

SIMMR

THE SIMMR COOKBOOK

Recipes Made Perfect, Powered by NoPulse Precision

"For the chef in you"

Welcome to the Simmr Kitchen

This cookbook is built around what makes Simmr different: NoPulse temperature technology that holds your cooking surface steady to within $\pm 0.1^{\circ}\text{F}$, instead of the wide swings you get from a standard portable induction cooktop's stepped power levels.

Every recipe below lists a Simmr Setting — the exact temperature to dial in on your 7" display for that step. Where a dish needs more than one stage (a hard sear followed by a gentle simmer, for instance), we've called out both so you can move between them with confidence.

36 recipes across breakfast, curries, rice, snacks, world cuisine, soups, desserts, and drinks — organized so you can cook confidently whether you're rushing on a weeknight or trying that fancy dish you've been eyeing.

Contents

Breakfast & Mornings

Start the day right. These recipes use Simmr's steady, low-flicker heat to stop eggs from scrambling too fast and batters from catching before they're set.

Perfect Fluffy Scrambled Eggs

Serves: 2 **Prep:** 5 min **Cook:** 6 min

Simmr Setting: Low Simmer • 90°C • NoPulse ON

INGREDIENTS

- 4 large eggs
- 2 tbsp milk or cream
- 1 tbsp butter
- Salt and pepper to taste
- Chives, finely chopped (optional)

METHOD

1. Whisk eggs, milk, salt and pepper together until fully combined.
2. Set Simmr to 90°C and melt butter in the pan.
3. Pour in the eggs and let them sit for 20 seconds undisturbed.
4. Gently fold the eggs from the edges to the center every 10-15 seconds.
5. Remove from heat while eggs still look slightly wet — they'll finish setting on the plate.
6. Garnish with chives and serve immediately.

NoPulse Tip — NoPulse keeps the pan at a true 90°C instead of cycling between hot and cold, which is what usually turns scrambled eggs rubbery.

Classic Masala Dosa

Serves: 4 **Prep:** 20 min (plus fermented batter) **Cook:** 20 min

Simmr Setting: High Sear • 200°C, then Medium • 160°C

INGREDIENTS

- 4 cups fermented dosa batter
- 3 medium potatoes, boiled and cubed
- 1 onion, sliced
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1/2 tsp turmeric
- 2 green chilies, slit
- Oil as needed

METHOD

1. For the filling: temper mustard seeds and curry leaves in oil at 160°C, add onions and chilies, cook until soft.
2. Add turmeric and potatoes, mash lightly and mix well. Season with salt and set aside.
3. Set Simmr to 200°C to preheat the tawa fully before the first dosa.
4. Pour a ladle of batter and spread thin in a circular motion.
5. Drizzle oil around the edges and drop to 160°C once the base is set.
6. Cook until golden and crisp, add filling, fold and serve hot.

NoPulse Tip — The 7" display lets you drop from sear to hold temperature exactly when the base sets, so the dosa crisps without burning.

Fluffy American Pancakes

Serves: 4 **Prep:** 10 min **Cook:** 15 min

Simmr Setting: Low-Medium · 150°C, Continuous Monitoring

INGREDIENTS

- 2 cups all-purpose flour
- 2 tbsp sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1.5 cups milk
- 3 tbsp melted butter

METHOD

1. Whisk dry ingredients together in one bowl.
2. Whisk eggs, milk and melted butter in another, then combine gently — don't overmix.
3. Set Simmr to 150°C and lightly grease the pan.
4. Pour 1/4 cup batter per pancake and cook until bubbles form on top.
5. Flip once and cook until golden on the other side.
6. Serve with maple syrup and fresh fruit.

NoPulse Tip — Continuous temperature monitoring means the fourth pancake cooks exactly like the first — no more guessing why later batches burn faster.

Silky South Indian Filter Coffee

Serves: 2 **Prep:** 2 min **Cook:** 5 min

Simmr Setting: Precision Simmer · 85°C

INGREDIENTS

- 1 cup fresh milk
- 3 tbsp brewed filter coffee decoction
- Sugar to taste

METHOD

1. Set Simmr to 85°C — hot enough to froth milk without scalding it.
2. Heat milk gently, stirring occasionally, until steaming but not boiling.
3. Add decoction and sugar, stir to combine.
4. Froth by pouring between two vessels (the traditional 'tumbler-davara' pour) a few times.
5. Serve hot immediately.

