

# Preethi

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## WONDER *Cook*

Auto Cooker / Warmer

RC 302 A20 / RC 303 T20

*RECIPES & INSTRUCTIONS*



**ONE YEAR WARRANTY ● LIFE LONG FREE SERVICE**

## TECHNICAL SPECIFICATIONS

Model	:	RC 302, RC 303
Pan Capacity	:	4.85 litres
Cooking Capacity	:	2 litres
Power Consumption	:	Cooking - 650 Watts Keep Warm - 42 Watts
Pan	:	RC 302 - Aluminium RC 303 - Teflon
Material of Outer Vessel	:	Steel - Powder Coated
Gross Weight (approx)	:	3.3 kgs
Size of Carton (in cms)	:	29(L) x 29(B) x 26(H)
Warranty	:	1 Year

**Voltage: 230 V AC 50 & 60 Hz**

**In pursuance of our policy of continuous product improvement,  
specifications are subject to change without notice.**



# **Preethi**

## **WONDER *Cook***

Auto Cooker / Warmer



**Maya Appliances (P) Ltd.**

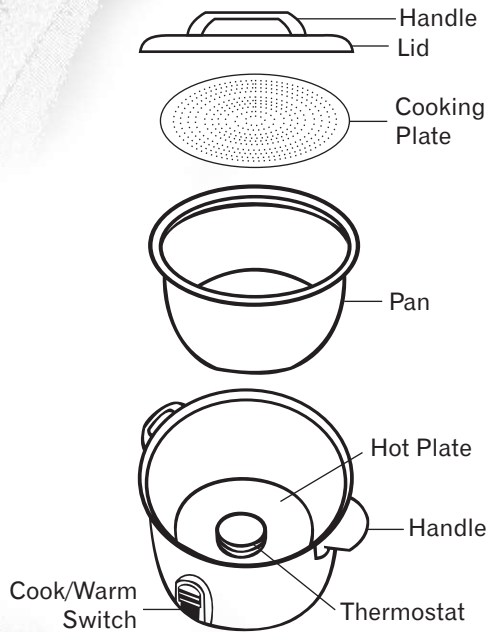
- **Established in 1978**
- **3.6 Million Customers**
- **47 Customer Care Centres**
- **360 Authorised Service Centres**
- **4500 Dealers**

# Preethi

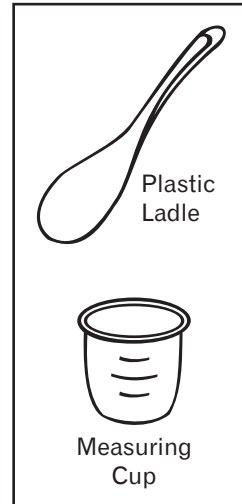
## WONDER Cook

Auto Cooker / Warmer

### PARTS OF THE COOKER



### ACCESSORIES



Put Cooking Plate into Pan.



Do not put Cooking Plate between Pan and Thermostat.

### BEFORE FIRST USE

1. Remove Ladle, Measuring Cup, Cooking Plate and packing from the Auto Cooker.
2. Wash Pan's Cooking Plate.
3. Retain Carton.
4. Read instructions before use.

## HOW TO USE YOUR WONDER *Cook*

1. Measure Rice with Measuring Cup (1cup of uncooked Rice will make about 3 cups of cooked Rice). *Ref Fig (a)*

2. Fill only upto brim of Measuring Cup.

**DO NOT OVER FILL.**

Model	Maximum
<b>RC 302</b>	4 cups
<b>RC 303</b>	4 cups

4. Wash rice thoroughly (Not in Pan).

5. Put washed Rice in Pan and add Water with Measuring Cup as follows:



*Fig. (a)*

Item	Rice Texture	Water in Cups (For 1 Cup of Rice)
Pulav/Biriyani	Firm	2
Fried Rice	Slightly Undercooked	1½ to 1¾
Plain White Rice	Medium	2¼ to 2½
Kitchadi, Pongal etc.	Soft	3 to 4

***The above proportion is suggested and can vary depending on the type and age of Rice and individual tastes.***

6. Place Pan in the Cooker and turn it lightly to the right and left as shown. Ref Fig (b)

**MAKE SURE THAT THE PAN IS SITTING PROPERLY IN THE COOKER.**

If the Pan is not positioned correctly, the Switch may click off too soon or Heater may be damaged.



*Fig. (b)*

7. **PLUG-IN**

Immediately after plugging-in, Yellow Lamp will light up. Instead, if Red Lamp lights up or no indication, take the unit to one of our Authorised Service Centre.

