



Cookware



Pressure Cookers



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Large Appliances



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Flasks & Bottles

WONDERCHEF
Cook with Pride

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Recipe Book

Made by

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PRESSURE COOKER

Recipe Book

www.wonderchef.com

Why should you have a Pressure Cooker in your kitchen?



COOKS FASTER:

Pressure cooking is a safe and healthy way to prepare a wide variety of foods - dals, meat, vegetables, biryanis, modaks, puddings, soups and more. They can be made in a fraction of the time that traditional cooking methods require.



COOKS HEALTHY:

There's a myth that the high heat used in pressure cooking kills the vitamins and minerals. Pressure cooked food retains more nutrition value than boiling and steaming. Not only because the cooking time is shorter, but also, it is able to trap the nutrients from escaping through the steam.

The key to tasty dishes prepared in a pressure cooker lies in the sealed environment. This prevents the loss of flavour and moisture in evaporation.

So food retains its natural flavour, which is why a potato will keep its natural potato and earthy taste. Also, since moisture is maintained, food does not dry out and meat is cooked juicy and tender.

SAVES ENERGY:

Pressure cooking is more energy efficient than other cooking methods because it uses the trapped steam for cooking, instead of losing it into the air. You'll end up using less energy with shorter cooking time.



EASY TO CLEAN:

Pressure cookers are easy to use; they add pressure to the food, and take it off of the cook! You don't need to worry about scorching, boiling over, splattering, or sticking foods anymore. Not only does this ensure that your meals taste great, but it also makes cleanup a snap!



SAFE TO USE:

Pressure cookers are perfectly engineered that you do not have to worry about your safety or handling. They are more advanced, reliable and safe to use than ancient pressure cookers. Pressure release valves and gasket release system are a couple of features that offer enhanced safety.





"Lifestyle and food habits are continuously evolving in India. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. I trust Wonderchef Cookware & Appliances, which empower you to cook healthy and delectable dishes in no time. Additionally, they are a mélange of functionality and aesthetics meant for the modern urban homes. Inspire the culinary artist in you!"

Sanjeev Kapoor

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Quick Pressure Cooked Vegetables

Ingredients

- Carrots 2 medium
- Bottle gourd 1/2 small
- French beans 10-12
- Cabbage 1/4 small
- Cauliflower 1/2 small
- Potato 1 medium
- Tomato 1 medium
- Green capsicum 1 medium
- Oil 1 tbsp
- Bay leaf 1
- Black peppercorns crushed 7-8
- Roasted cumin powder 1/2 tsp
- Salt to taste

Method

- Cut carrots, lauki, French beans and cabbage into one and a half centimeter pieces. Separate cauliflower into small florets. Cut potato into one and a half centimeter pieces and keep them soaked in water. Cut tomato into eight pieces. De-seed and cut.
- Heat oil in a **Wonderchef Pressure Cooker**, add bay leaf and crushed peppercorns, stir-fry briefly. Add vegetables, roasted cumin powder, salt and mix well. Stir-fry for two to three minutes. Cover and cook under pressure for five to six minutes. Remove from heat.
- Serve immediately.

Prep Time: 11-15 minutes

Cook time: 11-15 minutes

Serve: 4

Level Of Cooking: Easy

Taste: Mild



NUTRITION INFO

Calories: 516 Kcal

Carbohydrates: 74.3 gm

Protein: 15.2 gm

Fat: 17.5 gm

Other: 29.3 gm



SWEET CORN SOUP

Ingredients

- Sweet corn kernels, boiled ½ cup
- Cream-style sweet corn 2 cups
- Oil 1 tbsp
- Small cabbage ¼
- Carrot, finely chopped ¼ medium
- Vegetable stock 4 cups
- White pepper powder ½ tsp
- Salt to taste
- Cornflour 3 tbsps
- Lemon juice 1 tsp

Method

- Heat oil in the **Wonderchef Pressure Cooker**. Grate cabbage and add it to the hot oil. Add carrot and sauté on high heat for one to two minutes.
- Add cream style sweet corn and mix well. Add vegetable stock and mix and allow it to come to a boil. Cover it with the glass lid and cook for three minutes without the whistle.
- Mix pepper powder in two tablespoons water and add to the soup along with salt and mix well.
- Add corn kernels and allow it to come to a boil again. Close the lid and cook for two minutes.
- Mix cornflour in two tablespoons water and add to the soup and cook till it thickens.
- Serve hot.



HOT & SOUR SOUP

Ingredients

- Broccoli florets or cauliflower florets 1 cup (parboiled)
- Capsicum, cut into triangles 1/2 cup
- Baby corn, sliced and parboiled 1/2 cup
- Sliced carrots (parboiled) 1/4 cup
- Spring onions 10-15
- Garlic, finely chopped 1 tbsp
- Green chillies, finely chopped 1 tsp
- Tomato ketchup 2 tbsp
- Vinegar 3 tbsp
- Soy sauce 2 tbsp
- Green chilli sauce 1 tbsp
- Sugar 3 tbsp
- Oil 2 tbsp
- Cornflour 4 tbsp
- Salt to taste

Method

- Steam cook vegetables in **Wonderchef Pressure Cooker** and keep aside. Then fry green chillies and chopped garlic in oil in **Wonderchef Granite Fry Pan**. Add all the steam cooked vegetables and stir for 4-5 minutes on low fire.
- For preparation of soup gravy, make the very thin paste of corn flour and heat it till the consistency is little thick.
- Add vinegar, sugar, soy sauce, green chilli sauce, tomato ketchup and salt. Now add all the vegetables in the gravy and serve hot.



PAYA SOUP

Ingredients

- Lamb trotters cut into ½ inch pieces
- Split bngal gram 1 tbsp
- Garlic crushed 1 tbsp
- Ginger cut into thin strips 1/2 inch
- Bay 2 leaves
- Green cardamoms 2-3
- Black peppercorns 8-10
- Cloves 4-5
- Green chillies slit 4-5
- Salt to taste
- Turmeric powder

Method

- Heat oil in a **Wonderchef Pressure Cooker**, add garlic and ginger and sauté for a minute. Add bay leaves, green cardamoms, cloves and green chillies. Add lamb trotters and sauté on low heat till dark brown.
- Add 4 cups water and mix well. Add salt and turmeric powder and mix well. Cover and cook under pressure till pressure releases 2 times, reduce the heat and cook on low heat till the pressure releases 3 times.
- Open the lid when the pressure releases completely. Take out the cooked trotters in a bowl.
- Strain the remaining soup in another bowl
- Pour the soup in a serving bowl, put the trotters over it and serve piping hot.