NoPulse Tip — Milk scalds above 90°C and loses sweetness — NoPulse holds 85°C exactly so you never have to babysit the pan.

Vegetable Upma

Serves: 3 **Prep:** 10 min **Cook:** 15 min

Simmr Setting: Medium • 140°C

INGREDIENTS

- 1 cup semolina (rava)
- 1 onion, chopped
- 1 carrot, diced
- 1/4 cup peas
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 2.5 cups water
- 2 tbsp oil or ghee

METHOD

1. Dry roast semolina at 140°C until light golden and aromatic. Set aside.
2. In the same pan, temper mustard seeds and curry leaves in oil.
3. Add onions and vegetables, sauté until soft.
4. Add water and salt, bring to a boil.
5. Lower to a simmer, slowly stir in roasted semolina to avoid lumps.
6. Cover and cook 3-4 minutes until water is absorbed and fluffy.

NoPulse Tip — Even roasting at a fixed 140°C prevents the classic patchy-brown semolina you get on stovetops with hot spots.

Curries & Gravies

Curries live or die by a gentle, even simmer. NoPulse's $\pm 0.1^\circ\text{F}$ stability means gravies reduce evenly without catching at the bottom of the pan.

Butter Chicken

Serves: 4 **Prep:** 20 min (plus marination) **Cook:** 35 min

Simmr Setting: Sear 200°C → Simmer 95°C

INGREDIENTS

- 500g boneless chicken, marinated in yogurt and spices
- 2 tbsp butter
- 1 onion, pureed
- 3 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1/2 cup cream
- 1 tsp garam masala
- 1 tsp kasuri methi

METHOD

1. Sear marinated chicken at 200°C until charred at the edges, then set aside.
2. In the same pan, melt butter and sauté ginger-garlic paste.
3. Add onion and tomato puree, cook until oil separates.
4. Drop to 95°C , add spices, chicken and a splash of water.
5. Simmer gently for 15-18 minutes until chicken is cooked through.
6. Stir in cream and kasuri methi, simmer 2 more minutes.

NoPulse Tip — The sear-then-simmer switch is where most cooktops struggle — NoPulse hits 200°C fast and then settles to a true 95°C without overshoot.

Kadai Paneer

Serves: 3 **Prep:** 15 min **Cook:** 20 min

Simmr Setting: Medium-High · 170°C

INGREDIENTS

- 250g paneer, cubed
- 1 capsicum, cubed
- 1 onion, cubed
- 2 tomatoes, pureed
- 1 tbsp kadai masala

- 1 tbsp ginger-garlic paste
- 2 tbsp oil

METHOD

1. Heat oil at 170°C, sauté ginger-garlic paste until fragrant.
2. Add tomato puree and kadai masala, cook until thick.
3. Add onions and capsicum, stir-fry 3-4 minutes to keep some crunch.
4. Fold in paneer cubes gently, cook 2-3 minutes more.
5. Finish with a pinch of garam masala and fresh coriander.

NoPulse Tip — A steady 170°C caramelizes the masala without scorching the paneer's edges.

Kerala Fish Curry

Serves: 4 **Prep:** 15 min **Cook:** 25 min

Simmr Setting: Low Simmer · 90°C

INGREDIENTS

- 500g fish (kingfish or pomfret), cut into pieces
- 1 cup grated coconut, ground to paste
- 2 tsp Kashmiri chili powder
- 1/2 tsp turmeric
- 1 tsp coriander powder
- 1 tbsp tamarind pulp
- 1 sprig curry leaves
- Coconut oil

METHOD

1. Heat coconut oil, temper curry leaves.
2. Add ground coconut paste with spices, cook at 90°C for 5 minutes.
3. Add tamarind pulp and 1.5 cups water, bring to a gentle simmer.
4. Slide in fish pieces carefully without stirring hard.
5. Simmer 10-12 minutes until fish is cooked and gravy thickens slightly.

NoPulse Tip — Fish curry breaks apart with rough stirring or a boiling gravy — NoPulse's gentle, flicker-free 90°C keeps it at a true simmer, not a rolling boil.

