

CookBot Cook Book

Layer. Close. Click.

If you can click, you can cook!

OPOS Cookbook Team



One Click Cooking: The CookBot Version 3 Cookbook

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Abbreviations and Acronyms

tsp	Teaspoon
Tbsp	Tablespoon
C	Cup (Standard 1C = 240 ml)
g	Gram
mins	Minutes
PIP	Pot-in-Pot: An OPOS technique where ingredients are placed in a small vessel and kept inside the PressureBaker

Book Structure

Introduction to OPOS

OPOS is all about techniques. Once you master them, you can cook almost anything you like, from any cuisine across the world. OPOS demystifies and deskills cooking the basic building blocks of food. Vegetables, meats, poultry, seafood, starches and dals. Once you master these, you can then add your own flavouring, additives and cook them up into whatever you like.

You need not worry about recipes or cuisines anymore. You transcend them.

OPOS standardises everything - the cooking pot, the heat source, the quantity of ingredients, the order in which they go into the pot, the time in which they get cooked, and the cooking conditions. The only variable are the ingredients themselves. This section teaches you how to handle the variation in ingredients and finetune the recipes to control the colour, texture, flavour and taste.

From the who, the how, the when, where and why, the primer takes you through the evolution and FAQ's of OPOS.

Section 2 - Basic Lessons & Staples

This section presents the most important basic lessons one needs to complete to get comfortable with the techniques involved in OPOS. A few general pointers, do's and don'ts are also covered.

Section 3 - Recipes

This section is a comprehensive list of ~250 recipes. They are categorised under Starches - Breakfast and Lunch/Dinner, Vegetable curries, Meat based dishes, Appetisers, Soups, Drinks, Pickles & Preserves, Scaling up dishes, Desserts, One-Shot Thalys and CPF.

Each dish has the recipe with preparatory steps (if any), a video and a photo to illustrate the same along with replacement options and tips.

Section 4 - Conclusion

Other resources to access more information on OPOS.

Introduction

Module 1 - Welcome!

Hi,

Welcome to the OPOS family. You are now the proud owner of a CookBot. The first OPOS automatic cookware. This bot is designed to make magic in your kitchen, even if you are a complete newbie, who has never cooked before. There is no learning curve. Just follow a few simple instructions and you can cook up almost all CookBot recipes standardized for you by an army of OPOStars. Everything from Biryanis, thalis, curries, snacks and sweets are just a click away. This is the second book for the bot. The first one, The CookBot Primer can be downloaded for free from www.oposkit.com.

Ready to start?

- 1.Plug it in.
- 2.Switch on.
- 3.The bot displays Hi, followed by OPOS. It is now ready to cook.

You can now use it as a OPOS PressureBaker, as a normal pressure cooker or as a kadai.

For use as a OPOS PressureBaker or as a normal pressure cooker, you need to check if your bot gets pressurised.

For the bot to get pressurised, fitting the gasket properly is very important. This is the only skill you have to learn. If the gasket is not fitted properly, you may experience spewing or pressure venting

Fitting the gasket:

Take the top lid. Pull the silicone nipple to remove the spoked ring. Remove and stretch the gasket. Fit it back on the ring. Push the silicone nipple to fit lid.

In PressureBaking, we cook with little or no water, on high heat, for a short time. We pressurebake everything where colour, texture and flavour is crucial. Vegetables, white meats, seafood are always PressureBaked.

In Pressure cooking, we cook with lots of water, on medium or low heat, for a longer time. Rice, millets, tough meats, larger dals like channa & rajma are usually pressure cooked. Vegetables are never pressure cooked.

Intro to CookBot: <https://youtu.be/VrUvJ3HBnfM>

Display Panel: <https://youtu.be/05CJbYQ0c-4>

Module 2 - The Modes

Preset Menus: <https://youtu.be/8lv2XbmLMLE>

The core promise of OPOS is to make food a non-issue. OPOS relies on standardised equipment and standardised recipes to replace manual skill and experience.

The CookBot completes this promise. We all have the same equipment. We all have the same set of standardised recipes, repeatedly validated and fine tuned. The OPOS promise guarantees they will work for you, exactly the same way it worked for us.

To keep it simple, all standardised CookBot recipes are just a list of ingredients followed by a MODE.

LAYER ingredients - CLOSE - CLICK the appropriate mode. That's it.

Each mode is designed to cook one building block of food perfectly. The quantity does not matter. The CookBot automatically adjusts cooking time when you scale up or down. It can handle any quantity from 250g to over 1.5kg easily. The VEG Mode is an all purpose mode. It is the only mode you will need for most daily recipes. By default, vent is closed for all modes except the CARA mode & the gHEE mode.

The most common modes:

VEG mode (2mins High):

Layer vegetables, masalas. Click VEG mode.

This is the only recipe you will ever need for almost all vegetable based dry curries & gravies, from any cuisine. Different varieties of vegetables can be cooked together using separators, making an One Shot Thali possible.

dVEG mode (0mins High):

If you feel your vegetables are overcooked in the VEG mode, use the dVEG (Delicate Vegetable) mode instead.

The same logic is extended to non-vegetarian dishes with the **FISH (2min Low)** (and seafood) modes. Vent open is occasionally used only for vegetables, seafood and in recipes where evaporation/ caramelisation is important.

The **CHIC (6min High)** (Chicken) is used for small, chopped chicken pieces. For bigger pieces use low mode and timing as given in recipe.

RICE (3min Low) mode: This handles all common varieties of white rice. Different varieties of rice can be cooked together using separators.

DAL (5min Low) mode: This is for small dals (Tuvar, Mung, Channa & Masoor). Different varieties of dals can be cooked together using separators.

These are common modes most of you would need for a lifetime of good food. You can also finetune these modes by setting them manually.

Other Modes

Once you are comfortable with the basic modes (VEG, dVEG, rICE, dAL, FISH, CHIC), you can explore other preset modes below. All modes follow the LAYER- CLOSE- CLICK format.

Always start with standardised recipes. Do not cook too low a quantity (less than 250g) or too high a quantity (filling a pot over 3/4th).

PORR(Porridge mode) (7min Low)

Load Rice, Dal, Additives. Click PORR.

Use for: Kichidis, bise bele bhat, pongal, sambar rice.

gRAI (Grain Mode) (5min Low)

Load soaked & drained millets, water. Click gRAI.

Use for all sorts of millets.

CARA (Caramelisation Mode) (6min High)

Load oil, onion/ tomato, additives as given in standardized recipes . Click CARA. Set Vent Open.

Use for: Caramelised onion, caramelised tomato, mother sauce, masala based curries.

gHEE (GHEE Mode) (10min Medium)

Ghee mode is uncertain and not recommended.

PULA (Pulav Mode) (2min Low)

Load soaked rice, water, additives. Click PULA.
Use for: All kinds of Pulavs.

EGG (Egg Mode) (3min Low)

Load eggs, water. Click EGG. Use atleast 6 eggs. If using less eggs, increase water to the minimum level shown in the inner vessel. Keeping eggs in a small container prevents them from bouncing around and cracking.
Use for: Soft, medium or hard boiled eggs

GOAT (30min Low) :

Load red meats. Click GOAT.
Use for red meats

bEAN (30M L) (BEAN Mode):

Use for: all sorts of large dals like Channa, butter beans, soaked peas etc. Click bEAN.

SSH (Sugar Syrup Hack Mode) (2min Low)

Load sugar, water. Click SSH.
Use for Single string consistency sugar syrup.

SOUP (Soup Mode) (8min Low)

Load sturdy vegetables/ meats, water additives. Click SOUP. Set Vent Closed.
Use for: All kinds of soups.

PAY (Payesh/ Kheer Mode) (15min Low)

Load milk/ water, additives. Click PAY.
Use for: All kinds of Kheers

CBIR (Chicken Biryani) (20min Med)

Load Chicken, masala, rice, water. Click CBIR.
Use for: Broiler Chicken Biryanis

GBIR (Goat Biryani) (25min Med)

Load Mutton, masala, rice, water. Click GBIR.
Use for tough meats: Mutton, Duck, Desi chicken, etc.

PLO (Paleo) (120min Low)

Load bones, water, seasoning. Click PLO
Use for bone broth, goat leg stew, trotters etc.

Module 3: Manual Modes

Other Menus & Buttons: <https://youtu.be/oaG1oFXeTI4>

The CookBot is designed to minimise clicks.

Plug in. Switch on.

No need to press any button on the CookBot.

It greets you with the display 'Hi', followed by 'OPOS'. The CookBot is ready for use.

Using Preset Menus.

This is the easiest way to use the bot.

Click Menu. Click + .It displays Veg. Click + again. It moves to the next mode. There are 20 preset modes. Choose the mode you like. The cooking starts automatically once the display stops blinking.

Using manual settings

Press **Menu** (The Hand symbol).

It displays -00-, which is the default mode.

You can now set the heat level and time.

Click **HEAT**. Click + or - to set the desired heat level.

There are 3 Heat levels. LO (Low), SOSO (Medium) and High.

Click **TIME**. Click + or - to set the desired time.

The CookBot remembers your last settings. The next time you switch it on, the 00 mode will use the settings you used last. You just need to click Menu and your cooking starts with the last settings you used in the 00 mode.

Once you have entered the settings, The display blinks 10 times, giving you time to change your settings. If you don't change anything, the display stops blinking and the OPOS text under the display lights up. It means heating has started. This text will keep blinking till you hear one beep or three beeps. One beep indicates the bot is pressurised. Once this happens, the lid moves up. You would see a slight gap between the lid and the body. At a glance you know if your bot is under pressure or now.

Three beeps indicate sufficient pressure is not built up. the lid does not move up. There will be no gap between the lid and the body. Cooking will still happen but results might be uncertain.

After one or three beeps, OPOS text stops blinking. The countdown starts. The display alternates between the mode, heat level and the time .

You can cancel cooking anytime by just pressing the On/ Cancel button.

Personalised Menu Settings

The CookBot can remember 80 personalised settings.

Press Menu (The Hand symbol).

It displays -00-, which is the default mode.

Press -. It displays 80.

Press - again. It displays 79 and so on.

Once you choose a mode number, you can set the heat level and time for that number. These values will be remembered. You can save your own settings for 80 modes.

Start Later Button:

After you choose a mode, press the Start Later button Set time from 30 mins to 24 hours. The cooking will start later as per the time set.

Keep Warm Button:

After you choose a mode, press the Keep Warm button. After cooking is done, the bot will switch over to low heat for the next two hours.

We have minimised the buttons and options to enable one click cooking. In most cases, just choose a mode. The bot handles everything else. It decides whether to keep warm or not, depending on the chosen mode.

For example the keep warm mode is not activated for the Veg mode as it would overcook the vegetables.

The Beeps:

One Beep: All is good. Bot is pressurised. Countdown starts.

Three beeps: The bot is not pressurised. Countdown starts.

Five beeps: Cooking is over. Let pressure settle. Keep Warm mode is switched on.

Ten beeps: Cooking is over. Release pressure to avoid overcooking.

Cooking with too little stuff & Gasket Misalignment

<https://youtu.be/5Cpr3tGKFGE>

These account for 99% of the CookBot problems reported so far. When you cook with too little stuff, you may experience charring or pressure release.

The pressure release is like the Gasket release in a manual pressure cooker. The steam inside is vented out. This is perfectly safe.

Gasket misalignment: Always check the gasket before you close the bot. This is slightly different from fixing the gasket in a stovetop pressure cooker. Pull the silicone nipple to remove the spoked ring. Remove the gasket, stretch it and fit it back again. Push the silicone nipple to fit the ring back. Stretching the gasket before every use is a good idea.

If you cook with a misaligned gasket, you might experience spewing or venting. You might also get moisture in your display. None of these are serious. In both cases, switch off, wipe dry and the bot is ready to be used.

Weights & Valves Maintenance: <https://youtu.be/aJMsLFaaWGI>

OPOS Primer

1. The OPOS Magic:

It took us 15 years, 780 blog posts, 26097 volunteers, 52 children, tonnes of provisions, 1208 files, 10411 Facebook posts, 5601 photos, 320 videos, millions of arguments, 1 dictator, 15 comedians, 1 world record, 4 restaurants, 16 chefs, 14 events and 22 corporate demos before the first OPOS book was published in 2018. We made more progress in the last one year than we did in the past 15 years. OPOS became a firm part of thousands of kitchens across the world. It is being shaped and refined by this vast community. You now hold the key to this magical world!

2. What is OPOS?

OPOS (One Pot, One Shot) is a set of scientific cooking techniques designed to unchain you from the kitchen, cut drudgery and empower anyone to cook confidently. All OPOS recipes use One Pot and all cooking is done at One Shot. No steps. No supervision. From pastas to paneer makhani, malai kofta to mysorepak, OPOS recipes are easier and faster than cooking instant noodles!

3. The OPOS Promise:

OPOS is a cleaner, greener, healthier, tastier and faster way to cook just about anything.

OPOS works for anyone, anywhere, anytime.

4. Why OPOS?

OPOS is Green. One pot to wash.

OPOS is Clean. Hygienic. Less of a mess.

OPOS is Fast. Fresh food in minutes.

OPOS is Liberating. No supervision.

OPOS is Healthy. Maximises nutrition.

OPOS is Flexible. Cook your way.

OPOS is Economical. Saves fuel and water.

OPOS is Tasty. Intense flavours.

OPOS is Transparent. Works for all.

OPOS is Consistent. Works every time.

OPOS is Universal. Cooks all cuisines!

5. Tried and Tested:

Every single OPOS recipe is debated, tested, fine tuned and validated hundreds of times by members of OPOS School and OPOS Support Group Facebook groups. The work of this passionate group of doctors, nutritionists, dietitians, bloggers, authors, chefs, food stylists, artists, homemakers, actors, scientists, caterers and many others continues to shape OPOS.

6. I was always OPOSing!

OPOS is not a fancy word for pressure cooking. Very few OPOS recipes follow the "dump all into a cooker" technique. Most OPOS recipes are built on PressureBaking, a brand new cooking technique developed for OPOS. PressureBaking is an OPOS technique of cooking food in its own juices, over high heat, for a very short time. PressureBaking is very similar to stir frying. It is much faster than normal pressure cooking. PressureBaking combined with other OPOS techniques is responsible for the intense colour, flavour, taste and textures of OPOS dishes.

7. OPOS Techniques:

Attalysis, Bottled tadka, Controlled evaporation, Controlled caramelisation, Cold Pressure Frying, Dum cooking, Emulsification, Hydro distillation, Inner pot cooking, Just Enough Liquid, Key building blocks, Layering, No prep cooking, Oil free cooking, PressureBaking, Queuing, Retained heat, Sugar Syrup hack, Use of staples, Very long marination, Xtra long storage, Yolk colour retention and Zoned PressureBaking are the key OPOS techniques powering all OPOS recipes.

8. OPOS vs. Tradition:

Traditional recipes were not designed for today's lifestyle. Many of us lack the time, skill and support to make traditional recipes work. OPOS replaces manual skill with the right equipment and technique. OPOS standardises cooking conditions to make all recipes work the same way for anyone, anywhere, anytime. Use standardised equipment and follow recipes to experience magic!

9. Equipment needed:

OPOS is about standardisation. Deskillng comes at a price. For OPOS recipes to work, you need to use standard equipment and standardised recipes.

10. Measures:

Use standard measuring cups, spoons (1C = 240 ml, 1tsp = 5 ml, 1Tbsp = 15 ml) and a kitchen scale. Use measuring cups for liquids and weighing scale for solids, especially in tricky recipes like sugar syrup.

11. Shopping list:

Starch: Rice, poha, vermicelli, pasta, noodles, puffed rice, rava, wheat flour, rice flour, millet, oats, sago.

Protein: Tur dal, mung dal, chana dal, chickpeas, kidney beans, green peas, gram flour, roasted gram, soya chunks, whole mung, sprouts, paneer, mushroom, chicken, mutton, other meats, fish, seafood and eggs.

Micronutrients: Onion, tomato, fresh vegetables, spinach.

Fats: Ghee, virgin oils (sesame, coconut, peanut), mustard oil, refined vegetable oils

Dairy: Butter, cream, milk, yogurt, condensed milk.

12. Shopping List 2:

Spice Box: garam masala, chilli, coriander, cumin, turmeric, asafoetida, sambar, pepper powders. Mustard, cumin, fenugreek, fennel seeds. Cardamom, cinnamon, bay leaf, cloves, ginger, garlic, kasuri methi, urad dal, dry red chilli.

Essentials: Salt, sugar, pickles, papad, tamarind, coconut, chilli, coconut milk, coconut milk powder, cashews, peanuts.

Optional: Cheese, almonds, raisins, sesame, saffron, cinnamon, Italian seasoning.

13. OPOS or not?

A recipe that is 'cooked' in one pot, at one shot and lives up to the OPOS promise, is an OPOS recipe. A salad where everything gets mixed in a single bowl is OPOS. A milkshake where everything gets blended at one shot is also OPOS. OPOS recipes need to work exactly the same way for anyone, anywhere, anytime. Else, they lose the OPOS tag.

14. Avoid trouble!

Use standard equipment and follow the recipe to the letter.

Never force open a pressurised pot.

If steam leaks or if you smell burning, switch off, check, add water and continue.

Watch videos (search for OPOS videos in Google/YouTube)

Join the OPOS Support Group on Facebook and follow discussions.

Download the OPOS Chef app for more recipes

Cuisine Free Lessons.

Pressure Baking Vegetables.

General pointers for pressurebaking all vegetables, known or strange:

1. Mix 'chopped' vegetables with salt, chillies, your favourite spice powders/ spice mix.
2. Let rest till it feels wet (5-10 mins).
3. Add to a Cookbot. Add a bit of water or oil if the vegetable feels dry (Not over 1/4C irrespective of the quantity).
4. Cook on Dveg/Veg. Release pressure.
5. Mix in whatever you like based on cuisine - tadka, grated coconut, crushed peanut, spiced lentil powder, roasted gram flour, cooked dal, fried onions etc.

How to chop?

Most vegetables to be chopped fine or into thin fingers.

Delicate veggies like Capsicum to be chopped big.

Broccoli/ cauliflower to be cut into bite sized florets.

Starchy veggies can be cut big if you like, but you need to let pressure settle.

Watery veggies (White pumpkin, bottle gourd, ridge gourd, mushroom,..) to be cut big to minimise water leakage.

