

**Instructions:**

**For 2.7 L Model:** Use ½ the quantity of ingredients & smaller mould. If water in the Pan evaporates before 1 hour then add 1 cup of boiling water. Serves 2-3.

**For Non-Stick models :** Take care to avoid scratches while placing & removing the mould from the Pan. Do not use tongs. Use only a napkin.

## BAINGAN MASALA

Cooking time 20-25 min. approx. Seves 4-6

**(Specially Recommended for Non-Stick Model)**

**Ingredients:**

- Medium size brinjals - ½ kg
  - Chilli powder - 1-1 ½ tsp
  - Turmeric powder - ¼ tsp
  - Coriander powder - 2 tsp
  - Cumin powder - 1 tsp
  - Ginger - 2 cm
  - Garlic - 4 cloves
  - Poppy seeds - 1 tsp
  - Chironji (Charoli) - 1 tsp
  - White gingely seeds - 2 tsp
  - Peanuts - 1 tsp
  - Grated coconut - 4 tbsps
  - Oil - 5 tbsps
- } Grind together
- } Roast without oil & Grind together to a paste

Cumin seeds	-	1 tsp
Curry leaves	-	few
Tamarind juice	-	1 cup
Salt	-	to taste

**Method:** Cut brinjals into halves, lengthwise. Slit each slice into 3 or 4 parts without separating from the stem. Pour oil in the Pan (no Cooking Plate) and press the Switch to "**Cooking**". Add brinjals, cover with the Lid, cook till they are partially fried (Stir once or twice). Drain, remove and keep aside. Add cumin seeds and curry leaves to the remaining oil in the Pan. After 1 minute add ginger-garlic paste and all the powders. Cook, stirring for 2 minutes. Add the ground paste, cook for 2-3 minutes more. Add the brinjals, tamarind juice, cover and cook till the gravy is thick and brinjals are soft. Switch off and serve hot. Do not keep this curry on "**Keep Warm**" or re-heat. (Use a wooden spatula to stir)

**Instructions:**

**For 2.7 L Model:** Use 1/2 the quantity of the ingredients mentioned above. Serves 2-3.

**For Non-Stick Model:** Oil can be reduced to 4 tbsp if desired.

## CHICKEN POT ROAST

Cooking time 40-45 minutes approx. Serves 4

**Ingredients:**

Chicken	-	1 (about 800-900 g)
Salt	-	to taste
Wine (optional)	-	2 tbsp
Soya sauce	-	2 tbsp
Chilli powder	-	1/2 tsp
Oil	-	2 tbsp
Vinegar	-	2 tbsp
Ginger garlic paste	-	2 tsp
Chilli sauce	-	1 tsp

**Method :** Skin and joint the chicken. Wash and squeeze dry. Mix with the rest of the ingredients. Keep covered in the refrigerator for 4 to 6 hours. Place a piece of aluminium foil at the base of the Pan of the Automatic Cooker.

Cover closely with another piece of aluminium foil. Switch on "**Cooking**". When the dish is ready, the Switch will automatically move to "**Keep Warm**". Switch off and serve hot or allow to remain hot till time to serve (up to 4 hours.)

**Instructions:**

**For 2.7 L Model:** Use Ingredients in the following

Quantities:

Chicken	-	about 500 g
Salt	-	to taste
Wine (optional)	-	1 1/2 tbsp
AJI-NO-MOTO®	-	1/4 tsp
Chilli powder	-	1/2 tsp
Oil	-	1 tbsp
Vinegar	-	1 1/2 tbsp

Ginger garlic paste	-	1 tsp
Chilli sauce	-	1/2 cup

**For Non Stick Model:** Aluminium foil is not required to prepare this dish.

**Variation :** Instead of the above marinating ingredients, use the following:-

Worcestershire sauce	-	2 tbsp
Vinegar	-	1 tbsp
Salt and pepper	-	to taste
Tomato sauce	-	4 tbsp
Oil	-	2 tbsp
Ginger garlic paste	-	2 tbsp

**Method:** As above

**Instructions:**

**For 2.7 L Model:** Use ingredients in the following

Quantities:

Worcestershire sauce	-	1 1/2 tbsp
Vinegar	-	3/4 tbsp
Salt and pepper	-	to taste
Tomato sauce	-	3 tbsp
Oil	-	1 tbsp
Ginger garlic paste	-	1 tbsp