Dal Tadka

Serves: 4 **Prep:** 10 min **Cook:** 30 min

Simmr Setting: Simmer · 95°C, then Tadka at 180°C

INGREDIENTS

- 1 cup toor dal
- 1/2 tsp turmeric
- 2 tomatoes, chopped
- 1 tbsp ghee
- 1 tsp cumin seeds
- 3 cloves garlic, sliced
- 2 dried red chilies
- Pinch of asafoetida

METHOD

1. Pressure cook or boil dal with turmeric and tomatoes until soft.
2. Whisk the dal smooth and keep simmering gently at 95°C.
3. In a separate small pan, heat ghee to 180°C.
4. Add cumin, garlic, chilies and asafoetida, fry until garlic is golden.
5. Pour the tempering over the simmering dal and stir.

NoPulse Tip — A rolling boil dries dal out unevenly — 95°C keeps it at a soft simmer that holds moisture and texture.

Egg Curry

Serves: 3 **Prep:** 10 min **Cook:** 20 min

Simmr Setting: Medium • 150°C

INGREDIENTS

- 4 eggs, boiled and halved
- 1 onion, finely chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1/2 tsp turmeric
- 1 tsp garam masala
- 2 tbsp oil

METHOD

1. Heat oil at 150°C, sauté onions until golden brown.
2. Add ginger-garlic paste, cook until raw smell disappears.
3. Add tomato puree and spices, cook until oil separates.
4. Add 1 cup water, bring to a simmer for 8-10 minutes.
5. Gently place egg halves in, spoon gravy over them, simmer 3-4 minutes.

NoPulse Tip — A steady medium heat keeps the masala from splitting so the gravy stays glossy, not oily.

Palak Paneer

Serves: 4 **Prep:** 15 min **Cook:** 20 min

Simmr Setting: Medium · 140°C

INGREDIENTS

- 2 cups spinach, blanched and pureed
- 200g paneer, cubed
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 tbsp ginger-garlic paste
- 1/4 cup cream
- 1 tsp garam masala

METHOD

1. Blanch spinach in boiling water for 2 minutes, then blend to a smooth puree.
2. Sauté onions at 140°C until translucent, add ginger-garlic paste.
3. Add tomatoes, cook until soft and mushy.
4. Stir in spinach puree and simmer gently for 5-6 minutes.
5. Add paneer cubes and cream, simmer 3-4 minutes without boiling hard.

NoPulse Tip — Blanched spinach loses its bright green if overheated — keeping the pan at 140°C rather than a hard boil preserves the color.

Rice, Biryani & Pulao

Layered rice dishes need heat that doesn't scorch the bottom before the top layer steams through. Use Simmr's low simmer settings for the dum stage.

Hyderabadi Chicken Biryani

Serves: 4 **Prep:** 30 min (plus marination) **Cook:** 50 min

Simmr Setting: High 200°C → Dum 100°C

INGREDIENTS

- 500g chicken, marinated in yogurt, chili and biryani masala
- 3 cups basmati rice, soaked 30 min
- 2 onions, thinly sliced and fried crisp
- 1/2 cup mint and coriander leaves
- Saffron soaked in warm milk
- Whole spices: bay leaf, cardamom, cinnamon, cloves
- Ghee

METHOD

1. Par-boil rice with whole spices and salt until 70% cooked, drain.
2. Cook marinated chicken at 200°C until nearly done, layer at the base of a heavy pot.
3. Layer par-boiled rice over the chicken, top with fried onions, herbs and saffron milk.
4. Drop Simmr to 100°C for the dum, cover tightly with foil then a lid.
5. Hold at 100°C for 25-30 minutes without opening the lid.
6. Rest 10 minutes off heat, then fluff and serve.

NoPulse Tip — Dum biryani fails when heat isn't even — NoPulse's flicker-free low simmer means no burnt layer at the bottom of the pot.

Vegetable Pulao

Serves: 4 **Prep:** 15 min **Cook:** 25 min

Simmr Setting: Medium 160°C → Simmer 100°C

INGREDIENTS

- 2 cups basmati rice, soaked 20 min
- 1 cup mixed vegetables (carrot, beans, peas)
- 1 onion, sliced
- 1 tsp cumin seeds
- Whole spices: bay leaf, cinnamon, cloves
- 3.5 cups water or vegetable stock

- 2 tbsp ghee

METHOD

1. Heat ghee at 160°C, temper whole spices and cumin.
2. Sauté onions until translucent, then add vegetables and stir-fry 2 minutes.
3. Add drained rice, gently mix to coat with ghee without breaking grains.
4. Add water, bring to a boil, then drop to 100°C.
5. Cover and simmer 12-15 minutes until water is absorbed.
6. Rest 5 minutes covered before fluffing with a fork.

