

OPOS Digest

PONGAL
SPECIALS

Yummy Pongal special recipes!

CELEBRATING
HARVESTS

Some food for thought



ISSUE 6 | JANUARY 2022



This month's cover page highlights Preethi Jothish's appetizing Millet Pongal. A humble meal, so nutritious and tasty! We thought it is apt to begin the New Year with something as wholesome as this donnai of Pongal.

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A series of interesting aspects about food and how it impacts us, researched and put together for us by the OPOS100 team

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Featuring the OPOS Cookbot Biryani Cooperative this month - the team that has figured the recipe to chase and pursue your dreams!

Founder's Note



Cooking at home is the single biggest step you can take to ensure your family's health. Our diet is at the root of most of our health related problems. Unless you take control of it, you will end up paying the price, sooner or later.

Learning to cook the traditional way is like learning to draw a freehand circle. It cannot be taught easily. OPOS sidesteps this problem and gives you a compass. With standard equipment and standardized recipes, cooking becomes a no-brainer.

Pot roast for Christmas? Biryani for New Year? Variety of Pongals? Gajak for Lohri? Methe Chawal for Vasant Panchami? Laros for Bihu? For a small family or a large party? We have them all covered. Just check the app for standardised, validated recipes, guaranteed to work.

This year, we will focus on taking OPOS to those who need it the most. To villages and underprivileged women. Taking OPOS100 to more people, rewriting Celebrity Chef recipes and a bunch of OPOS cookbooks are all planned for the coming year.

If you have standard equipment, we take full responsibility for your cooking. We promise you nothing short of magic in your kitchen.

Best wishes for a Happy & Healthy New Year!



India is an agrarian country and so is our culture. Come January, Indians all over the country gear up to celebrate one of the biggest harvest festivals or Makar Sankranti as it is popularly known. Celebrated during the peak of winter, Makar Sankranti officially marks the ascend of the Sun God into the Northern Hemisphere and brings with it a promise of bright and sunny days.

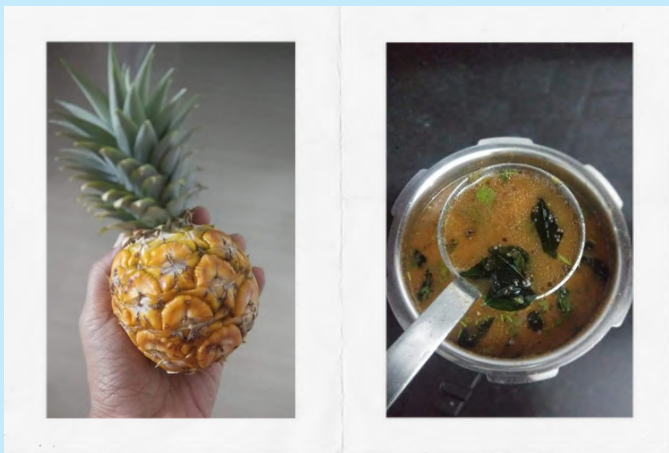
Uttarayan in Gujarat, Bhogi in Andhra Pradesh, Pongal in Tamilnadu, Lohri in Punjab, Sankranti in Karnataka and Makar Sankranti elsewhere in India are the few names for the winter harvest festival. As all Hindu festivals are celebrated as per the Hindu calendar or *panchang*, ever wondered how Makar Sankranti is celebrated on 14th January every year? The harvest festival is dedicated to the Sun God and is celebrated as per the solar calendar or Gregorian calendar every year on 14th January, except for leap years when it is celebrated on the 15th of January.

Barring slight regional variations, Sankranti is synonymous with bonfires, kite flying, festivities and a harvest feast. Most of the recipes make use of freshly harvested seasonal vegetables, grains, sesame seeds, jaggery, sugarcane and groundnuts. Til ladoos are a must make. This is mainly because there is still a nip in the air and although winter has begun to wane, the sesame helps to keep the body warm.

We participate in the festivities, follow most of the traditions and many cook up grand meals for Makar Sankranti even to date. Our economy still continues to be agrarian despite our workforce booming into IT, banking, media and other sectors. This diversification is definitely great for our economy and country on the whole. But a question we must ask ourselves is whether it is taking us away from our roots? Can we still be connected to our agricultural traditions? Can we still continue to eat healthy and home cooked meals despite a busy lifestyle? The answer is YES!

