



AMRUTBAA: THE RED GOLD OKATHIYAWADD

The Heart of the Gujarati Table.

Unlocking the bold, savory, and versatile world of Lasan ni Chutney. From the arid lands of Saurashtra to the modern global kitchen, this is the story of how fresh garlic and sun-dried chilies define the taste of a region.

The Anatomy of Flavor



THE TEXTURE INSIGHT

Crushed, Not Blended.
Traditional stone crushing preserves oils and provides a rustic mouthfeel, avoiding the bitterness of high-speed shearing.

The Farmer's Holy Trinity

In the fields of Kathiyawad, this is not a side dish; it is the main event. **The thermogenic heat** of the **garlic** provides **energy for manual labor**, balanced by the **cooling properties** of millet and the **sweetness** of **jaggery**.

How to Eat

THE RITUAL: Tear the hot Rotla, mix the chutney with the melting white butter/ghee, and take a bite of jaggery to cleanse the palate.





The Soulmate of Comfort Food

Elevating the Humble Staple.

The Spike:

Khichdi is the ultimate comfort food, but Amrutbaa provides the necessary disruption. Stirring a spoonful into the hot porridge instantly turns a bland meal into a fiery, aromatic experience.

The Balance:

The meal is incomplete without Chaas. The salted buttermilk cools the gut and balances the heat of the garlic and chilies.



The Pulse of the Streets

The Secret Behind the Mumbai Kick.

- **Vada Pav:** The chutney cuts through the starch of the potato and the heaviness of the fried batter.
 - **Dabeli:** A mandatory layer. Acts as the spicy counterpoint to sweet tamarind chutney and crunchy peanuts.
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The Chaat Disruptor

Chaat relies on a delicate triad of flavors. The **Red Chutney** provides the essential '**Teekha**' (spicy) element.

1. Sweet/Sour: Tamarind & Date.

2. Fresh: Cilantro & Mint.

3. The Punch: Garlic & Chili (Amrutbaa).

It provides the pungency required to offset cooling yogurt in dishes like Ragda Pattice.



The ‘Mother Sauce’ Technique

From Condiment to Cooking Ingredient.

Why peel and chop when it's already done? Amrutbaa is a concentrated flavor bomb.

Sundried Chili Red

The Lazy Curry Hack: Use it as the base for Tadka (tempering). Add a dollop to hot oil before tossing in lentils, vegetables, or paneer. It mimics the depth of onions and garlic sautéed for 20 minutes, in just 30 seconds.

Signature Recipe: Kathiawadi Lasaniya Batata

Garlic Potatoes – A dish defined by one ingredient.

1. Fry baby potatoes until golden.
2. Sauté onions and tomatoes in a pan.
3. **The Hero Step:** Add a generous amount of Amrutbaa chutney.
4. Simmer until the potatoes absorb the garlic oils and turn a vibrant red.



Beyond Borders: Global Fusion



Spicy Aioli: Whisk into mayonnaise or Greek yogurt for a burger sauce or fry dip.



The Toast Upgrade: Spread a thin layer inside a Grilled Cheese or on Avocado Toast for a savory, umami kick.



The Marinade: Mix with lemon juice and yogurt to marinate proteins. The oil content ensures a perfect char.

The Instant Noodle Fix

Ditch the artificial flavor packet.

Stir-fry cooked noodles or ramen with vegetables and a single spoon of Amrutbaa. The garlic and chili profile mimics complex Asian chili oils, creating “Chili Garlic Noodles” in minutes.



Preserving the Nectar



The Oil Seal:

Ensure a thin layer of oil covers the top to create an anaerobic environment, preventing oxidation.



Hygiene:

Always use a clean, dry spoon. Moisture is the enemy of preservation.



Shelf Life:

Stays fresh for 3-4 weeks in the refrigerator; months in the freezer.

Tradition Bottled



Functional Benefits: Metabolism Boost (Capsaicin) & Digestion Aid (Hing).

From the farm tables of Kathiyawad to your modern kitchen, Amrutbaa is more than a chutney—it is the spark that brings a meal to life.