



# *Crafty Concoctions*

*An array of recipes that suits every palate*

**MEYER®**

# GLOBAL LEADER SINCE



Founded in 1951, Meyer is one of the largest cookware and kitchenware marketing and distribution companies around the globe.

Meyer develops, promotes and distributes cookware and kitchenware from our flagship brands Hestan, Ruffoni, Anolon, Circulon, Esteele, Meyer, Farberware, Racó, Fujimaru, SilverStone and Bonjour.

Worldwide, Meyer sells over 300 cookware lines in more than 60 countries producing over 1,50,000 cookware (Pots & Pans) a day and over 45 million per year.





# IN COOKWARE 1951



Meyer  
manufacturing  
facilities across  
the globe



Meyer USA

Meyer has a number of cookware and kitchenware manufacturing facilities around the globe.

Taken together, Meyer affiliate factories comprise the world's second largest cookware manufacturing operation.

All our manufacturing facilities are ISO certified ( 9001, 4531, 9227, 14000, 8442, 8391, 7086 ) and also ASTM certified (C738, B368).





## Homemade Ramen Bowl

*The ultimate comfort food with a deeply flavoured broth along with noodles and fresh vegetables. It's easy to make without creating a mess.*

### INGREDIENTS

Garlic - 3 cloves  
Onion - 1  
Light soy sauce - 20 ml  
Chicken broth - 1 tbsp  
Coriander - 1 bunch  
Sweet chilli sauce - 1 tbsp  
Fish sauce - Few drops  
White vinegar - 1 tsp  
Noodles - Handful  
Bell peppers - 1 each  
Spring onion - 2-3  
Egg - 1

### METHOD

- ▶ In a MEYER Select milk pan, heat sesame oil and add the chopped ginger and garlic to it.
- ▶ Finely slice an onion and add it to the pan.
- ▶ Pour in a litre of water and bring it to the boil.
- ▶ Wash the coriander roots and separate it from the leaves and add it to the pan.
- ▶ Next, put in the soy sauce, sweet chilli sauce, fish sauce, vinegar and the chicken broth powder.
- ▶ Cover it and let it simmer for about 30 mins.
- ▶ Strain the liquid and bring it back to a boil.
- ▶ For plating up make a bed of boiled noodles in a bowl.
- ▶ Pour the hot broth on top and garnish with sliced bell peppers, coriander leaves, spring onion stalks and a halved boiled egg.

Cooking utensil



MEYER SELECT Milk pan

Preparation time: 10 mins  
Cooking time: 10 mins



## Sesame and Poppy Seed Seekh Kebabs

A stop top version of the immensely popular kebab.  
This delicious vegetarian rendition is prepared without meat, onion and even garlic!

### INGREDIENTS

Ghee - 1 tsp  
Cumin seeds - 1 tsp  
Ginger - 1 tbsps  
Carrot - 1  
Beans - handful  
Green chilli - 1  
Mushrooms - 50 gms  
Green peas - 1/2 cup  
Turmeric powder - 1/2 tsp  
Coriander powder - 1 tsp  
Cumin powder - 1 tsp  
Potato - 1  
Paneer - 1/2 block  
Cheese - 1/2 cup  
Corn flour - 1/4 cup  
Poppy seeds  
Sesame seeds

### METHOD

- ▶ Finely chop all the vegetables and keep aside.
- ▶ In a MEYER Select Sautepan, heat ghee and make a tempering with cumin seeds, chopped chillies, and chopped ginger.
- ▶ Chuck in all the chopped vegetables and toss them till combined.
- ▶ Add the powdered spices and the seasoning.
- ▶ Add the grated boiled potato, grated cheese and grated paneer.
- ▶ Add cornflour for the binding and chill the mixture.
- ▶ Carefully stick the vegetable mixture on a satay stick or a skewer and give them a cylindrical shape.
- ▶ Heat a Meyer Safecook grillpan and add in a few drops of oil.
- ▶ Make a mixture of poppy seeds and sesame seeds and stick them on the kebab skewers.
- ▶ Grill the kebabs till they have a crispy crust and serve them hot with chutney of choice.

