



Revisit the magic of slow Indian cooking

(by spending 1/360th the time your grandma used to)

 **atomberg**
"Why not?"



SLOW

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Five recipes that work best when using Atomberg MG 1's Slow Mode

And before we jump to that, we want to remind you why this purchase has been the smartest ever.

Revisiting the truest-form slow Indian cooking and letting nostalgia (and great taste and texture and health) take over. Grandma took hours to make your favourite coconut chutney, chunky and full of heat.

The Atomberg MG 1 takes a little less than a couple of minutes.

The Slow Mode grinds anything ever-so-slightly. It retains the texture because not everything needs to be mashed and finely powdered. It retains the taste because some things just taste better when creamier.

It truly is the time to 'slow' down. The blades of the machine have to: you don't.



Dry Peanut Chutney Powder

How does the Atomberg MG 1 help you create the crunchiest peanut chutney powder?

When ground too finely, the chutney powder loses its granular texture. The texture that the best of home cooks pride themselves upon, texture that really shines through in Atomberg MG 1's Slow Mode.

Not only that, the Slow Mode ensures a perfect mix of ingredients and celebrates the crimson of chillies like no other.

Jar:	dry grinding jar
Time taken to grind:	20 - 30 seconds
Servings:	3 - 4 people

Ingredients

200g peanuts
5-7 dry red chillies
25g grated coconut
8-10 garlic slices
1 tbsp jeera
Salt

Method

- 1 Dry roast all the ingredients separately
- 2 Cool it down completely
- 3 Add all the ingredients to the dry grinding jar
- 4 Place it in on your brand new Atomberg MG 1
- 5 Run it on Slow Mode for 20- 30 seconds
- 6 Open the lid and stir the ingredients if these are sticking to the wall
- 7 Grind it again till you get the required granularity



Idli Podi

How does the Atomberg MG 1 help make gunpowder chutney look like actual fire?

When ground too finely, the chutney powder loses the crunchy texture that should accompany the softest idlis and dosas. The texture that the best of home cooks pride themselves upon, texture that really shines through in Atomberg MG 1's Slow Mode. Not only that, the Slow Mode ensures a perfect mix of ingredients and celebrates the crimson of chillies like no other.

Jar:	dry grinding jar
Time taken to grind:	2 - 3 minutes
Servings:	3 - 4 people

Ingredients

100g chana dal
100g urad dal
5-6 dry red chillies
5-6 garlic slices
1 tbsp jeera
Salt

Method

- 1 Dry roast all the ingredients separately
- 2 Cool it down completely
- 3 Add all the ingredients to the dry grinding jar
- 4 Place it in on your brand new Atomberg MG 1
- 5 Run it on Slow Mode for 2 - 3 minutes
- 6 Open the lid and stir the ingredients if these are sticking to the wall
- 7 Grind it again till you get the required granularity



Modak

How does the Atomberg MG 1 help you make the most succulent modaks?

Grated coconut is the very essence of this gorgeous sweet dish: the sweetness of the jaggery with the creamy juiciness of the coconut.

Atomberg MG 1's Slow Mode ensures that the grated coconut holds its water and doesn't turn into dried-up flakes.

It also grinds it to the most perfect chunk size: the contrast of the velvety sheet against the bite of the coconut is unmissable.

Jar:	dry grinding jar
Time taken to grind:	10 - 20 seconds
Servings:	15 - 20 pieces

Ingredients

For the filling

100g dry coconut	150g jaggery
Ghee	1 tbsp poppy seeds
Nutmeg powder	Cardamom powder

For the covering

150g rice flour
1.5 cups of water
Salt
Ghee

Method

- 1 Chop the coconut and jaggery into smaller pieces
- 2 Add the coconut to the dry grinding jar
- 3 Run it on Slow Mode for 10 - 20 seconds
- 4 Open and stir the ingredients if these are sticking to the wall
- 5 Grind it again for a few seconds till you get the required consistency
- 6 Add ghee in a pan and roast the shredded coconut on low flame till you get a nice aroma
- 7 Add the chopped jaggery and cook well till all the water gets evaporated
- 8 Add cardamom and nutmeg powder, switch off the flame and let it cool down
- 9 Add water, salt and ghee in a pan. Once it boils, add rice powder. Keep stirring the ingredients in the pot.
- 10 Once it becomes a thick slurry, switch off the flame, put on the lid and let it be for a couple of minutes.
- 11 Knead the dough with hands to get a soft-dough consistency without any lumps
- 12 Take some dough and flatten it. Put it in the cooled filling.
- 13 Grease the steamer plates and place the modaks. Steam it for 15-20 minutes or as required.