8. **COOK**

Press Switch to “Cook” and the red Pilot Lamp will light up. Ref Fig (c)



*Fig. (c)*

09. When the Rice is cooked, the Switch will automatically go to "Warm" and the Yellow Pilot Lamp will light up. Ref Fig (d)
10. Switch off power and remove Plug from socket. Leave the Lid covered for 15 minutes to steam rice.
11. Now remove Lid. Ref Fig (e)
12. WARM  
Alternatively, the Rice can be kept warm **for upto 4 hours** and then you can switch off power and remove Lid.



Fig. (d)



Fig. (e)

### IMPORTANT:

1. Grease Pan with ghee or oil to prevent food from crusting or sticking to the Pan.
2. For foods that tend to crust easily (like Kitchadi, Pongal, Rawa Kesri, etc.), pour a spoon or two of Ghee on the bottom of the Pan, before putting other ingredients in the Pan.
3. While cooking soups, curries etc. the Switch will not automatically shift to 'Warm'. Open lid & check whether dish is ready & then push Switch from 'Cook' to 'Warm'. Keep hot till time to serve.
4. Use of hard water will increase cooking time.

**NOTE:** Though your Auto Cooker may take a little longer to cook than a Pressure Cooker, it leaves you free to attend to other work and you need not stand next to the Auto Cooker while the food is being cooked.

## CLEANING

### BODY OF THE COOKER

1. Clean Body with a damp cloth and wipe dry.
2. Do not use abrasives or water for cleaning.
3. **Never allow water to enter the Thermostat.**

### PAN

1. Fill in ½ litre of luke warm water and a teaspoon of any mild cleaning powder.
2. Allow to soak for 10 to 15 minutes.
3. Clean with sponge.
4. Rinse and dry.

## DO'S AND DON'TS

### *Do's*

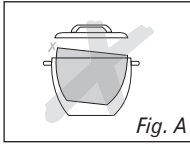
1. Fix Plug firmly in Switch Socket.
2. Be careful while handling the Pan, when it has hot liquids in it.
3. **If your Pan is non-stick, use only Plastic Ladle provided to stir or remove Rice, etc from Pan.**
4. Unplug from power source after cooking is over, while cleaning and when not in use.
5. **Keep Auto Cooker away from heat, direct sunlight, stoves, burners and ovens.**
6. Clean Pan with mild detergent and water.
7. Use Sponge to clean Non-stick Pan.
8. **Use Pan only in Auto Cooker.**
9. Place Cooking Plate only inside the Pan.

## CAUTION

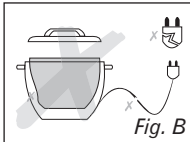
**NEVER** Pour water on Hotplate or Thermostat.  
Operate without proper earthing.

*Put Rice, other Ingredients & water in Pan only.  
Ensure Pan is totally dry & wipe off Pan Bottom  
before placing in Cooker.*

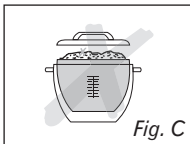
## DON'Ts



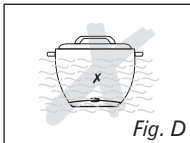
1. Do not wash Rice in the Pan.
2. Do not operate unless Pan is in proper position. (Ref Fig. A)
3. Do not operate with damaged Plug and Chord or with a damaged / dented Pan. (Ref Fig. B)



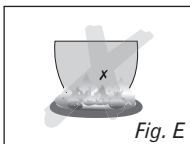
4. Do not cook more than the maximum capacity in the Pan, it could spill over during boiling. (Ref Fig. C)
5. Do not switch to “Cook” again during “Warm” function, unless specifically indicated in our Recipe.



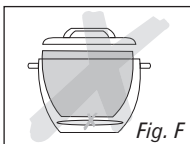
6. Do not touch Heater/Thermostat after cooking.
7. Do not use “Warm” function to re-heat cold rice.



8. **Do not keep food in “Warm” position for more than 4 hours; as the texture, flavour and taste of food may change.**
9. **Do not immerse the Body of the Auto Cooker in water or any other liquid.** (Ref Fig. D)



10. If your Pan is non-stick, do not scratch or use metal spoons to stir or remove Rice from Pan.  
Do not use harsh detergent or abrasive materials to clean Pan.  
**THIS WILL DAMAGE THE NON-STICK COATING.**



11. **Do not use Pan to cook food on gas or electric stove.**  
(Ref Fig. E)
12. **Do not use other vessels**, other than Pan to cook in Auto Cooker.
13. Do not place Cooking Plate between Heater and Cooking Pan.  
(Ref Fig. F)
14. Do not tamper or attempt to repair your PREETHI in the event of the unit needing attention, take it to one of our Customer Care Centres listed in pages 23 & 24.