NoPulse Tip — A precise 100°C simmer means the rice cooks through evenly without the mushy top / crunchy bottom split common on gas stoves.

Lemon Rice

Serves: 3 **Prep:** 10 min **Cook:** 10 min

Simmr Setting: Medium • 150°C

INGREDIENTS

- 3 cups cooked rice, cooled
- 2 tbsp lemon juice
- 1 tsp mustard seeds
- 1 tsp chana dal
- 1 tsp urad dal
- 2 green chilies, slit
- 1 sprig curry leaves
- Peanuts (optional)
- Turmeric, oil

METHOD

1. Heat oil at 150°C, temper mustard seeds, dals, chilies and curry leaves until dals turn golden.
2. Add peanuts if using, fry until crunchy.
3. Add turmeric, then fold in cooked rice gently.
4. Turn off heat, stir in lemon juice and salt.
5. Toss well and serve warm or at room temperature.

NoPulse Tip — Keeping the tempering step at a controlled 150°C stops the dals from burning bitter before the rest of the tadka is ready.

Mushroom Risotto

Serves: 3 **Prep:** 10 min **Cook:** 30 min

Simmr Setting: Low Simmer • 90°C, Continuous Monitoring**INGREDIENTS**

- 1 cup arborio rice
- 200g mushrooms, sliced
- 1 onion, finely chopped
- 4 cups warm vegetable stock
- 1/2 cup white wine (optional)
- 1/4 cup parmesan, grated
- 2 tbsp butter

METHOD

1. Sauté mushrooms in butter until golden, set aside.
2. In the same pan, sauté onions until soft.
3. Add rice, toast for 1-2 minutes, then deglaze with wine.
4. Set Simmr to 90°C and add warm stock one ladle at a time, stirring until absorbed before adding the next.
5. Continue for about 18-20 minutes until rice is creamy but still has bite.
6. Fold in mushrooms and parmesan, finish with a knob of butter.

NoPulse Tip — *Risotto punishes any heat spike with gluey rice — a locked 90°C means you can focus on stirring, not adjusting the flame.*

Snacks & Starters

Frying and searing are where temperature swings show up fastest. NoPulse recovers heat quickly after each batch goes in, so oil temperature doesn't crash.

Crispy Chicken 65

Serves: 3 **Prep:** 20 min (plus marination) **Cook:** 15 min

Simmr Setting: Deep Fry · 180°C

INGREDIENTS

- 400g boneless chicken, cubed
- 2 tbsp yogurt
- 1 tbsp ginger-garlic paste
- 2 tbsp corn flour
- 1 tbsp rice flour
- 1 tsp red chili powder
- Curry leaves, green chilies for tempering
- Oil for frying

METHOD

1. Marinate chicken with yogurt, ginger-garlic paste, chili powder and both flours for 20 minutes.
2. Heat oil to 180°C and fry chicken pieces in batches until golden and crisp.
3. In a separate pan, temper curry leaves and green chilies in a spoon of hot oil.
4. Toss fried chicken through the tempering and serve hot.

NoPulse Tip — Batch frying usually drops oil temp by 20-30°C — NoPulse recovers to 180°C fast so your third batch is as crisp as your first.

Vegetable Spring Rolls

Serves: 4 (12 rolls) **Prep:** 20 min **Cook:** 15 min

Simmr Setting: Sauté 170°C → Deep Fry 190°C

INGREDIENTS

- 12 spring roll wrappers
- 2 cups shredded cabbage, carrot, capsicum
- 1 tbsp soy sauce
- 1 tsp vinegar
- 1 tsp sugar
- Oil for frying

METHOD

1. Stir-fry vegetables at 170°C for 2-3 minutes until just softened, keeping some crunch.
2. Add soy sauce, vinegar and sugar, toss and cool completely.
3. Roll the filling tightly in wrappers, sealing edges with a little water.
4. Deep fry at 190°C until golden and crisp, turning occasionally.
5. Drain and serve with chili sauce.