**Important:** Take out the chicken from the refrigerator at least 1/2 hour before cooking.

## SPICY ROAST POTATOES

Cooking time 20-25 minutes approx- Serves 4-6

**Ingredients:**

Small potatoes	-	1/2 kg
Oil	-	4 tbsp
Chilli powder	-	1 tsp
Green Chillies	-	2 nos (chopped)
Garam masala powder	-	1 tsp
Asofetida powder	-	a pinch
Cumin powder	-	1 tsp
Coriander powder	-	2 tsp
Turmeric powder	-	2 tsp
Salt	-	to taste
Water	-	1/2 cup

**Method :** Par boil the potatoes, peel and prick all over with a toothpick. Mix with rest of the ingredients except water. Place a piece of aluminium foil at the base of the Pan of the Automatic Cooker. Place potatoes over it. Pour water. Cover closely with another piece of foil. Cover Pan with the Lid and Switch on to "**Cooking**". When the potatoes are ready, the Switch will move to "**Keep Warm**" position. Switch off and serve hot with rice or chapathis "**Keep Warm**" till required.

**Instructions:**

**For Non Stick models :** Aluminium foil is not needed to prepare this dish.

**Note:** If one cup water is used there is no need to par boil the potatoes.

## DHOKLA

Cooking time 20 minutes approx. Serves 4-6

### Ingredients:

Besan	-	2 cups
Ginger	-	2 cm
Green chillies	-	2 nos
Citric acid	-	¾ tsp
Salt	-	1 tsp
Sugar	-	1 tsp
Turmeric powder	-	½ tsp
Soda	-	¾ tsp
Green chillies	-	2 nos

### Seasoning :

Oil	-	3 tbsps
Mustard, Cumin & Gingely seeds	-	1 tsp each
Curry leaves	-	few
Hot water	-	2 tbsps

**Method :** Grind green and green chillies together. Combine with rest of the ingredients for batter except the soda. Add ¾ cup of water and mix till smooth. Pour 2 cups of water in the Pan and press the Switch to "**Cooking**". Place the greased 2-Dish Separator Pan in position and cover the Lid. When the water in the Pan begins to boil, combine soda with ¼ cup of boiling hot water and add to the batter. Mix quickly and pour into the 2-Dish Separator Pan and replace the Lid. Steam for 15 minutes. Switch off the Automatic Cooker and remove the 2-Dish Separator Pan, Cool slightly and turn out the dhokia on a plate. For seasoning, place the hot water in a small bowl. Heat oil in a small Pan and season with mustard, cumin, gingely seeds and curry leaves. Pour the seasoning into the hot water. (Do not pour water in the seasoning) pour the prepared seasoning mixture over the dhokia. Cut into pieces and garnish with chopped coriander leaves and grated coconut.

### Instructions:

For 2.7 L Model: Use ½ the quantity of the ingredients mentioned above. Serves 2-3.

**Note:** Dhokia can be prepared when making any rice dish or soup or steaming a pudding except caramel custard or Indian cheese cake) in the Pan.

*For details on Dish cooking, refer-pageno. 20*

## CHOCOLATE PUDDING

### Ingredients:

Maida	-	2 cups
Baking powder	-	1½ tsp
Butter	-	1 cup
Powdered sugar	-	1 cup
Eggs	-	3 nos
Vanilla essence	-	1 tsp
Cocoa	-	3 tbsps
Milk	-	½ cup

**Method:** Sift maida with baking powder. Beat butter, sugar together till light. Add the egg yolks one by one, beating well after each addition. Add essence and beat well. Fold in the maida alternately with milk. Gently fold in the stiffly beaten egg whites. Cover with a piece of aluminium foil, place Cooking Plate upturned in the Pan. Pour enough water in the Pan to come to ½ the level of the mould. Place the mould in the water. Cover the Pan with the Lid and press the Switch to "**Cooking**", and steam for 1 hr. (whenever you make a steamed pudding, it is very important to ensure that water or steam does not come in contact with the pudding mixture. So just take care to see that the foil seals the mixture well)

While the pudding is steaming, we can use the 2-Dish Separator Pan or Steaming Basket (line the base of the basket with foil) to cook a variety of steamed dishes like dhokia, muthia, rava idly, etc., or steam vegetables to use in any side dish, or even steam a chicken to use in sandwich or any boneless chicken preparation. And, it is not necessary to monitor your pudding either. If you are around, you may Switch off the Automatic Cooker after one hour or the Switch will move to "**Keep Warm**" when the water in the Pan is evaporated and you can take out the pudding at your convenience.