Prep Time: 6-10 minutes
Cook time: 31-40 minutes
Serves: 4
Level Of Cooking: Moderate
Taste: Mild



NUTRITION INFO

Calories: 642 Kcal
Carbohydrates: 11.5 gm
Protein: 53.7 gm
Fat: 43.7 gm
Other: Fiber- 3.3gm



THICK TOMATO SOUP

Ingredients

- Tomatoes, roughly chopped 5-6 medium
- Olive oil 2 tbsps
- Onions 2 medium
- Cumin seeds ½ tsp
- Garlic cloves 3-4
- Salt to taste
- Black pepper powder ½ tsp
- Bread slices 4
- Fresh basil leaves 3-4

Method

- Heat oil in the **Wonderchef Pressure Cooker**. Roughly chop onions.
- Add cumin seeds, onions and sauté. Crush garlic and add along with tomatoes. Mix and add salt, black pepper powder and mix again.
- Add three cups water, seal the cooker with the lid and after the pressure nozzle rises up, cook for ten to twelve minutes.
- Open the lid when the pressure reduces and transfer the mixture into a blender jar and let it cool.
- Trim the edges of the bread slices and add to the blender jar. Add basil leaves and blend everything till smooth.
- Pour the soup back into the pan and heat. Serve piping hot.



CARAMEL POPCORN

Ingredients

- Dried corn kernels $\frac{3}{4}$ cups
- Brown sugar 4 tbsps
- Oil 1 tbsp

Method

- Heat the **Wonderchef Pressure Cooker**. Add oil and corn kernels and cover with the inverted lid.
- Shake the cooker from time to time. Cook till all the corn kernels pop. It will take five minutes.
- Sprinkle brown sugar and mix well. Transfer in to a bowl and allow it to cool.
- Serve.



Quick Pressure Cooker Chicken Curry

Ingredients

- Chicken on bone 750 grams
- Onions grated 2 medium
- Tomato puree 1/4 cup
- Pure ghee 1 tsp
- Fresh coriander leaves chopped ... 1 tbsp
- Cinnamon 1 inch
- Ginger paste 1/2 tbsp
- Garlic paste 1/2 tbsp
- Coriander powder..... 1 tbsp
- Turmeric powder 1/4 tsp
- Cloves 2-3
- Green cardamoms 4-5

Prep Time: 6-10 minutes
Cook time: 21-25 minutes
Serve: 4
Level Of Cooking: Easy
Taste: Spicy

- Garam masala powder.. 1 tsp
- Cumin powder..... 1 tsp
- Red chilli powder..... 1 tsp
- Salt to taste
- Oil..... for cooking

Method

- Heat ghee in a **Wonderchef Pressure Cooker**. Add green cardamoms, cloves and cinnamon and sauté. You can add oil if required.
- Squeeze water from grated onion and add. Mix and sauté till onions are well browned.
- Add garlic paste, ginger paste. Mix and sauté well.
- Add turmeric powder, red chilli powder, coriander powder, cumin powder. Mix well and sauté well.
- Add tomato puree and salt. Mix well and cook for 2 minutes.
- Add chicken and mix well. Cook for about 3-4 minutes, mixing at intervals.
- Add chopped coriander and mix well. Add 1½ cups water and stir to mix. Cover and pressure cook till 3 whistles.
- Switch off heat and let the pressure reduce completely. Remove lid and add garam masala powder. Mix well.
- Serve hot garnished with chopped coriander leaves.



TOMATO WITH PENNE

Ingredients

- Penne (quill-shaped pasta)..... 250 gms
- Tomato puree 1 cup
- Olive oil 3½ tbsps
- Onions, sliced 2 medium
- Garlic cloves, crushed 6
- Red chilli flakes 1 tsp
- Dried oregano 1 tsp
- Fresh basil leaves, roughly torn..... 5-6
- Salt to taste
- Sugar..... 1 tsp
- Grated parmesan cheese..... 2 tbsps

Method

- Heat olive oil in the **Wonderchef Pressure Cooker**, add onion and garlic and sauté till light brown.
- Add chilli flakes, dried oregano and basil and sauté for one minute.
- Add penne and sauté for half a minute. Add tomato puree, salt, sugar and two cups of water.
- Seal the cooker with the lid. After the pressure nozzle rises up, cook for five to seven minutes.
- Remove the lid when the pressure has reduced completely. It can take seven to eight minutes. Transfer the penne into a bowl.
- Serve hot garnished with Parmesan cheese.



MIXED SPROUTS USSAL

Ingredients

- Mixed sprouts (moong, matki, chana)..... 1 cup
- Garlic cloves 6-7
- Green chillies 3-4
- Roasted cumin seeds 1 tsp
- Scraped coconut ¼ cup + 2 tbsps
- Oil 2 tbsps
- Mustard seeds ½ tsp
- Curry leaves 15-20
- Onion, finely chopped 1 medium
- Turmeric powder ¼ tsp
- Red chilli powder ½ tsp
- Salt to taste
- Grated jaggery 1 tsp
- Goda masala 1 tsp
- Sprigs of fresh coriander leaves a few

Method

- Grind garlic, green chillies, cumin seeds and 1/4 cup coconut with little water to a smooth paste.
- Heat oil in the **Wonderchef Pressure Cooker**, add mustard seeds, curry leaves and onion and sauté till fragrant.
- Add turmeric powder and sauté for 1 minute. Add the ground paste, mix and sauté for 1-2 minutes.
- Add sprouts and mix well. Add 1 cup water, red chilli powder and salt and cook. Add jaggery, goda masala and mix. Cover with a glass lid and cook till the sprouts soften.
- Chop coriander leaves and add half of it to the pan and mix well.
- Transfer into a serving bowl, garnish with remaining coconut and remaining coriander leaves and serve hot.



CAULIFLOWER KHEEMA

Ingredients

- Cauliflower, grated 1 medium
- Ginger piece, chopped ½ inch
- Garlic cloves 15-20
- Green chillies 3
- Oil 2 tbsps
- Cumin seeds 1 tsp
- Asafoetida ¼ tsp
- Salt to taste
- Coriander powder 1 tsp
- Red chilli powder 1 tsp
- Yogurt 2 tbsps
- Cashew nuts, 8-10
roasted and crushed (optional)

Method

- Chop ginger, garlic and green chillies in a chopper.
- Heat oil in the **Wonderchef Pressure Cooker**. Add cumin seed sandasafoetida and sauté till golden. Add ginger, garlic, green chillies and sauté for one to two minutes.
- Add cauliflower and mix well. Add salt, mix and cook for one minute.
- Add coriander powder and red chilli powder and mix. Cover and cook on medium heat for one minute. Add yogurt and mix. Cover with a glass lid and cook on medium heat for five to seven minutes.
- Garnish with cashew nuts and serve.