NoPulse Tip — 190°C is the sweet spot for shatter-crisp wrappers without over-browning before the filling heats through.

Paneer Tikka

Serves: 3 **Prep:** 20 min (plus marination) **Cook:** 15 min

Simmr Setting: Sear · 210°C

INGREDIENTS

- 250g paneer, cubed
- 1 capsicum, cubed
- 1 onion, cubed
- 1/2 cup thick yogurt
- 1 tbsp tandoori masala
- 1 tbsp ginger-garlic paste
- 1 tbsp mustard oil

METHOD

1. Marinate paneer and vegetables in yogurt, spices and oil for at least 20 minutes.
2. Skewer paneer and vegetables alternately.
3. Sear on a grill pan at 210°C, turning every 2 minutes for even char.
4. Cook until edges are charred but paneer stays soft inside.
5. Serve with mint chutney and lemon wedges.

NoPulse Tip — High, stable heat gives you char marks fast without the paneer drying out — the usual risk on a fluctuating flame.

Corn and Cheese Balls

Serves: 4 (10-12 balls) **Prep:** 15 min **Cook:** 12 min

Simmr Setting: Deep Fry · 175°C

INGREDIENTS

- 1 cup boiled sweet corn, coarsely mashed
- 1/2 cup grated cheese

- 2 tbsp corn flour
- 1 green chili, finely chopped
- Breadcrumbs for coating
- Oil for frying

METHOD

1. Mix corn, cheese, corn flour and chili into a firm mixture.
2. Shape into small balls, coat in breadcrumbs.
3. Heat oil to 175°C and fry balls in batches until golden brown.
4. Drain on paper towels and serve hot with ketchup.

NoPulse Tip — 175°C is gentle enough to melt the cheese center fully before the crumb coating over-browns.

Peri Peri Fries

Serves: 3 **Prep:** 10 min **Cook:** 20 min

Simmr Setting: Fry · 160°C then 190°C (double fry)

INGREDIENTS

- 4 large potatoes, cut into fries
- 1 tbsp peri peri seasoning
- Oil for frying
- Salt to taste

METHOD

1. Soak cut fries in cold water for 15 minutes, then pat dry.
2. First fry at 160°C for 5-6 minutes until soft but pale — this cooks the inside.
3. Remove and rest for 5 minutes.
4. Second fry at 190°C for 2-3 minutes until deeply golden and crisp.
5. Toss immediately with peri peri seasoning and salt while hot.

NoPulse Tip — The double-fry method needs two exact, repeatable temperatures — this is the textbook use case for NoPulse precision.

World Cuisine

World-class chefs, world flavors. From pasta to stir-fry, these recipes borrow techniques that depend on exact heat control.

Classic Spaghetti Aglio e Olio

Serves: 2 **Prep:** 5 min **Cook:** 15 min

Simmr Setting: Boil 100°C → Sauté 140°C

INGREDIENTS

- 200g spaghetti
- 4 cloves garlic, thinly sliced
- 1/2 tsp red chili flakes
- 4 tbsp olive oil
- Fresh parsley, chopped
- Parmesan, grated (optional)

METHOD

1. Boil salted water at a rolling boil and cook spaghetti until al dente. Reserve 1/2 cup pasta water.
2. Meanwhile heat olive oil at 140°C and gently sauté garlic until light golden — do not let it turn brown or bitter.
3. Add chili flakes and a splash of pasta water.
4. Toss in drained spaghetti, coating well with the oil.
5. Finish with parsley and parmesan.

NoPulse Tip — Garlic burns in seconds past a certain point — a locked 140°C gives you a much wider window to get it golden, not black.

Thai Green Curry

Serves: 3 **Prep:** 10 min **Cook:** 20 min

Simmr Setting: Sauté 160°C → Simmer 95°C

INGREDIENTS

- 2 tbsp Thai green curry paste
- 400ml coconut milk
- 200g chicken or tofu, cubed
- 1 cup mixed vegetables (beans, bell pepper, zucchini)
- 1 tbsp fish sauce or soy sauce
- 1 tsp sugar
- Thai basil leaves

METHOD

1. Heat the thick cream from the top of the coconut milk at 160°C until oil separates.
2. Add curry paste, fry until fragrant.
3. Add chicken or tofu, cook until sealed.
4. Add remaining coconut milk, drop to 95°C and simmer gently.
5. Add vegetables, fish sauce and sugar, simmer until vegetables are tender.
6. Finish with Thai basil just before serving.