## VANGI BHATH

### Ingredients:

Raw rice	-	1½ cups
Ghee	-	2 tbsps
Salt	-	to taste
Tamarind	-	size of small lime
Grated coconut	-	½ cup
Water	-	4 cups
Cloves	-	2 nos
Small brinjals	-	300 g

### Masala powder

Grated copra	-	5 tbsps
Cumin seeds	-	1 tsp
Turmeric powder	-	½ tsp
Shah jeera	-	¼ tsp
Coriander seeds	-	2 tbsps
Red chillies	-	6-8 nos
Cloves and cardamom	-	2 each
Nutmeg	-	a small piece

### Seasoning

Ghee or oil	-	3 tbsps
Black gram dal	-	2 tsp
Curry leaves	-	few
Mustard seeds	-	1 tsp
Peanuts	-	2 tbsps

**Method:** Roast all the masala ingredients using very little oil and powder together. Wash the rice, drain and mix with ½ the powder and salt to taste. Heat 2 tbsps ghee, fry cloves for ½ minute and add to rice. Add 4 cups water and place over the Cooking Plate in the Pan. Press the Switch to "**Cooking**". When the rice is done, the Switch will move to "**Keep Warm**". Meanwhile, Soak

tamarind in ½ cup water and extract die juice. Wash and cut brinjals into quarters. Heat oil and season with mustard, black gram dal, peanuts and curry leaves. Add brinjals and fry for a few minutes. Add remaining masala and salt. Add tamarind juice, cover and cook on a low flame till brinjals are soft but not mushy. Add to cooked rice, mix gently, keep warm adeast for 10 minutes. At the time of serving add grated coconut, mix and serve hot.

## FISH PULAO

### Ingredients:

Basmati rice	-	2 cups
Tomatoes	-	250 g
Coconut	-	½
Salt	-	1 tsp
Ghee or oil	-	3 tbsp
Cloves	-	3 nos
Cardamoms	-	3 nos
Cinnamon	-	2 pieces
Pepper corns	-	½ tsp
Bay leaves	-	2 nos
Seer or tuna slices	-	350 g

**Method:** Wash rice well, drain and keep aside. Wash the fish, drain. Smear with little salt, chilli powder, turmeric powder and garam masala. Grate coconut, add 1 cup of hot water, blend in a mixer and squeeze out the milk. Blanch, peel and chop the tomatoes, grind with the coconut milk. Measure this liquid and add enough water to make 4 cups. Place the rice over die Cooking Plate in the Pan. Add the tomato liquid and salt. Heat ghee or oil in a small fry Pan, add cloves, cinnamon, cardamom, pepper and bay leaves. Fry for a minute, add to rice. Place the fish slices in the 2-Dish Separator Pan and place Pan in posidon. Cover the Pan with the Lid and press the Switch to **"Cooking"** When the rice is done, the Switch will automatically move to **"Keep Warm"**. Remove the 2-Dish Separator Pan and replace the Lid. Allow the fish to cool for 10 minutes. Remove die bones. Flake the fish and add to die rice and mix lighdy. Allow to remain on **"Keep Warm"** for at least 15 minutes before serving die pulao.

## POTATO KICHDHI

### Ingredients:

Basmati rice	-	1 cup
Green gram dal	-	1 cup
Water	-	6 cups
Oil	-	to fry
Baby Potatoes	-	200 g
Ghee	-	3 tbsp
Cashew nuts	-	1 tbsp
Raisins	-	1 tbsp
Cloves	-	2 nos
Cardamoms	-	2 nos

Cinnamon	-	1 piece
Pepper corns	-	¼ tsp
Bay leaf	-	1 nos
Onions	-	1 cup, chopped
Ginger	-	1 tsp, minced
Chilli powder	-	1 tsp
Salt	-	to taste
Garam masala	-	½ tsp

**Method:** Wash rice and dal well, drain and place over the Cooking Plate, in the Pan. Add water, peel the potatoes. Heat oil for deep frying. Fry potatoes till golden brown and remove. Heat ghee in a small fry Pan. Fry cashew nuts and raisins and remove. In the same oil add cloves, cinnamon and cardamom, pepper corns and bay leaves. When they are fragrant, add onion and ginger. When onions are light brown, add chilli powder. Remove from fire and add to the rice and dal in the Automatic Cooker. Add potatoes and salt. Press the Switch to **"Cooking"**. When the kichdi is done, the Switch will move automatically to **"Keep Warm"**. Switch off the Automatic Cooker after 10 minutes and serve the kichdi hot garnished with fried nuts and raisins and sprinkled with garam masala. Or allow to remain hot till serving time (up to 5 hours) and garnish before serving.