Celebrating Harvests

One festival, many names! Let us celebrate harvests big and small this season!



Seen here pineapple grown by Sindhu Murali Sriram in her garden & OPOS Pineapple Rasam made with it.

OPOS is a cleaner, greener and energy efficient way of cooking. With OPOS, delivering consistently nutritious and delectable meals every time is possible. The OPOS promise is to feed you healthy meals in a jiffy and be self-sufficient when it comes to food. With this motto in view, we have to ask you, have you tried your hand at kitchen gardening? It can be simple herbs like *ajwain* (carom seeds), some basil or *kadipatta* (curry leaves) grown on your kitchen window sill or some potatoes in a grow bag. Absolutely don't have space at all for either of these? Hydroponic farming might be your solution.

Hydroponic farming, is soil-less, water-based farming operations, may even be done in a tiny space such as a balcony or a window sill or a glass jar. Instead of employing soil for plant nourishment, crops are supplied nutrient-rich water, which eliminates much of the baggage associated with soil-based approaches.

Grow bags are a great option as well. A growbag is a planter filled with a growing medium and used for growing plants, usually tomatoes or other salad crops. Originally made of plastic, modern bags are also made from jute or fabric. The growing medium is usually based on a soilless organic material such as peat, coir, composted green waste, composted bark or composted wood chips, or a mixture of these. Various nutrients are added, sufficient for one season's growing, so frequently only planting and watering are required.



Sujatha Ravi shares here Keerai she grew in grow bags on her terrace garden. The keerai was later converted into the yummiest OPOS Keerai Kottu.

A lot of OPOSers keep a kitchen garden. They have often shared with us how satisfying growing their own food is. Home-grown and organically farmed vegetables and fruits are not just nutritious but extremely delicious and cannot be compared to a supermarket purchase. And don't forget the joy of proudly hosting a dinner party and letting your guests know that their salad has been tossed with fresh basil and lettuce harvested from your kitchen garden.

Gardening is good for your soul. It teaches you patience and is a lesson in slowing down. It teaches you to nurture (those plants are not going to grow without water and some tender loving care).

Geetanjali Sridharan, harvested mustard greens, lettuce, spinach, spring onion greens, baby methi greens, flat beans, long beans, tomatoes and some oxalis (pulicha keerai), all from her kitchen garden.



Geetanjali showing off the sarson ka saag & makki di roti she made. The flour for the makki di roti was made from home grown maize.

The sense of fulfillment it brings from growing your own produce, well that's just out of this world. Don't forget the satisfaction of cooking veggies that you grew yourself. But most importantly, when you grow a plant you actually give back to mother nature in your own little way and that's truly something. Isn't it? Club this with the sustainable choice of cooking the OPOS way and you stand to benefit in more ways than one.

P.S: In keeping with the spirit of harvesting, do check out the Pongal and Winter special recipes curated in this month's issue.

Pongal Specials

Porridge recipes are a breeze with the Cookbot. Read through the recipes below to see how effortless it can be to dish out sweet and savoury *pongals* for the entire family!



Chakkara Pongal (sweet pongal)

App ID: 7461 | Author: RK | Pic By: Roopa Raghav

In a Cookbot, layer as below:

1. Add 1C raw rice, 1/2C mung dal, 4C water, 2Tbsp ghee, 1/2tsp each (ginger powder, cardamom powder). Mix all.
2. Place an inner vessel with 1C jaggery powder, 1/4C water.
3. Ensure the vent is closed.
4. Click Menu >> PORR Mode.
5. Once bot beeps and displays LO, allow pressure to settle.
6. Open, remove the inner vessel. Add 1/2C fried almonds, cashews, 2Tbsp ghee. Mix all & serve.

Replace / Supplement:

1. Raw rice with rice grits / millets / your favourite rice variety.
2. Mung dal with your favourite lentils.
3. Cardamom with cinnamon / cloves / your favourite sweet spices.
4. Jaggery with sugar / rock candy.
5. Cashews/almonds with your favourite dry fruits / nuts.

Tips:

1. Can increase ghee for a rich taste.
2. Can adjust jaggery as per preference.
3. Can soak the rice & dal for 30 minutes.



