

# Important Information for this Induction Compatible Futura Nonstick Stir-Fry Wok (Deep-Fry Pan) 3 Litre

This Induction Compatible Futura Nonstick 3 Litre Stir-Fry Wok (Deep-Fry Pan) has these important features:

- It is made from hard anodised, commercially pure, virgin aluminium with a high quality nonstick coating fixed on to the hard anodised surface.
- The body/base of the pan is 3.25 mm thick.
- Permanently attached to the base is a plate of AISI 430 grade magnetic stainless steel which makes the pan Induction Compatible.
- It has one long and one short rosewood handle.

- **This pan can safely be used on all domestic gas, electric, halogen, ceramic and induction cooktops.**

This Manual was written for various Futura Nonstick Cookware pans stated on the cover which are not Induction Compatible. All the instructions and recipes in this Manual are valid for this Induction Compatible Futura Nonstick 3 Litre Stir-Fry Wok except as stated in this chapter of 4 pages.



**READ THE NEXT THREE PAGES BEFORE USING THIS PAN.**

## CAUTION

1. Limit pre-heating of the pan without food on **Gas to MEDIUM heat and to no more than 4 minutes**. Limit pre-heating **on an Induction Cooktop to 700 Watts and to no more than 2 minutes**.
2. If you are heating the pan with a small quantity of oil/butter/ghee (less than 4 tbsp), you should limit the heat setting and time as given in Point 1 above.
3. After pre-heating, when pan is hot, ensure that it is never without food. **Never "dry heat", that is, never heat the pan without food or water in it except as stated in Point 1 above**. Dry heating may damage the pan.
4. **Do not put the hot pan in water** as it may weaken the attachment of the base over time.
5. For safety reasons and to minimise spattering of oil, 4<sup>1</sup>/<sub>4</sub> cups/1 litre is the maximum quantity of oil which should be put in the pan.
6. When placing or moving pan on a burner, hold on to the handles until you are certain pan is seated securely with no possibility of pan slipping or tipping.
7. Do not leave a ladle in the pan while cooking.

## How to Use

- **Limit Preheating of Pan**, page 3, second column: Limit pre-heating of the pan without food on Gas to MEDIUM heat and to no more than 4 minutes. Limit pre-heating on an Induction Cooktop to 700 Watts and to no more than 2 minutes.
- **Avoid Overheating: Check Your Burner**, page 4, first column, second paragraph: To check if your burner can overheat even on medium heat, place clean pan on medium heat. Heat pan **2 minutes** on medium heat on gas/**1 minute** on 700 Watts on induction. Do the test prescribed on page 4.

## Adapting Recipes to the 3 Litre Wok

1. The Wok is suitable for:
  - Stir-frying vegetables, rice, seafood, chicken, meat, noodles
  - Sautéing vegetables, seafood, chicken, meat, noodles
  - Deep-frying *puri*, *samosa*, *wada*, French fries, *pakora*
  - Cooking gravies, curries, sauces, *upma*, *poha*
2. The recipes in this Manual have been written for various sizes and types of pans and thus for various maximum quantities, which are stated in the recipes along with tips for increasing/decreasing the quantities of ingredients. All the recipes in the Manual can be made in the Wok except *Appam*. To adapt the recipes in this Manual to the 3 Litre Wok: follow the quantities given for a 3 litre and a 3.25 litre pan; quantities given for a 2.5 litre pan may be increased by one-fourth; quantities given for a 2 litre pan may be increased by one-half. Also follow the changes to specific recipes stated below:
  - a) **Coconut Chutney** (page 9/10): Ingredient quantities may be increased up to 3 times.
  - b) **Firni** (page 10): Season the pan following the method in **How to Use, Seasoning**, page 3, each time before making *Firni*. In step 6, simmer on 400 Watts. If your cooktop does not produce a gentle simmer at that setting, use a lower heat setting and cook longer.
  - c) **Samosa** (page 13/14): Oil for Frying: 4<sup>1</sup>/<sub>4</sub> cups/1 litre. In step 8, add 8 *samosa* in each batch instead of 12.
3. Season pan each time before boiling only milk, following the method in **How to Use, Seasoning**, page 3, to avoid a brown skin forming on the base and breaking off when stirred.
4. Induction cooktops initially heat up faster than gas stoves and the times given in the recipes for heating oil/butter/ghee may need to be reduced.

5. If you find that after pre-heating the small quantity of oil/butter/ ghee (as mentioned in Point 2 of the **Caution** alongside) it is not as hot as desired, increase the cooking time suitably without increasing the heat setting or increase heat after adding food.

6. If food is not browning or reaching the colour desired by you in the time given in the recipe and a higher heat setting causes burning, lower the heat setting and cook for a longer time.