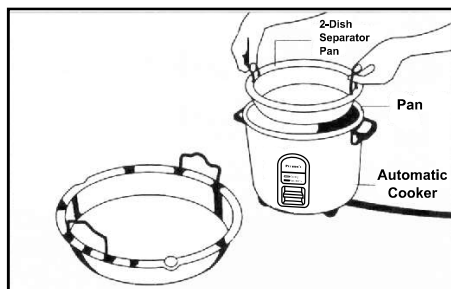
## KESAR BHATH

### Ingredients:

Basmati rice	-	2 cups
Water	-	1 cup
Milk	-	3 cups
Ghee	-	¾ cup
Sugar	-	3 cups
Saffron	-	a big pinch
Cardamom powder	-	¼ tsp
Raisins	-	3 tbsp

**Method:** Wash the rice, drain and place over the Cooking Plate in the Pan. Add milk and water and allow to soak for 15 minutes. Add ghee and press the switch to **"Cooking"**. Dissolve sugar in 2 cups of water and simmer for 5 minutes. Add saffron, raisins and cardamom powder. When the rice in the Automatic Cooker is done, the switch will automatically move to **"Keep Warm"** Add the sugar syrup, mix gently, replace the Lid and press the switch to cooking. When the bhath is ready, the Switch will automatically move to keep warm. Switch off the Automatic Cooker and transfer the bhath to a serving dish. Serve hot or cold.

## 2 DISH COOKING



### The Principle

The 2-Dish Separator Pan is designed to cook a second dish using the steam generated while cooking rice, soups, puddings, etc. in the Pan. e.g. When 2 cups of rice is cooked with 4-4 ½ cups of water in the Pan, it takes about 20-25 minutes for the switch to move to "Keep Warm" mode. So any ingredient for which the cooking time is approximately the same can be cooked in the 2-Dish Separator Pan. In this way a second dish is cooked without using additional energy or time. Moreover steam cooking is healthy and gives excellent result in terms of taste, texture, nutrition and appearance.

### How and what to cook in the 2-Dish Separator Pan

- 1) When cooking 1 cup of rice with 2-3 cups of water & 2 cups of rice with 4 cups of water, only ¼ kg of leafy vegetables like cabbage with or without seasoning can be cooked. Do not add water to the vegetables.
- 2) When cooking 3 cups of rice with 6 cups of water, the following things can be cooked in the 2-Dish Separator Pan:-
  - a) **Any vegetables** : (Maximum ¼ kg ). Cut as specified in recipes with only a sprinkling of water. Add salt and season after cooking.
  - b) **Fish curry** : (Maximum ½ kg) Prepare the seasoning for the gravy over the fire. Place the fish in the 2-Dish Separator Pan and pour the prepared masala over the fish and cook along with the rice. Use a thick masala as the fish gives out water while cooking. When the curry is done, a little hot water may be added, if necessary to thin down the gravy.
  - c) **Steamed fish** : (Maximum ½ kg). Season the fish to taste and steam along with the rice . Use in any boneless preparation.
  - d) **Quick Cooking dais** : (Like moong dal or masoor dal): Clean and soak 1 cup of dal with 1 ½ cups of water in the 2-Dish Separator Pan for ½ to 1 hour. Place in position and cook along with the rice.
  - e) **Boiled potatoes** : (Maximum ½ kg) For using potatoes in curries, patties, fillings, etc. Clean and cut each potato into 4 parts . Place in the 2-Dish Separator Pan and cook without adding salt or water. They can be peeled and seasoned after cooking as required.
- 3) When cooking 4 cups of rice with 7 cups of water (only 7 cups of water is needed for 4 cups of rice when using the 2-Dish Separator Pan):-
  - a) All the above mentioned dishes can be cooked

using the same procedures.