Ven Pongal (savoury pongal)

App ID: 5945 | Author: Visalakshi KV | Pic By: Tazin Faiz

Prep:

1. Soak 1C raw rice, 1/2C mung dal in water for 1 hour. Drain

In a Cookbot, layer as below:

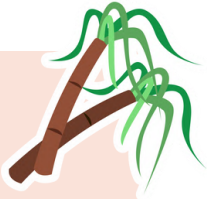
1. Add 4C water, 2Tbsp each (ghee, cashews), soaked & drained rice & dal, 10 curry leaves, 2tsp each (salt, chopped ginger, cumin, crushed pepper).
2. Ensure the vent is closed .
3. Click Menu >> PORR Mode.
4. Once bot beeps and displays LO, allow pressure to settle.
5. Open, mash & serve.

Replace / Supplement:

1. Mung dal with your favorite lentils.
2. Rice with rice grits / millet grits / oats.
3. Cumin with your favorite spice mix.
4. Water with stock.

Tips:

1. Can add more ghee for extra flavor.
2. Can roast rice, dal, cashews for nuttier flavour.
3. Can vary rice and dal ratio.
4. Can mix in 1/2C room temperature water to stop retained heat cooking.
5. Can mix in milk while mashing.



Winter Specials

Comfort food takes on a whole new meaning during the cold winter months. Be it traditional winter delicacies like the simple saag or a piping hot ragda, they all give you that much needed warmth when it's nippy all around!



Sarson Ka Saag

[App ID: 4497](#) | [Author: Vandana](#) | [Pic By: Roopa Raghau](#)

In a 2L magic pot, layer as below:

1. 1/4C water.
2. 2C chopped mustard leaves, 1C each chopped (spinach, bathua leaves) mixed with 1/2tsp salt, 1 green chilli.
3. 1/4C North Indian mother sauce, .
4. Cook on high for 2 Whistles or 5 minutes.
5. Release pressure. Open, mash. Add 1tsp bottled tadka, 1tsp lemon juice. Mix all & serve.

Replace / Supplement:

1. Spinach / bathua with your favourite edible greens.
2. North Indian mother sauce with caramelised onion, caramelised tomato, OPOS ginger-garlic paste.

Tips

1. Can garnish with cream.
2. Blending dulls colours. Mashing does not.
3. Can safely pack magic pot to the brim with greens as it shrinks dramatically on cooking.

Ragda Chaat

[App ID: 8669](#) | [Author: Srilakshmi](#) | [Picture By: Anu Sash](#)

(This Ragda recipe is one part of the Chat Platter. Check the recipe on the app for the complete recipe)

Prep:

1. Soak 1C dried white peas overnight in water. Drain.

In a 3L Pressure Baker, layer as below:

1. 1 cup water, soaked and drained peas, 1C chopped potatoes, 1/2 tsp coriander powder, 1/4 tsp each (Kashmiri chilli powder, dry mango powder, cumin powder)
2. Cook on high for 12 whistles or 10 minutes.
3. Let pressure settle. Open. Blend or mash with 1 tsp salt. Dilute with water for consistency of your choice.

How to Serve:

In a bowl add 1C cooked Ragda, 1/2 tsp each (chaat masala, dry mango powder), 1/8tsp black salt, 4 crushed pani puris, 1 tbsp each (green chutney, sweet chutney, red chilli paste), 2tbsp each (chopped onion, tomato), 1tbsp each (sev, roasted peanuts, chopped cilantro) and serve as Ragda Chaat



Making dreams come true. One Cookbot at a time!



The **OPOS Cookbot Biryani Cooperative** (mini franchise) venture started with a vision to enable anyone to get into food business.

This is an effortless, least risky and most economical way to start a food business and also to generate a regular source of income from the comfort of own homes.

Who are part of the team?

Atulay Nehra, a lawyer by profession with an expertise of setting up franchisee businesses.

Shweta Arora, an OPOStar with an experience of running a Biryani outlet in Delhi/NCR.

RK Sir's vision, guidance and support.

What all is required to open up a Cooperative?

A Cookbot and a table top is all that you need. The Cooperative is designed to be run by just one person. As the Biryani Masala is consistent it would be provided by us on payment.

A minimal registration amount needs to be paid for using the OPOS name, after a formal training one can start selling the Biryani.

Who can join a Cooperative ?

Cooperative business is open for everybody. Any of you could have your own mini franchise, with a minimal investment.

How much can one earn from the Cooperative?

Unlimited earnings. The more you cook the more you sell the more you earn. We have no cap on your earnings.

One can also earn by cooperative referrals.