Okra to be cut big to minimise sliminess.

Eggplant to be cut big to minimise mushiness.

Drumstick, Brussels sprouts to be split open if too thick.

How much quantity?

Minimum quantity: Around 250g

Maximum quantity: Around 1kg. As much leafy greens can be crammed in as possible.

What's the cooking time?

All vegetables irrespective of quantity, need to cook in DVEG & VEG mode. Else they end up over cooking. Pressure to be released for all vegetables.

Starchy veggies can be cooked like all other vegetables if they are chopped small. They can be cut big, but in that case pressure is not to be released. (Potato/ Yam/ Sweet potato/ Colocasia, Raw banana, Raw jackfruit)

Should we add oil?

Yes, if you want a roasted effect.

Should we add water?

Yes, if your vegetable feels dry.

Overcooked? Cut larger. Reduce cooking time.

Undercooked? Do the reverse.

Pressure baking dry vegetable curries

Take 3-4 handfuls of a finely chopped vegetable (around 250grams). Mix in a pinch or two of salt and a finely chopped green chilli. Optionally, you can also mix in a pinch or two of your favourite spice mix (Sambar powder, Garam masala, GG paste, readymade subji masala etc)

Mix well and let sit for 5-10 minutes till the vegetable feels moist. Add to a Cookbot. Ensure the bottom is completely covered. Cook on VEG mode. Release pressure. Mix all.

Add tadka/ grated coconut/ crushed peanuts/ roasted gram flour.

Tips:

1. If the vegetable is dry, add some water as buffer
2. If vegetables are overcooked, cut bigger next time or cook on DVEG.
4. You can use all vegetables in this lesson except Okra.
5. Do not use a mix of vegetables for this lesson. That comes later.
6. If you like a roasted effect, you can add some oil as buffer.

Pressure baking Juicy Vegetables.

1) Serves 1-2.

In a Cookbot, add 3-4 handfuls (250g) finely chopped beans to cover base mixed with chopped chilli, 1 pinch each salt, asafoetida, coconut oil. Rest for 10-15 mins till the beans feel wet. Cook on VEG mode. Release pressure. Mix in bottled tadka, grated coconut.

2) Serves 10-15.

In a Cookbot, add 1.1 Kg finely chopped beans mixed with chopped chilli, salt, asafoetida. Add 1/4C water. Cook on VEG mode. Release pressure. Mix in bottled tadka, coconut oil.

Tip : Add a buffer of 2-4Tbsp water if veggies are not juicy enough.

This is the template for all juicy vegetables (Artichokes, asparagus, baby corn, banana stem, beetroot, bitter gourd, broad beans, cabbage varieties, carrots, chayote, cluster beans, French Beans, ivy gourd, jicama, pointed gourd, radish, raw papaya, snake gourd, spiny gourd, squash varieties, turnip, winged beans, yard long beans and all other vegetables similar to these).

All these cook the same way. All these can be mixed and matched as long as the cut size is even.

Pressure baking delicate Vegetables.

Take 1.25kg of bite sized cauliflower florets. Mix in 2tsp salt, 1/4C chopped green chillies. Mix well. Rest 10 mins .

1) Serves 2.

In a Cookbot, add :

2Tbsp each (oil, water), 3-4 handfuls (250g) cauliflower to cover base. Mix. Cook on Dveg. Release pressure. Mix in bottled tadka.

2) Serves 10.

In a Cookbot, add 2Tbsp each (oil, water), 1 Kg cauliflower. Cook on Dveg. Mix. Release pressure. Mix in bottled tadka.

This is the template for all delicate vegetables (Broccoli, Capsicum, Fresh green peas and other vegetables similar to these).

All these cook the same way. All these can be mixed and matched as long as the cut size is even.

Pressure baking spinach

No water. No oil. Cooking food in its own juices.

Take 1.2kg of chopped spinach. Mix in 2tsp salt, 1/4C chopped green chillies.

1) Serves 2.

In a Cookbot, add 2 handfuls (250g) spinach. Cook on DVEG mode. Release pressure. Mix in 1Tbsp grated coconut, 1tsp bottled tadka.

2) Serves 8.

In a Cookbot, add 1kg spinach. Cook on DVEG mode. Release pressure. Mix in 2Tbsp grated coconut, 1Tbsp bottled tadka. Mix leftover water with gravies

Tip : Add 2Tbsp water as a buffer if spinach has not released water.

This is the template for all spinach varieties. All these cook the same way.

Pressure baking watery vegetables to minimise water leakage and shrinkage.

Take 1.2 kg of bite sized chopped ridge gourd with skin. Mix in 2Tbsp oil, 1/4tsp turmeric powder, 1/4tsp asafoetida, 1/4C chopped green chillies.

1) Serves 2.

In a Cookbot, add 2 handfuls (250g) ridgegourd. Cook on DVEG mode. Release pressure. Mix in 1/4tsp salt, 1tsp bottled tadka.

2) Serves 8.

In a Cookbot, add 1kg ridgegourd. Cook on DVEG mode. Release pressure. Mix in 2tsp salt, 1Tbsp bottled tadka.

Tip : Add 2Tbsp oil as buffer if the ridgegourd feels dry.

To avoid shrinkage & water loss, do not peel, cut into big chunks, mix in oil and do not mix in salt before cooking. This minimises osmosis leakage. Do not overcook, do not keep stirring to minimise mechanical damage.

Pressure baking leafy Vegetables.

Mix chopped cabbage (or any leafy vegetable) with salt, chopped green chilli. No buffer needed if the vegetable feels wet.

1) Serves 1-2

In a Cookbot, add 2Tbsp each (oil, water), 3-4 handful (250g) cabbage. Cook on DVEG mode. Release pressure. Mix in bottled tadka.

2) Serves 8.

In a Cookbot, add 2Tbsp each (oil, water), as much cabbage as you can cram (around 1Kg). Cook on high Dveg. Release pressure. Optionally, strain excess liquid. Mix in bottled tadka.

This is the template for all leafy vegetables (Cabbage varieties, leafy greens, spinach etc).

All leafy vegetables cook the same way. They can be mixed and matched together as long as cut size is even.

Pressure baking watery Vegetables.

Mix bite sized chopped white pumpkin (or any watery vegetable) with salt, turmeric, chopped green chilli.

1) Serves 1-2.

In a Cookbot, add 3-4 handfuls (250g) white pumpkin. Cook on VEG mode . Release pressure. No excess water. Mix in bottled tadka.

2) Serves 10.

In a Cookbot, add 1.5 Kg white pumpkin. Cook VEG mode. Release pressure. Strain excess liquid. Mix in bottled tadka. (Mix strained water with gravies/ serve as soup)

Tip : Add 2Tbsp oil as a buffer if the veggies have not released enough juices.

This is the template for all watery vegetables (White pumpkin, ridge gourd, mushroom, bottle gourd, Mangalore cucumber etc).

All watery vegetables cook the same way. All watery vegetables can be mixed and matched as long as the cut size is even.

Pressure Baking Okra

Wash & dry 1kg okra. Cut into bite sized bits. Let dry for a few minutes.

Mix in 1/4C oil, 2tsp chilli powder, 1/2tsp asafoetida.

1) Serves 1-2

In a Cookbot, add 2Tbsp oil, around 250g okra . Cook on DVEG. Release pressure. Mix in 1/4tsp salt, bottled tadka.

2) Serves 8.

In a Cookbot, add 2Tbsp oil, 800g okra. Cook on DVEG. Release pressure. Mix in 2tsp salt, bottled tadka. Optionally mix in spiced lentil powder/ roasted gram powder/ grated coconut/ roasted peanut powder to if you desire a driver texture. Shallow fry briefly if you want a roasted effect (optional).

The key to non slimy okra:

1. Ensure it is bone dry - after washing & after cutting.
2. Mix in oil to coat okra completely
3. Mix in salt after cooking.
4. Mix in dry powders after cooking.

Pressure baking eggplant

Take 1.25kg eggplant cut into bite sized bits. Mix in 2tsp chilli powder, 2tsp salt, 1/4C oil.

1) Serves 2.

In a Cookbot, add 2Tbsp oil, 2 handfuls (250g) eggplant. Cook on high for VEG mode. Release pressure. Mix in bottled tadka.

2) Serves 10.

In a Cookbot, add 2Tbsp oil, 1kg eggplant. Cook on VEG mode. Release pressure. Mix in bottled tadka.

Pressure baking starchy Vegetables.

1) Minimum quantity 250g. Serves 1-2

In a Cookbot, add 2Tbsp each(oil, water), 3-4handfuls (250g) potato cut small to cover base mixed with chopped chilli, 2 pinches pinch each salt, turmeric powder. Cook on VEG mode. Release pressure. Mix in bottled tadka. (No buffer needed if vegetables feel wet while loading)

2) Maximum quantity: 1.5Kg. Serves 10-15.

In a Cookbot, add 2Tbsp oil, 1/2C water, 1.5Kg chopped potato mixed with chopped chilli, salt, turmeric. Cook on VEG mode. Release pressure. Mix in bottled tadka.

This is the template for all starchy vegetables (Sweet potato, raw banana, tapioca, yam, colocasia, raw jackfruit and all other vegetables similar to these). For itchy vegetables, let soak in an acidic liquid (buttermilk/ tamarind water) & cook with tamarind paste to minimise itchiness.

All these cook the same way. All these can be mixed and matched as long as the cut size is even.

Pressure baking drumsticks

Cut 1.25kg drumsticks into finger length bits. Split into half.

Mix in 2tsp chilli powder, 2tsp salt, 1/2tsp asafoetida

1) Serves 1-2

In a Cookbot, add 2Tbsp water, 3-4 handfuls(250g) drumsticks. Cook on VEG mode. Release pressure. Mix in bottled tadka.

2) : Serves 10

In a Cookbot, add 2Tbsp water, 1kg drumsticks. Cook on VEG mode. Release pressure. Mix in bottled tadka.

Basic Lessons

Pressure Baked Beans

<https://youtu.be/dZGm8h4nty0>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C chopped beans (500g) mixed with 1 slit green chilli, 1/2tsp salt.

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open & mix all.

Replace / Supplement:

Beans with your favourite juice vegetables (carrots / beetroots)

Tips :

Keep the vent open if you face venting from the sides.

Can add tadka / grated coconut to convert into SI poriyal.

Can add garam masala in Layer 3 to convert to NI subzi.



Pressure Baked Raw Banana

<https://youtu.be/VrmoQO-9Q6w>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1Tbsp oil

Layer 2: 4C chopped raw banana mixed with 1tsp each (cumin powder, chopped green chillies), 1/2tsp salt.

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all. Add 1/2tsp crushed pepper

Replace / Supplement:

Raw banana with Potatoes / Sweet potatoes

Pepper, cumin with your favorite spice mix

Tips:

Keep the vent open if you face venting from the sides.

Undercooked? Cut smaller. Overcooked? Cut larger.



Pressure Baked Cauliflower

<https://youtu.be/L4bFsBl4FWo>

Recipe:

In a CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 500g medium sized cauliflower florets mixed with 1tsp each (oil, chilli powder, garam masala), 1/2tsp salt.

Close. Click **Menu >> + >> dVEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all.

Replace / Supplement:

Cauliflower with your favourite delicate vegetables

Spice powders mentioned with your favourite spice mix

Tips:

Keep the vent open if you face venting from the sides.

Skip water for roasted effect and increase oil.

Smaller cauliflower florets can turn mushy.

Add more masala if you like.

Vary cut size to vary texture.



Pressure Baked Soups

https://youtu.be/_VtuKag8D_I

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 500g mixed vegetables (Carrots, potatoes, sweet corn) chopped small & mixed with 1tsp each (salt, pepper).

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure.

Open, blend with 2C milk.

Replace / Supplement:

Pepper with your favorite spice mix.

Milk with Cream/ stock / water.

Tips:

Keep the vent open if you face venting from the sides.

Can use carrot/ potato/ squash/ broccoli/ cauliflower/ sweet corn/ mushroom



Boiled Eggs

<https://youtu.be/JzuO9gt2cak>

Recipe:

In the CookBot, add 1/2C water, 4-8 eggs.

Close. Click **Menu >> + >>EGG. Vent closed**

Once the bot beeps and displays LO,

- Release pressure & peel for soft boiled eggs
- Let pressure settle & peel immediately for medium boiled eggs
- Let pressure settle and allow eggs to cool completely for hard boiled eggs

Tips :

For V1 & V2: **Menu >> + >> LO (Low) Timer >> 3 mins.**



Legumes / Large Dals

Chickpeas

Prep: Soak 1C chickpeas overnight. Drain

Recipe:

In the CookBot, add soaked and drained beans, 2C water (Water enough to cover the chana), 1/4tsp salt, 1/8tsp baking powder

Close. Click **Menu >> ++>>bEAN. Vent closed.**

Once the bot beeps and displays LO, let pressure settle. Open, drain excess water.

Replace / Supplement:

Channa with white peas

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Tough dals / darker varieties need longer soaking / cooking time. Use PLO mode if you need a really mushy texture.

Baking powder is optional.



Desi Channa

OPOSChef App Recipe ID# 11433

Preparations:

1. Soak 500g desi channa in water overnight. Drain.

Recipe:

In a Cookbot, add:

1. Add soaked & drained desi channa, 4C water.

Ensure the vent is closed.

Click Menu >> **BEAN Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open & serve.

Tips :

1. Desi channa doubles after soaking. It weighs 5C (1050g).
2. Add enough water to cover the channa.
3. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins in V1 & V2



Rice

<https://youtu.be/IKU9soSPfcM>

Recipe:

Soak 1C (raw / boiled / basmati) rice in water for 1 hour. Drain.
In the CookBot, add rice, water (see below).

Close. Click **Menu >> + >>RICE. Vent closed**

Once the bot beeps and displays LO, let pressure settle. pOpen, fluff up.

Water Ratio:

Raw rice: 2.5C water

Parboiled rice: 2.5C water

Basmati: 1.25C water

Replace / Supplement:

Rice with millets

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Vary water ratio depending upon type / variety of rice used

Ultra Soft Rajma

OPOSChef App Recipe ID# 11432

Preparations:

1. Soak 750g black rajma in water overnight. Drain.

Recipe:

In a Cookbot, add:

1. Add soaked & drained rajma, 4.5C (1060g) water, 1/4tsp baking soda (optional).

Ensure the vent is closed.

Click Menu >> **BEAN Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open & serve.

Tips :

1. Rajma doubles after soaking. It weighs 9C (1600g).
2. Add enough water to cover the rajma.
3. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins in V1 & V2.



Staples

Bottled Tadka

<https://youtu.be/4nJ5ISjd7Mw>

Recipe:

In the CookBot, add 1C oil.

Close. Click **Menu >> Heat >> + >> HIGH and Timer >> + >> 1minute. Vent open.** Once the bot beeps and displays OFF, release pressure, if any. Open carefully. Add 1/4C mustard, 1/2C (20g) torn dry red chillies.

Carefully, remove the inner vessel from the bot and transfer the tadka to a clean and dry bowl (to prevent further cooking due to retained heat). Let cool and bottle.

Tips:

Do not change anything the first time.

Exercise caution as this recipe involves use of hot oil



Bottled Tadka with Lentils

<https://youtu.be/GR5gTxTgv7g>

Recipe:

In the CookBot, add 1C oil, 2Tbsp each (urad dal, channa dal).

Close. Click **Menu >> + >> Heat >> HIGH and Timer >> + >> 1 minute. Vent open.** Once the bot beeps and displays OFF, release pressure, if any. Open carefully. Add 1/4C mustard / cumin, 1/2C (20g) torn red chillies.

Replace / Supplement:

Mustard / Cumin with your favourite tadka spices

Tips:

Remove the vessel out of the CookBot quickly to prevent ingredients from getting darkened due to retained heat

Let cool and store



Bottled Tadka - Mughlai

https://youtu.be/eV_5CRgxQ4A

Recipe:

In the CookBot, add 1C oil.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 1 minute. Vent open.**

Once the bot beeps and displays OFF, release pressure, if any.

Open, mix in 3 bay leaves, 1" cinnamon, 3 cloves, 1 star anise, 2 each (mace, crushed green cardamom, black cardamom), 1Tbsp fennel seeds.



Caramelised Onions

<https://youtu.be/uism1-NRs2Y>

Recipe:

In the CookBot, add 1/4C oil, 500g onion petals. Mix well to coat all onion petals with oil.

Close. Click **Menu >> + >> CARA mode. Vent open.**

Once the bot beeps and displays OFF, release pressure, if any. Open, mix all. Close & let it sit in retained heat for 15-20 minutes.

Tips :

If your onions are watery, cook longer.

Do not use huge chunks of onion pieces or sliced onions or grated onions or onion paste.



Caramelised Tomatoes

<https://youtu.be/jZSnp5VN6Dk>

Recipe:

In the CookBot, add 1/4C oil, 500g small whole tomatoes in a single layer. Mix all.

Close the lid.

Click **Menu >> + >> Heat >> HIGH and Timer >> 10 minutes. Vent open.**

Once the bot beeps and displays LO, release pressure, if any. Open, drain excess oil, mash all.

Tips:

Blend for a smoother texture.

Can filter if needed.

Can cook longer if tomatoes are more juicy or for deeper caramelisation.



Cooked Dal

<https://youtu.be/leZUUmKc2s>

Prep: Soak 1C Tuvar Dal in water for at least 1 hour or till it doubles in volume. Drain.

Recipe:

In a CookBot, add dal, 2C water (Water enough to cover the dal), 1Tbsp oil

Close. **Click Menu >> + >>DAL. Vent closed**

Once the bot beeps and displays LO, let pressure settle. Open, mash, let cool & store.

Replace / Supplement:

Tuvar Dal with your favourite lentils

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can add whole tomatoes, roasted spice powders to convert this into cooked dal bases/curries



Ginger - Garlic Paste

<https://youtu.be/mj2MIQ3AcDQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C (125g) each (chopped ginger, peeled garlic). Mix all.

Close. Click **Menu >> + >>VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open. Let cool and blend to a smooth paste.

Tips:

Refrigerate or freeze for a longer shelf life.

Can add 1/8tsp turmeric powder while cooking

Optionally can blend with 2tsp vinegar for longer shelf life



Paneer

App id 9901

Recipe:

In the CookBot, add 2L full fat milk, 4Tbsp (1/4C) white vinegar

Close. Manually set, **Menu >> + >> Heat >> Low and Timer >> 3 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle completely.