Raw Amla Chutney

How does the Atomberg MG 1 help you create the most nutrient-packed amla chutney?

Are you really getting the most out of your amla shot every morning? We think not.

Only Atomberg MG 1's Slow Mode ensures that there is minimal loss of Vitamin C due to heat generation. The blades move slowly, producing negligible heat. Time to step up the health game!

Jar:	chutney jar
Time taken to grind:	10 - 20 seconds
Servings:	3 - 4 people

Ingredients

100g raw amla	20g coriander leaves
2 - 3 green chillies	Ginger
1 tbsp hing	Water
Black salt	

Method

- 1 De-seed the amla and chop it into smaller chunks
- 2 Add all the ingredients to the chutney jar
- 3 Run it on Slow Mode for 10 - 20 seconds
- 4 Open and stir the ingredients if these are sticking to the wall
- 5 Grind it again for a few seconds till you get the required coarse consistency

Note

This Amla chutney will be coarse and fibrous to eat.

Amla can also be cooked and ground to a chutney.

But we suggest you consume this before cooking to avoid any nutritional loss.



Mexican Salsa

How does the Atomberg MG 1 help you create the juiciest Mexican salsa you have ever had?

Juicy bits of tomato are a joy to bite into, especially in this preparation.

Atomberg MG 1's Slow Mode enables you to restore the pulpy nature of tomatoes, while adding a range of flavours with the choicest of seasonings.

Every component that makes up this dish is celebrated instead of it all being ground into a mush.

Jar:	chutney jar
Time taken to grind:	60 seconds for the sauce, 5 seconds for the salsa
Servings:	3 - 4 people

Ingredients

150g tomatoes	1 medium onion
1 - 2 red chillies	10g - 20g coriander leaves
3 - 4 garlic slices	1 tbsp cumin powder
Salt	Lemon juice

Method

Sauce

- 1 Dry roast and slightly char one tomato and dry chillies
- 2 Add the ingredients in the chutney jar
- 3 Run it on Slow Mode for 60 seconds
- 4 Open and stir the ingredients if these are sticking to the wall
- 5 Grind it again for a few seconds till you get the required sauce consistency

Salsa

- 1 Cut the tomato and onion into quarters
- 2 In the same jar, add onion, tomato, coriander leaves, salt and lemon juice
- 3 Run it on Slow Mode for 5 - 7 seconds



Creamy Homemade Butter

How does the Atomberg MG 1 help you create the creamiest homemade butter you have ever had?

When butter is caressed at a lower speed, it tends to be fluffier, creamier and richer as the butter globules get separated from the whey entirely.

Jar:	liquidiser jar
Time taken to grind:	1-2 minutes
Servings:	depends on how obsessed you are with butter

Ingredients

300g fermented cream
700-800ml cold water (with ice cubes)

Optional :

Mixed herbs, Chopped garlic, Salt

Method

- 1 Boil raw milk and cool down completely
- 2 Collect the thick layer of cream which settles at the top of and store it in the refrigerator for a couple of weeks
- 3 When you get the desired quantity, add some curd and keep it for fermentation overnight at room temperature
- 4 Take the fermented cream in the liquidizer jar and run it on Slow Mode for 20-30 seconds
- 5 Add cold water and ice cubes and churn it on Slow Mode for another 30 seconds
- 6 Scrape the sides of the jar and churn it again. Churn it in intervals till the butter gets agglomerated and floats in the jar
- 7 Take out the butter and wash it in regular water 2-3 times to remove the excess whey sticking to it
- 8 Add mixed herbs or chopped garlic as desired to get make a compound butter platter



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