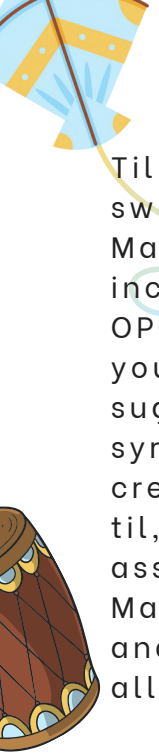
What is the future of these Cooperatives?

Expand across cities. Go global. We believe this model is ideally suited for places where real estate costs, staff costs are high. It also assures 100% quality and consistency, which a chef-driven model cannot assure of.

How many Cooperatives have you signed up so far ?

We have signed up 4 Cooperatives so far in Coimbatore, Mangalore, Kanyakumari and in Salem.

*Dream big, set that goal, grab a Cookbot or two and you're all set!!!
The OPOS Cookbot Biryani Cooperative Team has you covered!*



Til ladoos, gajak and revdi are the sweets of the season for sure. Makar Sankranti and Lohri will be incomplete without these. The OPOS Chikki template can help you make your own this year. The sugar syrup hack and jaggery syrup hack can be explored to create chikkis of your choice, be it til, peanuts, cashewnuts or an assortment of nuts and seeds. Make sure you follow the template and measure everything to get it all just right



Chikki Template



Pictures of ellu urundai, peanut chikki, kadalai urundai and cashewnut chikki shared by members on the OPOS Support Group.

LET'S TALK FOOD



A SERIES OF INTERESTING ASPECTS ABOUT FOOD AND HOW IT IMPACTS US, RESEARCHED AND PUT TOGETHER FOR US BY THE OPOS100 TEAM. THIS MONTH'S FEATURE HELPS US REFLECT ON THE FOOD RESOLUTIONS THAT MOST OF BEGIN THE NEW YEAR WITH.



It is the beginning of a new year and for most of us a time of reflection and renewed vigour to start something new. For most of us making resolutions, we know that we hardly get to them or we start well but don't see it through. Funnily, it is why so many gyms see a surge of memberships in January!

Most of us wait for a disease diagnosis or a traumatic event to ourselves or our loved ones to start focusing on our health. Come the new year, setting ourselves a new goal regarding health is a thought that runs through many minds. Yet, most of us fail. The reason behind this failure is because our lives follow a routine set of patterns that we go through, day-in and day-out. Our emotions are a reflection of our past experiences and relating our everyday lives with these emotions constantly makes us live in our past. In simple words, a habit is an unconscious set of redundant behavior. Unless we consciously make an effort to put systems in place to change our habits, we are only going to continue what we've done all along and it is why we never get to our goals.



An interesting thing to note is that almost 90% of our thoughts are conveyed to our brains by our bodies. Our gut is our second brain. The millions of bacteria residing in the gut influence our thoughts and actions in ways we cannot even imagine. This is why whenever we start a new diet that we are unable to stick to it because of the withdrawal symptoms. The new regime we are putting ourselves through doesn't invoke the same emotions that we were previously used to. This is the reason why everyone sticks to something for 3-4 days and on the 5th day they go out and binge on totally unhealthy foods. It is not that we do not 'know' it is unhealthy. It is just that we do not care at that point because the mind-body-emotional connection is very high.

So what can we do about it? Acknowledging pain and going through external rigid constructs will help immensely. The power of social connection and doing it as a group will be very beneficial. Focussing on the positive aspects of what we have achieved during the day and celebrating those small successes will greatly influence our behavior the following day and the next. Most importantly, unleashing the power of our minds through good sleep and meditation is key.

To restore gut health, eliminate inflammatory foods. In most of our cases, it is grains, sugar, and processed food. Focus on healthy fats and proteins which help fuel our bodies and help them absorb all the nutrients better. Follow the circadian rhythm, get sunlight, move often, and remove external stressors. Ensure that the food is prepared with maximum nutrition - this is probably the simplest bit as we are using OPOS of course! Visit www.opos100.com for more such insights.

CELEBRITY CHEF OPOS REWRITES

An initiative to rewrite traditional recipes by celebrity chefs using the OPOS techniques. Each such recipe has been carefully rewritten, validated and published with live videos making seemingly complex, time consuming recipes a child's play, literally! We have picked two winter favourites for this month's celebrity chef rewrites. Do try them out and share your experiences with us.