- b) **Chicken curry** : (Maximum ¾ kg chicken). Clean and cut the Chicken into bit size pieces, add 2 tablespoons of lime juice or vinegar and salt to taste. Allow to soak for 2-4 hours. Prepare the masala on the fire. Add to the chicken and place in the 2-Dish Separator Pan. Cook along with the rice . The chicken will give out its own liquid and the gravy will be formed. A little hot water can be added to the curry after cooking, if necessary to thin down the gravy.
- c) **Steamed chicken** : (Maximum ¾ kg.) To use in sandwiches or other boneless preparation, clean and cut chicken into joints, add 2 tablespoons lime Juice or vinegar and salt and pepper to taste. Allow to soak for 2-4 hours. Cook in the 2-Dish Separator Pan along with rice.
- d) **Kheema** : (Mince meat-Maximum ½ kg). Mix kheema with salt and ½ cup curds or 2 tbs of lime juice or vinegar. Cook in the 2-Dish Separator Pan with or without seasoning.

## KICHDI AND GATTE - KI - KADI

Cooking time 30-35 minutes approx. Serves 4-6

### Kichdi:

#### Ingredients:

Rice	-	1 cup
Green gram dal	-	½ cup
Water	-	4½ cups
Onion	-	1 no (minced)
Carrot	-	1 no (diced)
Beans	-	6-10 (diced)
Green chillies	-	3 (chopped)
Ghee	-	4 tbs
Mustard Seeds	-	½ tsp
Cumin	-	1 tsp
Cloves	-	3 nos
Cardamom	-	3 nos
Cinnamon	-	4 cm
Salt	-	to taste

**Method** : Clean the rice, dal and place over the Cooking Plate in the Pan of the Automatic Cooker. Add water, salt, carrot and beans. Heat oil in a Kadai. Add mustard. When it splutters add cumin, cloves, cardamoms and cinnamon. Add green chilies and onions. Fry till brown. Add the fried ingredients to the rice and dal in the Automatic Cooker. Place the prepared besan rolls in the lightly greased 2-Dish Separator Pan (refer to recipe) and place the dish in position. Cover with the Lid and press the Switch, to "Cooking". When the kichdi is done the Switch will automatically move to "Keep Warm". Remove the 2-Dish Separator Pan and allow the rolls to cool. Use them in the following recipe.

### Instructions:

**For 5.4 L Model** : Use 1½ times the quantity of ingredients mentioned above if desired. Serves 6-8.

## Gatte-Ki-Kadi

### Ingredients for Gatte:

Besan	-	2 cups
Oil	-	1 tbsp
Green Chillies	-	3 nos (minced)
Sodium-bi-carbonate	-	½ tsp
Thyrnol (ajwain)	-	2 big pinches
Salt	-	to taste

**Method:** Mix all the above ingredients. Add enough water and make a dough as for puris. Divide into 5 parts and shape each into 1 cms thick rolls. Place in the greased 2-Dish Separator Pan and steam along with kichdi. When done cool and cut into ½ cm thick slices.

### Ingredients for Kadi:

Curd	-	½ cup
Turmeric	-	½ tsp
Water	-	4 cups
Sugar	-	1 tsp (optional)
Besan	-	3 tbsp
Salt	-	to taste
Chilli powder	-	1 tsp

### Seasoning:

Oil	-	2 tsp
Cumin	-	1 tsp
Mustard	-	1 tsp

**Method:** Mix all the ingredients for kadi together. Heat oil for seasoning in a "Kadai". Add mustard and cumin. When they stop spluttering add die sliced gate and fry for 2 to 3 minutes. Now add the besan curd mixture. Simmer for 5 minutes- Remove from fire. Serve garnished with coriander leaves.

## PONGAL AND AVIAL

Cooking time 35-40 min. approx. Serves 4-6

### Pongal:

#### Ingredients:

Rice	-	1 cup
Green gram dal (without husk)	-	½ cup
Water	-	5½ cups
Green chillies	-	2 nos (chopped)
Ginger	-	1 cm (chopped)
Cumin	-	2 tsp
Pepper corns	-	1 tsp
Ghee or oil	-	4 tbsp
Salt	-	to taste

**Method:** Clean the rice, dal and place over the Cooking Plate in the Pan. Add salt, water, chillies and ginger. Heat ghee or oil in a small "kadai" and fry cumin and pepper for ½ minute and mix with the rice. Place the prepared vegetables for avail in the 2-Dish Separator Pan (recipe below). Place the 2-Dish Separator Pan in position and cover with the Lid. Press the Switch to "**Cooking**". When the pongal is cooked the Switch will automatically go to "**Keep Warm**" mode. Remove the 2-Dish Separator Pan and use the vegetables in avail as per recipe.