NoPulse Tip — Coconut milk splits if it boils hard — a steady 95°C keeps the curry silky.

Chicken Stir-Fry with Vegetables

Serves: 3 **Prep:** 15 min **Cook:** 10 min

Simmr Setting: High Sear · 220°C

INGREDIENTS

- 300g chicken breast, thinly sliced
- 1 capsicum, sliced
- 1 carrot, julienned
- 1 onion, sliced
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp cornstarch slurry
- 2 tbsp oil

METHOD

1. Heat oil until nearly smoking at 220°C.
2. Sear chicken in a single layer without stirring for 60-90 seconds, then toss.
3. Push chicken aside, add vegetables and stir-fry 2 minutes, keeping them crisp.
4. Add soy sauce, oyster sauce, and cornstarch slurry, toss to coat and thicken slightly.
5. Serve immediately over rice or noodles.

NoPulse Tip — Real wok-hei needs sustained high heat — most induction tops sag under a cold protein drop. NoPulse holds 220°C through the sear.

Creamy Mushroom Pasta

Serves: 2 **Prep:** 10 min **Cook:** 20 min

Simmr Setting: Medium · 150°C

INGREDIENTS

- 200g penne or fettuccine
- 200g mushrooms, sliced
- 2 cloves garlic, minced
- 1 cup cream
- 1/4 cup parmesan
- 1 tbsp butter
- Black pepper

METHOD

1. Cook pasta in salted boiling water until al dente, reserve some pasta water.
2. Sauté mushrooms in butter at 150°C until browned.
3. Add garlic, cook 1 minute until fragrant.
4. Lower slightly, stir in cream and simmer gently for 3-4 minutes.
5. Add pasta and parmesan, loosen with pasta water if needed.
6. Finish with cracked black pepper.

NoPulse Tip — Cream sauces split above roughly 90-95°C — Simmr's read-out lets you actually see you're staying under that line.

Korean Bibimbap Bowl

Serves: 2 **Prep:** 20 min **Cook:** 20 min

Simmr Setting: Sauté 160°C per component

INGREDIENTS

- 2 cups cooked short-grain rice
- 150g beef or mushrooms, thinly sliced
- 1 carrot, julienned
- 1 cup spinach, blanched
- 1 cup bean sprouts, blanched
- 2 eggs
- Gochujang, sesame oil, soy sauce

METHOD

1. Marinate beef or mushrooms in soy sauce, sesame oil and a little sugar.
2. Sauté each vegetable separately at 160°C for 1-2 minutes, keeping them distinct and crisp.
3. Sauté the marinated protein until cooked through.
4. Fry eggs sunny-side up in a separate pan.
5. Assemble rice in a bowl topped with each vegetable, protein and egg.
6. Serve with a spoon of gochujang, mixing everything together at the table.

NoPulse Tip — Cooking each vegetable at the same repeatable 160°C keeps their colors and textures distinct instead of one soggy pile.

Mexican Chicken Fajitas

Serves: 3 **Prep:** 15 min (plus marination) **Cook:** 12 min

Simmr Setting: High Sear · 210°C

INGREDIENTS

- 400g chicken breast, sliced into strips
- 1 red and 1 green bell pepper, sliced
- 1 onion, sliced
- 1 tbsp fajita seasoning
- 2 tbsp lime juice
- 2 tbsp oil
- Tortillas to serve

METHOD

1. Marinate chicken in fajita seasoning, lime juice and a tablespoon of oil for 15 minutes.
2. Heat remaining oil to 210°C, sear chicken until charred at the edges and cooked through.
3. Remove chicken, sear peppers and onions in the same pan until charred but still crisp.
4. Return chicken to the pan, toss together briefly.
5. Serve sizzling hot with warm tortillas.

NoPulse Tip — The 'sizzle' at the table depends on the pan holding heat right up to serving — a stable 210°C is what makes that happen.

Soups & Stews

Long, slow cooking is where NoPulse pays off most: no scorched bottoms, no babysitting the pot for hours.