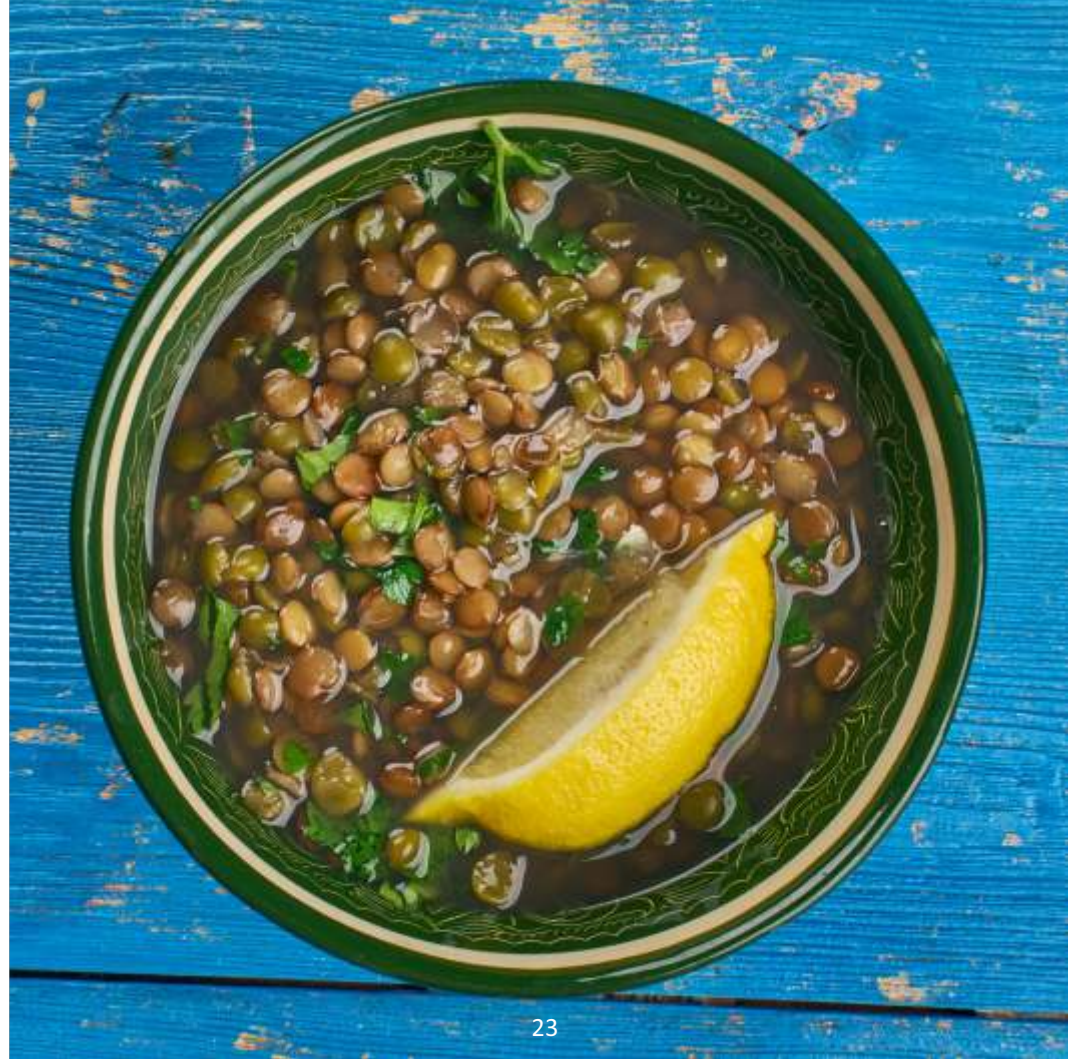
LANGAR KI DAL

Ingredients

- Whole black gram (sabuturad), soaked 1 cup overnight
- Ginger, chopped 1 inch
- Garlic cloves, chopped 8
- Green chilli, slit 1
- Salt to taste
- Turmeric powder ¼ Tsp
- Ghee 4 tbsps
- Cumin seeds 1 tsp
- Onions, chopped 4 medium
- Garam masala powder 2 tsps

Method

- Soak dal overnight, or for at least six hours. Drain and place in the **Wonderchef Pressure Cooker** with ginger, garlic, green chilli, salt, turmeric powder, one tablespoon ghee and three cups of water. Close the lid and place on medium heat. After the pressure nozzle rises up, cook for twenty-five minutes.
- Remove the lid when the pressure is completely released. It will take ten to twelve minutes.
- Heat the remaining ghee in a pan; add cumin seeds and sauté till they begin to change colour. Add onions and sauté till golden brown.
- Stir in the cooked dal. Add one cup of water if the mixture is too thick. Add garam masala powder and simmer for two or three minutes.
- Serve hot.



PALAKWALI DAL

Ingredients

- Fresh spinach leaves (palak), roughly shredded... 15-20
- Split green gram skinless (dhuli moong dal)..... $\frac{3}{4}$ cup
- Salt to taste
- Turmeric powder..... 1 tsp
- Oil 2 tbsps
- Asafoetida (hing)..... 1 pinch
- Cumin seeds..... 1 tsp
- Onions, chopped..... 2 medium
- Green chillies, seeded, chopped 2
- Ginger, chopped 1 inch
- Garlic cloves, chopped..... 6-8
- Lemon juice 1 tsp

Method

- Place moong dal with salt, turmeric powder and five cups of water in the **Wonderchef Pressure Cooker**. Place on medium heat and after the pressure nozzle rises up, cook on medium heat for five minutes.
- Open the lid once the pressure is completely released. It will take four to five minutes.
- Heat oil in a non-stick kadai; add asafoetida and cumin seeds. When the cumin seeds begin to change colour, add onions and green chillies. Cook till the onions are soft and translucent.
- Add ginger and garlic and cook for half a minute.
- Add dal, bring to a boil and stir in spinach and lemon juice.
- Simmer for two minutes and serve hot.



Rajma

Prep Time: 11-15 minutes

Cook time: 11-15 minutes

Serve: 4

Level Of Cooking: Easy

Taste: Mild

Ingredients

- soaked kidney beans 1 cup
- salt to taste
- cooking oil 4 tablespoons
- Onions- finely chopped 2 large
- Ginger-garlic paste 2 tablespoon
- Coriander powder 2 teaspoons
- Cumin powder 1 tea spoon
- Red chilli powder 1 tea spoon
- Tomato puree ½ cup
- Garam masala powder 1 teaspoon
- Chopped coriander leaves for garnishing

Method

- Soak 150 grams of Rajma overnight. Next morning, rinse the kidney beans off with fresh water. Then take a **Wonderchef Pressure Cooker**, add the soaked beans with water and salt and cook it under pressure till around 8-10 whistles are given out.
- Then drain off the cooked liquor and reserve it for future use in a bowl. In a separate bowl chop two large onions. Heat oil in a non-stick pan at the other end and add ginger garlic paste and sauté it for 2 minutes. Add the chopped onions and sauté it till golden brown. Add a teaspoon of coriander powder, cumin powder and red chilli powder and mix well.
- Make a tomato puree of 2 tomatoes (half a cup). Sauté it with the onions and stir it in low flame till the oil separates.
- Add the boiled rajma. Add cumin powder and garam masala. The water which you had set aside, add that and leave it to cook on low flame for 3- 4 minutes.
- Add coriander leaves to garnish. Your piping hot Rajma is ready to serve. Serve it hot with rice.