Carrot Halwa

App Id : 10256 by RK | Pic: Suresh Palayil | Original Recipe: Venkatesh Bhat

Prep:

1. Tadka: Roast 1Tbsp each (cashewnuts, raisins) in 2Tbsp ghee.

In a 2L magic pot, layer as below:

1. 1/4C each (ghee, milk).
2. 250g grated carrot.
3. 1/2tsp cardamom powder, 1/8tsp salt.
4. 250g grated carrot mixed with 100g grated unsweetened khoya.
5. 400g sugar.
6. Cook on high for 20 minutes.
7. Release pressure. Open, add tadka. Mix all & serve.



Replace/Supplement:

1. Carrot with beetroot.
2. Khoya with milk powder / paneer.
3. Sugar with jaggery/ palm sugar.
4. Cashewnuts with your favourite nuts.
5. Cardamom powder with saffron / edible camphor.



Shahi Shikanji

Recipe ID# 8180 by Yeshaswini Ravikumar | Original Recipe: Nisha Madhulika

Prep:

1. Strained yogurt : Strain 1/2C fresh yogurt using cheese cloth/ fine mesh plastic strainer to get thick cheese like consistency.

In a 2L Neo, layer as below:

1. Add 1Tbsp ghee, 1.5C milk, 1/4C nuts (raisins, cashews, almonds), 1/4tsp cardamom powder, 4 saffron strands.
2. Cook on high for 1 Whistle or 7 minutes.
3. Let pressure settle. Open, add 1/2C condensed milk. Let cool. Blend with 1/4C cream, thick yogurt, 1Tbsp each (sugar, ghee (optional)). Add 2Tbsp chopped nuts & serve.

Replace / Supplement:

1. Yogurt with Greek yogurt. 2. Cardamom powder with your favourite sweet spice.

Tips:

Can add 1tbsp ghee/butter while blending to emulsify. Can add khoya/ milk cream/ milk powder while cooking to get a thick milk consistency. Ideal to use full fat milk. To get a darker color soak saffron strands. Use fresh milk and not sour milk as sour milk may cause the milk to split when blending with hot milk. Let the mixture cool before blending. Can serve this chilled.





READER'S CORNER

A lovely collection of December delicacies shared by members of the OPOS Support Group. We love to see how OPOS has touched so many households. Do keep sharing all that you OPOS for us to see and share with our readers.



Sujatha Ravi made this yummy looking Kerala Delicacy - sweetened ripe banana in a rice flour and coconut milk sauce .

Sreedevi Subramanyam improvised the OPOS Thiruvadara Kali recipe to suit her diet restrictions by using red rice and palm jaggery.



Michelle Satur Shyam waved her OPOS wand this Christmas and dished out a feast using her Neo, 2L, and 3L Magic Pots. OPOS Butter Chicken, Nawabi Mutton, Malai Mushroom and Pork In Wine were child's play with some planning, prep and OPOS.





Myth Busters

OPOS HAS DISRUPTED TRADITIONAL WAYS OF COOKING IN MORE WAYS THAN ONE. MYTH BUSTERS IS OUR MONTHLY COLUMN TO HELP YOU WITH FACTS THAT CAN SHAPE YOUR THOUGHTS AND CHOICES!

Gyaan: A cooker will burst if you cook without water or release pressure by lifting weight.

Anti-Gyaan: The same way a balloon will burst without enough air or if you let the air out.

Fact: The pressure inside a pressure cooker is not scary. It is actually very small, compared to other pressures we normally encounter. The atmospheric pressure at sea level is 15psi (15 pounds per square inch). Inside a fully pressurized cooker, the pressure is twice this (30 psi).

A 2L bottle of soft drink has a pressure of 50psi, over twice as much as the pressure inside your pressure cooker. Its pressure can go over 100 Psi, if you shake it or leave it in a hot car. You are not scared of it. A 2L plastic soft drink bottle will burst only at over 150 psi. That's 10 times over the pressure inside your cooker. If a flimsy piece of plastic is capable of withstanding 150 psi, what can metal do?

Both Aluminium (3245 alloy) and Stainless steel (304 used for cookers) can withstand pressure up to 33,000 psi before they permanently deform. This is twice the pressure at the bottom of the deepest ocean.

Unless you pack the cooker with explosives, you will get nowhere near this pressure.