Tomato Basil Soup

Serves: 3 **Prep:** 10 min **Cook:** 30 min

Simmr Setting: Simmer • 95°C

INGREDIENTS

- 6 ripe tomatoes, chopped
- 1 onion, chopped
- 3 cloves garlic
- 2 cups vegetable stock
- 1/4 cup cream
- Fresh basil leaves
- 1 tbsp olive oil

METHOD

1. Sauté onion and garlic in olive oil until soft.
2. Add tomatoes, cook until they break down, about 8-10 minutes.
3. Add stock, bring to a boil, then drop to a 95°C simmer for 15 minutes.
4. Blend smooth, return to the pan, stir in cream and basil.
5. Simmer 2 more minutes and serve warm.

NoPulse Tip — A steady simmer instead of a rolling boil keeps the soup from reducing unevenly or scorching at the base.

Chicken and Sweet Corn Soup

Serves: 4 **Prep:** 10 min **Cook:** 25 min

Simmr Setting: Simmer • 90°C

INGREDIENTS

- 200g chicken breast, shredded
- 1 cup sweet corn kernels, crushed
- 4 cups chicken stock
- 1 egg, beaten
- 2 tbsp corn flour slurry
- Spring onions, chopped
- White pepper

METHOD

1. Bring stock to a boil, add chicken and corn, simmer at 90°C for 10 minutes.
2. Stir in corn flour slurry to thicken slightly.
3. Drizzle in beaten egg slowly while stirring gently to form ribbons.
4. Season with white pepper and top with spring onions.

NoPulse Tip — Egg ribbons only form properly in a gentle, non-boiling simmer — 90°C is the exact zone for that.

Rajma (Kidney Bean) Stew

Serves: 4 **Prep:** 10 min (plus soaking) **Cook:** 40 min

Simmr Setting: Simmer · 100°C

INGREDIENTS

- 1.5 cups kidney beans, soaked overnight
- 2 onions, finely chopped
- 3 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp garam masala
- 2 tbsp oil or ghee

METHOD

1. Pressure cook soaked beans until soft, reserve cooking liquid.
2. Heat oil, temper cumin, sauté onions until golden.
3. Add ginger-garlic paste and tomato puree, cook until oil separates.
4. Add cooked beans with their liquid, bring to a boil, then hold at 100°C.
5. Simmer 20-25 minutes, mashing a few beans to thicken the gravy.
6. Finish with garam masala.

NoPulse Tip — Long simmers on gas often need constant stirring to stop sticking — a locked 100°C with even heat distribution needs far less babysitting.

Desserts

Sugar and dairy punish temperature swings more than almost anything else in the kitchen. This is where NoPulse's $\pm 0.1^\circ\text{F}$ stability shows up most clearly.

Gulab Jamun

Serves: 4 (12 pieces) **Prep:** 15 min **Cook:** 25 min

Simmr Setting: Fry · 140°C, Sugar Syrup · 105°C

INGREDIENTS

- 1 cup khoya (milk solids)
- 3 tbsp all-purpose flour
- 1/4 tsp baking soda
- 2 cups sugar
- 2 cups water
- 4 cardamom pods
- Oil or ghee for frying

METHOD

1. Knead khoya, flour and baking soda into a smooth, crack-free dough. Shape into small balls.
2. Make sugar syrup by simmering sugar, water and cardamom at 105°C until slightly sticky.
3. Heat oil to a gentle 140°C — too hot and the balls brown before cooking through.
4. Fry balls slowly, turning often, until evenly deep brown all over.
5. Drop hot fried balls into the warm syrup and soak for at least 30 minutes.

NoPulse Tip — Gulab jamun cooks from the outside in — 140°C is slow enough for the center to cook before the crust over-darkens, the most common home-kitchen mistake.

Classic Caramel Custard

Serves: 4 **Prep:** 10 min **Cook:** 30 min

Simmr Setting: Caramel · 170°C, Custard Steam · 90°C

INGREDIENTS

- 1/2 cup sugar (for caramel)
- 4 eggs
- 2 cups milk
- 1/2 cup sugar (for custard)
- 1 tsp vanilla extract

METHOD

1. Melt sugar at 170°C until it turns amber, then quickly pour into ramekins to coat the base.

2. Whisk eggs, milk, sugar and vanilla together until smooth.
3. Pour custard mix over the set caramel in each ramekin.
4. Place ramekins in a water bath and steam gently at 90°C for 20-25 minutes until just set.
5. Cool, then invert onto plates to serve.