NUTRITION INFO

Calories: 1462 calories
Carbohydrates: 175 gm
Protein: 50 gm
Fat: 60 gm

PINEAPPLE CURRY

Ingredients

- Pineapple, peeled 1 medium
- Oil 3 tbsps
- Cinnamon sticks 2 half-inch
- Cloves 5
- Star anise ½
- Shallots, sliced 10-12
- Roasted peanuts ¼ cup
- Sliced garlic 2 tsps
- Fresh red chillies 2-3
- Scraped coconut ½ cup
- Turmeric powder ¼ tsp
- Cucumber, peeled and cubed 1 large to taste
- Salt 2 tsps
- Tamarind pulp 1 cup
- Thick coconut milk

Method

- Heat oil in the **Wonderchef Pressure Cooker**, add cinnamon, cloves, star anise and shallots and sauté.
- Crush peanuts.
- Add garlic to the cooker and sauté till browned.
- Cut pineapple into medium cubes and add to the cooker.
- Grind together fresh red chillies and coconut with a little water to a paste.
- Add turmeric powder, ground coconut, cucumber and a little water to the cooker and mix.
- Add peanuts and salt and mix well. Add tamarind pulp and thick coconut milk and mix. Cover with the glass lid and cook, on medium heat, for twelve to thirteen minutes or till both pineapple and cucumber soften and the gravy thickens.
- Serve hot.



PUMPKIN CURRY

Ingredients

- Unpeeled red pumpkin..... 250 gms
(lal bhopla/kaddu), diced
- Grated fresh coconut 4 tbsps
- Mustard seeds ½ tsp
- Garlic cloves 4
- Oil 2 tbsps
- Curry leaves 7-8
- Onion, chopped 1 medium
- Salt to taste
- Turmeric powder..... ¼ tsp
- Green chillies, slit 4
- Coconut milk 1 cup
- Red chilli powder..... 1 tsp
- Chopped fresh coriander leaves 1 tbsps
- Lemon juice 1 tsp

Method

- Grind coconut, mustard seeds and garlic to a fine paste.
- Heat the oil in the **Wonderchef Pressure Cooker**, add curry leaves. When they begin to change colour, add onion and sauté till pink.
- Add pumpkin, salt and turmeric powder and sauté for two or three minutes.
- Add slit green chillies and coconut milk and bring to a boil. Seal the cooker with the lid and place on medium heat. After the pressure nozzle rises up, cook for six minutes. The pumpkin should be completely cooked and tender.
- Remove the lid when the pressure has reduced completely. It will take four to five minutes. Add the ground paste and chilli powder and mix well. Simmer for three or four minutes.
- Garnish with coriander leaves and serve hot with steamed rice.



GEHUN KI KHICHDI

Ingredients

- Crushed wheat (lapsi)..... 2 cups
- Oil 4 tbsps
- Cumin seeds 1 tsp
- Asafoetida (hing) 1 pinch
- Carrot, cut into 1/2-inch pieces 1 medium
- French beans, 10
- cut into pieces ½ inch
- Potato, cut into 1/2-inch pieces 1 medium
- Tomatoes, chopped 2 medium
- Salt to taste
- Chopped fresh coriander leaves 2 tbsps

Method

- Soak crushed wheat in three cups of water for half an hour. Drain and set aside.
- Heat the oil in the **Wonderchef Pressure Cooker**. add cumin seeds and when they begin to change colour add asafoetida, carrot, French beans, potato and tomatoes. Sauté for a while.
- Add the drained wheat and sauté for three or four minutes.
- Add five cups of water and salt. Seal the cooker with the lid and after the pressure nozzle rises up, cook for seven to ten minutes.
- Remove the lid when the pressure has reduced completely. It will take seven to eight minutes.
- Serve garnished with coriander leaves.



DAHI KA GOSHT

Ingredients

• Boneless mutton, cut into cubes	800 gms
• Yogurt	1½ cups
• Oil	3 tbsps
• Onions, sliced	2 medium
• Ginger paste	2 tsps
• Garlic paste	2 tsps
• Green chillies, minced	5
• Salt	to taste
• Bay leaves	2
• Coriander powder	1 tsp
• Cumin powder	1 tsp
• Mace-cardamom powder	½ tsp
• Coriander leaves freshly chopped	2 tbsps

Method

- Heat one tablespoon oil in a non-stick kadai and sauté the onions till brown. Grind the onions to a fine paste.
- Marinate the mutton in a mixture of yogurt, ginger paste, garlic paste, minced green chillies and salt for one hour, preferably in a refrigerator.
- Heat remaining oil in the **Wonderchef Pressure Cooker** and add the bay leaves.
- Add marinated mutton and cook till the gravy starts boiling. Stir in the coriander powder, cumin powder, browned onion paste and half a cup of water.
- Seal the pressure cooker with the lid. After the pressure nozzle rises up, cook for twenty five to thirty minutes.
- Remove the lid when the pressure is released. It will take eight to ten minutes. Sprinkle the mace-cardamom powder over the mutton.
- Serve hot garnished with chopped coriander leaves.



HERBED RICE WITH MUSHROOMS

Ingredients

- Brown rice 1½ cups
- Fresh button mushrooms, halved 6-7 medium
- Olive oil 2 tbsps
- Onions, chopped 2 medium
- Garlic cloves, chopped 2-3
- Celery stalk, chopped 1 inch
- Salt to taste
- Dried oregano 1 tsp

Method

- Soak brown rice in four or five cups of water for one hour. Drain.
- Heat oil in the **Wonderchef Pressure Cooker**. Add onions, garlic and celery and sauté till translucent.
- Add the drained rice and salt and sauté for one or two minutes. Add 3 3/4 cups of water and bring to a boil.
- Stir in the mushrooms and bring to a boil again. Seal the cooker with the lid. After the pressure nozzle rises up, cook on medium heat for eighteen minutes.
- Remove the lid once the pressure has reduced. It will take six to eight minutes. Add the dried oregano and mix.
- Serve hot.



MOONG DAL KHICHDI

Ingredients

- Green gram split with skin (chilka moongdal)..... ½ cup
- Rice 1 cup
- Pure ghee 2 tbsps
- Cumin seeds 1 tsp
- Stick cinnamon 1-inch
- Green chillies, slit 2-3
- Carrot, grated 1 medium
- Salt to taste
- Black peppercorns, crushed 3-4
- Lemon juice 1 tbsp

Method

- Soak dal and rice in four cups of water for one hour. Drain.
- Heat ghee in the **Wonderchef Pressure Cooker**. Add cumin seeds, cinnamon, green chillies, carrot and sauté for two minutes.
- Add dal and rice and mix well. Add salt, crushed black peppercorns, lemon juice and four cups of water. Seal the cooker with the lid and after the pressure nozzle rises up, cook for five minutes.
- Serve hot, may be with hot ghee.



ZAFRANI PULAO

Ingredients

- Basmati rice 2 cups
- Ghee 4 tbsps
- Almonds 20
- Cashew nuts 12
- Raisins 25-30
- Nutmeg powder ¼ tsp
- Green cardamom powder ½ tsp
- Milk ½ cup
- Sugar ½ cup
- Saffron 1 pinch

Method

- Wash rice twice and soak in just enough water to cover it for half an hour. Drain. Wash and pat dry raisins.
- Heat ghee in the **Wonderchef Pressure Cooker** and gently fry almonds, cashew nuts and raisins. Drain and keep aside. When cool, slice almonds thinly and halve cashew nuts. In the same cooker add rice and sauté gently for two to three minutes. Add nutmeg powder and green cardamom powder.
- Boil milk and sugar adding saffron. Add to rice with three and a half cups of water. Add raisins. Stir once.
- Seal the cooker with the lid and after the pressure nozzle rises up, cook for five minutes.
- Garnish with almonds and cashew nuts. Serve hot.