### Instructions:

**For 5.4 L Model:** Use 1 ½ times of the quantity of ingredients mentioned above if desired.

### Avial

#### Ingredients:

Rice	-	1 cup
Drumstick	-	1 no
String beans	-	4 to 5 nos
Yam	-	1 small piece (100 g)
Ash gourd	-	1 piece (100 g)
Carrot	-	1 no (small)
Beans	-	4 to 5 nos
Coconut	-	½
Green Chillies	-	6 to 8 nos
Cumin	-	1 tsp
Curd	-	¾ cup
Turmeric powder	-	¼ tsp
Coconut oil	-	1 tsp
Salt	-	to taste

**Method:** Peel the yam, ash gourd and carrot. Cut these and all other vegetables into thin and long pieces. Mix with turmeric and cook in the 2-Dish Separator Pan along with the pongal. Meanwhile grate the coconut, grind coarsely with green chillies and cumin, pour in a vessel. When the pongal is done, the switch will move to "**Keep Warm**" automatically.

Remove the vegetables, add to the coconut masala. Add salt to taste, and ½ cup water. Put over fire and simmer for 2 minutes. Add curd, coconut oil and remove from fire and pour the avail back into the 2-Dish Separator Pan.

Allow to remain hot with Pongal till time to serve (up to 4 hours).

## ORIENTAL RICE AND STEAMED VEGETABLES IN GINGER SAUCE.

Cooking time 25 min. approx. Serves 3-4

### Oriental Rice

#### Ingredients:

Table rice (Ponni, Jeersal, Khichidi etc.)	-	1 ½ cups
Water	-	3 cups
Salt	-	1 tsp
Spring onions	-	10-12 nos
Garlic	-	2 cloves
Capsicum	-	1 no
Shelled prawns	-	1 cup
Mushroom	-	½ cup
Oil	-	5 tbsp
Soya sauce	-	2 tsp
Salt and pepper	-	to taste

**Method :** Pour water over the Cooking Plate in the Pan. Add cleaned rice, salt. Heat oil in a "Kadai" to smoking point. Add garlic, when it becomes dark brown remove from oil and discard it. Add cleaned prawns to the oil. Fry

for 2 minutes and remove from fire. Now drain prawns from the oil and add to the rice. Place prepared vegetables for steaming in the 2-Dish Separator Pan (recipe follows) and place it in position. Cover with the Lid and Switch on the Automatic Cooker to **"Cooking"**. Meanwhile chop spring onions, capsicums (discard seeds) and mushrooms. Reheat the oil in the Kadai and stir fry capsicums, mushrooms and spring onions. Add salt, pepper. Add soya sauce. Remove from fire and keep aside. When the food is cooked, the switch will automatically move to **"Keep warm"**. After 10 minutes, remove the vegetables in the 2-Dish Separator Pan and use in the following recipe. Add the stir-fried ingredients to the rice and mix gently. Allow to **"Keep Warm"** for another 10 minutes, before switching off and serving hot or keep warm till time to serve (up to 4 hrs.)

#### **Instructions:**

**For 5.4 L Model :** Use twice the quantity of the ingredients mentioned above if desired. Serves 6-8.

### **Steamed Vegetables in Ginger Sauce**

#### **Ingredients:**

Cabbage	-	150 g
Carrot	-	1 big
Capsicum	-	1 big (deseed)
Bean sprouts	-	½ cup
Mushrooms	-	½ cup
Baby corn	-	5-6 (if available)
Salt and pepper	-	to taste

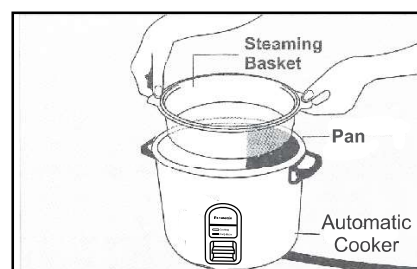
#### **Sauce**

#### **Ingredients:**

Ginger	-	1 tbsp (chopped)
Red chillies	-	3-4 nos
Soya sauce	-	1 tbsp
Vinegar	-	1 tsp
Oil	-	2 tbsp
Water or vegetable stock	-	1 cup
Cornflour	-	1 tbsp
Sah	-	to taste

**Method:** Cut carrots, cabbage and capsicum into 'match stick strips, slice the mushrooms. Place these with beans sprouts and baby corn in the 2-Dish Separator Pan and steam along with the rice. Meanwhile prepare the sauce. Heat oil in a sauce pan. Add red chilli pieces and ginger. Fry for 1 minute. Add rest of the ingredients and simmer for 2-3 minutes. Mix in the steamed vegetables. Garnish with chopped spring onions.