Open, filter out solids. Place in a colander and keep a weight over it, to let whey water drain away. Will set in an hour.

Replace / Supplement:

Vinegar with lime juice / sour yogurt / sour buttermilk

Tips:

Can add herbs / spices to make masala paneer

Use the whey in curries / soups for kneading dough

Optionally can knead before moulding paneer. Give a quick pulse in a mixer grinder after draining to distribute moisture uniformly.

Can scale down proportionally.



Tamarind Paste

<https://youtu.be/xWECVsjEego>

Recipe:

In the CookBot, add 250g deseeded, defibered raw tamarind, 2C water (to cover the tamarind).

Close. Manually set, **Menu >> + >> Heat >> Low and Timer >> 4 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, strain, mash, filter, let cool & store.

Tips:

Can mix in spice powders to make spiced tamarind paste



Milk

Recipe:

In the CookBot, add 500ml to 2L milk.

Close. Click **Menu >> + >> Heat >> Low and Timer >> DVeg. Vent closed.**

Once the bot beeps and displays LO, let pressure settle and open. Or gently release pressure and open.

Tips:

Ensure proper placement of Gasket / Lid.

Misalignment of gasket / lid can cause spewing.

In case of spewing, stop cooking.



North Indian Curry Base

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 250g onion petals, 250g whole small tomatoes (touching the base), 1/4C chopped beetroot (optional), 1/4C each roughly chopped (ginger, garlic), 15 green chillies, 1tsp salt. Mix all.

Close the lid.

Click **Menu >> + >> VEG mode. Vent Open.**

Once the bot beeps and displays OFF, Release Pressure, if any. carefully open the lid, mix & blend. Bottle & use as curry base.

Replace / Supplement:

Onion petals with shallots

Tips:

If tomatoes are big, half, deseed them and use.

Do not use chopped or sliced onions as they burn faster.

Can increase or decrease the green chillies as per the needed spice level.

Beetroot is added for the bright colour. Can skip if needed.



Attalysis of Non Gluten Flour

https://youtu.be/v_FZl3Z5o_A

Recipe:

In a CookBot, add 2C water, 1/2tsp salt and 2tsp oil.

Close Click **Menu >> + >> Heat >> Low and Timer >> 2 minutes. Vent closed.**

Once the bot beeps and displays LO, gently release pressure by turning the vent to right or left. Open, mix in 1C rice/millet flour. Put the inner vessel back again and close the CookBot. Allow to cook in retained heat for 10-15 minutes. Open and knead briefly. Roll into desired shapes for kozhukattai or extrude to make idiyappam.

Tips:

1C non-gluten flours can absorb nearly 1.5C to 2C water

Can use roasted or double roasted and/ steamed flour



Starches

Breakfast / Dinner Recipes

Achari Semiya

<https://youtu.be/vZOtWy8cP6U>

Recipe:

In the CookBot, add 2C (200g) roasted vermicelli, 2Tbsp mango pickle, 1Tbsp oil, 2C water (to cover the vermicelli), 1/4tsp salt (optional). Mix all.

Close. Click **Menu >> + >>PULA. Vent closed.**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Mango pickle with your favourite pickle

Vermicelli with Indian pasta

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can add your favourite vegetables like potato/ corn/ mushrooms; avoid delicate veggies.

If undercooked, cook longer/ do not release pressure.

Reduce water for a grainier texture. Increase water for a mushier texture.



Idlis

Prep: Grease button idli moulds with a drop of oil. Fill in 1Tbsp idli batter in each cavity.

Recipe:

In the CookBot, add 1/2C water. Place idli plates filled with batter (over a trivet). Close. Click **Menu >> + >> Heat >> Low and Timer >> 2 minutes. Vent closed.**

Once the bot beeps and displays OFF, let pressure settle. Open, remove the plates. Let cool, unmould / scoop the idlis out.

Replace / Supplement:

Can add different podis to batter for flavoured idlis

Tips:

Do not overfill the moulds.
If undercooked, cook longer.
Use only button idli moulds.

Instant Noodles

<https://youtu.be/TreU6NCeEj8>

Recipe:

In the CookBot, add 2 packs instant noodles, 2C water, tastemaker
Close. Click **Menu >> + >>DVeg>>Vent closed.**

Once the pin pops up, immediately release pressure by turning the vent to left or right.
Open, mix all.

Replace / Supplement:

Tastemaker with your favourite spice mix
Instant noodles with pasta/ vermicelli

Tips:

If you face venting, use low heat (1 minute) or keep vent open
Can add more water to convert to soupy consistency



Kanda Batata Poha

Prep: Wash and Drain 2C thick poha.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (water, oil)

Layer 2: 1.5C (200g) potato chopped small mixed with 1/2tsp salt, 1/8tsp turmeric, 2 chopped green chillies

Layer 3: 2Tbsp caramelised onion

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix in 2C poha, 1tsp lemon juice, 1/4C roasted and crushed peanuts, 1Tbsp bottled tadka. Keep covered for 5 minutes.

Replace/Supplement:

Rice flakes with other cereal flakes

Onion with shallots

Turmeric with your favourite spice mix

Tips:

If you face venting, keep the vent open and add 2Tbsp extra water in L1.

Thin poha need not be washed.

Ensure poha is well drained and not clumpy.

Increase buffer if there is any burning



Khara Bhath

<https://youtu.be/fWWljSuKLfI>

Recipe:

In the CookBot, add:

3Tbsp oil, 3C water, 1C potatoes, 1/4C each caramelised (onions, tomatoes), 1tsp each (salt, chilli powder, garam masala, coriander powder), 1/4tsp turmeric powder

Close. Click **Menu >> + >>PULA. Vent Closed.**

Once the bot beeps and displays LO, release pressure by the vent to left or right.

Gradually mix in 1C double roasted rava, 2Tbsp roasted cashews (optional). Close and let rava cook in retained heat for 10 minutes. Open, mix in 2tsp lemon juice, 1Tbsp each (bottled tadka, chopped cilantro).

Replace / Supplement:

Double roasted rava with double roasted very fine wheat rava

Can mix in grated carrots/ finely chopped capsicum/ fresh green peas with rava to cook in retained heat

Garam masala / coriander powder with vangi bath powder / favorite spice mix

Potatoes with other starchy / tough vegetables like corn/ ivy gourd...

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can add a dash of ghee for extra flavor



Kothu Parotta

<https://youtu.be/NyunsiAhsVE>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1.5C onion petals, 3 small whole tomatoes, 1tsp each chopped (ginger, garlic), 5 curry leaves, 1 chopped green chilli. Mix all.

Layer 3: 1/2tsp each (salt, garam masala, chilli powder).

Close the lid. Manually set, **Menu >> + >> VEG mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure, if any. Open. Mash the tomatoes. Mix all with 3C (250g) finely chopped parotta.

Replace / Supplement:

Parotta with bread/ chapati /poha / puffed rice

Garam masala with your favourite spices

Onion with Shallots

Tips:

Can increase buffer or reduce the cooking time if there is burning

Can mix in nuts/ chips

Can increase/ decrease spices as per preference

Can use any ready to eat starch



Millet Semiya

<https://youtu.be/gvVRJIEWnBY>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp oil

Layer 2: 2C (250g) chopped mixed vegetables mixed with 1tsp each (salt, chopped green chilli)

Layer 3: Washed & drained 180g millet semiya (thin variety) (Soak briefly if needed)

Layer 4: 1tsp curry powder

Close. Click, **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps & displays OFF, release pressure. Open, fluff up.

Replace / Supplement:

Curry powder with your favourite spice mix

Millet semiya with instant rice vermicelli / quick cooking oats / instant noodles / poha

Tips:

If you face venting, increase the buffer.

Use thin variety semiya; Thick varieties of starches might need to be briefly (10-15mins) soaked in water and drained



Oats Pulav

<https://youtu.be/WmDFODUkY3I>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C(250g) chopped mixed vegetables mixed with 1tsp OPOS Ginger-Garlic paste, 1/2tsp salt, 1/4tsp turmeric powder, 2 chopped green chillies,

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps & displays OFF, release pressure. . Open, mix in 1C quick cooking oats, 1tsp bottled tadka.

Replace/Supplement:

Oats with other cereal flakes

Peas with sprouts/ paneer/ tofu

Tips:

If you face venting, keep the vent open and add 2-3Tbsp extra water in L1.

Can use roasted quick cooking oats for a nuttier flavor.

Can increase water for a mushier texture.

Wash and drain oats for softer texture



Rava Pongal

https://youtu.be/zRku_yDKwnw

Prep: Soak 1/4C split mung dal in water for 1 hour. Drain.

Recipe:

In a CookBot, add 2C water, mung dal, 1Tbsp ghee, 1/2tsp each (salt, crushed pepper, cumin, chopped ginger), 1/8tsp turmeric.

Close. Click **Menu >> + >> DAL. Vent closed**

Once the bot beeps and displays LO, release pressure gently, by pressing the center black button. Open, gradually mix in 1/2C double roasted rava. Close and let rest for 15 minutes (No further heating needed).

Replace/Supplement:

Rava with other similar sized grain grits

Mung dal with soaked tuvar/masoor dal

Raw dal with roasted dal

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Vary quantity of water to vary texture.

If you don't get pre roasted rava, dry roast the rava. Let cool. Roast again.

Can mix PressureBaked vegetables.



Rava Upma

<https://youtu.be/tNRUjtPTK9s>

Recipe:

In the CookBot, add 1Tbsp ghee, 1tsp each (salt, chopped ginger), 2 chopped green chillies, 15 curry leaves, 3C water.

Close. Click **Menu >> + >> PULA. Vent closed.**

Once the bot beeps and displays LO, gently release pressure by turning the valve to left or right. Open, mix in 1/2C double roasted rava. Close and let rava cook in retained heat for 15 minutes. Keep the bot closed. No further heating needed.

Open, mix all and serve. Can add 1Tbsp bottled tadka.

Replace / Supplement:

Double roasted rava with very fine wheat rava grits

Green chilli with red chilli

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Increase or decrease water to achieve desired texture.

The ratio can vary from 1:2 to 1:7 for rava : water

Uggani

<https://youtu.be/vPV8cmzaYpk>

Puffed Rice Upma

Prep: Wash 4C puffed rice and squeeze the water immediately. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1.5C onion petals, 3 small whole tomatoes, 5 curry leaves, 1 chopped green chilli. Mix all.

Layer 3: 1/2tsp each (salt, OPOS Ginger-Garlic paste), 1/4tsp turmeric.

Close. Manually set, **Menu >> + >> VEG mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure if any. Open. Add 3Tbsp roasted gram (pottukadalai) powder, drained puffed rice, 1/4C each (roasted peanuts, chopped coriander leaves). Add 1tsp each (lemon juice, bottle tadka).

Replace / Supplement:

Green chillies with red chilli powder

Fried gram powder with spiced lentil powder

Can add 1/4tsp tamarind paste on layering instead of lemon juice

Tips:

Can increase buffer or reduce the cooking time if there is burning

Use thick variety puffed rice and not the thin/ flaky variety puffed rice

Can add a Tbsp grated coconut for additional flavour.

Can use deeseeded tomato cups if tomatoes are big.



Ven Pongal

<https://youtu.be/JoAmCEyDrOw>

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

Recipe:

In the CookBot, add 4C water, 2Tbsp each (ghee, cashews), rice, dal, 10 curry leaves, 2tsp each (chopped ginger, cumin, crushed pepper), 1tsp salt.

Close. Click **Menu >> + >> PORR. Vent closed.**

Once the bot beeps, and displays LO, let pressure settle. Open, mash all.

Replace / Supplement:

Mung dal with your favourite lentils

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 7 mins.**

Can increase water or mix in more water to dilute to desired consistency

Can add more ghee for extra flavor

Can roast rice, dal, cashews for nuttier flavor



Vermicelli Upma

<https://youtu.be/wBlqhh94ZU>

Recipe:

In the CookBot, add the following:

2C each (Roasted vermicelli, water), 2 slit chillies, 1/4tsp turmeric powder, 1/2tsp each (salt, chopped ginger)

Close. Click **Menu >> + >> PULA. Vent Closed.**

Once the bot beeps & displays OFF, release pressure by turning the vent to left or right.

Open, mix with 1Tbsp bottled tadka (optional)

Replace / Supplement:

Green chillies, ginger with your favourite spices

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Use roasted vermicelli. Unroasted / thin vermicelli can go mushy



Lunch / Meals

Corn Methi Pulav

<https://youtu.be/U52dIRh8-jc>

Prep: Soak 1C Basmati rice in water for 1hour. Drain.

Recipe:

In the CookBot, add 1Tbsp each (oil, ghee), 1.5C water, 1/2C each (corn, chopped tomato), 1tsp OPOS Ginger-Garlic paste, 1/4C caramelized onions, 1tsp each (red chilli powder, garam masala), 1/8tsp turmeric powder, 1.5tsp salt, 1Tbsp kasuri methi. Gently mix.

Close. Click **Menu >> PULA. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle.

Open, fluff up.

Replace / Supplement:

Corn with sprouts

Garam masala with your favourite spice mix

Caramelised onion with fried onions

Kasuri methi with your favourite dried herbs

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Do not mix vigorously when rice is hot. This can make long rice grains break apart.



Daliya Khichdi

OPOSChef App Recipe ID#11594

Dum Noodles

<https://youtu.be/ciNCPgG8Cjw>

Prep: Crush, wash & drain, 100g normal noodles. Mix with 1tsp each (soy sauce, chilli sauce, vinegar, ketchup)

Mix 250g chopped vegetables (carrots, beans) with 1/4tsp salt.

Recipe:

In the CookBot, add:

- 1: 1/2C water
- 2: 1/2C each (carrot, beans)
- 3: Noodles
- 4: 1C (125g) chopped vegetables

Close. Click **MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all and fluff up.

Replace / Supplement:

Carrot, beans with your favourite vegetables

Sauces mentioned with your favourite spice mix

Tips:

Some varieties of noodles may need to be briefly soaked in water (10-15mins) and drained before layering



Empty Biryani

<https://youtu.be/DeJZLUYUjjM>

Prep: Soak 500g basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add 1/2C oil, 2.5C water, 1/4C each (caramelised tomato, caramelised onion, mint), 3Tbsp biryani masala, 2Tbsp OPOS Ginger-Garlic paste, 6 green chilli, 1Tbsp salt, Soaked rice.

Close. Click **Menu >> + >> PULA. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open after 10 mins, fluff up, add 2Tbsp ghee and serve

Replace / Supplement:

Biryani masala with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can vary spices and additives for different kinds of biryani

Water ratio slightly varies with quality of rice used



Ghee Rice

<https://youtu.be/vnNnEj0GBcc>

Prep: Soak 1.5C Basmati Rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add 2Tbsp ghee, 2.25C water, 1Tbsp Mughlai Tadka, 1tsp OPOS Ginger-Garlic Paste, 1/4tsp garam masala (optional), 5 mint leaves, 1 Pandan leaf (optional), rice, 1.25tsp salt, 1Tbsp fried onions. Mix gently.

Close. Click **Menu >> + >> PULA. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open. Mix 1Tbsp chopped coriander leaves.

Replace / Supplement:

Mint/ Pandan leaf with your favourite herbs

Mughlai Tadka with your favourite tadka

Garam masala with your favourite spice mix

Fried onions with caramelised onions

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Do not mix vigorously when the rice is hot. Long rice strands can break.



Jeera Methi Pulav

<https://youtu.be/xZILqHd55VQ>

Prep: Soak 1C Basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, 1C water, 1Tbsp ghee, 1tsp each (salt, cumin), 1/4tsp each (crushed pepper, turmeric), 2Tbsp kasuri methi, 2tsp OPOS Ginger-Garlic paste, 1 slit green chilli.

Close. Click **Menu >> + >> RICE. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Kasuri methi with your favourite dried herbs

Spices mentioned with your favourite spices

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Water ratio may vary with different brands / types of rice



Mac n Cheese

<https://youtu.be/FpZYsC7yP2A>

Recipe:

In the CookBot, add 1C pasta, 1C water just enough to cover the pasta, 1/4tsp salt

Close. Click **Menu >> + >>RICE. Vent Closed.**

Once the bot beeps and displays LO, release pressure by turning the vent to right or left. Open, mix all with 3Tbsp cheese, 1/2tsp oregano and serve

Replace / Supplement:

Oregano with your favourite seasoning

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Indian pasta cooks faster.

Hard / durum wheat pasta needs to be soaked briefly in water (10-15minutes)



Millet Biryani

Prep: Mix 500g chopped mixed vegetables (soaked and drained soya chunks, raw jackfruit, corn, chopped baby potatoes, sprouts), 1C yogurt, 1/4C each (chopped mint, caramelised onions), 1.5Tbsp biryani masala, 1.5tsp salt, 2tsp OPOS Ginger-garlic paste, 2 slit green chillies, 1/4tsp Kashmiri chilli powder.
Soak 1.5C millets in water for 30 minutes. Drain.

Recipe:

In the CookBot, add: 2Tbsp oil, 1.25C water, 1/2C (125g) chopped tomato, Millets, Spiced vegetables.

Close. Manually set, **Menu >> + >> Low and Timer >> + >> 10 minutes. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Biryani masala with your favourite spice mix

Yogurt with coconut milk

Tips:

The soaking time varies with the millet used.

Millet Pongal

<https://youtu.be/-LG8LXK3QUs>

Prep:

Soak 1C millet, 1/2C mung dal in water for 30 minutes. Drain.

Recipe:

In the CookBot, add millet, mung dal, 2tsp each (crushed pepper, cumin), 1tsp chopped ginger, 10 curry leaves, 1.25tsp salt, 2C water.

Close. Click **Menu >> + >>PORR. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1C milk / water, 1Tbsp ghee.

Replace / Supplement:

Millet with your favourite grains

Mung dal with your favourite lentils

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 7 mins.**

Increase water to preferred consistency

Can garnish with ghee roasted nuts



Millet Rasam Saadham

<https://youtu.be/h3umZJo4uiE>

Prep: Soak 1C millets, 1/4C tuvar dal in water for 1 hour. Drain.