KESAR PISTA RICE

Ingredients

- Rice1 cup
- Saffron1 pinch
- Pistachios, chopped10
- Ghee2 tbsps
- Green cardamoms2
- Cloves2
- Sugar½ cup
- Raisins10
- Milk¼ cup

Method

- Soak rice in four cups of water for half an hour. Drain.
- Heat ghee in the **Wonderchef Pressure Cooker**. Add green cardamoms, cloves and soaked rice and sauté. Add two cups of water, sugar, raisins and pistachios and mix.
- Dissolve saffron in warm milk and add to the cooker.
- When rice is cooked a little, seal the cooker with the lid and after the pressure nozzle rises up, cook for five minutes.
- Open the lid and serve hot.



GAJAR HALWA

Ingredients

- Carrots, grated 7 medium
- Pure ghee 2 tbsps
- Milk ½ cup
- Sugar 7 tbsps
- Grated khoya/mawa ½ cup
- Green cardamom powder ¼ tsp
- Raisins (kishmish) 1 tbsp
- Cashew nuts, chopped 5-6
- Almonds, blanched, chopped 5-6
- Green chillies, roughly chopped 6
- Salt to taste
- Vinegar 3 tbsps

Method

- Heat ghee in the **Wonderchef Pressure Cooker**. Add carrots and sauté for five minutes. Add milk and sugar, seal the cooker with the lid. After the pressure nozzle rises up, cook on medium heat for six minutes.
- Remove the lid when the pressure has reduced completely. It will take four to five minutes. Stir in the khoya.
- Cook for two or three minutes, stirring continuously. Stir in the cardamom powder. Continue to cook till the excess liquid evaporates.
- Add the raisins, cashew nuts and almonds and continue to cook for two more minutes. Serve hot or at room temperature.



DOODHI HALWA

Ingredients

- Bottle gourd (lauki/doodhi) 600 gms..... 600 gms
- Ghee 2 tbsps..... 2 tbsps
- Sugar 7 tbsps..... 7 tbsps
- Grated khoya/mawa 1/4 cup..... ¼ cup
- Green cardamom powder 1/4 tsp..... ¼ tsp
- Raisins (kishmish) 1 tbsp..... 1 tbsp
- Cashew nuts, chopped 5-6..... 5-6
- Almonds, blanched, slivered 5-6..... 5-6

Method

- Peel and grate the doodhi.
- Heat ghee in the **Wonderchef Pressure Cooker**. Add doodhi and sauté for five minutes.
- Add sugar, seal the cooker with the lid. After the pressure nozzle rises up, cook on medium heat for eight minutes.
- Remove the lid when the pressure has reduced completely. It will take five to six minutes
- Add khoya and cardamom powder. Cook, stirring continuously, for two or three minutes, or till the excess liquid evaporates.
- Add raisins, cashew nuts and almonds and continue to cook for two more minutes.
- Serve hot or at room temperature.



Pressure Cooker Aloo Sabzi

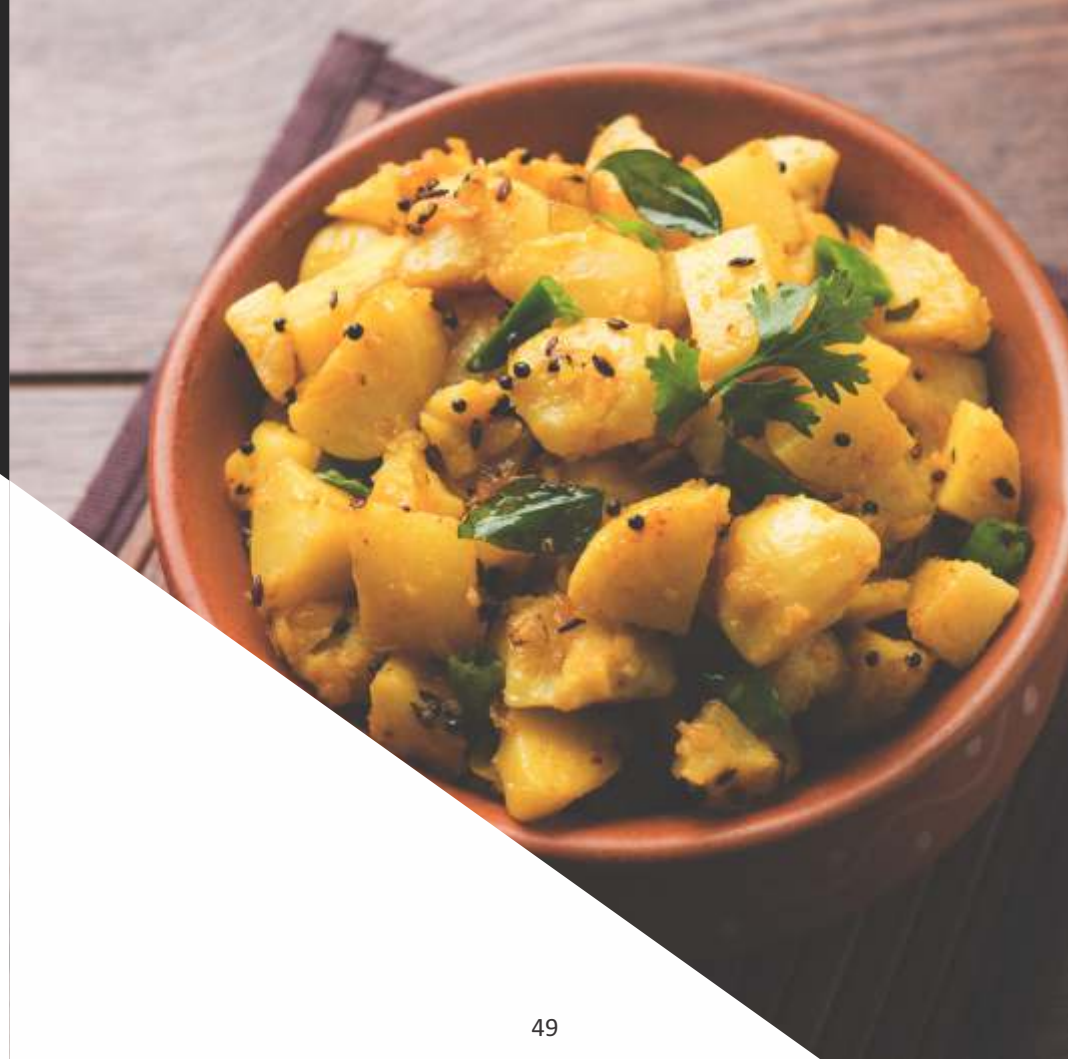
Prep Time: 6-10 minutes
Cook time: 16-20 minutes
Serve: 4
Level Of Cooking: Easy
Taste: Mild

Ingredients

- Potatoes cut into cubes 6 medium
- Mustard seeds ½ teaspoon
- Oil 2 tablespoons
- Cumin seeds ½ teaspoon
- Asafoetida a pinch
- Curry leaves 7-8
- Tomatoes finely chopped 2 large
- Turmeric powder ½ teaspoon
- Salt to taste
- Red chilli powder 1 teaspoon
- Coriander powder ½ teaspoon
- Cumin powder ½ teaspoon
- Fresh coriander leaves chopped 2 teaspoons
- Garam masala powder ½ teaspoon

Method

- Heat oil in a **Wonderchef Pressure Cooker**, add mustard seeds and let them splutter. Add cumin seeds and sauté till they begin to change colour. Add asafoetida, curry leaves, tomatoes, turmeric powder and salt. Mix well and sauté till tomatoes are soft.
- Add chilli powder and coriander powder and cumin powder. Mix well and sauté for a minute.
- Add potatoes and ¾ cup water. Mix well and bring to a boil. Cover the cooker with the lid and cook under pressure till pressure is released 3 times.
- Open the lid of the cooker after the pressure reduces completely, sprinkle coriander leaves and garam masala powder.
- Serve hot.