Cooking utensil



MEYER SAFECOOK Grillpan

Preparation time: 20 mins  
Cooking time: 10 mins



## *Dal Chawal Arancini*

*A fun little way to present the leftover dal and rice  
in the form of a classic Italian dish.*

### INGREDIENTS

Cooked rice - 1 cup  
Arhar dal - 1/2 cup  
Red chilli powder - 1 tsp  
Parsley - 1 tbsp  
Smoked paprika - 1/2 tsp  
Garlic - 3 cloves  
Ginger - 1 knot  
Oil - For frying  
Sweet chilli sauce - For dipping

### METHOD

- ▶ In a bowl, take the cooked rice and mix the boiled dal to it.
- ▶ Add in the seasoning along with the parsley, chilli powder, smoked paprika, ginger and garlic.
- ▶ Mix it all properly into a thick batter like consistency.
- ▶ Add in a spoonful of corn flour to give the binding.
- ▶ Make it into small bite sized balls and freeze for 20 minutes.
- ▶ In a MEYER Select kadai, heat oil for deep frying and fry off the rice balls.
- ▶ Remove from the oil once they are golden brown and serve hot along with sweet chilli sauce.

Cooking utensil



MEYER SELECT Kadai

Preparation time: 10 mins  
Cooking time: 10 mins





## *Açaí Berry and Coconut Pancake*

*The classic breakfast gets a super food twist.*

### INGREDIENTS

Açaí Berry Powder - 2 tbsp

Refined Flour - 150gms

Egg - 1 large

Butter - 3 tbsp

Coconut milk - 100 ml

Castor Sugar - 1/4 cup

### METHOD

- ▶ In a bowl mix all the ingredients and make a batter of flowing consistency.
- ▶ Keep a MEYER Prism Fry pan on a medium to high heat.
- ▶ Ladle out the batter into the skillet and make a pancake.
- ▶ Cook on one side till bubbles form and then flip.
- ▶ Cook till it's golden on both the sides.
- ▶ Garnish with butter and maple syrup.

Watch video



Cooking utensil



MEYER PRISM Fry pan

Preparation time: 10 mins

Cooking time: 10 mins



## *Black Rice Veg-Keema Biryani*

*A vegetarian biryani recipe that is made using black rice. Black rice is not only rich in dietary fiber and antioxidants but it also has an intense flavour.*

### INGREDIENTS

Green/Black cardamom - 2-3  
 Bay leaf - 2  
 Ghee - 1 tsp  
 Onion - 1  
 Black rice - 1.5 cups  
 Ginger garlic paste - 1 tbsp  
 Green chilli - 2  
 Tomato - 1  
 Tomato puree - 1 tbsp  
 Red chilli powder - 1 tsp  
 Biryani masala - 1 tsp  
 Coriander powder - 1 tsp  
 Cumin powder - 1 tsp  
 Curd - 1/2 cup  
 Soya granules - 1.5 cup  
 Bell peppers - 1 each  
 Mint leaves - Few leaves

### METHOD

- ▶ In a Meyer Forgestone saucepan heat water along with the whole spices and boil the black rice till it's 80% done.
- ▶ In a Circulon chef's pan, heat ghee & saute off the sliced onion.
- ▶ Once the onion is brown, add ginger garlic paste and slit green chillies.
- ▶ Next, add sliced tomato and tomato puree along.
- ▶ Add soaked soya granules and cover them with the masala.
- ▶ Add the powdered spices one by one & let them cook for 10 min.
- ▶ Once the keema is ready, add curd and the chopped bell peppers and let it simmer for another 10 minutes.
- ▶ Layer the cooked rice on top and garnish with the fried onions and mint leaves.
- ▶ Cover and cook till the rice is fully cooked and garnish with some more fried onions.

Cooking utensil



CIRCULON ORIGINS Chef's pan

Preparation time: 10 mins  
 Cooking time: 5 mins



# MEYER®

USA, Since 1951



## *Salad Chef® Automatic* **DRESSING MIXER**

*Innovative mixing system to emulsify dressings in seconds*

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## Asian Stir Fried Poha

*A classic Indian breakfast dish with an Asian twist with flavours of soy and sesame and freshness of bell peppers.*

### INGREDIENTS

Refined oil - 10ml  
Chilly paste - 1 tbsp  
Chopped garlic - 1 tsp  
Light soya sauce - 1 tbsp  
Chopped ginger - 1 knot  
Vinegar - 1 tsp  
Egg - 1  
Flattened Rice (Poha) - 300 gms  
Chopped Onion - 1  
Black Pepper - 1 tsp  
Chopped Tomato - 1  
Chopped Coriander  
Trio of bellpeppers - 1 each  
Juice of lemon

### METHOD

- ▶ Wash and strain poha with cold water and keep aside.
- ▶ In a kadai, heat oil & add chopped ginger & garlic & saute.
- ▶ Add one egg & scramble it till it's cooked.
- ▶ Add the chopped onion & coloured bell peppers to the kadai.
- ▶ Add soya sauce, chilli garlic paste and make a thick paste.
- ▶ Add the poha and toss till everything is evenly combined.
- ▶ Add the chopped coriander and give a final toss.
- ▶ Drizzle with sesame oil and serve hot.