Recipe:

In the CookBot, add millets, dal, 2.5C water, 1C chopped tomatoes, 2tsp each (rasam powder, OPOS Tamarind paste), 1tsp salt, 5 curry leaves, 1/4tsp each (turmeric, asafoetida), 1Tbsp ghee

Close. Click **Menu >> + >> Heat >> Low and Timer >> 4 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle. Open, mix all. Optionally mash, add tadka and garnish with 2tsp chopped cilantro

Replace / Supplement:

Rasam powder with your favourite spice mix

Tuvar dal with your favourite lentils

Tips:

Can mix in extra water after cooking to desired consistency



Morekali

<https://youtu.be/2MxhnzdJgak>

Rice flour - yogurt batter cake

Prep: In a bowl, add 1C each (rice flour, thick yogurt), 1/2C water and whisk well without lumps. Add 1tsp salt, 1 chopped green chilli, 2 torn yogurt chillies, 4-5 curry leaves, 1Tbsp sesame oil.

Recipe:

In the CookBot, add 1.5C water. Place a greased inner vessel and add the batter into it. Close the inner vessel with a lid.

Close. Manually set, **MENU >> + >> Heat >> Low and Timer >> 20 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, remove the lid. Unmould / Mix. Mix 1Tbsp bottled tadka and serve as a fudge or thick porridge.

Replace / Supplement:

Rice flour with millet flour

Tips:

Cook longer for firmer fudge

Sour yogurt is preferred



Mushroom Biryani

<https://youtu.be/H0K1lkaZzqM>

Prep: Soak 2C (400g) basmati rice in water for 30 mins. Drain.

Mix 500g mushroom, 1/2C yogurt (130g), 3Tbsp Biryani masala (30g), 2Tbsp OPOS
Ginger-Garlic paste (50g), 1/4C each (mint (20g), caramelised onions(60g)), 1tsp salt, 4
green chillies.

Recipe:

In the CookBot, add:

- 1: 1/4C oil
- 2: 1/2C tomato, 1C water
- 3: Half the spiced mushroom
- 4: Drained basmati rice mixed with 1tsp salt
- 5: Spiced mushroom to cover rice completely

Close. Manually set, **Menu >> + >> Low and Timer >> + >> 10 minutes. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Oil with ghee

Biryani masala with your favourite spice mix

Mushroom with Tomatoes

Tips:

Do not use delicate vegetables (like carrots, beans, peas, cauliflower etc...), as they overcook.

Can increase water quantity if you like your rice softer.

Use low mode if scaling down



No Water Pasta Arrabiata

<https://youtu.be/Tn36Q7f-NqA>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 12 garlic cloves, 2C sliced tomatoes

Layer 3: 2C Pasta

Layer 4: 1Tbsp each (Kashmiri chilli powder, salt)

Layer 5: 2C sliced tomatoes to cover pasta

Close. Click **Mode >> + >> RICE. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open. Mix all.

Replace / Supplement:

Tomatoes with Mushrooms

Kashmiri chilli powder with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Can add dried herbs / Italian seasoning

Some varieties / Italian Pasta needs to be soaked briefly in water and drained



Papad Pickle Pulav

https://youtu.be/QU83bT4r_Os

Prep: Soak 1C Basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, 1/4C each (pickle, torn raw papad), 1/2tsp (optional) salt. Add 1.25C water.

Close. Click **Menu >> + >> RICE. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open after pressure settles, fluff up and serve.

Replace / Supplement:

Rice with soaked millets/ oats/ grits

Papad with soya chunks/ paneer/ sprouts/ bhujia

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Ideal as travel/ camping food

Remember pickles can be used as concentrated spice pastes.



Potato and Chana Biryani

Prep:

Wash and soak 1.5C basmati rice in water for half an hour. Drain.

Take 225g cooked Kabuli Chana, 275g sliced baby potatoes. Marinate with 1/2C yogurt, 1/4C each (caramelised onions, mint leaves), 2tsp each (biryani masala, Ginger-Garlic Paste), 2 slit green chillies, 1.5tsp salt, 1/2tsp Kashmiri red chilli powder. Mix well.

Recipe:

In the CookBot, add:

- 1: 2Tbsp ghee, 1.5C water
- 2: 1/2C chopped tomatoes
- 3: Half the marinade
- 4: Rice
- 5: Remaining marinade

Close. Manually set, **Menu >> + >> Heat >> Low and Timer >> 10 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open. Transfer the biryani to a broad container and fluff it up gently.

Add 2Tbsp fried onions (optional) and 1Tbsp chopped coriander leaves.

Replace / Supplement:

Kabuli chana with Black Chana

Baby potatoes with regular potatoes

Biryani masala with any other spice powders of your choice

Tips:

Can add roasted nuts for additional flavour

Serve with raita and papad



Ragi Mudde

Finger Millet flour balls

Recipe:

Attalysis of Ragi Dough:

In the CookBot, add 2C water, 1/2tsp salt, 2tsp oil.

Close. Click **Menu >> + >> Heat >> Low and Timer >> 2 minutes. Vent closed.**

Once the bot beeps and displays LO, release pressure by turning the valve to right or left. Open, mix in 1C roasted ragi flour. Mix well without lumps or dry flour. Keep closed for 5 minutes. Open, add 1 tsp oil. Mix well and shape into small balls/ mudde. Line them on a greased plate.

Cooking Mudde:

In the Cookbot, add:

1C water, Plate with Ragi Mudde on trivet.

Close. Click **Menu >> + >> Low mode >> 5 mins. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open. Serve.

Replace / Supplement:

Ragi with other non gluten flours.

Tips:

Water ratio varies with flour. Fresh flours give better results.



Rice

<https://youtu.be/IKU9soSPfcM>

Prep:

Soak 1C (raw / boiled / basmati) rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, water (see below).

Close. Click **Menu >> + >> RICE. Vent Closed**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up.

Water Ratio:

Raw rice: 2.5C water

Parboiled rice: 2.5C water

Basmati: 1.25C water

Replace / Supplement:

Rice with millets

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Vary water ratio depending upon type / variety of rice used



Sambar Rice

<https://youtu.be/rCtiOA8VOsE>

Prep: Soak 1C boiled rice, 1/2C tuvar dal in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, dal, 4C water, 1/2C chopped tomatoes, 1/4C caramelised onions/ shallots, 1/2tsp turmeric powder, 1Tbsp sambar powder, 2tsp each (salt, OPOS tamarind paste), 1/4tsp asafoetida, 5 curry leaves, 2 green chillies.

Close. Click **Menu >> + >> PORR. Vent Closed**

Once the bot beeps, displays LO, let pressure settle.

Open, mash with 1/2C water. Optionally, add tadka.

Replace / Supplement:

Sambar powder with your favourite spice mix

Tamarind paste with your favourite souring agent

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 7 mins.**

Vary water ratio after cooking to vary texture

Adjust water after cooking to bring it to desired consistency



Semiya Dum Biryani

<https://youtu.be/UM0o2lqi5No>

Soya mushroom Vermicelli biryani

Prep: Soak 1/2C Soya chunks for 30 mins. Squeeze & drain. Mix 1C sliced mushroom, 1/2C each (yogurt, caramelised onion, caramelized tomato), 3Tbsp biryani masala, 2Tbsp OPOS Ginger-Garlic paste, 4 whole green chillies, 1/4C chopped mint leaves, 1.5Tbsp salt.

Recipe:

In a CookBot, add: 1/4C oil, 3C roasted semiya, 3C water, Spiced soya-mushroom
Close. Manually set, **Menu >> + >> Heat >> Low and Timer >> 10 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.
Open, mix all with 2Tbsp ghee & fluff up

Replace / Supplement:

Soya chunks with raw tender jackfruit / potatoes / corn
Mint with your favourite herbs
Biryani masala with your favourite spice mix
Yogurt with coconut milk

Tips:

Do not use delicate, soft vegetables like carrots, beans, peas, cauliflower etc...

Vangi Bhath

<https://youtu.be/JeskrDRCRG0>

Prep: Roast and blend 1/4C coconut, 1tsp each (poppy seeds, fenugreek), 1Tbsp each (chana dal, coriander seeds, urad dal), 10 dry red chillies, 2" cinnamon, 4 each (cardamom, cloves) to a powder. Mix with 500g eggplants chopped big, 1/4C each (yogurt, roasted peanuts, chopped mint, caramelised onions), 6 green chillies, 1tsp each (turmeric, salt).

Soak 2C Basmati Rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add: 1/4C oil, 1C chopped tomato, 2.5C water, Rice, Spiced eggplants. Close. Manually set, **Menu >> + >> Heat >> Low and Timer >> + >> 10 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, fluff up.

Replace / Supplement:

Eggplants with Ivy Gourd / Potatoes / Tender Raw Jackfruit / Soya Chunks

Tips:

Can garnish with 2Tbsp ghee.

Let cool and fluff up

Use Low mode if scaling down.



Vegetable Biryani

<https://youtu.be/IDFeJ4mhBMM>

Prep: Mix 500g chopped mixed vegetables (mushrooms, soaked & drained soya chunks, corn, baby potatoes), 1C yogurt, 1/4C each (chopped mint, caramelised onions, caramelized tomato), 1.5Tbsp biryani masala, 1.5tsp salt, 2tsp OPOS Ginger-Garlic paste, 2 slit green chillies, 1/4tsp Kashmiri chilli powder
Soak 1.5C rice (350g) in water for 30 minutes. Drain.

Recipe:

In the CookBot, add 2Tbsp oil, 1.5C water, Rice, Spiced vegetables
Close. Manually set, **Menu >> + >> PULA. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up and serve.

Replace / Supplement:

Biryani masala with your favourite spice mix

Yogurt with coconut milk

Tips:

For V1 & V2 **Menu >> + >> LO(Low) >>TIMER >> 2 mins.**

Do not use delicate vegetables like carrots, beans, cauliflower, peas, capsicum etc... as they tend to get overcooked when cooked along with grains.

Do not mix vigorously when the rice is warm.



Non Veg Biriyanis

Fish Biryani(2.5kg)

OPOSChef App Recipe ID# 11322

Preparations:

1. Soak 500g basmati rice in water for 45 minutes. Drain.
2. Marinated fish: Marinate 630g chopped fish, 1C mint (20g), 1/2C (100g) each caramelized (onions, tomato), 5 green chillies (20g), 1/4C (65g) OPOS Ginger-Garlic paste, 2Tbsp (15g) chilli powder, 1Tbsp each (salt (20g), biriyani masala (10g)). Mix all.

Recipe:

In a Cookbot, layer as below:

1. 2Tbsp (30g) ghee.
2. Soaked & drained basmati rice, 650g water.
3. Marinated fish, 1Tbsp lemon juice.

Ensure the vent is closed.

Click **Menu >> PORR Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open, fluff up rice. Mix in 1/4C each (fried onions, chopped cilantro), 1Tbsp ghee. Serve.

Replace / Supplement :

1. Fish with your fav seafood / paneer / potato / corn / soya.
2. Basmati rice with your fav rice variety.
3. Chilli powder with biriyani masala or your fav spice mix.
4. Caramelized onions with fried onions.
5. Ghee with oil as a buffer.
6. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 7 mins in V1 & V2

Tips :

1. Can refrigerate the fish marinade for 3-4 days or freeze for months.
2. Can adjust spices as per your preference.



Nattu Kozhi Seeraka Samba Biryani

OPOSChef App Recipe ID# 11358

Description : One click cooking: Rice chicken casserole

Author : Ramakrishnan

Category : Lunch box

Serving : 5

Preparations:

1. Spiced chicken: Mix 1/4C (60g) oil, 600g country chicken (chopped small), 1C (30g) mint, 1/2C (100g) each caramelized (tomato, onion), 1/4C (80g) OPOS Ginger-Garlic paste, 1/4C (60g) yogurt, 6 (35g) green chillies, 2Tbsp (30g) chilli paste, 1.5Tbsp (25g) salt, 1Tbsp (10g) biriyani masala.
2. Soak 1/2Kg seeraka samba rice in water for 45 minutes. Drain.

Recipe:

In a Cookbot, add:

1. Spiced chicken, soaked & drained rice, 3C (700g) water.

Ensure the vent is closed.

Click **Menu >> CBIR Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open, unmould. Add 1/4C chopped coriander leaves, 1Tbsp ghee. Fluff up & serve.

Replace / Supplement :

1. Oil with ghee.
2. Biryani masala with your favourite spice mix.
3. Red chilli paste with chilli powder / your favourite spice mix.

Tips :

1. Soaked & drained rice weighs 700g.
2. Set GBIR mode if using old country chicken / big pieces.
3. Set CBIR mode if using young country chicken / small pieces.
4. Can marinate chicken overnight.
5. Water ratio slightly varies depending upon the type / quality of rice used.
6. Soak rice longer if it is undercooked.

7. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 20 mins in V1 & V2



Seeraka Samba Chicken Biryani

<https://youtu.be/G7kKmUo-rhI>

Prep: Soak 2C (400g) Seeraka samba rice for 1 hour. Drain.

Mix 500g chicken cut big, 1/2C curd, 1/4C each (caramelised onions, chopped mint leaves), 3Tbsp biryani masala, 2Tbsp OPOS Ginger-Garlic Paste, 1tsp salt, 4 green chillies.

Recipe:

In the CookBot, add 1/4C oil, 550ml water, Rice, Spiced chicken, 1.5tsp salt.

Close. Manually set, **Menu >> CBIR. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open after 1 hour. Garnish with 1Tbsp ghee, fluff up and serve.

Replace / Supplement:

For V1 & V2 **Menu >> + >> HIGH >>TIMER >> 20 mins.**

Oil with ghee

Biryani masala with your favourite spice mix

Caramelised onions with fried onions

Chicken / Mutton with your favourite meats

Water with stock

Use low mode if scaling down.

Tips:

Can slightly vary water ratio depending on type of rice used



Seeraka Samba Chicken Biryani (Scaled Up)

OPOSChef App Recipe ID# 11356

Preparations:

1. Spiced chicken: Mix 600g chopped chicken, 1C(20g) mint, 1/2C (100g) each caramelised (onion, tomato), 1/4C (80g) OPOS Ginger-Garlic paste, 1/4C (60g) each (yogurt, oil), 2Tbsp (30g) chilli paste, 1.5Tbsp (25g) salt, 1Tbsp (10g) biriyani masala, 6 green chillies.
2. Soak 500g seeraka samba rice in water for 1 hour. Drain.

Recipe:

In a Cookbot, add:

1. Spiced chicken, soaked & drained rice, 2.5C (700g) water. Mix all.

Ensure the vent is closed.

Click Menu >> **CBIR Mode.**

Once the bot beeps and displays LO, allow pressure to settle. Open, unmould. Add 1/4C each (fried onion, chopped coriander leaves), 1Tbsp ghee. Fluff up & serve.

Replace / Supplement :

1. Oil with ghee.
2. Biryani masala with your favourite spice mix.
3. Red chilli paste with chilli powder / your favourite spice mix.

Tips :

1. Slit chicken thigh pieces.
2. Soaked & drained rice weighs 700g.
3. Can marinate chicken overnight.
4. Water ratio slightly varies depending upon the type / quality of rice used.
5. Soak rice longer if it is undercooked.

6. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 20 mins in V1 & V2



Seeraka Samba Duck Biryani (Scaled Up)

OPOSChef App Recipe ID# 11123

Preparations:

1. Spiced duck: Mix 600g chopped duck, 1C (150g) caramelised onion, 1/2C (105g) caramelised tomato, 1/2C (70g) yogurt, 1/2C (15g) mint, 1/4C (100g) OPOS Ginger-Garlic paste, 1/4C (50g) red chilli paste, 3Tbsp (45g) oil, 1Tbsp (15g) salt, 1Tbsp (7g) garam masala, 1tsp (3g) cardamom cinnamon cloves powder, 5 (25g) green chillies.
2. Soak 2C (500g) seeraka samba rice in water for 1 hour. Drain.

Recipe:

In a Cookbot, add:

1. Spiced duck, 3C (700g) water, soaked & drained rice (cover with water).

Ensure the vent is closed.

Click >> **Heat >> SOSO (medium) and Timer >> 30 minutes.**

Once the bot beeps and displays LO, allow pressure to settle. Open, add 1/4C chopped coriander leaves. Fluff up & serve.

Replace / Supplement :

1. Oil with ghee.
2. Red chilli paste with biriyani masala / your favourite spice mix.
3. Water with stock.
4. Caramelized onion with fried onion.

Tips :

1. After soaking, rice weighs 650g.
2. Cooking time and whistles vary depending upon the cut size / moisture content of the meat.
3. Water ratio slightly varies depending upon the type / quality of rice used.

4. Can adjust spices as per preference.



Seeraka Samba Mutton Biryani

OPOSChef App Recipe ID# 11313

Preparations:

1. Soak 500g seeraka samba rice in water for 45 minutes. Drain.

Recipe:

In a Cookbot, add:

1. 3Tbsp (40g) oil.
2. 500g mutton chopped small, 1C mint (25g), 1/2C (100g) each caramelised (onion, tomato), 5 green chillies (35g), 1/4C (60g) each (OPOS Ginger-Garlic paste, yogurt), 2Tbsp (30g) dry red chilli paste, 1.5Tbsp (25g) salt, 1Tbsp (10g) biriyani masala. Mix all.
3. 2C (500g) water, soaked & drained seeraka samba rice. Spread well so that the water covers the rice completely.

Ensure the vent is closed.

Click Menu >> **GBIR (Goat biriyani) Mode.**

Once the bot beeps and displays LO, allow pressure to settle. Open, fluff up rice. Mix in 1/4C chopped cilantro, 1Tbsp ghee. Serve.

Replace / Supplement :

1. Mutton with chicken, seafood or your fav red meat.
2. Biryani masala with your fav spice mix.
3. Caramelized onions with fried onions.
4. Oil with ghee.