GOAN LAPSI

Ingredients

- Broken wheat (lapsi), soaked • 1 cup
- Sugar • $\frac{3}{4}$ cup
- Green cardamom powder • $\frac{1}{4}$ tsp
- Thick coconut milk • 1 cup
- Cashew nuts, halved • 7-8
- Raisins • 1 tbsp
- Pure ghee • 1 tsp

Method

- Drain and boil lapsi with two cups water in the **Wonderchef Pressure Cooker**. Cover with the lid and cook for three minutes.
- Add sugar and stir till it dissolves completely.
- Add green cardamom powder and mix. Add coconut milk and mix.
- Add cashew nuts and raisins and mix. Add ghee and mix. Cover with the glass lid and cook for two minutes.
- Serve warm.



CHOLE

Ingredients

• Chickpeas	¼ kg
• Onions	3
• Tomatoes	6
• Pomegranate seeds (crushed finely)	2 tsp
• Salt	to taste
• Ghee	as required
• Ginger	1 inch piece
• Green chillies	2
• Turmeric powder	½ tsp
• Cloves of garlic	3
• Coriander seeds	1 tsp
• Cumin seeds	1½ tsp

Method

- Soak chickpeas for 10-12 hours.
- Then pressure cook in **Wonderchef Pressure Cooker** for 1/2 hour.
- Cut onions into long, thin pieces.
- Heat 2 tbsp ghee and fry onions to a dark brown color.
- Add the ground spice and finely chopped tomatoes.
- Cook well till rich in color.
- Add the crushed pomegranate seeds and stir.
- Add chickpeas and salt.
- Cover and cook for another 15-20 minutes.
- Serve hot with naan.



MUTTON CURRY

Ingredients

- Masoor ki dal 200 gms
- Meat(with bones) 200 gms
- Shahzeera ½ tsp
- Laung 2-3
- Elaichi(whole) 2-3
- Dalchini(1") 3-4 stick
- Tamarind(with juice) lemon size
- Tomatoes(cut into pcs)..... 2
- Coriander leaves ¼ cup
- Fresh pudina leaves 1 tbsp
- Red chilli powder..... ½ tbsp
- Ginger-garlic paste..... 1 tsp
- Turmeric powder..... ½ tsp
- Onion(sliced) 1 medium
- Vegetable cooking oil 3-4 tbsp
- Salt to taste
- Cumin & Mustard seeds. ½ tsp
- Curry leaves..... 6-8
- Onion(thinly sliced) 1 small
- Ghee 2 tbsp

Method

- Wash and pressure cook the dal in **Wonderchef Pressure Cooker** with 4 cups of water. Keep it aside.
- In a heavy bottom vessel, heat the oil, fry onion till golden brown.
- Add turmeric powder, ginger-garlic paste and tomatoes.
- Lower the heat and fry for 2-3 minutes.
- Add the meat pieces, fry a little.
- Add 3-4 cups of water and cover the vessel with a lid.
- Cook till the meat becomes tender.
- Then add the tamarind juice, cooked dal, half of the coriander leaves, pudina leaves, garam masala consisting of shahzeera, dalchini, laung and elaichi.
- Add 2 more cups of water and cook till the gravy becomes medium thick.
- For tempering: Heat a kadhai, add ghee, mustard and cumin seeds.
- When it crackles, add sliced onion & curry leaves & fry till onion becomes golden brown.
- Pour this over the mutton curry and serve hot with rice or rotis.



AAM KA SAALAN

Ingredients

- Raw mangoes (cubed) 5
- Sugar 10 tbsp
- Red chili powder 1 tsp
- Turmeric powder 1/2 tsp
- Tomatoes 1 large
- Onions 1 large
- Curry leaves a few
- Coconut milk 2 cup

Method

- Cook raw mangoes in the **Wonderchef Pressure Cooker** for 5-7 minutes.
- Strain water and then in a pan add mangoes and all the ingredients except onion and curry leaves.
- Add 1 cup of coconut and allow it to simmer for about 5 minutes.
- Then add the 2nd cup of milk into it and allow it to simmer for another 5 minutes.
- In a fry pan temper the onion and the curry leaves till golden brown and pour it on top of the mango curry.
- Aam ka saalan is ready, it can be served hot or cold.



CHICKEN BIRYANI

Ingredients

- Chicken Bone 8
- Basmati Rice 1 ½ cups soaked for 30
- Fried Onion minutes into cold water
- Ginger..... 1 cup
- Garlic 1/2 " long piece
- Yoghurt 3 to 4 cloves
- Tomato 1 cup
- Green chilies 1 large chopped
- Fresh Mint leaves 4 to 5 or as per taste
- Cilantro chopped 1/2 cup
- Turmeric 1/2 cup
- Cloves 1/2 teaspoon
- Cinnamon stick 5 to 6
- Green Cardamom pods..... 1" long stick
- Black cardamom 2
- Shah Jeera 1 tablespoon
- Vegetable oil 3 tablespoons + 1 tablespoons
- Salt as per taste

Method

- In a small grinder add Ginger, Garlic, Green Chilies, Mint Leaves, Cilantro and 1 tablespoon of water and grind to make a fine paste.
- In a small grinder add Ginger, Garlic, Green Chilies, Mint Leaves, Cilantro and 1 tablespoon of water and grind to make a fine paste.
- Take a pan and heat 3 tablespoons of oil into the pan. Add the marinated chicken pieces to the pan and cover it for 5 minutes. After 5 minutes open the lid, now you can see lots of water came from the chicken.
- Evaporate all the excess water and stir fry till oil comes out from the chicken. Turn off the oven.

- Now heat 1 tablespoon of oil in a **Wonderchef Pressure Cooker** and add Cloves - 5 to 6, Green cardamom pods - 5 to 6, Cinnamon stick - 1" long stick , Black cardamom - 2, Shah Jeera - 1 tablespoon and some salt and fry till a nice aroma comes from the whole spices.
- Now add the soaked rice to the Cooker and fry for a minute. Add the chicken pieces to the Pressure Cooker. Add 1 & 3/4 cup of water into the Pressure Cooker. Pressure cook the Biryani for 2 whistle on High heat. Turn off the oven and let the pressure release itself .
- When all the pressure is released by itself, open the lid and your Biryani is ready to serve.