## **STEAM DISH COOKING**



#### **How to Steam foods**



1) Add Water to the Pan.



2) Place the Steaming Basket on the Pan



3) Add food to the Steaming Basket

4) Cover with the Lid, plug in the Power Cord and turn on the Automatic Cooker to **"Cooking"**

5) Time the cooking manually.

a) The Automatic Cooker will automatically switch to **"Keep Warm"** when water has evaporated.

b) Remember that foods will continue to cook when in **"Cooking"** mode until there is water in the Pan.

6. Turn off the Automatic Cooker by unplugging.

7. Remove foods, then the Steaming Basket, and finally pour off the water

#### **Recipes for Steaming Basket**

Steaming Basket is a useful accessory to the Panasonic Automatic Cooker. It can be used for all the dishes which are steamed in a traditional steamer with advantage, it is lighter than the traditional steamer and as such easy to handle and clean. The modern design gives good results with compatible flavours in the Pan. It can be used to reheat food. The following recipes are examples of some of the traditional and innovative steamed dishes and will help the user to adapt other recipes to this steamer.

### **ALOO GOBI**

Steam cooking vegetables for preparing sabjis has many advantages. It retains the color, flavor and taste of the vegetables and quantity of oil used can be reduced. Here is an example of adapting a popular every day dish to steam cooking.

#### **Ingredients**

Potatoes	-	¼ kg
Cauliflower	-	½ kg
Chilli powder	-	1 ½ tsp or to taste
Turmeric powder	-	½ tsp
Coriander powder	-	1 tsp
Salt	-	to taste
Oil	-	1 tbsp
Mustard	-	1 tsp
Cumin seeds	-	1 tsp
Coriander leaves	-	to garnish

**Method:** Peel and cut potatoes into fingers. Cut cauliflower into medium size florets. Combine both and

add chilli, turmeric and coriander powders and salt. Mix well and place in the Steaming Basket. Pour 2 cups of water in the Pan of the Automatic Cooker. Press the Switch to **"Cooking"**. Place the Steaming Basket in position and cover with the Lid. Steam for 15 - 20 minutes. Transfer to a serving dish. Heat oil in a small pan and season with mustard and cumin. Pour over the vegetables. Mix lightly and serve hot garnished with coriander leaves.

## STRING HOPPERS (IDIYAPPAM)

Serves 4-6

### Ingredients

Raw rice flour - 3 cups next to step  
Boiling hot water - 4 ½ cups approx.

**Method:** Roast the rice flour in a thick pan over medium heat, stirring all the time till the raw smell is lost (the flour must not turn brown. Add salt. Add boiling hot water and mix with a wooden spoon to make a soft . but not sticky dough. Pour 2 cups of water in the Pan of the Automatic Cooker and press the Switch to **"Cooking"** Have ready 3-4 pieces of thin wet cloth. Place one of them in the Steaming Basket. Place the prepared dough in a "sev" mould and press a thin layer of hoppers on the cloth. Cover with another piece of cloth and press one more layer. Repeat till there are 4 or 5 layers of hoppers. Place the Steaming Basket in position and steam for 15 minutes. Cool slightly and transfer the hoppers to a serving dish. Repeat with remaining dough. Serve with kurma, any spicy curry or sweetened coconut milk.

## MODAK (KOZHUKATTAI)

### Ingredients

Rice flour - 3 cups  
Water - 3 cups  
Salt - a big pinch  
Oil - 1 tsp  
Filling (grated coconut) - 4 cups  
Powdered jaggery - 4 cups  
Cardamom powder - 1 tsp

**Method:** Boil water in a thick pan with salt and oil. Lower the flame, add rice flour little at a time, stirring well to avoid lumps. Cook till the mixture forms a lump like a soft dough. To prepare the filling, heat jaggery with 2 cups of water till it is dissolved. Strain. Add coconut and cook till the mixture is a soft mass. Add cardamom powder. Take a small portion of the dough on your palm and flatten it like a poori. Place a little filling in the centre and bring up the edges and press lightly to cover the

filling. Place in the Steaming Basket. Pour 2 cups of water in the Pan of the Automatic Cooker and press the switch to **"Cooking"**. Steam the modaks for 15-20 Minutes.