Tips :

1. Marinate the mutton for greater flavour. Can refrigerate the mutton marinade for 3-4 days or freeze for months.
2. Can adjust spices as per preference.
3. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 25 mins in V1 & V2



Mutton Kheema Biryani

OPOSChef App Recipe ID# 9726

Preparations:

1. Soak 500g basmati rice in water for 30 minutes. Drain
2. Spiced minced mutton: Mix 550g minced mutton, 120g caramelized tomato, 75g OPOS Ginger-Garlic paste, 65g caramelized onion, 60g yogurt, 1/4C mint leaves, 22g peanut oil, 20g green chilli, 15g biriyani masala, 14g salt, 12g Muglai tadka (cinnamon, cloves, cardamom, bay leaf), 8g Kashmiri chilli powder. Mix

Recipe:

In a Cookbot, layer as below:

1. 20g oil, spiced minced mutton, 600ml water, soaked & drained basmati rice, 30g fried onion, 25g ghee

Close, ensure vent is closed

Click **Menu >> Heat >> + >> SOSO (Medium) and Timer >> + >> 20 mins**

Once bot beeps and displays LO, allow pressure to settle. Open, mix in 1/4C fried onion, 2Tbsp each (ghee, fried onion) & serve

Replace / Supplement :

1. Ghee with oil
2. Caramelized onion with fried onion
3. Biryani masala with your favourite spice mix
4. Mutton mince with soaked soya / mushroom / chicken mince
5. Water with stock

Tips :

1. Vary water ratio slightly depending on rice used
2. Can vary spice powders for different biriyani flavours

3. Can soak rice longer if it is under-cooked



Veg Curries

Aloo Gobhi Masala

Potato - Cauliflower Curry

Recipe:

In the CookBot, layer as below:

Layer 1 : 2Tbsp each (oil, water)

Layer 2: 1C (180g) chopped potato, 1C (140g) cauliflower medium sized florets mixed with, 1tsp chilli powder, 1/2tsp each (salt, coriander, cumin), 1/8tsp turmeric powder

Layer 3 : 1/4C each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all.

Replace / Supplement:

Potatoes with other yam/ raw banana/ vegetables

Cauliflower with broccoli

Tips:

If you face venting, keep the vent open; Increase buffer in Layer 1.

Can dilute with water/ cream



Aloo Matar

https://youtu.be/bpCeAKfl_e0

Potato green peas curry

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C Water

Layer 2: 2C (250g) potato chopped small mixed with 1/4tsp salt

Layer 3: PIP (1C (125g) fresh peas mixed with 2Tbsp caramelised onion, 1/2tsp each (OPOS Ginger-Garlic paste, kasuri methi, chilli, coriander, cumin, garam masala powders), 1/4tsp salt.

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all.

Replace / Supplement:

Potatoes with other yam/ raw banana/ vegetables

Peas with capsicum

Garam masala with any other spice powder

Tips:

Can dilute with water/ cream for thin stew.



Aviyal

<https://youtu.be/5a5zbVRIG00>

Prep: Blend 1/2C grated coconut with 1/2tsp cumin, 1 green chilli, 2Tbsp water to a thick (CCC) paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 2tsp coconut oil

Layer 2: 500g mixed vegetables cut into thick sticks mixed with 1/2tsp salt, 5 curry leaves

Layer 3: 1/2C CCC Paste

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1C yogurt.

Replace / Supplement:

Coconut oil with your favourite oil

Yogurt with coconut milk

Tips:

Can add 1tsp OPOS tamarind paste, 1/8tsp turmeric to convert to Aviyal Kuzhambu

Can add poppy seeds to convert to the Bengali Shukto version

Can add muthiya for Undhiyu version



Baby Corn Sabji

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 250g chopped baby corn mixed with 1/2tsp salt, 1/8tsp turmeric

Layer 3: Mix 2Tbsp each (caramelised onions, caramelised tomatoes), 1/2tsp each (coriander powder, red chilli powder, garam masala)

Close. Click **Menu >> + >>Veg. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open. Add 75g very finely sliced capsicum and mix well with 1Tbsp chopped coriander leaves.

Replace / Supplement:

Oil with butter

Garam masala with other spice powder of your choice

Tips:

If you face venting from sides, keep the vent open and add 2Tbsp extra water in L1.

Can also layer capsicum over the baby corn

Can add different colours of capsicums if required.

Can blend the onion tomato mixture for smooth texture



Baby Potato Kaara Kari

<https://youtu.be/vvm4gmEX26Y>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g halved / quartered / crushed baby potatoes mixed with 1/2tsp each (salt, coriander powder, chilli powder)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, drain excess oil (if any).

Add 2tsp tadka.

Replace / Supplement:

Baby potatoes with your favorite starchy vegetables

Spice powders mentioned with your favourite spice mix

Tips:

If you face venting from sides, keep the vent open; Increase buffer



Baingan Bharta

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 500g chopped eggplant mixed with 1tsp chilli powder, 1/2tsp salt, 1/4tsp turmeric, 3 green chillies

Layer 3: Mix 1/4C each (caramelised onions, caramelised tomatoes), 1tsp each (OPOS Ginger-Garlic paste, cumin powder)

Close. Click **Menu >> + >> CARA. Vent Closed**

Once the bot beeps and displays OFF, release pressure.. Open, mix/ mash coarsely. Add 1Tbsp lime juice.

Replace / Supplement:

Chilli powder with your favorite spice mix

Tips:

Can garnish with chopped onions/ cilantro



Beetroot Thuruval

<https://youtu.be/-t54PsNzzyM>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water

Layer 2: 2C (350g) grated beetroots mixed with 1/2tsp salt

Layer 3: 2Tbsp grated coconut, 1 slit green chilli

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all. Add 2tsp tadka and serve.

Replace / Supplement:

Beetroots with other favorite grated vegetables

Green chilli with red chilli

Grated coconut with CCC Paste

Tips:

If you face venting, keep the vent open; Increase buffer

Increase water if beetroots are dry.



Bhindi Fry

<https://youtu.be/o0K48ZsqPU5A>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g (3C) okra cut into 1" size mixed with 1/4tsp salt

Close. Click **Menu >> + >> dVEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure.. Open, mix all. Drain excess oil (if any)

Replace / Supplement:

Okra with eggplant

Tips:

If you face venting, keep the vent open; Increase buffer.

Pat dry okra pieces before loading to avoid sliminess

Chopping okra smaller can lead to sliminess



Bombay Chutney

<https://youtu.be/ArbO1VV2dfc>

Prep:

In a PIP, add 2Tbsp gram flour (besan), 1/2tsp salt, 1/4tsp red chilli powder, 1/8tsp each (asafoetida, turmeric), 1/2C water whisk well without any lumps.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C onion petals, 4 small tomatoes, 2 slit green chillies. Mix all

Layer 3: PIP on trivet with Spiced besan mixture

Close. Click **Menu >> + >> VEG Mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure. Open. Remove the inner vessel. Add 1/2C water to dilute and whisk well.

Mash or blend the onion tomato mixture. Add the contents of the PIP (inner vessel) and mix well with 1Tbsp chopped coriander leaves and 1tsp bottled tadka.

Replace / Supplement:

Red chilli powder with other spice powders of your choice

Tips:

Can skip onions for the satvik version.

Can adjust the water according to required consistency.



Brinjal Podi Kari

Tamil vegetable curry with spiced lentil powder

<https://youtu.be/aR9B3FD-o4s>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp sesame oil

Layer 2: 500g chopped eggplant mixed with 1tsp chilli powder, 1/2tsp salt

Close. **Click Menu >> + >> Veg. Vent Closed**

Once the bot beeps and displays OFF, release pressure.. Open, mix in 1/2C spiced lentil powder (OPOS Podi) / Thenga molagapodi.

Replace/Supplement:

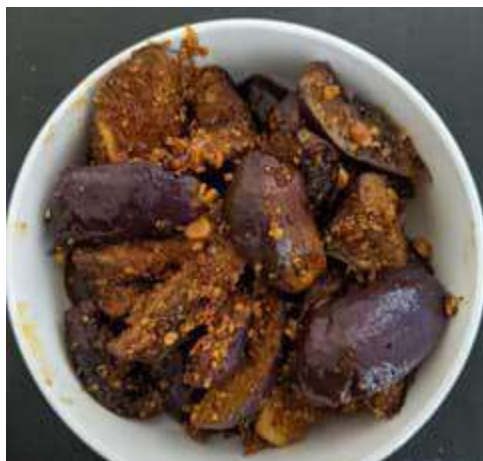
Eggplant with other non-watery vegetables.

Sesame oil with your favourite oil.

Tips:

If you face venting, keep the vent open; Increase buffer.

Can use any spiced lentil powder (Paruppu podi (lentils), poondu podi (garlic), Thenga molaga podi.(Coconut) etc.



Chana Masala

<https://youtu.be/OvwEyemQp9E>

Prep: Soak 1C Chickpeas overnight in water and drain

Recipe:

In the CookBot, add Chickpeas, 2C water (Water enough to cover chickpeas fully), 1 chopped green chilli, 1tsp each (salt, chilli powder, garam masala, OPOS Ginger-Garlic paste), 1/2tsp coriander powder, 1/2C each caramelised (onion, tomato). Mix well.

Close. Click **Menu >> + >>bEAN. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, coarsely mash. Mix all.

Replace / Supplement:

Chickpeas with your favourite legumes

Garam masala with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can add water/ stock after cooking to dilute to desired consistency.

Can garnish with julienne ginger, chopped cilantro, squeeze lemon juice for extra flavor.

Can add 1/8tsp baking powder for a softer texture.



Dahi Baingan

<https://youtu.be/FZv5y7ov160>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g eggplant wedges (quartered) mixed with 1/2tsp each (red chilli powder, garam masala, cumin powder), 1/4tsp salt, 1/8tsp turmeric powder

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1C whisked curd.

Replace / Supplement:

Keeping the eggplant wedges immersed in water after chopping prevents discoloration and also hydrates them. Drain the water completely before layering.

Tips:

If you face venting, keep the vent open; Increase buffer.

Can dilute with water/ cream



Dal Makhni

https://youtu.be/N93fb_G21dc

Prep: Soak 1C (200g) whole urad dal, 20 nos (15-20g) kidney beans (rajma) overnight or until they double in weight. Drain.

Recipe:

In the CookBot, add the legumes, 1.5C water (Water enough to cover legumes), 1C (200g) sliced tomatoes, 1tsp each (salt, OPOS Ginger-Garlic paste), 1.5tsp each (chilli powder, coriander powder), 1tsp each (garam masala, cumin, powders), 1/4C caramelised onions, 1/8tsp baking powder. Mix well.

Close. Click **Menu >> + >> bEAN. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Mash or coarsely blend by adding 2Tbsp butter, 1/2C cream.

Replace / Supplement:

Butter with oil or ghee

Urad dal with other whole legumes Kidney beans (Rajma) / Chickpeas (Chana)

Spices powders mentioned with your favourite spice mix

Baking powder with baking soda

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can add more cream/ butter

Can add more caramelised onion

Can increase/ reduce the spices as per preference.

Can mash coarsely for a thicker gravy



Dal Tadka

<https://youtu.be/RFeljEnR80M>

Prep: Soak 1C mung dal in water for 1hr or till it doubles in volume. Drain

Recipe:

In the CookBot add, dal, 1C water (Water enough to cover dal), 1 sliced tomato, 2 garlic cloves, 1tsp each (salt, cumin), 1 green chilli, 1tsp oil, 1/8tsp turmeric

Close, click **Menu >> +>>DAL. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1.5C water, 1Tbsp bottled tadka and serve

Replace / Supplement:

Mung dal with your favourite lentils

Cumin, turmeric with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can add more water to dilute to desired consistency

Can squeeze in a wedge of lime



Dum Aloo

https://youtu.be/KZsKE_FHzeE

Recipe:

In the CookBot, layer as below :

Layer 1: 3Tbsp oil

Layer 2: 2 small whole tomatoes, 3 garlic cloves, 10 cashews, 250g pricked baby potatoes mixed with, 1/2tsp each (salt, sugar, chilli powder, garam masala, cumin powder, coriander powder), 2tsp oil, 1Tbsp chopped ginger.

Layer 3: PIP- Mix 1/4C caramelised onions, 2tsp kasuri methi, 1tsp red chilli powder

Close. Click **Menu >> + >> CARA. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove the PIP & potatoes. Blend the tomatoes, cashews, and PIP contents with 1/4C cream into a smooth gravy. Mix in potatoes & serve.

Replace / Supplement:

Caramelised onions with fried onions

Baby potato with potato

Spices with any fav spice powders

Tips:

If you face venting, keep the vent open; Increase oil and drain excess oil after cooking. .

Can use halved baby potatoes/ chopped potatoes

Can add more cream while blending



Enna Kathrikkai Kuzhambu

<https://youtu.be/8nLfszHWIVE>

Prep: Blend 2Tbsp each caramelised (onion, tomato, OPOS tamarind paste), 1/4C each (coconut, sambar powder), 1Tbsp jaggery, 1tsp salt. Slit 250g eggplants into 4, such that they remain attached at the base. Smear paste inside. Wipe the surface of every eggplant clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp sesame oil

Layer 2: 2 small whole tomatoes, 6 green chillies, 8 garlic cloves, 1/4C curry leaves, Stuffed eggplant

Layer 3: PIP on trivet - Remaining Spice paste

Close. Click **Menu >> + >> CARA. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel and eggplants. Mix the spice paste. Mash/ blend base with 1/2C water. Add 1Tbsp bottled tadka. Mix all with eggplants.

Replace / Supplement:

Whole tomatoes with deseeded tomato cups if using bigger tomatoes

Caramelized onion, tomato with lentil based stuffing (paruppu podi/ thenga molagapodi)

Can add fried shallots to gravy base

Tips:

If you face venting, keep the vent open; Increase buffer and drain the excess oil after cooking

Ensure the stuffing is not watery.



Erissery

<https://youtu.be/u6bWPnW56XM>

Prep: Blend 1/4C grated coconut, 1 green chilli, 1/4tsp salt, 1tsp coconut oil to a smooth paste

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp coconut oil

Layer 2: 250g chopped yellow pumpkin mixed with 1/4tsp each (salt, asafoetida), 1/8tsp turmeric powder

Layer 3: Coconut paste

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure.. Open, dilute with 1/4C water and mix all with 1/4C thenga molagapodi, 2tsp bottled tadka.

Replace / Supplement:

Pumpkin with yam/ raw banana

Thenga molagapodi with roasted coconut

Tips:

Can also use VEG mode for soft cooked veggies

If you face venting, keep the vent open.

Ensure the coconut paste is not watery



Ghugni

<https://youtu.be/jecj6vF1ulc>

Prep: Soak 1C (200g) dried peas in water overnight. Drain.

Recipe:

In the CookBot, add:

2C water, peas, 2Tbsp each (caramelised onions, caramelised tomatoes), 2tsp OPOS Ginger-Garlic Paste, 1tsp each (salt, chilli powder), 1/2tsp each (cumin, coriander, garam masala powders), 1/4tsp turmeric. Mix well.

Close. Click **Menu >> + >> bEAN. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open. Drain water if desired. Add PIP and mash coarsely for a thick gravy.

Replace / Supplement:

Dried peas with your favourite soaked and drained legumes
Spices mentioned with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can add 1Tbsp OPOS Mughlai Tadka for extra flavor

Can garnish with chopped cilantro.

Can add 1/8tsp baking powder for a softer texture.



Horsegram Dal Makhani

<https://youtu.be/VDqvOO-WhJM>

Prep: Soak 1C Horse gram overnight. (It becomes 2.5C after soaking).

Recipe:

In the CookBot, add soaked Horse gram, 2.5C water (Water enough to cover the Horse gram), 2 whole tomatoes, 10 small green chilli, 1Tbsp each (butter, garam masala, Kashmiri chilli powder, coriander powder, salt), 1tsp sugar, 1/2tsp turmeric, 1/2C caramelised onion. Mix well.

Close. Click **Menu >> + >> bEAN. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open. Mash the tomatoes, mix in 1/4C each (cream, chopped cilantro)

Replace / Supplement:

Horse gram with your favourite gram/ pulses

Spices as per preference

Cream with milk

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can add 1/8tsp baking powder for a softer texture.

Jalfrezi

<https://youtu.be/AaU1FJHZBSk>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 2C bite sized mixed vegetables mixed with 1/2tsp Kashmiri chilli powder, 1/4tsp salt, 1/8tsp turmeric

Layer 3: Mix 2Tbsp each (caramelised onions, caramelised tomatoes), 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (Kashmiri chilli powder, cumin, coriander powder, garam masala)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure.. Open, mix all.

Replace / Supplement:

Oil with butter

Garam masala with any spice mix

Tips:

If you face venting, keep the vent open; Increase the buffer.

Can add more Caramelized onions/ tomatoes for masala



Kadala Kari

<https://youtu.be/GFusmiEyGI>

Prep: Soak 1C desi chickpeas overnight. Drain.

Blend 1C grated coconut with 2-3 dry red chillies, 1tsp each (salt, garam masala), 2tsp each (coriander powder, OPOS Ginger-Garlic paste), 1/4tsp turmeric powder, 1tsp coconut oil, 1/4C water to a thick paste.

Recipe:

In the CookBot, add:

Desi chickpeas, 2C water (Water enough to cover the chickpeas), 2tsp coconut oil, Coconut paste, 1/4C each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> + >>bEAN. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, Drain water if desired. Mix in 1/2C each (coconut milk, water). Mash coarsely for a thick gravy.

Replace / Supplement:

Desi chickpeas with your favourite legumes

Spice powders mentioned with your favourite spice mix

Caramelised onions, tomatoes with Onion-Tomato Mother sauce

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can add 1/2C cubed potatoes.

Can use 1/4C Thenga molagapodi in spice paste.

Can add 1/8tsp baking powder for a softer texture.



Karuveppilai Kuzhambu

<https://youtu.be/5Tyu2UPgbvM>

Prep: Spiced lentil powder: Roast and grind 2tsp each (pepper, coriander seeds), 1tsp each (tuvar dal, cumin), 3 dry red chillies to a powder

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp sesame oil, 1Tbsp water

Layer 2: 1C (50g) packed curry leaves mixed with 1tsp salt, 1/4tsp each (turmeric powder, asafoetida)

Layer 3: 1/4C deseeded, raw tamarind

Layer 4: Place an inner vessel over a trivet with Spiced lentil powder, 1/2C water.

Close, click **Menu >>>> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, blend all.

Replace / Supplement:

Curry leaves with your favourite herbs

Spice mix mentioned 1Tbsp Paruppu podi/idli podi, 2tsp each (pepper powder, cumin powder, coriander powder), 1tsp red chilli powder).

Sesame oil with your favourite oil

Raw tamarind with OPOS tamarind paste

Tips:

If you face venting, keep the vent open; Increase buffer.