## RECIPES

*The Recipes are not exhaustive, but will give you a clear indication as to the versatility of your **WONDER Cook**. The cooking time given is approximate and can vary depending on quality of ingredients used and voltage fluctuations.*

*Experiment with variations on these dishes and develop your culinary skills.*

### VEGETABLE PULAO

Cooking Time : 25 minutes  
To serve : 4 persons

#### Ingredients:

Basmati Rice : 1 ½ cups  
Water : 3 cups  
Vegetables : 1 ½ cups (chopped)  
(Cauliflower, Carrots,  
Beans, shelled Peas)  
Onions : 2 (sliced)  
Tomatoes : 3 to 4 (chopped)  
Ghee : 3 to 5 tablespoons  
Cummin Seeds : 1 teaspoon  
Green Cardamom : 3 to 4  
Large Cardamom : 3 to 4  
Cinnamon : 1" stick  
Cloves : 4 to 6  
Salt to taste

#### Method:

1. Wash and soak the rice for 1 hour.
2. Heat ghee in a kadai, add cummin seeds, green cardamom, large cardamom, cinnamon and cloves. Once they start to crackle, add sliced onions and cook till onions become translucent.
3. Add chopped vegetables and fry for 2 minutes.
4. Lightly grease Pan with ghee.  
This will improve flavour and ensure that rice does not stick to the Pan.
5. Pour the contents into the Pan.
6. Add the rice, water and salt to taste.
7. Press switch to "Cook".
8. When the rice is cooked, the Switch will automatically move to "Warm".
9. **Wait for Pulao to cook thoroughly and switch off.**
10. Mix the rice lightly with Ladle before serving.



## VEN PONGAL

Cooking Time : 35 to 40 minutes  
To Serve : 4 to 6 persons

### Ingredients:

Rice : 1 cup  
Green Gram Dal : ½ cup  
(without husk)  
Water : 5 ½ cups  
Ginger : ½ inch piece (chopped)  
Cummin : 2 teaspoons  
Pepper Corn : 1 teaspoon } crushed together  
Cashewnuts : 10 nos. (broken into pieces)  
Ghee : 5 tablespoons  
Salt to taste

### Method:

1. Wash and clean the rice and dal.
2. Grease Pan all over with ghee and place rice and dal in Pan.
3. Add salt, water and ginger.
4. Heat ghee in a kadai and fry cummin, pepper and cashewnuts for ½ minute and mix with the rice.
5. Place the Pan in the Auto Cooker and cover with the Lid.
6. Press switch to "Cook".  
When cooked the switch will automatically go to "Warm".
7. Allow to remain hot and mix in some more ghee (if required) before serving.

## IDLI

Cooking Time : 18 minutes

### Ingredients:

Black Gram Dal : 2 cups

Par Boiled Rice : 4 cups

Salt to taste

### Method:

1. Soak rice & dal separately for 4 to 5 hours.  
Clean rice & dal thoroughly & drain.
2. Grind dal & rice separately in "PREETHI" Mixie.
3. Grind rice to a thick paste.
4. The rice paste should be a little coarse to the touch.
5. Grind dal to a very fine smooth paste, adding water.
6. Add salt, mix pastes thoroughly in a large vessel & keep overnight (7 to 8 hours) for the batter to ferment.
7. Stir batter well next morning.
8. Pour 1 to 1½ cups of water in the Pan and switch on to "Cook".
9. **Use an Idli Stand which will fit your Auto Cooker.**  
Grease Idli Stand with oil or ghee and fill the cups with batter.
10. When the water in the Pan begins to steam, place the Idli Stand in it. Cover the Pan with the Lid. Steam for 15 minutes.
11. Remove the Stand from the Auto Cooker. Cool slightly and ease out the Idlis.
12. The extra batter can be stored in the Refrigerator and reused. Remember to remove batter from Refrigerator at least half an hour before steaming Idlis.



## CAUTION

**If your Pan is non-stick, please ensure that you do not scratch the non-stick surface of the Pan, while placing and removing the Idli Stand.**

## MURGH BIRIYANI

Cooking Time : 25 minutes  
To serve : 4 to 6 persons

### Ingredients:

Basmati Rice : 1½ cups  
Water : 3 to 3½ cups  
Chicken pieces : 600 gms  
Garam Masala : 2 tablespoons  
Sliced Onions : 1 cup  
Ginger : 2 tablespoons (chopped)  
Garlic : 1 tablespoon (chopped)  
Red Chilli Powder : 3 tablespoons  
Coriander Powder : 1 tablespoon  
Turmeric Powder : 2 tablespoons  
Bay Leaves : 2  
Green Coriander : 1 tablespoon (chopped)  
Tomatoes : 4 medium sized  
Curd : 1 cup  
Saffron : ½ gm  
Milk : ½ cup  
Butter : 50 gms  
Golden Fried Sliced Onions : ¾ cup  
Ginger : 2 one inch pieces  
Oil : 3 tablespoons  
Mint Leaves : ½ cup

### Method:

1. Wash and soak the rice for about 30 minutes.
2. Mix salt, chopped garlic, curd, ½ of the red chilli powder and ½ of the chopped ginger.  
Marinate chicken pieces in above mixture for 1 hour.
3. Heat ghee in a kadai and fry the onions till brown and crisp. Add the marinated chicken pieces and fry till the liquid is absorbed. Add all the masala and mint leaves. Fry for 3 to 4 minutes.
4. Pour the above contents, rice, salt and 3-3½ cups of water into the Pan.
5. Switch on to "Cook".
6. When the rice is done, the Switch will automatically move to "Warm".
7. Wait for Biryani to cook thoroughly and switch off. Mix gently, garnish with golden fried onions and serve hot.