Cooking utensil



MEYER PRISM Kadai

Preparation time: 10 mins  
Cooking time: 10 mins



## *Capellini Aglio Olio Peperoncino*

*The easiest pasta recipe that can also be called the cheat code dish because it only requires a handful of ingredients and is ready in less than 15 minutes.*

### INGREDIENTS

Butter - 1 cube  
Garlic - 5 cloves  
Chilli flakes - 1 tsp  
Mushrooms - 8-10  
Broccoli - 1/2  
Tomato - 1  
White wine - 10 ml  
Parsley - 1 tsp  
Capellini - 1 cup (cooked)

### METHOD

- ▶ Boil the capellini till cooked al dente and keep aside.
- ▶ In a Meyer Prism fry pan, heat olive oil and also add a knob of butter to the pan.
- ▶ Finely chop the garlic and add it to the pan and let it cook on a low flame so that the garlic flavour infuses in the oil. Deglaze with the white wine.
- ▶ Add chilli flakes, next add all the cubed vegetables.
- ▶ Let the vegetables cook a bit and then add in the capellini.
- ▶ Toss the pasta till it's all combined and mixed properly.
- ▶ Add in the seasoning and give it a final toss.
- ▶ Garnish with the chopped parsley and serve hot.

Cooking utensil



**MEYER** PRISM Fry pan

Preparation time: 5 mins  
Cooking time: 10 mins



## *Rose and Dry Fruit Kachori*

*A sweet twist to the generally savoury treat, this kachori has the fragrance of rose and the robust flavours of various dry fruits.*

### INGREDIENTS

Refined flour - 1 cup  
Sooji - 1/2 cup  
Ghee - 3 tbsp  
Rose syrup - 30 ml  
Almonds - Handful  
Pistachios - Handful  
Black raisins - Handful  
Dates - Handful  
Honey - 30 ml  
Rose petals - A pinch  
Oil for frying

### METHOD

- ▶ In a bowl, mix sooji and flour. Spoon in ghee and rub it in.
- ▶ Add in the rose syrup and start kneading the dough, add a few drops of water if required.
- ▶ In a CIRCULON Infinite frypan, heat a teaspoon of ghee and add in all the sliced nuts.
- ▶ Once the nuts are slightly roasted add the chopped dates & raisins.
- ▶ Spoon in the honey and combine it all.
- ▶ Turn off the heat and chuck in a few edible rose petals.
- ▶ Flatten out the dough into disks and fill them with the dry fruit stuffing.
- ▶ Pinch the dough close and make a stuffed round patty.
- ▶ Deep fry at a low temperature for 10-12 minutes till the dough gets a nice golden brown colour.
- ▶ Serve hot with a cup of tea.

Cooking utensil



CIRCULON INFINITE frypan

Preparation time: 15 mins  
Cooking time: 10 mins



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GLOSSY  
PORCELAIN  
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*Non-stick coated rivets  
prevents build up of grime*

*Safe and sturdy handles*

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## Homemade Fried Chicken

*A home-made alternative to the fast food dishes minus any additives or chemicals.*

### INGREDIENTS

Chicken drumsticks - 4  
Ginger garlic paste - 1 tbsp  
Lemon juice - 10 ml  
Egg - 1  
Light Soy Sauce - 1 tbsp  
Oil for frying  
Refined Flour - 1 cup  
Peri-peri spice - 1 tbsp  
Salt  
Pepper

### METHOD

- ▶ Wash and make 3-4 slits on the chicken drumsticks.
- ▶ Marinate the drumsticks with ginger garlic paste, lemon juice, egg and light soy sauce.
- ▶ Let it marinate for 30-35 mins.
- ▶ In a MEYER Safecook stir fry pan, heat oil for deep frying.
- ▶ While the oil heats up, take refined flour in a plate and add seasoning and peri-peri spice to the flour.
- ▶ Dust the drumsticks in the seasoned flour, coating then properly.
- ▶ Deep fry the coated drumsticks for 8-9 minutes or till they get a deep golden colour.
- ▶ Serve hot with your choice of sauce.