Can mix in more water to dilute to desired consistency

Can add tadka



Keerai Masiyal

<https://youtu.be/ndED1APhvtQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C (300g) chopped spinach (edible greens) mixed with 1/4tsp salt, 1/2tsp cumin powder, 1 slit green chilli

Close. Click **Menu >>>>dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mash all. Mix in 2tsp bottled tadka

Replace / Supplement:

Spinach with vegetables

Cumin powder with any other spices

Tips:

If you face venting, keep the vent open; Increase buffer .

Can also use VEG Mode

Can mix in CCC Paste + Cooked dal to make keerai kootu

Can mix in cooked dal + 2tsp sambar powder to make keerai sambar



Kofta Kadhi

<https://youtu.be/Qh--Pwvgz8g>

Recipe:

In the CookBot add: 2C thin buttermilk, 3Tbsp roasted gram flour (besan), 1/2tsp each (salt, chilli powder), 1/8tsp each (turmeric powder, fenugreek powder). Mix well without any lumps.

Close. Manually set, **Menu >> Heat >> + >> Low** and **Timer >> + >> 5 minutes. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Mix all with 1Tbsp bottled tadka, 1/2C readymade pakodi/ vada/ boondi. Let sit for 10 minutes.

Replace / Supplement:

Chilli powder with your favourite spice mix

Tips:

To make thin buttermilk mix 1 part curd with 10 parts water

Using thick buttermilk can lead to burning

Can use Caramelized onions / tomatoes for another variation



Kootu

<https://youtu.be/cJN3Bdn5Dgl>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp oil

Layer 2: 4C (500g) chopped chow chow (chayote) mixed with 1/2tsp salt

Layer 3: 1/2C each (CCC Paste, cooked dal)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1/4C water/stock, 2tsp tadka.

Replace / Supplement:

Chow chow with your favourite vegetables

Tips:

Can add 2tsp tamarind paste for Pulippu kootu



Kumbakonam Kadappa

Prep: Blend 1/4C chopped coconut with 2 green chilli, 1tsp each (cumin, spiced lentil powder), 1/2tsp salt, 1/4tsp each (garam masala, turmeric powder, fennel) into a thick paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (coconut oil, water)

Layer 2: 1/2C each chopped (potato, carrots, beans) mixed with 1/4tsp salt, 1/8tsp turmeric

Layer 3: 2Tbsp each each (caramelised onions, caramelised tomatoes, cooked dal)

Layer 4 : Spiced coconut paste

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1/2C water, 1/4C coconut milk.

Replace / Supplement:

Vegetables with any other fav vegetables

Spiced lentil powder with your favourite roasted lentils

Tips:

Can dilute with consistency needed



Kuruma

Prep: Blend 1/4C grated coconut, 1Tbsp roasted gram, 1tsp each (chilli powder, OPOS Ginger-Garlic paste, salt), 1/2tsp each (fennel seeds, coriander powder, garam masala, cumin powder), 1/8tsp turmeric powder, 2Tbsp coriander stalks to a fine paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 250g chopped vegetables (carrot, beans, potatoes (chopped small), cauliflower) mixed with 1/4tsp salt, 10 curry leaves

Layer 3 : PIP on trivet - Mix Spice paste, 2Tbsp each (caramelised onions, caramelised tomatoes))

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix the spice paste with the vegetables. Dilute with 1C milk/ coconut milk/ water. Garnish with chopped coriander leaves.

Replace / Supplement:

Vegetables mentioned with your favourite vegetables

Roasted gram with your favourite nuts

Tips:

If you face venting, keep the vent open; Increase buffer

Add big florets of cauliflower to avoid overcooking or add small florets in PIP



Lauki ki Sabji

https://youtu.be/7NvgYQN_WvY

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2: 250g chopped bottle gourd mixed with 1/4tsp each (red chilli powder, salt, cumin powder), 1/8tsp turmeric powder

Close. Click **Menu >>>> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 2tsp bottled tadka.

Replace / Supplement:

Bottle gourd with your favourite watery vegetable

Tips:

If you face venting, keep the vent open.

Chop the vegetables into thicker chunks



Maanga Pachadi

<https://youtu.be/VU6fqpyCd2Q>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped raw mangoes mixed with 1/4tsp chilli powder, 1/8tsp salt

Layer 3: 100g powdered jaggery

Close. Click **Menu >>VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Mix all with 1Tbsp bottled tadka.

Replace / Supplement:

Raw mango with your favourite semi ripe fruits/ sour vegetables

Tips:

Vary jaggery measured based on sweetness

Thickens up on cooling

Can add 1/8tsp neem flower/ dry powder for festive variant



Mapillai Sodhi

https://youtu.be/RS30_Nnvrj8

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp coconut oil

Layer 2: 250g chopped mixed vegetables (carrot, potato, beans) mixed with 2 slit chillies, 1/4tsp garam masala, 1/2tsp each (cumin powder, salt), 5 curry leaves, 1/8tsp turmeric

Layer 3: PIP - 1/2C chopped capsicum

Close, Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1/2C each (coconut milk, water). Add 2tsp lemon juice. Optionally, mash coarsely to thicken.

Replace / Supplement:

Garam masala with your favourite spice mix.

Chillies with chilli paste.

Coconut milk with nut paste/cream.

Capsicum with your favourite delicate vegetables (cauliflower, peas...) in PIP

Tips:

If you face venting, keep the vent open; Increase buffer.



Menthi Kura Pappu

<https://youtu.be/e7F0CuTEC8s>

Fenugreek leaves Dal

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C chopped fenugreek leaves mixed with 1 slit green chilli, 1/4tsp each (red chilli powder, salt, OPOS Tamarind Paste), 1/8tsp each (turmeric, asafoetida)

Layer 3: 1C cooked tuvar dal

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open. Mix well. Add 1tsp bottled tadka.

Replace / Supplement:

Fenugreek leaves with other greens of your choice

Red chilli powder with other spice powders of your choice

Tips:

If you face venting, keep the vent open.

Can also use VEG Mode.

Can dilute with water if required



Methi Matar Malai

<https://youtu.be/On9rczqqCo0>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C fresh / frozen peas mixed with 2 slit green chillies, 1/2tsp garam masala, 1/4tsp each (OPOS Ginger-Garlic Paste, salt)

Layer 3: 1C (50g) tightly packed fresh methi leaves

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1/2C cream.

Mash coarsely for a thicker consistency

Replace / Supplement:

Methi with your favourite edible greens

Garam masala with your favourite spice mix

Peas with Corn

Cream with milk

Tips:

If you face venting, keep the vent open.

Can mix in paneer



Misal

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1Tbsp peanut oil

Layer 2: 2C (250g) sprouts mixed with 1/2tsp each (chilli powder, jaggery, goda masala), 1/4tsp salt, 1/8tsp each (asafoetida, turmeric powder)

Layer 3: Mix 2Tbsp each (caramelised onions, caramelised tomatoes), 1tsp OPOS
Ginger-Garlic paste

Close. Click **Menu >> + >>VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, Coarsely mash. Add 1/4C bhujia/ farsan and 1/2C water. Mix all to make Misal

Replace / Supplement:

Goda Masala with your favourite Spice Mix

Jaggery with sugar

Tips:

If you face venting, keep the vent open; Increase buffer.

Can add potatoes to make a whole meal



More Kuzhambu

<https://youtu.be/DpfK6ECggGE>

Prep: Blend 1/2C grated coconut with 2 green chillies, 1/2tsp cumin), 1tsp coriander powder, 1/4tsp salt, 1/8tsp asafoetida, 2tsp spiced lentil powder (optional), 1/4C water into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped ash gourd (white pumpkin) mixed with 1/4tsp each (salt, turmeric powder)

Layer 3: Spiced coconut paste,

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1C whisked yogurt, 2tsp tadka

Replace / Supplement:

Ash gourd with your favourite vegetables

Green chillies with red chillies

Tips:

If you face venting, keep the vent open; Increase buffer

Vegetables like okra when cooked with water can turn slimy.



Navaratan Korma

https://youtu.be/ZAM8J_kLGPw

Prep: Blend 1/4C Cashews, 2Tbsp caramelised onions, 1tsp ghee, 1/2tsp each (garam masala, poppy seeds), 1/4tsp salt, 2 green chilli into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped mixed vegetables and fruits (carrots, beans, potatoes, pineapples, dates, raisins) mixed with 1/4tsp salt

Layer 3: 1C each chopped delicate vegetables (peas, capsicum)

Layer 4: Nut Paste

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1/4C each (cream, milk).

Replace / Supplement:

Vegetables mentioned with your favourite vegetables

Milk with stock/ water

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1
Can dilute as per needed consistency



North Indian Shahi Veg Korma

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 2C (200g) chopped mixed vegetables mixed with 1/4tsp each (cumin powder, salt)

Layer 3: 1/2C diced capsicum, 1/4C peas

Layer 4: PIP - Mix 2Tbsp each (caramelised onions, caramelised tomatoes, nut paste), 1tsp each (chilli powder, coriander powder), 1/2tsp each (garam masala, kasuri methi, OPOS Ginger Garlic paste)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1/4C each (water, cream)

Replace / Supplement:

Nut paste with nut powder

Capsicum / Peas with your favourite delicate vegetables

Cream with milk /plant based milk/cream for vegan version

Tips:

If you face venting, keep the vent open.

Dilute to desired consistency.

Blend 1/4C cashews / almonds to a smooth paste



Onion Tomato Chutney

<https://youtu.be/2lvJNCcPpM>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1.5C (150g) onion petals, 3 whole small tomatoes, 1tsp chopped ginger, 1 garlic clove, 2 dry red chillies, 1/4tsp each (salt, jaggery). Mix all.

Close the lid.

Manually set, **MENU >> + >> HEAT >> HIGH and Timer >> + >> 1 minute. Vent Open**

Once the bot beeps and displays OFF, release pressure. .

Open, mix all. Blend to a smooth dip. Add 2tsp bottled tadka.

Replace / Supplement:

Red chillies with green chillies

Tips:

Can mix in water and dilute to desired consistency

Can increase cooking time for deeper caramelization



Paal Kootu

https://youtu.be/BNel_QipoTE

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp coconut oil

Layer 2: 2C chopped squash mixed with 2 slit green chillies, 5 curry leaves, 1tsp jaggery, 1/4tsp salt

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mash coarsely with 1C milk.

Replace / Supplement:

Squash with your favourite vegetable

Green chillies with red chillies

Tips:

If you face venting, keep the vent open; Increase buffer.

Can use CCC paste in layer 3



Palak Paneer

<https://youtu.be/i4vXJPI08vc>

Prep: Mix 1C (125g) chopped paneer with 1tsp each (OPOS Ginger-Garlic paste, kasuri methi), 1/2tsp each (coriander, cumin, garam masala powders), 1/4tsp salt.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C (400g) chopped spinach mixed with 2 slit green chilli, 1/4tsp salt

Layer 3: PIP - Spiced paneer

Close .Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel. Blend the base with 1Tbsp butter, 2Tbsp cream (optional). Mix in paneer and serve.

Replace / Supplement:

Garam masala with your favourite spice mix

Spinach with your favourite edible greens

Paneer with tofu

Tips:

If you face venting, keep the vent open.

Can garnish with cream

Can use VEG Mode too

Blending dull colours. Mashing does not



Paneer Aloo Bhurji

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 1.5C (200g) potatoes chopped small mixed with 1/4tsp each (salt, turmeric)

Layer 3 : PIP on trivet - 1C (100g) crumbled paneer mixed with 1/2 each (chilli, pepper powders), 3Tbsp caramelised onions, 1/4tsp garam masala), 1/8tsp salt

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove PIP and trivet. Mix in the spiced paneer and serve.

Replace/Supplement:

Potato with other starchy vegetables

Paneer with tofu/ shredded soya chunks/ minced meat

Garam masala with your favourite spice mix

Tips:

If you face venting, keep the vent open.

Can be eaten by itself as a balanced meal to be served with roti/ rice.

Can be used as sandwich filling/ burrito filling.

Can be shaped into patties and shallow fried into tikkis/ cutlets.

If potatoes are mushy, cut them into bigger chunks. If they are undercooked, cut them into smaller chunks.



Paneer Butter Masala

<https://youtu.be/wXmdPvE5pxY>

Prep: Mix in 1C paneer cubes with 1tsp each (chilli powder, garam masala, cumin powder, coriander powder, kasuri methi, OPOS Ginger-Garlic Paste), 1/2tsp salt, 1/8tsp turmeric.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp melted butter

Layer 2: 1C onion petals, 200g whole small tomatoes. Mix all.

Layer 3 : PIP on trivet -1C spiced paneer

Close. Click **Menu >> + >>VEG. Vent Open.**

Once the bot beeps and displays OFF, release pressure. Remove PIP. Blend the base gravy with 2Tbsp cream. Mix in the spiced paneer.

Replace / Supplement:

Butter with oil/ ghee.

Garam masala with your favourite spice mix

Onion with shallots

Paneer with tofu/ soya

Tips:

Replace paneer with vegetables/ meats for more variations.

Increase buffer and drain the excess butter / oil if you face burning or reduce cooking time.

Can use deseeded tomato cups if tomatoes are big.



Paneer Makhani

<https://youtu.be/sjkhtw8wpjc>

Prep: Mix 1C chopped paneer, 1tsp each (Kashmiri chilli powder, OPOS Ginger-Garlic paste), 1/2tsp (sugar, garam masala, 1/4tsp salt.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C melted butter (smeared over the base)

Layer 2: 250g small whole tomatoes, 1 slit green chilli. Mix all.

Layer 3: PIP on trivet - Spiced paneer

Close. Click **Menu >> + >> VEG. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel. Blend the tomatoes to a smooth gravy and mix in paneer.

Replace / Supplement

Paneer with tofu/ soya/ favourite vegetables.

Tips

Use butter at room temperature

Increase cooking time for more caramelization.



Paruppu Urundai Kuzhambu

<https://youtu.be/xrv3JL5Tq2s>

Prep:

Lentil balls: Soak 1/4C each (chana dal, tuvar dal), 2 dry red chilli in water for 1 hour. Drain. Blend to a coarse paste with 1Tbsp grated coconut, 1/2tsp salt, 1/4tsp asafoetida.

Shape into loose marble sized balls

Recipe:

In the CookBot layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1.5C onion petals, 4 small whole tomatoes. Mix all

Layer 3: PIP on trivet - Place the spiced lentil balls in a broad inner vessel with 1tsp each (OPOS ginger-garlic paste, sambar powder, OPOS tamarind paste), 1/2tsp salt

Close, Click **Menu >> + >> VEG. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel. Blend the base with 1/2C water. Mix in lentil balls. Optionally can add 2tsp bottled tadka & serve.

Replace / Supplement:

Sambar powder with equal chilli-coriander powders/ any spice powders

Chana/ tuvar dal with any other dal

Tamarind paste with raw mango/ any other souring agent

Water with coconut milk to dilute

Tips:

Can dilute to desired consistency if needed



Paruppu Usili #1

<https://youtu.be/f2dYIRCgMuM>

Prep: Soak 1/2C chana dal in water for 1 hour. Drain. Blend with 2 dry red chillies, 1/8tsp each (turmeric, asafoetida), 1/2tsp salt, 4 curry leaves into a coarse paste, without adding water. Shape into small thin patties/ sprinkle loosely over beans.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped beans mixed with 1/4tsp salt

Layer 3: Spice patties

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. . Open, remove patties, let cool and crumble. Drain excess water (if any). Mix all, add 2tsp tadka and serve.

Replace / Supplement:

Beans with broad beans/ favorite vegetables

Chana dal with your favourite lentils

Dry red chillies with green chillies

Freshly ground lentil patties with crushed masala vada

Tips:

If you face venting, keep the vent open.

Can use crushed papad, paruppu podi for instant usili mix



Paruppu Usili #2

https://youtu.be/_bozQuN5dmU `

Banana Stem in Spiced lentil crumble

Prep: Soak 1/4C tuvar dal, 3Tbsp chana dal in water for 2 hours. Drain. Blend with 3 dry red chillies, 1/8tsp each (turmeric, asafoetida) to a coarse paste. Shape into small thin patties/ sprinkle over the banana stem.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water, 2tsp oil

Layer 2: 400g chopped banana stems mixed with 1/2tsp salt

Layer 3: Arrange the patties in a single layer

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove patties, let cool and crumble. Mix all, add 2tsp tadka and serve.

Replace / Supplement:

Banana stem with other non-watery vegetables of your choice

Tips:

If you face venting, keep the vent open.

Can vary the proportions of tuvar dal and chana dal according to preference.

Can adjust the red chillies according to preference.

Can blend the dal with a few curry leaves for additional flavour.



Pav Bhaji

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C chopped, deseeded tomatoes

Layer 3: 2C (250g) chopped mixed vegetables (carrots, beans, potatoes) mixed with 2Tbsp caramelised onions, 1tsp pav bhaji masala, 1/2tsp each (garam masala, OPOS Ginger-Garlic paste), 1/4tsp salt

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, Mash well.

Replace / Supplement:

Vegetables mentioned with your favourite vegetables

Pav Bhaji masala with your favourite spice mix

Tips:

If you face venting, keep the vent open.

Can blend for a smoother texture.



Pepper Soya

https://youtu.be/_r3xK0rSY88

Prep: Soak 1C (75g) soya chunks in water for 30 mins. Drain and squeeze out the water.

Spiced soya: Mix 2Tbsp tomato ketchup, 2tsp pepper powder, 1tsp OPOS Ginger-Garlic paste, 1/2tsp garam masala), 1/4tsp each (fennel powder, salt), 1/8tsp turmeric

Recipe:

In the CookBot. layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2: Spiced Soya, 10 curry leaves

Layer 3: 2Tbsp caramelised onions

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1Tbsp chopped cilantro and serve.

Replace / Supplement:

Soya with chicken

Tomato ketchup with OPOS caramelised tomatoes

Garam masala/ fennel powder with your favourite spice mix

Tips:

If you face venting, keep the vent open.



Pitlai

Bitter gourd Eggplant Lentil Stew

Prep: Blend 1/4C grated coconut, 1Tbsp spiced lentil powder, 1/4tsp each (pepper powder, fenugreek powder), 3 dry red chillies to a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C each chopped (bitter gourd, eggplant) mixed with 1/2tsp salt, 1/4tsp turmeric, 1/8tsp asafoetida

Layer 3: 2tsp OPOS Tamarind Paste, Spice Paste, 1/2C cooked tuvar dal, 1/4C Peanuts

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. . Open. Add 1C water, 1tsp bottled tadka and mix well.