## CHICKEN CURRY

Cooking Time : 40 minutes  
To serve : 4 to 6 persons

### Ingredients:

Chicken : 750 gms  
Water : 2 cups  
Onions : 4 to 5 (finely chopped)  
Tomatoes : 4 to 5  
Coriander leaves : 1 tablespoon (chopped)  
Ghee or oil : 5 tablespoons  
Cinnamon : 1" stick  
Cloves : 4 to 5  
Green Cardamom : 4 to 5  
Ginger Garlic Paste : 2 tablespoons  
Turmeric Powder : ½ teaspoon  
Coriander Powder : 2 tablespoons  
Cummin Powder : 2 teaspoons  
Red Chilli Powder : 1 teaspoon  
Garam Masala Powder : 1 teaspoon  
Salt to taste



### Method:

1. Clean chicken, remove skin and cut into **small pieces**.
2. Pour ghee or oil in Pan, add chicken pieces, close Lid and switch to "Cook".
3. Cook till chicken is partially done, stirring now and then.
4. Drain oil, remove and keep chicken aside.
5. Wash and puree tomatoes in your "PREETHI" Mixie.
6. Heat ghee or oil in a kadai, add cinnamon, cloves and green cardamom and stir fry for ½ minute.  
Fry finely chopped onions till golden brown, add ginger garlic paste and cook for 2 to 3 minutes, stirring constantly.  
Add turmeric powder, coriander powder, cummin powder and red chilli powder and mix well.
7. Put above masala, chicken pieces, pureed tomatoes, salt and remaining ghee or oil in Pan.
8. Pour 2 cups of water, close Lid and switch to "Cook".
9. Cook till chicken is done and the gravy is thick, sprinkle garam masala powder, garnish with chopped coriander leaves and serve hot.

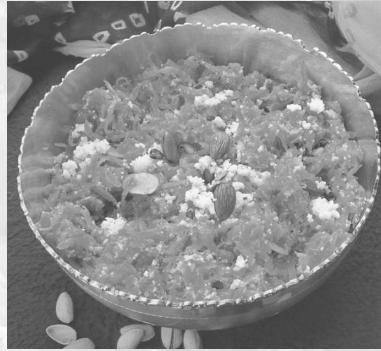
**Optional:** To thicken and flavour gravy, add 2 tablespoons of cashewnut paste.

## CARROT HALWA

Cooking Time : 25 minutes  
To serve : 6 to 8 persons

### Ingredients:

Carrot : ½ kg (grated)  
Milk : ¼ cup  
Sugar : 1 ½ cups  
Khova : 200 gms.  
Ghee : 5 to 6 tablespoons



### Method:

1. Grate carrots in your "PREETHI" Mixie.
2. Put 2 tablespoons of ghee, grated carrot and milk into Pan, close Lid and switch to "Cook".
3. After 7-10 minutes, add sugar and cardamom, stir well, replace Lid and cook.
4. When switch moves to "Warm", add khova and remaining ghee, mix well, replace Lid and press switch to "Cook".
5. When the halwa is ready, the switch will automatically move to "Warm".
6. Serve hot.

**Optional:** Garnish with fried cashewnuts and serve with vanilla ice cream.

## VEGETABLE SHORBA (SOUP)

Cooking Time : 45 minutes  
To serve : 6 to 8 persons

### Ingredients:

Potato	: 2 nos.	] Peeled & chopped
Onion	: 2 nos.	
Carrot	: 2 nos.	
Beans	: 10 nos.	
Cabbage	: 100 gms (shredded)	
Tomato	: 2 nos.	
Water	: 6 to 8 cups	
Salt and Pepper to taste		
Milk	: ½ cup (optional)	



### Method:

1. Place all the vegetables in the Pan.
2. Add water and cover Lid.
3. Switch on to "Cook".
4. When vegetables become soft, remove and cool.
5. Blend in your "PREETHI" Mixie and strain the liquid.
6. Return the Puree to the Pan.
7. Season with salt and pepper.
8. Add ½ cup milk and replace the Lid.
9. When the soup begins to boil, Switch off.
10. Garnish with croutons and grated cheese and serve hot.
11. Or push Switch to "Warm" to remain hot, till time to serve.