Cooking utensil



MEYER SAFECOOK stirfry

Watch video



Preparation time: 10 mins  
Cooking time: 20 mins



## *Carrot Gnocchi with Cheese Fondue*

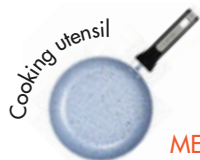
*A mélange of art and flavour combined beautifully to give you a dish that your taste-buds will remember for long! Though a little time consuming, this is a dish that every foodie or aspiring chefs should have in their repertoires.*

### INGREDIENTS

Potato - 4  
Carrots - 3-4  
Egg - 1  
Flour - 1.5 cups  
Butter - 1 tsp  
Garlic - 3-4 cloves  
Cream - 1/2 cup  
Cheddar cheese - 1 cup  
Olive oil - 1 tsp  
Parsley - 1 tsp  
Green peas - 1/2 cup  
Chilly flakes - 1 tsp

### METHOD

- ▶ Boil and grate potatoes and let them cool a bit. Ensure that the potatoes are not overdone as they would be extra moist.
- ▶ Add carrot puree, egg and flour to the potatoes and knead into a soft pillow-ey dough.
- ▶ Roll the dough out in a long cylinder and cut it into pieces of 2-3 gms.
- ▶ Roll the small cut pieces on the back of a fork to give them a ridged shape.
- ▶ Boil in salted water for 4-5 minutes or till the time the gnocchi rises to the top.
- ▶ In a MEYER Forgestone frypan, heat butter & sprinkle some garlic in it.
- ▶ Add cream to the pan and chuck in the grated cheddar cheese.
- ▶ Cook the cheese fondue till it's thick and keep it aside.
- ▶ Saute the green peas in some olive oil, salt, pepper and chilly flakes.
- ▶ Saute the gnocchi in a little knob of butter along with parsley and keep aside.
- ▶ To build the final dish, smear a bit of the cheese fondue on the bottom of the plate.
- ▶ Stack the tossed gnocchi next and garnish with the saute-ed peas.



**MEYER FORGESTONE** frypan

Preparation time: 10 mins  
Cooking time: 20 mins



## *Lentil and Coconut Pancakes*

A power-packed protein rich twist to the classic breakfast treat, pancakes. This savoury option with flavours of Indian lentils and coconut is fit for Indian palates.

### INGREDIENTS

Arhar dal - 100 gms  
Coconut cream - 150 ml  
Refined flour - 1 cup  
Egg - 1  
Baking powder - 1 tsp  
Turmeric powder - 1 tsp  
Ghee - 1 tbs  
Curry leaves - Handful  
Mustard seeds - 1 tsp  
Garlic cloves - 8-9  
Tomato ketchup - 20 ml

### METHOD

- ▶ Overboil the arhar dal and strain it properly.
- ▶ Blend it into a fine smooth puree and mix it with refined flour, baking powder and one egg to make a thick pancake like batter.
- ▶ Chuck in the seasoning and turmeric to the batter and whisk it in.
- ▶ For the tempering, melt ghee and add in the mustard seeds and the garlic cloves in a MEYER Safecook frypan, and let it cook on a slow flame.
- ▶ Once the garlic cloves are brown, chuck in the curry leaves.
- ▶ Spoon in the tomato ketchup and combine it all into a thick sauce/topping.
- ▶ Spoon one ladle per cake on a MEYER Dosa Tawa and make a stack of 3.
- ▶ Top it with the tempering/sauce.

Cooking utensil



MEYER Dosa Tawa

Preparation time: 10 mins  
Cooking time: 7 mins

# MEYER®

USA, Since 1951



German technology  
Push button pressure cooker  
*Conforms to European Food Safety Standards*

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## *Sugar-free Jam Cake*

*Counting your calories? Here's a delicious recipe that will help you indulge without worrying about sugar and frosting.*

### INGREDIENTS

Eggs - 2 whites & 1 yolk  
Flour - 100 gms  
Fruit jam - 2 Tbsp  
Milk - 50 ml  
Vanilla essence - 2-3 drops  
Oil - 10 ml  
Baking powder - A pinch

### METHOD

- ▶ In a bowl whisk an egg yolk along with the jam and milk.
- ▶ Slowly sift in the flour mixed with the baking powder.
- ▶ Add vanilla essence, oil and whisk the batter.
- ▶ In a separate bowl whisk egg whites till soft peaks and slowly fold them in to the batter.
- ▶ Pour the batter in the individual cake tin.
- ▶ Bake at 180° C for 18 minutes.
- ▶ Cool the baked cake and use sugar free flavoured yoghurt as a glaze and garnish with fresh chopped fruits.

