



Preethi[®]

Grind & Chop

with RapidChop10

Recipe Book

Presenting

Preethi Peppy Pro with RapidChop10

Simplest and fastest way to chop any kind of ingredients that makes your cooking easy with rapid chop 10, you can prepare healthilicious food within 25 secs. This chopper is exclusively designed to provide best in class performance for its precision chopping and processing of versatile ingredients.

Now you can chop vegetables for your patties, fruits for your desserts and health shots, herbs for your seasoning, minced meat, chicken and sea food for your favourite koftas and kebabs. And not just that, you can also dress your salads with your favorite herbs, spices and eggs.

Here are few gently crafted recipes which can be done at ease with RapidChop10.



MEXICAN TOMATO SALSA FOR NACHOS



Ingredients	Unit
Tomatoes red ripe	120 gm
Onion peeled	150 gm
Green chili	20 gm
Jalapenos (drained)	20gm
Tomato sauce	3tbsp
Lemon juice	10 ml
Salt	1tsp
Coriander leaves	20gm

Method
In the Chopper jar add onion(cut into 4 pieces), tomatoes, chili, coriander, jalapenos
Add salt, lemon juice, tomato sauce to taste pulse for 8 times"
To be served cooled
Serving suggestions : Serve with Nachos chips / grilled fish meat or veggies

CHICKEN PROTEIN MEAL WITH AND KITCHEN GARDEN GREENS



Ingredients	Unit
Chicken breast with little natural fat	180gm
Butter	30gm
Onion	50gm
Mix herbs / spice mix	12gm
Egg	1No.
Salt and pepper	to taste
Grilled / steamed veggies	
Dressing of your choice	

Method
In chopper jar add chicken with onion, herbs / spice mix, salt and pepper for 3 pulse
Add the egg to the above mixture and pulse for 3 times"
Portion it into 4 patties
Cook the patty on a hot grill / pan with butter till the clear juice runs out
Serve with grilled / steamed veggies and salads

CHETTINAD MUTTON CUTLET



Ingredients	Unit
Boneless mutton pieces (1 inch size approx)	150gm
Roasted chana (without skin)	50gm
Onion peeled	40gm
Chettinad masala powder	1.5 tsp
Ginger garlic paste	20gm
Kashmiri chili powder	1.5tsp
Curry leaves	10Nos
Coriander leaves fresh	20gm
Green chili - 2 nos	2 Nos
Salt - 0.5 tsp	0.5tsp
Pepper crushed - 1 gm	1gm
Oil for shallow frying	

Method
Add the boneless mutton pieces in the chopper jar, use speed 1 for 20 to 30secs to make mutton keema Now, add ginger garlic paste, onion, chili, coriander, salt, pepper, curry leaves, chili powder and roasted channa to the keema
Use speed1 for 30 sec, mix it up, add chettinad masala powder grind again for 10 sec(speed 1) till the mixture is smooth and the spices are evenly spread in the keema.
Let it rest for 10 minutes
Make lemon size cutlets - 8 to 9 nos
Heat oil in a heavy bottom saute pan / skillet and cook the cutlet on both sides on medium to high heat till the golden color crust forms 5 - 7mins
While shallow frying the cutlets put in extra curry leaves
Place the cutlets on paper towel to remove excess juices or oil
Serve hot with sliced onion, or chutney

PRE MEAL FRUIT & YOGURT PARFAIT

Ingredients	Unit
Oats muesli	80gm
Fresh strawberry	8Nos
Greek yogurt	150gm
Honey	30gm
Coconut milk	50ml
Dry berries	20gm
Chia seeds	1/2tsp

Method
For Parfait mix: In the chopper jar, Add honey, yogurt, 4 to 5 pieces of strawberry and coconut milk and pulse for 3 times
Pour this parfait mix in a glass jar followed by a layer of muesli
Top up the jar again with the parfait mix to make one more layer
Garnish with strawberry / dried berries / mint leaves and chia seeds



HEALTHY BIRCHER OATS & BERRY JAR



Ingredients	Unit
Orange juice freshly squeezed	70ml
Oats	80gm
Deseeded dates	20gm
Yogurt	80gm
Almond milk	150ml
Honey	40ml
Dry seed mix (Flax, sesame, water melon, sunflower, pumpkin)	20gm
Cinnamon powder - a pinch	a pinch
Strawberry / blueberry	20gm
Grated apple	50gm
Grated carrot	20gm