PASTA IN SPINACH SAUCE

Ingredients

- Spinach 2 bunches
- Fenugreek leaves 2 bunches
- Carrots 2
- Onions 2
- Pasta ¼ kg
- Tomatoes 3
- Cluster beans a handful
- Gram lentils ½ cup
- Ginger 1 Inch piece
- Cloves garlic 6
- Green chillies 6
- Salt to taste
- Chilli powder ½ tsp
- Cumin seed 1 tsp
- Coriander leaves few

Method

- Boil pasta in salted water. Strain and set aside.
- Fry garlic and ginger (ground to a paste) in a **Wonderchef Pressure Cooker**.
- Add all vegetables chopped very finely.
- Add all the leafy vegetables chopped finely and then the gram lentils.
- Add turmeric powder, chilli powder, coriander/cumin seed powder, chopped chillies, coriander leaves and salt to taste.
- Cook for 20 to 30 minutes without lid.
- Churn till the mixture looks like a paste.
- Just before serving, add chopped coriander and mix with the pasta.



BHUNA KUKDA

Ingredients

- Chicken 1 kilogram
- Whole dry red chillies 20
- Garlic 12 cloves
- Cloves 4-5
- Green cardamoms 4
- Cinnamon 2 inch stick
- Turmeric powder 1 tsp
- Salt to taste
- Mustard oil 2 tbsp
- Cumin seeds 1 tsp
- Yogurt ½ cup
- Fresh coriander leaves chopped ½ cup

Method

- Grind together garlic, red chillies, cloves, green cardamoms, cinnamon and turmeric powder to a fine paste. Apply this paste and salt to the chicken pieces and allow to marinate for two hours in the refrigerator.
- Heat oil in a **Wonderchef Pressure Cooker**, add cumin seeds, when they begin to change colour add the marinated chicken pieces and sauté on high heat. When all the moisture has evaporated, add yogurt with half a cup of water.
- Close the cooker and cook under pressure till two whistles are given out. Open the lid when the pressure has completely reduced.
- Adjust salt and stir-fry till the masala coats the chicken.
- Serve hot, sprinkled with coriander leaves.



CHICKEN CURRY

Ingredients

- Chicken on bone, cut into pieces 750 grams
- Onions grated 2 medium
- Tomato puree ¼ cup
- Pure ghee 1 tsp
- Fresh coriander leaves chopped 1 tbsp
- Cinnamon 1 inch
- Ginger paste ½ tbsp
- Garlic paste ½ tbsp
- Coriander powder 1 tbsp
- Turmeric powder ¼ tsp
- Cloves 2-3
- Green cardamoms 4-5
- Garam masala powder 1 tsp
- Cumin powder 1 tsp
- Red chilli powder 1 tsp
- Salt to taste
- Oil for cooking

Method

- Heat ghee in a **Wonderchef Pressure Cooker**. Add green cardamoms, cloves and cinnamon and sauté. You can add oil if required.
- Squeeze water from grated onion and add. Mix and sauté till onions are well browned.
- Add garlic paste, ginger paste. Mix and sauté well.
- Add turmeric powder, red chilli powder, coriander powder, cumin powder. Mix well and sauté well.
- Add tomato puree and salt. Mix well and cook for 2 minutes.
- Add chicken and mix well. Cook for about 3-4 minutes, mixing at intervals.
- Add chopped coriander and mix well. Add 1½ cups water and stir to mix. Cover and pressure cook till 3 whistles.
- Switch off heat and let the pressure reduce completely. Remove lid and add garam masala powder. Mix well.
- Serve hot garnished with chopped coriander leaves.



SAMBAR

Ingredients

- Vegetable oil 1 ½ tbsp
- Whole dry red chillies 6
- Whole dry red kashmiri chillies 3
- Bengal gram 1 tbsp
- Asafoetida 1 cm piece
- Coconut grated ½ cup
- Curry leaves 2 sprigs
- Coriander seeds ¼ cup
- Cumin seeds ½ tsp
- Fenugreek seeds ½ tsp
- Water 5 ½ cups
- Red gram 1 cup
- Turmeric powder ½ tsp
- Salt 4 tsp
- Tamarind soaked in 1 cup hot water 25 g
- Onion cut into 6 pieces 1(100 g)
- Drumsticks peeled and cut 2
- Vegetable oil 2 tbsp
- Mustard seeds ½ tsp

Method

- Heat oil in a pan for about 1 minute and roast together whole chillies, Bengal gram, asafoetida, coconut, 1 sprig curry leaves, coriander, cumin and fenugreek seeds till coconut turns golden brown.
- Grind roasted ingredients into a paste, adding a little water (½ cup) from time to time.
- Put 3 cups water, red gram, turmeric powder and salt in **Wonderchef Pressure Cooker**. Stir.
- Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 4 minutes.
- Remove cooker from heat. Allow to cool naturally.
- Open cooker. Mash dal completely with back of a ladle to blend with liquid. Add ground paste, tamarind pulp, onion, drumsticks, remaining curry leaves (1 sprig) and water (2 cups). Stir.
- Close cooker. Bring to full pressure on high heat. Remove cooker immediately from heat. Reduce pressure by placing cooker in a basin of cold water for about 2 minutes. Open cooker.
- For tempering, heat oil in a pan for about 1 minute. Add mustard seeds. When crackling, pour over sambar. Stir. Serve hot.



CHOCOLATE CAKE

Ingredients

- Refined flour (maida) 1 cup
- Cocoa powder 4 tsp
- Baking powder 1 tsp
- Sugar 1 cup
- Egg 2
- Milk $\frac{3}{4}$ cup
- Oil $\frac{3}{4}$ cup

Method

- In a bowl sieve the flour and cocoa powder and add baking powder, sugar and mix well.
- In another bowl break and whisk the eggs well. Add milk and oil and mix well. Add the mixture to the dry flour mix and blend well so that no lumps are left. Grease a non-stick vessel with little oil and transfer the cake mix and seal the top with aluminum foil.
- Boil two cups of water in a **Wonderchef Pressure Cooker** and place the vessel in it. Cover and cook without the whistle for half an hour.
- Allow it to cool and remove the cake from the vessel. Make the icing of your choice or serve cut into slices with tea.



PRESSURE COOKED DAL MURGH

Ingredients

- Chicken on Bone cut into 8 pieces...750 grams
- Bengal Gram, Red Lentils soaked...1/4 cup
- Split red lentils soaked...1/4 cup
- Oil...4 tablespoons
- Onion...1 medium
- Dried red chillies boiled...3
- Salt...to taste
- Turmeric powder...1/4 teaspoon
- Bottle gourd (lauki / doodhi)...1 medium
- Ginger-garlic paste...1 teaspoon
- Coriander powder...1 tablespoon
- Cumin powder...1 teaspoon
- Garam masala powder...1/2 teaspoon
- sprigs of coriander leaves...A few

Method

- Heat oil in a **Wonderchef Pressure Cooker**.
- Roughly chop onion and put into a mixer jar. Roughly chop red chillies and add. Add a little water and grind to a smooth paste.
- Add Bengal gram and red lentils to the cooker. Add 2 cups water and let it come to a boil. Add salt and turmeric powder.
- Quarter the bottle gourd and then slice thickly and add to the cooker. Add ginger-garlic paste and mix.
- Add onion-red chilli paste and mix. Rinse the jar with 1/2 cup water and add and mix well.
- Add chicken, coriander powder, cumin powder and garam masala powder.
- Chop coriander leaves and add. Place the lid over the cooker and cook till 2 whistles are given out or till chicken is completely cooked.
- Serve hot with rice or chapatti.