Cooking utensil



MEYER SQUARE CAKELET

Preparation time: 10 mins  
Cooking time: 20 mins





## Quiche Lorraine

*Start your day with this power-packed dish bundled with all the essentials to get you going!*

### INGREDIENTS

Olive oil - 1 tbsp  
Bacon - 6 pieces  
Eggs - 3  
Cream - 150 ml  
Milk - 100 ml  
Cheese - 50 gms  
Nutmeg - A pinch  
Refined flour - 150 gms  
Butter - 50 gms

### METHOD

- ▶ Make a semi soft dough using flour and rubbing in butter along with some water.
- ▶ Blind bake the crust at 180° C for 20 mins.
- ▶ Shallow fry the bacon till crispy and keep aside.
- ▶ In a bowl whisk together milk, eggs, cream and cheese.
- ▶ Add the chopped cooked bacon to the mixture and pour it in the baked crust.
- ▶ Bake again at 160° C for 30 minutes.
- ▶ Slice and serve hot.

Cooking utensil



MEYER TART TIN

Preparation time: 10 mins  
Cooking time: 20 mins



## Asian Aloo Chaat

Your favourite aloo chaat gets a twist while retaining all the classic flavours like sweet, spicy and tangy. The only difference is that the flavours are derived from Asian ingredients.

### INGREDIENTS

Refined oil - For frying  
 Potatoes - 3  
 Sesame oil - 1 tbsp  
 Garlic - 3-4 cloves  
 Ginger - 1 knot  
 Light soy sauce - 20 ml  
 Honey - 1 tbsp  
 Basil leaves - 5-6  
 Sriracha sauce - 1 tsp  
 Cornflour - 1 tsp  
 Onion - 1  
 Bellpeppers - 1 each  
 Sesame seeds - Pinch

### METHOD

- ▶ Wash, peel and boil the potatoes and keep them aside.
- ▶ In a MEYER Select frypan, heat up some sesame oil and add in the chopped ginger and garlic.
- ▶ Add in the soy sauce, honey and sriracha sauce and combine it all.
- ▶ Tear in the basil leaves and add in to the seasoning.
- ▶ Adjust the consistency by adding some water.
- ▶ Dissolve the cornflour in water & add it to thicken the sauce.
- ▶ Cut the boiled potatoes into cubes and deep fry them till crispy.
- ▶ In a mixing bowl, take the fried potatoes, add in the chopped onion and bell peppers and spoon in the sauce and toss till combined.
- ▶ Serve in a platter and garnish with sesame seeds.

Cooking utensil



MEYER SELECT frypan

Watch video



Preparation time: 20 mins  
 Cooking time: 10 mins

# MEYER<sup>®</sup>

USA, Since 1951



## FORGE · STONE<sup>®</sup>

*Durable & exceptionally tough*

*Anti-scratch ridged interior*

*High performance non-stick design for low-fat healthy cooking*

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## Lemongrass Dal Vada

We give the classic south Indian dish, Vada, a fresh twist by adding lemongrass, a popular Southeast Asian ingredient, and by serving it with a red curry dip.

### INGREDIENTS

Channa dal - 1/2 cup  
 Masoor dal - 1/2 cup  
 Onion - 1  
 Garlic - 3 cloves  
 Ginger - 1 knot  
 Dry red chilli - 2  
 Fresh green chilli - 1  
 Lemongrass - 1 stalk  
 Coriander - 2 tbsp  
 Curry leaves - handful  
 Rice flour - 2 tbsp  
 Red chilli powder - 1 tsp  
 Cumin seeds - 1 tsp  
 Oil for frying

### METHOD

- ▶ Soak 2 types of dal for at least 2-3 hours & coarsely grind them.
- ▶ In a mixing bowl, mix the dal along with the chopped ginger, garlic, onion and both the chillies.
- ▶ Hand crush the fried curry leaves and add them into the bowl.
- ▶ Finely chop the lemongrass and add it as well.
- ▶ Chuck in the cumin seeds and mix properly.
- ▶ Gradually add in the cornflour till the texture has a binding consistency.
- ▶ Finally, mix in the fresh coriander.
- ▶ Make small round patties and squeeze them in your palms making the edges comparatively thinner.
- ▶ Deep fry in a Select kadai till golden brown and serve hot.