Method
Cut the dates and the granola into small chunks
Add oats (40 g), dates, dry seed mix, yogurt, honey, and pulse 3 to 4 times
Add almond milk 40/50 ml and pulse for 2 times
Add the rest of the oats (40 g), grated carrot and leave it overnight in the refrigerator
In the morning add the rest of the almond milk, grated apple, Orange juice and cut strawberry in the mix.
Garnish with strawberry, cinnamon powder and serve chilled

THAKKALI PACHADI

Ingredients	Unit
Oil	20ml
Jeera	1/2tbsp
Kashmiri chili powder	1/2tbsp
Tomato ripe red	150gm
Onion rough chopped	50gm
Curry leaves	1Sprig
Green chili	2Nos
Garlic rough chopped	15gm
Coconut fresh grated - 40 gm	40gm
Tamarind seedless	5gm
Salt	1/2tsp
Coriander leaves fresh	10gm

Method
Rough cut the garlic, green chili, onion and tomatoes
Heat oil in a saucepan and add jeera, onion, garlic, chilies and curry leaves
Toss the tomatoes, coconut, tamarind, kashmiri chilli powder, coriander leaves for 5 to 6 mins at slow to medium heat till it cooks well and allow to cool completely
Place it in the chopper jar once cooled and add salt then grind for 30 sec (speed 1)
Add 20 to 30ml water and grind again for 20 sec using speed 1
Serving suggestions: Serve alongside steamed rice or with idli / dosa / Chapati



NUNGU PAYASAM



Ingredients	Unit
Palmyra Fruit	2piece
Condensed milk	2tbsp
Coconut milk	100ml
Palm sugar	40gm
Green cardamom	1No

Method

Put condensed milk / coconut milk / palm sugar / green cardamom in the chopper jar and Pulse for 4 times

Add cleaned and peeled Palmyra fruit (1 inch pieces) and pulse for 3 times

Serving suggestions:
Serve chilled by adding crushed ice

ORIENTAL DRESSING - BUDDHA BOWL



Ingredients	Unit
Thai hot basil	10-12 leaves
Green chili	1 No.
Coconut cream / Mayonnaise	50ml
Madras curry powder	1/2tsp
Lemon juice	10ml
Peeled garlic	2 cloves
Salt	5gm
Olive oil	20ml
Steamed / roasted veggies	100/120gm
Roasted Peanut	50gm

Method

Place the thai basil, garlic, coconut cream, chili, madras curry powder, lemon juice, olive oil and salt in the chopper jar and grind well for 30 sec (speed 1)

Remove 3/4th of the dip

Place the roasted / grilled / steamed veggies (like broccoli/ baby corn / bell pepper/ carrots etc) in the chopper jar and pulse 2 to 3 times

Arrange in a serving bowl and top with roasted peanuts and lemon wedge

Serve with grilled / steamed veggies and salads

CILANTRO PESTO



Ingredients	Unit
Cilantro (Fresh Coriander)	100gm
Olive Oil	30ml
Garlic	30gm
Green Chili	20gm
Cashew(soaked in water)	20/30 gm
Salt	to taste
Cheese - 30gm (Parmesan/ Cheddar)	30gm
Lemon Juice	25ml
Black Pepper Powder	1gm

Method

Wash, clean the Ingredients

In the chopper jar place the cilantro leaves, cheese, soaked cashew, garlic, green chilli, lemon juice, salt, black pepper powder and olive oil grind the mixture for 30 seconds (speed 1) stopping every 5 -10 seconds and stir the Ingredients around.

Serving suggestions:

Once blended serve with garlic bread/ pasta/ sandwiches

JALAPENO SOYA CHEESE SHOTS



Ingredients	Unit
Soya Meal Maker	100gm
Green Chili	10gm
Jalapeno Pepper In Brine	20gm
Coriander Leaves	10gm
Onion -Peeled And Quartered	50gm
Cheese	100gm
Salt	1/2tsp
Bread crumbs	3tbsp
Fried gram dal	1tbsp
Oil	for frying

Method

Soak the soya meal maker - for 10 mins in hot water

Drain and squeeze it very well , prepare the chopper jar and peel the onion and keep ready

Grind the mixture of - 25gm cheese, rehydrated soya, chili, jalapeno , salt, onion, coriander leaves for 10 sec (speed 1) and add fried gram dal then mix and keep repeating till all the ingredients are well blended.

