

Epic Bite Culinary Guide

AUTHENTIC MAHARASHTRIAN AMTI & VATAN METHOD

1. FRESH VATAN SPICE PASTE INGREDIENTS

INGREDIENT PROFILE	SPECIFICATION / QUANTITY
Fresh Onion (sliced)	1 Big
Dry Coconut (copra shreds / slices)	½ Shell
Garlic Cloves (peeled)	5 units
Ginger Piece	1 Inch
Fresh Green Coriander Leaves (with stems)	⅓ Cup
Bay Leaves (Tej Patta)	2 units

2. STEP-BY-STEP ROASTING & MILLING METHOD

- 01

Onion Caramelization: Heat a few drops of oil in a heavy-bottomed iron skillet or pan. Introduce the sliced big onion and sauté on a medium-high flame. Roast patiently until the edges are deep golden-brown to slightly charred. Remove and transfer to a cooling tray.
- 02

Coconut Toasting: In the same pan, introduce the dry coconut slices or shreds. Lower the heat immediately. Dry roast the coconut continuously until it turns uniform golden-brown and releases a nutty aroma. Watch closely as coconut burns extremely fast due to its high oil content. Remove promptly.
- 03

Flash Sautéing Aromatics: Toss the garlic cloves, ginger piece, and the 2 bay leaves (*tej patta*) into the warm pan for 60 seconds just to draw out surface moisture and activate volatile aromatic oils. Do not over-brown the garlic. Turn off the heat and throw in the fresh green coriander leaves to wilt slightly in the residual heat.
- 04

Milling the Paste: Allow all roasted ingredients to cool completely down to ambient room temperature. Transfer them into a high-speed wet grinder jar. Flash blend first without water, then add a very small splash of water as needed to reduce it to a smooth, ultra-fine, thick paste (*Vatan*).

Epic Bite Pro-Tip: When building your final Amti broth, fry 2-3 tablespoons of this fresh *Vatan* paste in hot oil alongside 1 tablespoon of your ****Traditional Dry Kala Masala**** powder until oil separates from the edges. This combination creates the signature deep-dark layer (*Tari/Rassa*) and balanced complex flavor profiles expected in premium regional cooking.