Cooking utensil



MEYER SELECT Kadai

Preparation time: 10 mins  
 Cooking time: 10 mins

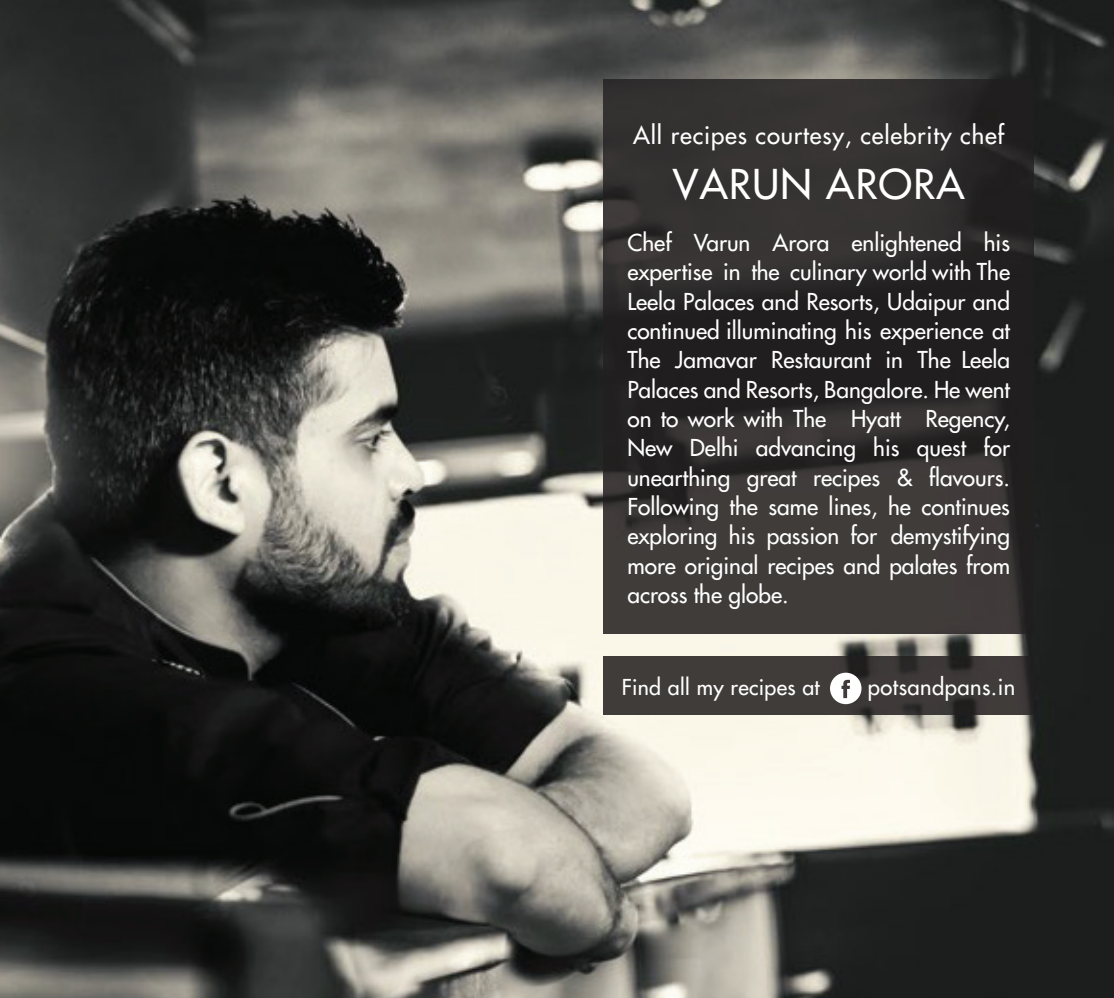


# MEYER PRODUCTS ARE 100% SAFE

Meyer manufactures its own aluminium coil to maintain its unflinching quality and standards. Meyer uses Nickel FREE high performance stainless steel that is sourced from Nippon Steel Corp. Japan. We also use non-stick coatings from Chemours (USA) & Whitford (USA), which meet USA FDA and European Food Safety Standards.







All recipes courtesy, celebrity chef

## VARUN ARORA

Chef Varun Arora enlightened his expertise in the culinary world with The Leela Palaces and Resorts, Udaipur and continued illuminating his experience at The Jamavar Restaurant in The Leela Palaces and Resorts, Bangalore. He went on to work with The Hyatt Regency, New Delhi advancing his quest for unearthing great recipes & flavours. Following the same lines, he continues exploring his passion for demystifying more original recipes and palates from across the globe.

Find all my recipes at  [potsandpans.in](https://www.facebook.com/potsandpans.in)

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