Prep Time: 26-30 minutes
Cook time: 31-40 minutes
Serve: 4
Level Of Cooking: Moderate
Taste: Spicy



NUTRITION INFO

Calories: 1824 Kcal
Carbohydrates: 83 gm
Protein: 219.3 gm
Fat: 68.2 gm
Other: Vitamin B12-4.2mcg

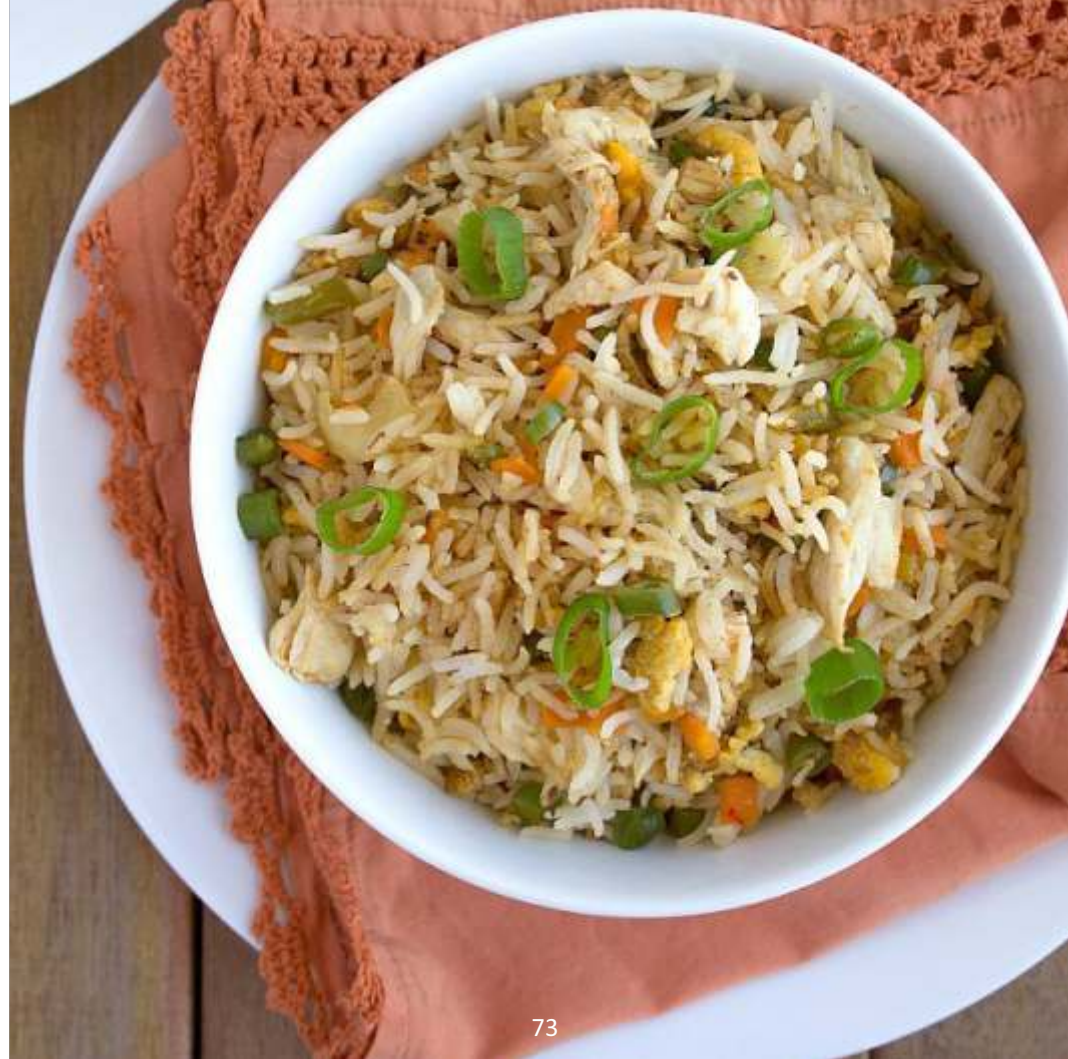
FRIED RICE

Ingredients

- Water 4½ cups
- Basmati rice washed 4 cups
- Chicken pieces 450 g
- Vegetable oil 7 tbsp
- Spring onions including tender green portion sliced 3 cups
- Carrots peeled and grated 1 cup
- Celery chopped ½ cup
- Capsicum de-seeded and chopped 1 (150g)
- Eggs beaten 4
- Salt 4 tsp
- Pepper freshly ground ¼ tsp
- Soya sauce 3½ tbsp

Method

- Pour 3½ cups water into **Wonderchef Pressure Cooker**. Bring to boil on high heat. Add rice. Stir once.
- Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 2 minutes.
- Remove cooker from heat. Allow to cool naturally for 5 minutes. Release pressure with slight lifting of vent weight.
- Open cooker. Fluff up rice gently with a fork to separate grains. Remove rice onto a flat dish. Keep aside to cool. Wash cooker.
- Pour remaining water (1 cup) into cooker. Put grid in cooker. Place chicken on grid.
- Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 10 minutes.
- Remove cooker from heat. Release pressure with slight lifting of vent weight.
- Open cooker. Remove and shred chicken. Discard bones.
- Heat oil in a large pan for about 3 minutes. Add onions, carrots, celery and capsicum. Stir and fry for about 3 minutes. Stir in eggs and cook till almost set (approximately 1 minute). Add rice and salt. Mix well, turning rice over and over quickly to coat the grains with egg. Add chicken and pepper. Turn over and over constantly for about 3 minutes. Sprinkle soya sauce and stir for about 1 minute. Serve hot.



DAL KHICHDI

Ingredients

- Green gram with skin soaked ½ cup
- Kolam rice soaked ½ cup
- Ghee 2 tbsp
- Cloves 7-8
- Cinnamon 2 Stick
- Asafoetida ¼ tsp
- Ginger chopped 1 inch piece
- French beans chopped 7-8
- Carrot cubed 1 medium
- Green peas ¼ cup
- Salt to taste
- Turmeric powder ½ tsp
- Carrot grated 1 medium
- Green chillies 1-2

Method

- Heat ghee in a **Wonderchef Pressure Cooker**.
- Add cloves, cinnamon, asafoetida, ginger, green gram and rice. Mix well.
- Sauté for 2-3 minutes.
- Add French beans, cubed carrot, green peas, salt, turmeric powder, grated carrot and 5 cups of water and mix.
- Break green chilli and add. Close the pressure cooker with the lid and cook under pressure till 2-3 whistles are given.
- Open the cooker when the pressure reduces completely and serve piping hot.