Replace / Supplement:

Spiced lentil powder with sambar powder or any other spice powder of your choice.

Brinjals with Pumpkin or Chayote.

Peanuts with your favourite sprouts.

Tips:

If you face venting, keep the vent open.

Can vary the red chillies according to preference.

Can adjust the water according to preference.

Potato Masal

<https://youtu.be/wUIG0rd3yjc>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped potatoes mixed with 1 green chilli, 1Tbsp chopped ginger, 1/4tsp salt, 1/4tsp turmeric powder

Layer 3: In an inner vessel, add 1/4c peas

Close. Click **Menu >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all. Mash coarsely with 1/2C water. Add 1Tbsp bottled tadka.

Replace / Supplement:

Potatoes with your favourite starchy vegetables

Peas with your favourite delicate vegetable

Tips:

If you face venting, keep vent open.

Dilute to desired consistency

Can mix in caramelised onions, tomatoes with extra flavor



Rasvangi

Prep: Mix 1Tbsp each (spiced lentil powder (paruppu podi), spiced coconut powder (thenga molagapodi), OPOS Tamarind Paste), 2tsp each (jaggery, coriander powder), 1tsp chilli powder, 1/2tsp salt, 1/4tsp each (turmeric powder, asafoetida) into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp sesame oil

Layer 2: 250g chopped eggplant mixed with 1/2tsp salt

Layer 3: 1/2C cooked tuvar dal , Spice paste

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1/2C water. Add 2tsp tadka.

Replace /Supplement:

Tuvar dal with mung dal.

Eggplant with other vegetables.

Coriander powder, chilli powder with sambar powder/ favourite spiced mixes.

Water with lentil stock to dilute

Tips:

If you face venting, keep the vent open; Increase the buffer and drain excess oil after cooking.

Spiced lentil powder (paruppu podi), spiced coconut powder (Thenga molaga podi) are readily available.



Raw Banana Pepper Fry

<https://youtu.be/x-WLYdgplBk>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g chopped raw banana mixed with 1/4tsp each (salt, cumin, pepper powders), 1/8tsp turmeric

Close. Click **Menu >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, drain excess oil. Mix all with 1tsp lemon juice and 2tsp bottled tadka.

Replace / Supplement:

Raw banana with your favourite starchy vegetable

Pepper / cumin with your favourite spice mix

Tips:

If you face venting, keep the vent open.

Can mash for a podimas texture



Saagu

<https://youtu.be/bitQDxheMW4>

Prep: Grind 1/4C coriander stalks, 8 cashews, 2Tbsp (coconut, roasted gram), 1" ginger, 6 peppercorns, 2 green chillies with 2Tbsp water to make a paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water

Layer 2: 2C chopped mixed vegetables (potatoes, carrot, beans, chayote) mixed with 1/2tsp salt

Layer 3: PIP - 1/4C frozen peas, spice paste.

Close, click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open. Mix in the peas and the spice paste. Dilute with 1C water, add 2tsp bottled tadka.

Replace / Supplement:

Cashews with almonds/ peanuts

Coriander with your favourite herbs

Peas with cauliflower/ capsicum/ favorite delicate vegetables

Tips:

If you face venting, keep the vent open.

Can dilute as per needed consistency.



Salna

<https://youtu.be/DAptZcU8mj8>

Prep: Blend 1/4C grated coconut, 1/2tsp each (salt, red chilli powder, coriander powder), 1/8tsp turmeric powder with 2Tbsp water into a paste

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C onion petals, 3 small whole tomatoes. Mix all.

Layer 3: PIP on trivet (Spiced coconut paste)

Close. Click **Menu >> + >> VEG Mode. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, blend smooth/ coarsely with 1/2C water.

Replace / Supplement:

Red chilli powder with pepper/ green chillies

Coriander/ chilli powder with your favourite spice mix

Tips:

Can be served with roti/ chapati/ paratha/ rice/ idiyappam/ akki roti

Can dilute as per needed consistency



Sambar

<https://youtu.be/vtL5Zu8yY2o>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1Tbsp sesame oil

Layer 2: 2C chopped mixed vegetables (carrot, eggplant, pumpkin, tomato, ivy gourd, beans) mixed with 2tsp sambar powder, 1tsp salt, 1/4tsp each (turmeric, asafoetida)

Layer 3: 1C cooked tuvar dal, 2tsp OPOS tamarind paste

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1C water, 2tsp tadka.

Replace / Supplement:

Vegetables mentioned with your favourite vegetables

Tuvar Dal with your favourite cooked lentils

Sambar powder with your favourite spice mix

Tips:

If you face venting, keep the vent open.

Can mix in freshly ground spice powders along with CCC paste for arachuvitta sambar

Vary ratio of spice powders to create variations of sambars



Senai Kizhangu Masiyal

https://youtu.be/OQp_1qjYCHU

Prep: Soak 1/2C tuvar dal (100g) for 1 hour. Drain.

Recipe:

In the CookBot, add as below:

2Tbsp oil, 1C water, Soaked tuvar dal, 500g yam mixed with 1/4C green chilli, 1/4C curry leaves, 1Tbsp tamarind, 1/4tsp each (turmeric powder, asafoetida), 1tsp salt
Close. Click **Menu >> + >> DAL. Vent Closed.**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open. Mash. Mix in 1C water, 2Tbsp bottled tadka.

Replace / Supplement:

Yam with your favourite starchy tubers

Tuvar dal with your favourite lentils

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can mix in water to dilute to desired consistency

Can squeeze in 2tsp lemon juice for extra tanginess

Soaking yam in tamarind water and turmeric helps reduce the itchiness



Shahi Paneer

<https://youtu.be/8XFCi3MK3Bg>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp ghee smeared over the base

Layer 2: 150g onion petals, 2 slit green chillies, 10 cashews. Mix all.

Layer 3: PIP on trivet - 150g chopped paneer mixed with 1/2tsp each (salt, cumin, pepper powders)

Close. Click **Menu >>>> VEG Mode. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel. Blend the base with 1/4C cream. Add the paneer and serve

Replace / Supplement:

Cashews with your favourite nuts

Cumin, pepper with your favourite spice mix

Tips:

Dilute to desired consistency

Can add 1tsp ghee to garnish for extra flavor



Shallots Vathakuzhambu

<https://youtu.be/LzP2JjgutUo>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil

Layer 2: 250g shallots (cover base completely), 3 dry red chillies. Mix all.

Layer 4: In an inner vessel over trivet, add 1/4C each (OPOS tamarind paste, sambar powder, water), 1tsp turmeric powder, 1Tbsp each (salt, jaggery)

Close. Click **Menu >> + >> VEG Mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 2Tbsp bottled tadka.

Replace / Supplement:

Sambar powder with any other spices

Tips:

Can add garlic cloves along with shallots for extra flavor

Can add 1-2 small whole tomatoes for puli kuzhambu/ kaara kuzhambu variant

Can mix in water to dilute to desired consistency

Stores well for days together



Thoran

https://youtu.be/D_J3i_2B3ZA

Prep: Blend 1/4C grated coconut with 1 green chilli to a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp oil

Layer 2: 1C each chopped (snake gourd, cabbage) mixed with 1/2tsp salt, 1/8tsp turmeric

Layer 3: Coconut paste

Close. Click **Menu >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1tsp bottled tadka.

Replace / Supplement:

Snake gourd with your favourite watery vegetable

Cabbage with your favourite delicate vegetable

Tips:

If you face venting, keep the vent open.

If vegetables are very juicy/ fresh, can reduce water

Can add 1Tbsp soaked and drained mung dal in Layer 3



Udupi Rasam

<https://youtu.be/nG21in3hzRA>

Prep: Soak 1/4C tuvar dal for 1 hour. Drain.

Recipe:

In the CookBot, add:

1tsp coconut oil, Drained dal, 5 curry leaves, 1C chopped tomatoes, 2 slit green chillies, 2Tbsp saaru pudi, 1Tbsp salt, 2tsp OPOS Tamarind Paste, 1tsp jaggery powder, 1/4tsp each (turmeric, asafoetida), 1.5C water

Close. Click **Menu >> + >>DAL. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open. Add 2C hot water, 1Tbsp each (chopped coriander leaves, bottled tadka)

Replace / Supplement:

Coconut oil with ghee

Saaru pudi with Rasam powder

Jaggery powder with sugar

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can add a Tbsp of grated coconut for additional flavour.



Vadakari

https://youtu.be/-zUQaAz0q_s

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C onion petals, 3 small whole tomatoes, 3 green chillies. Mix all

Layer 3: 6-8 nos crushed masala vada (fried lentil fritters), 1tsp each (OPOS
Ginger-Garlic paste, coriander powder, salt), 1/2tsp each (garam masala, fennel
powder), 1/8tsp turmeric powder

Close. Click **Menu >> + >>VEG Mode. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, mash coarsely. Add
1/2C water to dilute to desired consistency.

Replace / Supplement:

Onions with shallots

Garam masala with your favourite spice mix

Vada with falafel/ pakodi/ soaked and ground spiced dal

Tips:

Can dilute with coconut milk/ water.

You can enrich the curry by mixing in seed paste (Khus khus) / nut paste / coconut
paste / dairy (milk, cream), coconut milk etc.

Can mix in leftover kurma/ salna.



Vellai Kuruma

<https://youtu.be/YsOv2ST3MZQ>

Prep: Blend 1/4C grated coconut, 1Tbsp roasted gram, 1tsp each (chilli powder, ginger garlic paste), 1/2tsp each (fennel seeds, coriander powder, garam masala, cumin powder, salt), 1/8tsp turmeric powder, 2Tbsp coriander leaves to a fine paste

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1Tbsp ghee

Layer 2: 250g chopped vegetables (carrot, beans, potatoes, cauliflower) mixed with 1/8tsp salt, 10 curry leaves

Layer 3 : Spice paste, 2Tbsp each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix the spice paste with the vegetables. Dilute with 1/2C milk. Garnish with coriander leaves.

Replace / Supplement:

Carrot/ beans with any other vegetables

Roasted gram with cashews/ almonds/ any nuts/ seeds

Spices with any fav spices

Milk with stock/ coconut milk/ cream to dilute

Tips:

If you face venting, keep the vent open.

Add big florets of cauliflower to avoid overcooking or add small florets in PIP



Vendakkai Moru Kari / More Kuzhambu

<https://youtu.be/kmO-a5djnig>

Prep: Blend 1/4C chopped coconut, 2 green chillies, 1tsp each (chana dal, cumin), 1/2tsp salt, 1/4tsp turmeric into a smooth paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g chopped okra (1" pieces)

Layer 3: PIP on trivet - Spiced coconut paste

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove the inner vessel. Mix all with 1C whisked yogurt, 2tsp tadka. Can dilute further with 1/4C water.

Replace / Supplement:

Okra with your favourite vegetables

Green chillies with red chillies

Tips:

If you face venting, keep vent open and add 1Tbsp extra oil in L1

Can add 1/2tsp OPOS tamarind paste if yogurt is not sour

Can increase coconut to 1/2C to stretch the curry

Dilute further to desired consistency.



Zunka

<https://youtu.be/4xXxCloOtEI>

Prep: Mix 1/2C roasted besan, 1/2tsp each (red chilli powder, cumin powder), 1/8tsp each (turmeric, asafoetida)

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2 250g chopped (cabbage, carrot) mixed with 1/2tsp salt

Layer 3: Spiced besan

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open. Mix well. Add 1tsp bottled tadka.

Replace / Supplement:

Cabbage & carrots with other non-delicate vegetables of your choice

Red chilli powder with other spice powders

Tips:

If you face venting, keep vent open.

Can add 1Tbsp chopped coriander leaves for additional flavour.



3 Dry Veg Curries in One Shot

<https://youtu.be/d-inrLzDTK8>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Place the separators and divide into 3 zones

Zone 1: Beans dry curry

Layer 2: 1C chopped beans mixed with 1/4tsp salt, 1 chopped green chilli

Zone 2: Sweet corn dry curry

Layer 2: 1C sweet corn

Layer 3: 1/2tsp chilli powder, 1/4tsp salt

Zone 3: Carrot dry curry

Layer 2: 1C chopped carrot

Layer 3: 1 chopped green chilli, 1/4tsp salt

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, separate the dishes.

Remove zone 1, mix in 1/4C grated coconut, 1Tbsp bottled tadka and serve as Beans Dry Curry

Remove zone 2, mix in 1Tbsp bottled tadka and serve as Sweet Corn Dry Curry

Remove zone 3, mix in 1Tbsp bottled tadka and serve as Carrot Dry Curry

Replace / Supplement:

Chilli powder with sambar powder

Beans, carrot with your favourite vegetable

Sweet corn with your favourite starchy vegetables

Tips:

If you face venting, keep the vent open.

Mix and match any additive with any vegetables to make infinite dry curries

Can use water / stock / cream / milk for diluting curries



Meat Based Dishes

Achari Murgh

<https://youtu.be/qm0GgKPMWjo>

Pickled chicken curry

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g chopped chicken with bones mixed with 1/4tsp each (garam masala, chilli powders), 1/8tsp salt

Layer 3: 2Tbsp mango pickle, 1tsp each (OPOS Ginger-Garlic paste, coriander powder)

Close. Click **Menu >> + >> CHIC. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix all.

Replace / Supplement:

Chicken with your favourite marinated meats/ soya/ mushroom

Mango pickle with your favourite pickle

Garam masala with your favourite spice mix

Oil with ghee/ butter

Tips:

If overcooked, release pressure/ use larger pieces.

If undercooked, cook longer/ use smaller pieces/ allow pressure to settle.

Can marinate overnight for a deeper flavour.



Aloo Murgh

<https://youtu.be/Zd5FVJPxRSI>

Prep: Marinate 250g chopped chicken with 1tsp each (red chilli powder, coriander powder, cumin powder), 1/2tsp each (garam masala, OPOS Ginger-Garlic paste), 1/4tsp each (salt, turmeric powder)

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: Spiced chicken

Layer 3: 200g potatoes chopped big, marinated with 1/2tsp red chilli powder, 1/4tsp salt

Layer 4: 2Tbsp each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> +>>CHIC. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix all. Dilute with 1/2C water if needed.

Replace / Supplement:

Potatoes with your favourite starchy vegetables

Spice mix with your favourite spices

Tips:

Can mix in cream / milk for extra flavor



Beef Stew

OPOSChef App ID #9633

Recipe:

In a Cookbot, Add 2Tbsp coconut oil, 500g chopped beef, 1/4C chopped green chilli, 2Tbsp crushed ginger, 10 curry leaves, 2tsp fennel powder, 1tsp each (coriander powder, salt) , 250g whole baby potatoes, 1/4C caramelised onions. Mix all.

Close. Click >> **Menu >> Heat >> LO and Timer >> 1 hour. Vent Closed.**

Once the bot beeps and displays LO, allow pressure to settle. Open, mix all with 1/2C thick coconut milk, 5 curry leaves, 1tsp coconut oil and serve.

Replace / Supplement :

Coconut oil with your fav oil or ghee

Beef with mutton or other red meats

Baby potatoes with potato cubes

Tips :

Can dilute as per needed consistency

Can mash the potatoes coarsely for a thick stew



Butter Chicken

<https://youtu.be/j2SY5GThKDo>

Prep: Mix 300g chopped chicken, 2tsp Kashmiri red chilli powder, 1tsp (OPOS Ginger-Garlic paste, kasuri methi), 1/2tsp each (cumin powder, salt, garam masala), 1/8tsp turmeric powder

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp melted butter (smear the base completely)

Layer 2: 2 small whole tomatoes, Spiced chicken touching the base

Layer 3: 2Tbsp nut powder

Close. Click **Menu >> + >> CHIC. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, remove the tomatoes and nut powder. Blend with 1/4C cream, 1tsp butter to a smooth sauce. Mix in the chicken.

Replace / Supplement:

Nut powder with nut paste

Chicken with your favourite meat

Tips:

If you face venting, keep the vent open & increase buffer.

Dilute to desired consistency



Chicken Chettinad

<https://youtu.be/TgQOCCd60Cw>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g chopped chicken mixed with 1/2tsp each (salt, garam masala, chilli, fennel, coriander powders), 2tsp each (OPOS Ginger-Garlic paste, chopped mint), 2 chopped green chillies.

Layer 4: 1/4C coconut paste (Blend coconut with water to smooth paste), 2Tbsp each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> + >> CHIC. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mash/ blend all except chicken.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Garam masala with your favourite spice mix

Sesame oil with your favourite oil.

Tips:

Use marinated chicken for deeper flavor.

Sear chicken before adding for more flavour.



Chicken Ishtu

<https://youtu.be/cYTSQKWnJbo>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp coconut oil

Layer 2: 250g chopped chicken mixed with 1tsp pepper powder, 1/2tsp each (OPOS Ginger-Garlic paste, salt, chopped ginger), 2 slit green chillies

Layer 3: 1/2C potatoes chopped big mixed with 1/8tsp salt, 2Tbsp caramelised onions, 5 curry leaves

Close. Click **Menu >> + >> CHIC. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open. Add 1/2C grated carrots, 1/4C fresh peas. Mix. Close and let it sit in retained heat for 5 mins. Open. Mix all with 1/2C coconut milk.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Pepper powder with your favourite spice mix

Coconut oil with your favourite oil.

Tips:

If you face venting, keep the vent open.

Use marinated chicken for deeper flavor.

Sear chicken before adding for more flavour.



Chicken Salna

<https://youtu.be/k4DY8fYUINE>

Prep: Blend 1/4C each (coconut, peanuts), 2dry red chillies, 1/4tsp salt, 1tsp oil to a smooth paste. Mix 250g sliced chicken with 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (salt, red chilli powder, coriander powder, cumin powder, garam masala), 1/4tsp turmeric powder.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: Spiced chicken

Layer 3: Spiced coconut paste, 2Tbsp caramelised onions

Close. Click **Menu >> CHIC. Vent Closed**

Once the bot beeps and displays OFF, release pressure.. Open, dilute with 1/2C water.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Peanuts with other favorite nuts

Spices mentioned with your favourite spice mix

Tips:

If you face venting, keep the vent open.