At around 15 psi, the whistle is lifted up, releasing excess steam. At around 18 psi, the gasket is pushed out, venting the steam. At around 70 psi, the safety valve melts, venting steam. Now if we continue heating till the pressure crosses 33,000 psi. The metal deforms. The lips of the lid deform. The lid is thrown up. This is the worst case scenario. Impossible in present day pressure cookers.

What most people call 'bursting' is nothing but spewing. In almost all the cases, it is caused by people forcing open a pressurized cooker. In the rarest of the rare cases, the accident is caused by a very old pressure cooker, with poor safety features.

This logic is applicable for normal pressure cooking. Not for OPOS.

In most OPOS recipes, we cook with little or no water. As the water reduces, the chances of cooker burst reduces greatly. Because with less water, more steam won't be built up. Without more steam, more pressure won't be built up. Without more pressure, there is no chance of bursting.

Bottomline

It is impossible to explode a modern pressure cooker. More so with OPOS where we cook with little or no water. In OPOS, the biggest problem is burning and not cooker bursting.



get featured!

Email us on oposmagazine@gmail.com with pictures of your OPOS dishes or your own poems, doodles, memes inspired by OPOS. Time to get creative and share it with the OPOS world. We cannot wait to see what you have in store!

Congratulations *Shirisha Thilak*

You are the winner of the November OPOS Digest Diwali Word Search Contest.

Reach out to us on oposmagazine@gmail.com to claim your prize!!



Joys of Harvesting Quiz

A simple quiz to summarize the joys of harvesting that we have covered in this month's issue. [Click here to send in your responses](#) before Jan 20th 2022. One lucky winner gets a month's premium OPOS Chef App subscription as a prize!

Questions:

- Q1. What is another name for Makar Sankranti in Gujarat?
- Q2. Almost what percentage of thoughts are conveyed to our brains by our bodies?
- Q3. What is the English name for the winter special leafy vegetable *sarson*?
- Q4. What dish made by baby OPOStar Anugraha is featured in the Jan issue?
- Q5. Which is the first fruit Sindhu Murali harvested from her terrace garden?



OPOS A to Z

C is for Controlled Evaporation

An excerpt from Sreeja Praveen's OPOS Alphabet Train:

*Controlled Evaporation goes with **C**,
Just follow it, and magic you'll see
Jams, Halwas (fudge), Gravy bases and Ghee
Will leave you rubbing your hands in glee.*

Key in OPOS is to understand how various foodstuffs behave and figure out ways to cook them at one shot. In some recipes, we need to stop cooking when most of the water is evaporated. Ex: In halwas, thokkus and jams. In some recipes, all water needs to be evaporated away. Ex: Ghee - to ensure long shelf life.

The **Controlled Evaporation** technique is used in all these cases. We go by the time between whistles as a key indicator to judge the amount of water remaining inside the pot. As long as water remains in the pot (either directly or in the food stuff you add), the whistling happens at steady intervals. When all water in the pot evaporates away, the time taken per whistle becomes longer and longer. This indicates there is not enough water to create fresh steam. This is the point at which you should stop cooking

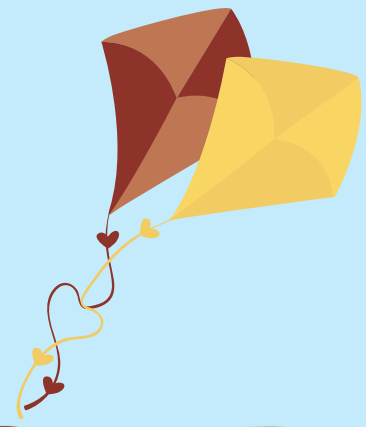
There are three key methods of creating flavour, without adding herbs/ spices. All involve browning. 1) The Maillard reaction: When proteins are heated, the amino acids and sugars combine with each other. This reaction is responsible for the intense taste and flavour of fried/ browned foods. 2) Pyrolysis: When sugars are heated, they decompose. You see this in caramelized onions/ caramel. 3) Enzymatic browning: Natural enzymes in fruits/ vegetables react with oxygen to produce browning. You see this in chopped potato/ apples turning brown. This is undesirable in case of fruit/ vegetables, but is essential in coffee/ tea/ chocolate. We can control the browning by balancing the quantity of food, by preventing burning, by varying the cut size & by the use of the right fat. **Controlled caramelization** made possible soft, caramelized, flavorful onions & tomatoes, the base for many recipes, in a single step, in under 5 minutes of unsupervised cooking. The same principle was later extended to cover most vegetables, meats and seafood.