NoPulse Tip — Custard scrambles above roughly 90°C — the water bath plus a locked 90°C setting is what keeps it silky instead of grainy.

Chocolate Ganache Tart Filling

Serves: 6 **Prep:** 5 min **Cook:** 10 min

Simmr Setting: Gentle Simmer · 80°C

INGREDIENTS

- 200g dark chocolate, chopped
- 1 cup cream
- 1 tbsp butter
- Pinch of salt

METHOD

1. Heat cream gently at 80°C until just steaming, not boiling.
2. Pour over chopped chocolate in a bowl, let sit 2 minutes.
3. Stir from the center outward until fully smooth and glossy.
4. Whisk in butter and a pinch of salt.
5. Pour into a pre-baked tart shell and chill until set.

NoPulse Tip — Cream that boils breaks the ganache into a grainy mess — 80°C is hot enough to melt the chocolate cleanly without that risk.

Rice Kheer

Serves: 4 **Prep:** 5 min **Cook:** 40 min

Simmr Setting: Slow Simmer · 90°C

INGREDIENTS

- 1/4 cup basmati rice, soaked 20 min
- 1 liter full-fat milk
- 1/2 cup sugar
- 4 cardamom pods, crushed
- Chopped almonds and pistachios
- A few saffron strands

METHOD

1. Bring milk to a boil, then drop to a 90°C simmer.
2. Add drained rice, cook slowly, stirring occasionally to prevent sticking.
3. Continue simmering 25-30 minutes until rice is soft and milk has thickened.
4. Add sugar, cardamom and saffron, simmer 5 more minutes.
5. Garnish with chopped nuts, serve warm or chilled.

NoPulse Tip — *Milk scorches easily on direct high heat — a held 90°C over a long simmer is exactly what turns rice and milk into kheer without burning.*

Beverages

Precise, gentle heat for drinks that are easy to get slightly wrong on a regular stove.

Masala Chai

Serves: 2 **Prep:** 2 min **Cook:** 8 min

Simmr Setting: Simmer · 95°C

INGREDIENTS

- 1.5 cups water
- 1 cup milk
- 2 tsp black tea leaves
- 1 tsp grated ginger
- 2-3 crushed cardamom pods
- Sugar to taste

METHOD

1. Bring water, ginger and cardamom to a boil.
2. Add tea leaves, boil 2 minutes to develop color and strength.
3. Add milk and sugar, drop to a 95°C simmer.
4. Simmer gently for 3-4 minutes without letting it boil over.
5. Strain into cups and serve hot.

NoPulse Tip — Chai famously boils over the second you look away — a fixed 95°C simmer setting removes that risk entirely.

Hot Chocolate

Serves: 2 **Prep:** 2 min **Cook:** 6 min

Simmr Setting: Gentle Simmer · 85°C

INGREDIENTS

- 2 cups milk
- 3 tbsp cocoa powder
- 2 tbsp sugar
- 50g dark chocolate, chopped
- Pinch of salt

METHOD

1. Whisk cocoa powder and sugar with a splash of milk to form a smooth paste.
2. Heat remaining milk gently at 85°C.
3. Whisk in the cocoa paste and chopped chocolate until fully melted and smooth.

4. Add a pinch of salt, simmer 2 minutes, whisking occasionally.
5. Serve hot, topped with marshmallows if desired.

NoPulse Tip — 85°C is hot enough to melt chocolate completely without scalding the milk on top, which is what causes that skin to form.

Golden Turmeric Milk

Serves: 2 **Prep:** 2 min **Cook:** 8 min

Simmr Setting: Low Simmer · 80°C

INGREDIENTS

- 2 cups milk
- 1/2 tsp turmeric powder
- 1/4 tsp black pepper
- 1/2 inch ginger, grated
- 1 tsp honey (added after cooking)

METHOD

1. Combine milk, turmeric, pepper and ginger in the pan.
2. Heat gently at 80°C, stirring occasionally, for 6-8 minutes.
3. Do not let it come to a hard boil — this can make the turmeric taste bitter.
4. Strain if desired, cool slightly, then stir in honey.
5. Serve warm before bed.

NoPulse Tip — Turmeric can turn bitter and milk can scald above 85-90°C — Simmr's precise low end is built for exactly this kind of drink.