Remove the blade carefully , stuff the cheese cube, make small patties (approx. 20g) and coat with bread crumbs

Pan fry / deep fry to golden color and serve hot.

LAMB BOLOGNESE



Ingredients	Unit
Boneless mutton	100gm
Onion - 50gm	50gm
Carrot - 30gm	30gm
Celery -10gm	10gm
Leeks -10gm	10gm
Salt To Taste	to taste
Pepper Powder 1/2 Tsp	1/2 tsp
Aromatic Powder / Stock Cube	0.5 No.
Olive Oil 20ml	20ml
Garlic -15gm	15gm
Rosemary 1 Sprig	1Sprig
Tomato Puree - 50gm	50gm
Butter -10gm	10gm
Parmesan Cheese	15/20gm

Method

For mirepoix preparation:
In the chopper jar add onion , garlic , celery, leeks, carrots and pulse it for 3 to 4 times

In a saute pan, add oil , and saute the mixture for few mins

Add the boneless mutton pieces in the chopper jar, use speed 1 for 20 to 30secs to make mutton keema.

To the keema, add rose mary and pulse for 2 to 3 times

Now add the keema mixture to the mirepoix preparation and mix well . To this add stock cube and tomato puree, cook on slow flame for 10 to 15 mins by stirring in between till the kheema mixture is well cooked and becomes thick.

Add salt, pepper and serve alongside pasta or layer in a lasagne

Finish with butter and parmesan cheese

ERA THOKU

Ingredients	Unit
Prawn Cleaned and deveined	200gm
Lemon Juice	10ml
Oil	30ml
Onion peeled and quartered	150gm
Ginger Garlic Paste	1.5 tbsp
Curry Leaf	few leaves
Tomato (quartered)	100gm
Green chilli (halved)	3Nos
Chili Powder	1/2 tsp
Kashmiri Chili Powder	1/2 tsp
Turmeric Powder	1/4 tsp
Coriander Powder	1/2 tsp
Salt	1/2 tsp
Crushed Pepper	1/2tsp

Method

Add onion and green chilli and pulse for 3 times in the chopper jar

In a hot pan add oil , above mixture and saute well

Add in ginger garlic paste and powder mas- alas and keep sauteeing till the oil releases

Pulse the tomato 2 times

Add the chopped tomato to the pan and saute further for 5 to 8 mins till the moisture is reduced and the oil separates

Add cleaned deveined prawns , curry leaves

Toss the prawn , add lemon juice and sprinkle the crushed pepper to finish the prawn .



ELANEER JIGARTHANDA

Ingredients	Unit
Coconut Milk	150gm
Tender Coconut Meat	25gm
Badam Pisin/Agar agar strips - 10gm	10gm
Cardamom	2Nos
Palm Sugar	30gm
Tender Coconut Ice Cream	100ml
Milk Maid	2tbsp
Ice	6-8 cubes

Method

In the chopper jar, add tender coconut meat and pulse for 3 to 4 times

Now, add the cardamom, palm sugar, coconut milk, half of the ice cream and milkmaid. Now pulse for 3 to 4 times

In a chilled serving glass add 2 ice cubes each and soaked badam pisin, pour over the blended drink

Garnish with tender coconut ice cream



TRIO OF PEPPER AND COTTAGE CHEESE BHURJI



Ingredients	Unit
Paneer Cubes	120gm
Onion (Quarters)	50gm
Red Yellow Green bell peppers	50gm
Coriander Leaves Chopped	20gm
Oil	25ml
Jeera	1/2 tsp
Salt	to taste
Garam Masala Powder	1/2tsp
Turmeric and Chili Powder	1 tsp each
Tomatoes	50gm
Ginger Garlic Paste	15gm
Green Chilli	15gm

Method

In a chopper jar add onion, green chili and bell peppers - pulse it 3 to 4times

In a saute pan heat oil add jeera crackle it, add the onion mixture saute

In the chopper jar add tomatoes and pulse 3 to 4 times and keep it aside

In a saute pan add ginger garlic paste, garam masala, powder spices and cook the masalas till the raw flavor is gone. Now add the tomatoes and cook well.

