

RAJMA MASALA

Rajma masala is a moderately spiced, creamy and delicious North- Indian style curry made with protein rich kidney beans, aromatics like onions, ginger, garlic, fragrant spices and tangy tomatoes.

ELECTRIC PRESSURE COOKERS (EPCs)

An EPC (or multicooker) is a highly energy-efficient electric cooking appliance that combines insulation, pressurisation and automatic control to dramatically reduce energy consumption for the most energy intensive foods. 'Heavy foods' such as rajma usually require boiling for several hours, using significant amounts of fuel, however 'heavy foods' are what the EPC does best.



ENERGY SAVING TECHNIQUES

We used overnight soaked red kidney beans, soaking the beans for 7-8 hours will help soften the beans, thus reducing the pressure time. We also chopped ingredients such as tomatoes and onions into fine pieces as this aids faster heat penetration and leads to the rapid release of flavours in the curry. Also, we measured the water based on the quantity of the red beans, excess water may take more time and energy for pressurisation.

INGREDIENTS

- 200 Grams Rajma (raw),
- 4 cups water
- ½ cup tomatoes chopped,
- ½ cup onions chopped,
- 1 tablespoon ginger garlic paste
- ½ tsp turmeric
- 1 tsp chili powder
- 1 tsp coriander powder
- 1 tsp cumin powder
- ½ tsp garam masala
- Salt to taste

RECIPE

- 01** Pressure-cook overnight soaked rajma beans for 30 Minutes
- 02** Preheat (3 mins) add 1 tbsp oil, fry spices (1 min), and saute onion, and tomatoes with powdered spices
- 03** Add steamed Rajma and water and salt to taste
- 04** Close the lid & and set to pressure cook for 12 mins in an EPC (7 mins pre-heating & 5 mins pressure cooking)

TIME, ENERGY AND COST FINDINGS

Slow-cooked dish like rajma, can be efficiently cooked around 64 minutes and the energy consumed is about 0.29 KWH and costing INR 1.45



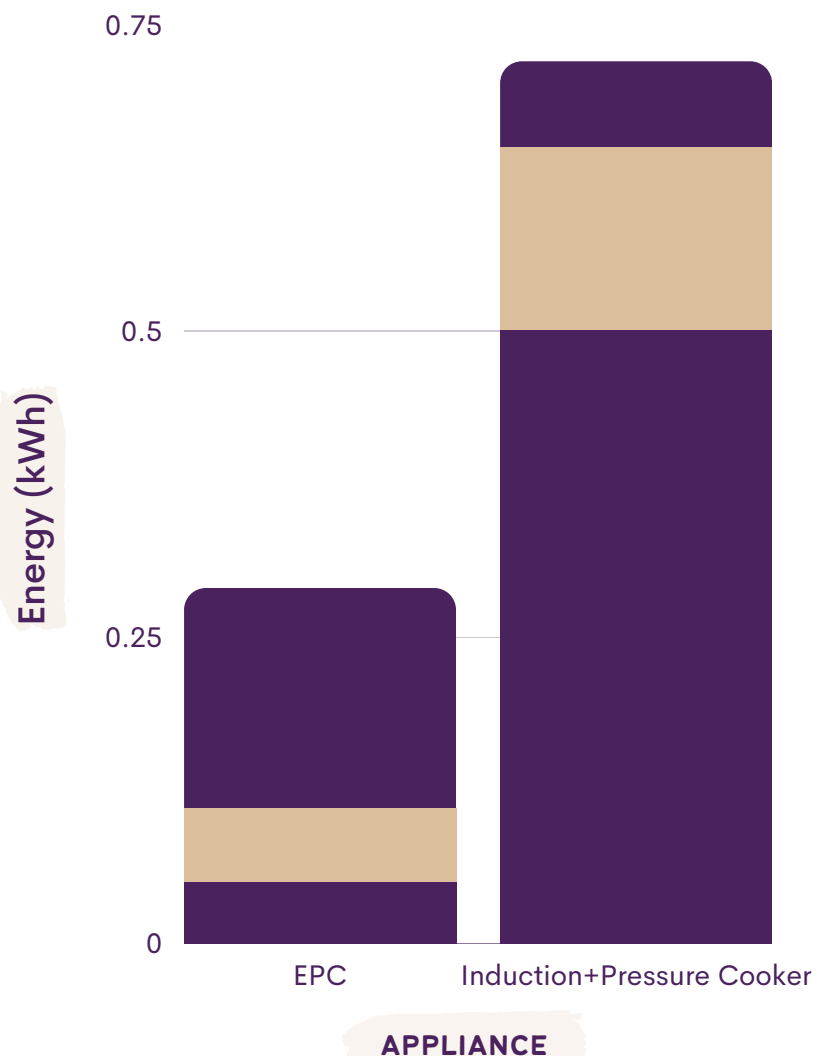
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ENERGY COMPARISON

We tested cooking a Rajma Masala on an **electric pressure cooker (EPC)** and on an **induction stove with a pressure cooker**. The results showed the EPC was **more energy-efficient** and **60% cheaper** than the induction stove and pressure cooker. The induction stove, however, cooked the meal in less time than the EPC.

DEVICE/APPLIANCE	TIME	ENERGY	COST
EPC	64MINS	0.29KWH	INR 1.45
INDUCTION STOVE PRESSURE COOKER	55MINS	0.72KWH	INR 3.60



NOTES

Rajma beans - Soft and cooked well
Gravy - Thick consistent texture
Flavors - Blended well