## Comparing Heat Settings in Gas Stoves and Induction Cooktops

- Cooking times and heat settings in the recipes refer to the large burner of a domestic gas stove unless otherwise noted. You may have to adjust these to suit your stove/cooktop.
- **The heat settings and quality of different induction cooktops vary considerably.** Refer to the cooktop manufacturer's instructions. Some experimentation may be necessary to find the correct heat setting.
- Given below is an **approximate guide** to the equivalent heat settings in most gas stoves and induction cooktops. In case the 700 Watt setting given for pre-heating the empty pan is not available on your cooktop, use the next **lower** wattage and still limit pre-heating to 2 minutes. In case the watts mentioned are not available when cooking with food/water in the pan, use the nearest wattage available.

Heat Settings in	
Gas Stoves	Induction Cooktops in Watts
High	2000
Medium-high	1200
Medium	800
Medium-low	600
Low	400

- Please be advised that many induction cooktops in the market at present do not indicate the settings in watts accurately. Try out the heat settings given in the chart alongside and adjust them as may be required for cooking on your cooktop.

## How to Clean

- Do not put the hot pan in water – allow to cool before cleaning.
- Do not wash pan and lid in a dishwasher.
- Do not allow the rosewood handles of the pan and lid to soak in water.
- For a pan that has been used for frying (other than deep-frying), immediately after cooking while the pan is still hot, wipe off residual oil with a folded paper napkin or cloth sufficiently thick to protect your hand from the hot metal and oil. This will make cleaning much easier.
- The external stainless steel bottom attachment of the pan may develop blue and/or golden stains which may be caused by overheating. To remove these stains:
  - Clean the external base with a stainless steel cleanser or
  - Clean the external base with a non-abrasive cleansing powder and
  - Wash and dry.

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**See Next Page  
for a Recipe for  
Chinese Noodles & Vegetables**

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## Stir-Fried Chinese Noodles & Vegetables

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Serves 5

Yield: 5 cups

1½ tbsp / 22.5 ml	<b>soy sauce</b>
2 tsp / 10 ml	<b>vinegar</b>
5⅓ oz / 150 g (about 14 oz / 400 g cooked)	<b>Chinese noodles</b>
3 tbsp / 45 ml	<b>vegetable oil</b>
1 x 1 inch / 2.5 cm piece (⅓ oz / 10 g)	<b>fresh ginger</b> finely chopped
5 cloves	<b>garlic</b> finely chopped
3½ oz / 100 g	<b>green beans</b> cut diagonally into ⅛ inch / 3 mm wide strips, 2 inch / 5 cm long
1 medium (3½ oz / 100 g)	<b>carrot</b> cut into matchstick-thin strips, 2 inch / 5 cm long
1½ tsp / 7.5 ml	<b>salt</b>
2 tsp / 10 ml	<b>sugar</b>
4 (5⅓ oz / 150 g)	<b>spring onions</b> bulbs with 2 inch / 5 cm stalks halved lengthwise (top to bottom) and sliced thinly lengthwise; tender green portion cut across into ¼ inch / 6 mm wide round pieces and kept separately
¼ tsp / 1.3 ml	<b>pepper</b>
1 medium (3½ oz / 100 g)	<b>red bell pepper</b> deseeded and cut lengthwise into ⅛ inch / 3 mm wide strips

1. In a small bowl, mix soy sauce and vinegar. Keep aside. [There are many varieties of soy sauce available with varying ingredients and tastes. The taste of this recipe is largely dependent on the soy sauce used. The Hawkins Test Kitchen used "Ching's Secret Superior Dark Soy Sauce" while developing this recipe. You may use the soy sauce you prefer and adjust the quantity of soy sauce, vinegar, salt and sugar according to the soy sauce used by you.]

2. Cook noodles according to instructions on packet till noodles are just cooked (firm, not mushy). Immediately transfer noodles to a colander (*chalanee*). Drain. Rinse noodles with cold water till cool. Drain in colander. Keep aside.

3. Heat oil in Wok on medium heat about 2 minutes. Add ginger and garlic. Stir a few seconds. Add beans, carrots, 1 tsp/5 ml salt and sugar. Increase heat to high. Stir-fry about 2 minutes. Add spring onions (except tender green portion) and pepper. Stir-fry about 1 minute. Add red bell peppers. Stir-fry about 1 minute. Reduce heat to medium. Add noodles, soy sauce-vinegar mixture and remaining salt (½ tsp/2.5 ml). Cook about 2 minutes, tossing and mixing noodles and vegetables using wooden spatula and a fork.

4. Remove Wok from heat. Add tender green portion of spring onions. Mix. Serve hot with extra soy sauce and **vinegar with green chillies** on the side. ●

### Vinegar with Green Chillies:

Yield: ¼ cup / 60 ml

¼ cup / 60 ml	<b>vinegar</b>
2	<b>green chillies</b> cut across into ⅛ or ⅙ inch / 3 or 4 mm wide round pieces
¼ tsp / 1.3 ml	<b>salt</b>

Place vinegar in a bowl. Add green chillies and salt. Mix.