In the chopper jar pulse the paneer cubes for 3 to 4 times

Transfer the minced paneer to the pan and cook it on slow flame add salt finish with fresh coriander leaves

Serving suggestion:
Serve with pav bun/chapati/parathas

VALATHANDU THUVAIYAL



Ingredients

Unit

Banana Stem Core- Cleaned, Chopped, De Threaded	200gm
Oil	1tbsp
Chopped garlic	30gm
Mustard Seeds & Jeera	1/2tsp each
Jeera	1/2tbsp
Urad Dal- 1 tbsp	1tbsp
Coriander Leaves ianderle	5gm
Curry Leaves	2 Sprig
Asafoetida	2Pinch
Green Chillies	4Nos
Onion Peeled	1No
Coconut Grated	50gm
Salt	5gm
Tamarind Seedless	50gm

Method

In a saute pan - heat oil, crackle mustard seeds, jeera, green chilli, urad dal, asafoetida, garlic, onion and saute well.

Add curry leaves and chopped banana stem, salt, tamarind and coconut saute for another 5 mins.

Add coriander leaves, cook till the moisture is reduced.

Cool the mixture for 5 mins

In the chopper jar add the cooked thuvaiyal mixture.

Grind for 20 sec(speed 1) , add 60ml of water and continue to grind at speed 1 for 50 sec to get desired coarse texture

SESAME BUDDHA BOWL DRESSING



Ingredients

Unit

Tahini - Sauce	20gm
Orange Juice	50ml
Light Soya Sauce	2ml
Rice Vinegar	10ml
Ginger Julienne	10gm
"Fresh Scallion	50gm
Black Pepper -	2gm
Steamed Quinoa	50gm
Sauteed Spinach	50gm
Corn Kernels - (Steamed)	50gm
Steamed/ Grilled Veggies	100gm
Crunchy Chick Peas	50gm

Method

Dressing:

In a chopper jar add fresh orange juice, tahini, soya sauce, rice vinegar, grated ginger, scallion and black pepper pulse for 4 to 5 times

Remove the 50% of the dressing and keep it aside

Now add the Steamed/ Grilled veggies to the dressing in the chopper jar and pulse again for 3 times"

Serving suggestion:

Serve the sauteed - spinach, steamed quinoa, corn kernels and the above mixture in salad bowl along with remaining 50% of the dressing

Garnish with chunky chick peas

SOUTH AMERICAN SAUSAGE AND EGG WITH MOLECAJITE



Ingredients	Unit
Onion peeled and quartered	2Nos
Garlic cloves peeled	3/4Nos
Tomatoes quartered	2 Nos
Green chillies (halved)	4-8 Nos
Coriander leaves	25gm
Lemon juice	20ml
Salt	to taste
Sausage	1 piece
Eggs	2Nos
olive oil	20ml

Method
In a heavy pan or hot oven roast the onion , tomatoes , chillies, garlic and let it blacken
cool the mixture , place in the chopper jar, add lemon juice , fresh coriander, salt and olive oil
Pulse for 6 times
In the chopper jar place chicken sausage, broken eggs, seasoning and pulse the mixture for 3 times
Cook the egg mixture in an omelet pan
Serve with MolCajete sauce
Alternately serve with nachos, grilled meat or chicken

MARINA RED CABBAGE SALAD



Ingredients	Unit
Red Cabbage - leaves, wash and cut into small quarters	120gm
Green chillies (Halved)	3-4No's
Batter Coated Peanut - Crispy	80-100gm
Coriander Leaves	10gm
Onion - 50 Gm (Peeled and Quartered	50gm
Lemon Juice 10 Ml	10ml
Salt - 1/2 Tsp	1/2tsp

Method
In a saute pan - heat oil, crackle mustard seeds, jeera, green chilli, urad dal, asafoetida, garlic, onion and saute well.
Transfer to a bowl, put red cabbage, onion, coriander and green chili to the chopper jar and pulse for 2 times
Transfer to same bowl.
Mix everything, add the salt and lemon juice juice, top it with batter coated peanut, chopped tomatoes or green moong sprouts

TENDER COCONUT SHARBATH



Ingredients	Unit
Nannari - Syrup	1tbsp
Mint Leaves	6gm
Lime juice	1lime
Coconut Water	120ml
Ice	4-5Nos
Tender Coconut Meat	50gm
Sabja Seeds Soaked	1tsp
Honey	10ml

Method

Place the coconut water , mint , nannari syrup, lime juice, honey to the chopper jar and pulse twice

Add tender coconut jelly pulse again for 2 times

Finish with soaked Sabja seeds and ice cubes

Serve chilled

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