## APPLE PUDDING

Serves 6-8

### Ingredients

Bread slices - 8 (see author's tip)  
Butter - 5 tbsp  
Sugar - 4 tbsp or to taste  
Raisins - 3 tbsp  
Chopped walnuts - 3 tbsp  
Milk - ½ cup  
Apples - ½ kg  
Honey - 4 tbsp  
Lime Juice - 2 tbsp  
Cinnamon powder - ½ tsp

**Method :** Break the bread slices into tiny pieces. Melt butter, add bread and sugar. Cook stirring till the crumbs turn rich brown in colour. Add milk. Mix in the raisins and walnuts. Peel, core and slice the apples. Pour 2 cups of water in the Pan of the Automatic Cooker and press the Switch to **"Cooking"**. Line the base of the Steaming Basket with a piece of aluminium foil. Arrange ½ the apple slices in it. Trickle with ½ the honey. Sprinkle ½ the lime juice and ½ the cinnamon powder on top. Cover - with remaining apples, top with remaining honey, lime juice and the cinnamon powder on top. Place the bread mixture on top of apples. Sprinkle the milk on top. Cover with a plate which just sits on the bread mixture. (The plate must be slightly smaller than the inside diameter of the Steaming Basket so that it does not get stuck in the Steaming Basket.) Place the Steaming Basket in position and cover with Lid. Steam for 20 - 25 minutes. Allow to cool. Remove the Lid but leave the plate in position. Leave the pudding in the fridge to chill. Just before serving remove the plate and invert the pudding on a serving plate, Carefully remove the foil without disturbing the apple layer. Serve with custard.

### Ingredients for Custard

Milk - ½ litre  
Vanilla custard powder - 3 tbsp  
Sugar - 2 tbsp or to taste

Mix custard powder with ½ cup milk. Heat the remaining milk. When it begins to boil, add the custard powder mixture slowly to the milk. Cook stirring till the custard boils and thickens. Add sugar, mix well and remove from fire. Cool and place in the fridge. Serve cold.

## CHICKEN MOMO

Approx. Serves 4-6

### Ingredients :

Chicken	- 250g (boiled and minced )
Maida	- 250g
Onion	- 1 no (chopped )
Ginger	- ½ inch (chopped )
Green Chilli	- 2 nos (chopped)
Garlic	- 2 cloves (chopped )
Soya Sauce	- 1 tsp
Oil	- 2 tsp
Salt	- to taste

**Method :** Combine flour, oil and salt in a bowl and mix well. Add water to make it a soft dough. Chop green chillies, onions, garlic and ginger. Combine them with minced chicken.

Add soya sauce to it and mix well, set aside. Make small balls from the dough. Roll them into a small round and put 1 tsp of the filling in the middle. Seal it and Place it in the Steaming Basket. Steam it for about 20 minutes. Serve Chicken Momos with tomato-garlic sauce.

## VEGETABLE MOMO

Approx. Serves 4-6

### Ingredients:

Cabbage, Carrots, Capsicum	- 250g ( chopped )
Maida	- 250g
Onion	- 1 no (chopped )
Ginger	- ½ inch (chopped )
Green chilli	- 2 nos (chopped )
Garlic	- 2 cloves (chopped )
Soya sauce	- 1tsp
Oil	- 2 tsp
Salt	- to taste

**Method:** Combine flour, oil and salt in a bowl and mix well. Add water to make it a soft dough. Chop green chillies, onions, garlic and ginger. Combine them with chopped vegetables.

Add soya sauce to it and mix well, set aside. Make small balls from the dough. Roll them into a small round and put 1 tsp of the filling in the middle. Seal it and Place it in the Steaming Basket . Steam it for about 20 minutes. Serve Vegetable Momos with tomato-garlic sauce.

# Useful Maintenance Tips

- ★ Put the Cooking Plate inside the Pan and not on the Heating Plate.
- ★ Cook only up to the permitted level. If over loaded, food may spill out and taste may vary.
- ★ Clean the Automatic Cooker body with a moist cloth.
- ★ Use soft materials to clean the inside of the Pan. Do not use hard brushes as they damage the coating.
- ★ Wipe the bottom and sides of the Pan before placing it on the Heating Plate.
- ★ While making soups, move switch to “**Keep Warm**” mode to maintain the soup in hot condition.
- ★ Wash rice till water clarity is better.
- ★ Wash rice gently, otherwise rice may break into small pieces, and turn into a paste once cooked.
- ★ Always serve food 15 minutes after cooking as it enhances the taste.

# Notes