Would you like to try Gajar Halwa, a Jam or Ghee to help your festive cooking? Do send in your pics to oposmagazine@gmail.com

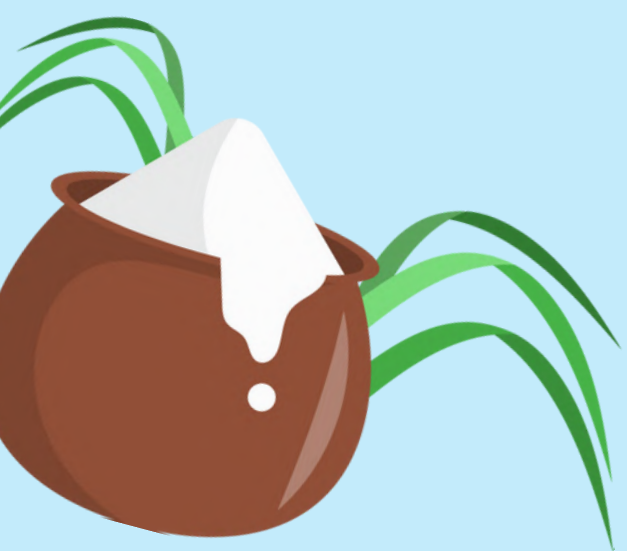
WHAT OUR BABY OPOSTARS ARE UP TO



Anugraha
 6 years old at the time of this picture, Anugraha handled a knife for the first time to cut tomatoes, paneer & everything that's needed for making Paneer Bhurji. In all of 8 mins & 30 secs, she had made the yummiest OPOS Paneer Bhurji.



Sai Pranav
 Little Opostar Sai, is a masterchef who has been perfecting his cutting to plating skills. In the pictures we can see Sai displaying his cutting and cooking skills. He's made his favourite OPOS Vendakkai Poriyal or OPOS Lady's Finger Poriyal.



OPOS WORLD

OPOS 100

www.opos100.com

Health and wellness programs focused on addressing inflammation thereby offering healthy weight loss, diabetes reversal and metabolic reset using a low-carb approach.

OPOS MASTERCLASS

www.oposkit.com

A comprehensive training module designed to teach OPOS in the most systematic and interactive way ever. with Modules for beginners and advanced techniques for oposers, this course will help you learn opos for all occasions.

OPOS CRASH COURSE

We aim to get every member, who is willing to put in effort, in OPOS School with the coveted OPOStar tag and own book.

OPOS CHEF APP

The OPOSChef app is a one stop platform for all OPOS techniques and recipes. With over 4000 videos of varied cuisines, the oposchef app helps you with everyday cooking ideas!

OPOS BIRYANI COOPERATIVE

Minimal Investment- unlimited earnings! Make upto 100% profits-Join the OPOS Cookbot Biryani Cooperative

OPOS OUTLETS

OPOS Outlets - Want to experience OPOS First Hand? We have outlets at Chennai, Tirupur, Noida and Singapore.

OPOS COOKBOOKS

[Get Yours Today.](#)

The publishing house of OPOS cookbooks with over 70 titles including best sellers like The story of India through food, Best of OPOS, Diwali Cookbook and many more.

OPOS EQUIPMENT

www.oposkit.com

Buy OPOS Equipment and cook greener, healthier, tasty food in minutes.

To know how, visit us on www.oposchef.com
or Download the OPOS Chef App



Also, for latest updates, follow OPOS Chef on social media:



Learn to cook in 10 minutes!

Lesson 1 standardizes your equipment

Add 60ml water to your 2L pressure cooker. Cook on 'high' so as to get the first whistle between 1 and 2 minutes.

In an electric pressure cooker, check if full pressure is built within 2-3 minutes.

OPOS CookBot is pre-standardised.

Lesson 2 standardizes the technique of Pressure Baking

Mix 2C finely chopped vegetables with 1 chopped green chilli, 1/2tsp salt.

Add to a 2L pressure cooker. Cook on 'high' for 3 whistles/ 5 minutes. Release pressure. Mix all.

In an electric pressure cooker, use the highest heat mode.

OPOS Neo Pressure Baker & OPOS Cookbot are designed for cooking food in its own juices, without water.

You can order them from www.oposkit.com

DO THESE TWO LESSONS AND YOU ARE
GUARANTEED GOOD FOOD FOR LIFE.

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