Can mix in coconut milk / cream for extra flavor



Crab Curry

<https://youtu.be/HBUqgXW5zww>

Prep: Blend 1/4C coconut, 1Tbsp each (cashew, chilli powder, coriander powder, OPOS Ginger-Garlic paste), 1tsp each (poppy seed, fennel, pepper), 1/4tsp each (salt, turmeric), 1" bit cinnamon, 6 green chilli with 1/4C water to paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 500g chopped blue/flower crab mixed with 1/2tsp salt, 1/4tsp turmeric

Layer3: Spice paste, 2Tbsp each (caramelised onions, caramelised tomatoes)

Close. Click **Menu >> + >> FISH mode. Vent Closed**

Once the bot beeps and displays OFF, Let pressure settle. Open, mix all. Garnish with 1/4C chopped cilantro.

Replace / Supplement:

Crab with prawns /seafood varieties

Spice paste with your favourite spice mix

Tips:

If using mud crabs, set high 5 mins. Let pressure settle.

Can mix in coconut milk for extra flavor



Dry Fish Curry

Prep: Soak 1C dry fish in water for 30 minutes. Rinse multiple times to remove the sand particles. Drain. Mix 2Tbsp fish masala with 1C washed dry fish

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C deseeded & chopped tomatoes, 1/4C roughly chopped coconut touching base

Layer 3: Spiced dry fish, 6 slit green chilli, 1/4C curry leaves,

Layer 3: 1/4C each caramelised onions, 2Tbsp OPOS Ginger-Garlic paste

Ensure the vent is closed. Manually set, **Menu >> Heat >> + >> High** and **Timer >> + >> 8 minutes**.

Once the bot beeps and displays LO, release pressure by turning the vent to left or right. Open, mix all and serve.

Replace / Supplement:

Fish with prawns/ seafood varieties

Fish masala with your favourite spice mix

Tips:

Can remove the fish. Mash/ blend the base and add the fish back.

Can dilute with water if needed



Duck with No Gloop Gravy

OPOSChef App Recipe ID# 11388

Preparations:

1. Add 1tsp turmeric to 1kg chopped duck (with skin & fat) and rest for 30 mins. Wash & drain.

Recipe:

In a Cookbot, add:

1. Cleaned and chopped duck, 6 unpeeled garlic cloves, 1/4C curry leaves, 2Tbsp meat masala, 1/2Tbsp salt. Mix well.

Ensure the vent is closed.

Click Menu >> **gOAT Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open. Remove the duck pieces. Emulsify leftover fat and juices with a stick blender to get a creamy sauce. Pour over duck. Garnish with 1Tbsp chopped coriander.

Replace / Supplement :

1. Duck with country chicken or black chicken.
2. Meat masala with any spice mix of choice.

Tips :

1. Washing duck with turmeric is optional.
2. For V1 & V2, set Heat LO (low) and Timer 30 mins.



Egg Masala

<https://youtu.be/FwBHm-znEOQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C onion petals, 3 small whole tomatoes. Mix all.

Layer 3: 1tsp red chilli powder, 1/2tsp each (salt, pepper powder), 1/4tsp garam masala, 1/8tsp turmeric

Layer 4: 3 well washed eggs

Close. Click **Menu >> + >> VEG Mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure. Open, remove eggs and peel. Mix all.

Replace / Supplement:

Chicken eggs with Quail eggs

Garam masala with your favourite spice mix

Tips:

Allow eggs to cool completely for hard boiled eggs.



Egg Pepper Fry

OPOSChef App Recipe ID#11642

Fish Masala

<https://youtu.be/Fn10afwpBFA>

Prep: Spice paste: Grind 1/2C chopped coconut, 2Tbsp fish masala, 1Tbsp OPOS tamarind paste, 10 shallots, 1" ginger, 2 garlic cloves to smooth paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 500g chopped fish mixed with 1/2tsp each (salt, chilli powder), 1/4tsp turmeric

Layer 3: PIP - Spice paste

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open and mix all with 1/2C water (optional).

Replace / Supplement:

Fish with prawns/ seafood varieties

Fish masala with your favourite spice mix

Water with coconut milk

Tips:

Remove the fish. Mix/ mash/ blend the base and add the fish back.

Use FISH mode in V3 or low 2 mins in V1 & V2 if you face venting.



Fish Moilee

<https://youtu.be/YsfPSMPvTA>

Prep: Mix 250g chopped fish with 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (pepper powder, salt), 1/4tsp turmeric powder, 10 curry leaves

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil,

Layer 2: Spiced Fish, 10 curry leaves

Layer 3 : 2Tbsp each (caramelised onions, caramelised tomato)

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, mix in 1C coconut milk and 1Tbsp bottled tadka.

Replace / Supplement:

Fish with prawns/ seafood varieties

Pepper powder with your favourite spice mix

Tips:

Use FISH mode in V3 or low 2 mins in V1 & V2 if you face venting.



Mangsher Jhol

OPOSChef App ID #10110

Preparations:

Spiced mutton: Mix 250g chopped mutton, 1tsp OPOS Ginger-Garlic paste, 1/2tsp red chilli powder, 1/8tsp each (turmeric, salt).

Recipe:

In a Cookbot, add 2Tbsp mustard oil, Spiced mutton, 150g cubed potato, 1/4C each (curd, caramelised onion), 2tsp vinegar, 1tsp red chilli powder, 1/2tsp each (cumin, coriander, garam masala) powders, 1/2tsp each (salt, sugar), 1tsp ghee. Mix all.

Click **Menu >> Goat Mode**. Vent **Close**.

Once the bot beeps and displays LO, let pressure settle. Open, mix all with 1Tbsp tadka (red chilli, cumin, mustard, Nigella seeds) and serve.

Replace / Supplement :

Mustard oil with your fav oil/ghee.

Mutton with beef or any red meat

Garam masala with your fav spice mix.

Tips :

For V1 & V2 Click **Menu >> Heat >> LO and Timer >> 30 minutes**.

Can dilute with water if needed.



Military Mutton Curry

OPOSChef App ID #8897

Preparations:

Green chutney: Blend 1C cilantro, 5 green chillies, 1tsp sugar to a fine paste

Recipe:

In a Cookbot, add 2Tbsp ghee, 1Kg chopped mutton thigh, 1/4C each (yogurt, caramelised onion, mint leaves), 2Tbsp Mughlai tadka, 1Tbsp each (coriander powder, chilli powder, OPOS Ginger-Garlic paste), 1/4tsp each (turmeric powder, cumin powder), 4 slit green chillies, 2tsp salt. Mix all

Click **Menu >> Goat Mode**. Vent **close**. Once bot beeps and displays LO, allow pressure to settle. Open, mix in green chutney, 2Tbsp caramelised onion, 1/2tsp salt & serve

Replace / Supplement :

Mutton with beef / other red meats / chicken

Ghee with oil

Tips :

For V1 & V2 Click **Menu >> Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins**

Can adjust spices as per preference

Cooking time varies depending upon the meat used

Cook till you get the intense flavour of the cooked meat

Tender meat cooks faster



Murg Mussallam

https://youtu.be/Qwdwp_8FdTA

Prep: 1.2 kg Whole chicken slit and smeared with 1/4C chicken masala, 1Tbsp OPOS
Ginger-Garlic paste, 2tsp salt, 2Tbsp oil

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: Spiced Chicken, 4 small whole tomatoes, 5 green chillies

Close. Click **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 30 minutes. Vent**

Closed.

Once the bot beeps and displays LO, let pressure settle. Open, remove chicken. Mash/
blend the base for gravy with 1/4C caramelised onions. Pour over the chicken and serve

Replace / Supplement:

Chicken with whole Quail/ Country Chicken

Chicken masala with your favourite spice mix

Shallots with onions

Tips:

Serve as dry chicken or chicken gravy

Can chop the chicken while serving if needed

Mutton Dalcha

Prep: Soak 1/4C each (tuvar, chana dal) for 30 mins. Drain.

Recipe:

In a CookBot, add 2C water, Soaked Dal, 250g mutton with bones and fat mixed with 2Tbsp mutton masala, 1Tbsp OPOS Ginger-Garlic paste, 250g eggplant chopped big, 1/4tsp turmeric, 1/2tsp garam masala, 1tsp each (OPOS Tamarind paste, salt), 5 green chillies, 1/2C tomato, 1/4C (caramelised onion, mint).

Close, Click **Menu >> + >>GOAT. Vent closed**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Mutton with your favourite red meat

Tuvar/ Chana dal with your favourite lentils

Tamarind paste with raw mango

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can mix in more water after cooking to dilute to preferred consistency

Can add coconut milk/ stock for extra flavor/ richness

Mutton Chukka

OPOSChef App ID #7437

Preparations:

Sukka spice mix: Roast & blend 1Tbsp grated coconut, 1tsp each (peppercorn, cumin, coriander seeds, poppy seeds), 6 dry red chilli, 1"bit cinnamon, 2 each (cardamom, cloves), 1/2tsp salt

Recipe:

In a Cookbot, add 1/4C coconut oil, 500g chopped mutton, 1/2tsp salt, 1/4tsp turmeric, Sukka spice mix. Mix all.

Click **Menu >> Goat Mode**. Vent **close**.

Once the bot beeps and displays LO, release pressure (if any) by pressing the middle button. Open, remove the inner vessel. Drain the excess oil. Mix in the sukka spice mix & serve

Replace / Supplement :

Mutton with your favourite meat / chicken

Sukka spice mix with your favourite ready-made spice mix

Coconut oil with your favourite oil

Tips :

For V1 & V2 Click **Menu >> Heat >> + >> LO and Timer >> + >> 30 mins**

Can reduce oil to 2Tbsp.

Mutton Ghee Roast

Recipe:

In a CookBot, add 1/4C ghee, 500g chopped mutton, 1/4C caramelised onion, 1Tbsp each (OPOS Ginger-Garlic paste, mutton masala), 1/2tsp each (turmeric, salt). Mix all.

Close. Click **Menu >> + >GOAT. Vent Closed.**

Once the bot beeps and displays LO, release pressure.

Open & mix all.

Replace / Supplement:

Mutton with your favourite red meat

Mutton masala with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can reduce ghee to 2Tbsp.



Mutton Rogan Josh

Prep: Mix 500g bone in mutton leg pieces, 1/2C hung yogurt, 1Tbsp OPOS
Ginger-Garlic paste, 2tsp each (garam masala, cumin powder), 2Tbsp caramelised
onion, 1Tbsp each (coriander powder, Kashmiri chilli powder, mint), 1tsp (fennel
powder, ginger powder), 1/2tsp salt

Recipe:

In a CookBot, Layer as below:

Layer 1: 2Tbsp ghee

Layer 2: Spiced mutton

Close. Click **Menu >> + >> GOAT. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, Mix all.

Replace / Supplement:

Mutton with your favourite red meat

Spice powders mentioned with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can mix in water to dilute to desired consistency

Strain the regular yogurt overnight to make hung curd



Mutton Thanni Kuzhambu

OPOSChef App ID #10303

Preparations:

Spiced mutton: Mix 1Kg bone-in mutton, 1/2C caramelised onion, 1/4C each (caramelised tomato, coconut powder, kuzhambu masala powder), 2tsp salt, 1tsp OPOS Ginger-Garlic paste, 1/4tsp turmeric.

Recipe:

In a Cookbot, add 2Tbsp coconut oil, 1/4C curry leaves, and Spiced mutton. Mix all.

Click >> **Menu >> Goat Mode**. Vent **close**.

Once bot beeps and displays LO, let pressure settle. Open, mix all. Optionally remove and serve half of the mutton pieces as sukka. Add 2C mutton broth to the remaining mutton pieces and serve as mutton thanni kuzhambu.

Replace / Supplement :

Coconut oil with castor oil / ghee.

Kuzhambu masala powder with curry powder / your favourite spice mix.

Coconut powder with coconut paste / roasted coconut paste.

Tips :

For **V1 & V2** Click >> **Heat >> LO (low) and Timer >> 30 minutes**.

Can add red chilli powder / green chillies for more spiciness.

Can add 2Tbsp lemon juice before serving.



Mutton Vindaloo

Prep: Blend to a paste: 6 Dry red Chilies, 1tsp each (cumin, coriander seeds, poppy seeds, ginger, pepper, OPOS tamarind paste, jaggery), 5 garlic cloves, 3 cloves, 2" cinnamon, 2 cardamom, 1/4tsp turmeric powder, 1Tbsp vinegar, 1/4C caramelised onion, 1.5tsp salt.

Recipe:

In a CookBot, add :

2Tbsp oil, 500g chopped mutton, Spice paste, 1/4C caramelised onion, 1Tbsp Kashmiri chilli powder. Mix well.

Close. Click **Menu >> + >> GOAT. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Mutton with your favourite red meat

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Prawn Dopiaza

https://youtu.be/JbCF_3_rnQg

Prep: Spiced Prawn: Mix 250g cleaned and deveined prawns with

Recipe:

In the CookBot, add :

2Tbsp oil, 250g cleaned and deveined prawns, 1/4C caramelised onion, 1Tbsp OPOS
Ginger-Garlic paste, 1tsp chilli powder, 1/2tsp each (salt, garam masala, cumin
powder). Mix well.

Cose. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, mix in 2Tbsp whisked
yogurt, 2Tbsp fried onions.

Replace / Supplement:

Prawn with any favourite seafood/ chicken/ soaked soya/ red meat

Garam masala with any favourite spice mix

Yogurt with cream/ any nut powder

Tips:

Can dilute if needed



Sura Puttu

Tamil fish scramble

Recipe:

In the CookBot, add: 1/4C oil, 1/4C green chilli, 2Tbsp each chopped (ginger, garlic), 20 curry leaves, 650g cleaned and chopped shark mixed with 1/2tsp each (salt, turmeric), 1/2C caramelised onions. Mix all.

Close. Click **Menu >> + >> Heat >> HIGH and Timer >> 4 minutes. Vent closed.**

Once the bot beeps and displays OFF, release pressure.

Open, (optionally can strain liquid), flake fish, mix all.

Replace / Supplement:

Spices as per preference

Shark with your favourite fish

Tips:

Can serve strained liquid as soup

If undercooked, cut smaller/ cook longer.

Can mix in 1/4C grated coconut if needed.

Use very fresh fish.

If possible, get the fish deskinned.

Tender Mutton Sukka

OPOSChef App Recipe ID# 7437

Preparations:

1. Sukka spice mix: Roast & blend 1Tbsp grated coconut, 1tsp each (peppercorn, cumin, coriander seeds, poppy seeds), 6 dry red chilli, 1"bit cinnamon, 2 each (cardamom, cloves), 1/2tsp salt

Recipe:

In a Cookbot, layer as below:

1. 1/4C coconut oil
2. 500g chopped mutton, 1/2tsp salt, 1/4tsp turmeric. Mix
3. Place an inner vessel with sukka spice mix
4. Close, ensure vent is open
5. Click Menu >> Heat >> + >> LO (Low Heat) and Timer >> + >> 20 mins
6. Once the bot beeps and displays LO, release pressure (if any) by pressing middle button
7. Open, remove the inner vessel. Drain the excess oil. Mix in the sukka spice mix & serve

Replace / Supplement :

1. Mutton with your favourite meat / chicken
2. Sukka spice mix with your favourite ready-made spice mix
3. Coconut oil with your favourite oil

Tips :

1. Undercooked? Cut smaller
2. Tender mutton cooks faster
3. Can marinate with meat tenderizer



Appetizers

Bharwan Bhindi

<https://youtu.be/iWzTsX8pGmk>

Prep: Slit 150g okra on one side to make a pocket. Stuff in spice mix (3Tbsp crumbled paneer, 1Tbsp puliogare powder). Wipe the surface clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp Oil

Layer 2: Stuffed Okra placed in a single layer

Close. Click **Menu >> + >> dVEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, drain excess oil (if any) and serve.

Replace / Supplement:

Spice mix mentioned with cheese/ tofu/ any favorite spice mix

Okra with ivy gourd, brinjal, snake gourd, bitter gourd/ hollow veggies

Tips:

If you face venting, keep vent open and add 1Tbsp extra oil in L1

Okra needs to be completely dry

Ensure the spice powders do not touch the base of the CookBot



Cheesy Garlic Mushrooms

<https://youtu.be/WpWgpCdjFWY>

In the CookBot, layer as below:

Layer 1: 2Tbsp butter (smear to cover the base)

Layer 2: 15 garlic cloves, 6 green chilli, 200g whole mushrooms. Mix all.

Close. Click **Menu >> + >> CARA. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, mash garlic, mix in 2Tbsp cream cheese.

Replace / Supplement:

Mushroom with baby corn /corn kernels /favourite vegetable

Garlic and chilli with your favourite flavouring

Cheese spread with your favourite cheese

Tips:

Skewer with toothpick and serve as starter

Corn on the Cob

https://youtu.be/_VI0QpbvuF8

Recipe:

In the CookBot, add

Layer 1: 1/4C water

Layer 2: 500g corn on the cob, cut into 3" pieces.

Close. Click **Menu >> + >>VEG. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, drain excess water (if any) and serve.

Replace / Supplement:

Corn with thick chunks of starchy vegetables of choice

Water with a combination of butter and water

Tips:

Can garnish with your favourite seasoning/ shredded cheesepp

Can squeeze in a wedge of lemon

Can mix in roasted spices/ pepper while serving



Chilli Mushrooms

<https://youtu.be/LGcfV-eBmd4>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 200g whole mushrooms and 1/2C diced onions mixed with 1Tbsp chopped garlic, 1/2tsp red chilli flakes, 1/4tsp salt

Layer 5: PIP: 1/2C diced capsicum

Close. Click **Menu >> + >> VEG. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1Tbsp each (tomato sauce, soy sauce), 1/4tsp pepper powder

Replace / Supplement:

Mushroom with baby corn/ corn kernels/ favourite vegetable

Garlic and chilli with your favourite flavouring

Soy sauce with your favourite sauce

Tips:

Skewer with toothpick and serve as starter



Gutti Vankaya Kura

Prep: Mix 1/4C spiced lentil powder (paruppu podi), 1tsp each (OPOS tamarind paste, OPOS Ginger-Garlic paste), 1/4tsp each (sambar powder, salt), 1/8tsp turmeric powder. Slit 250g eggplants into four so that they still remained joined at the base. Stuff spice mix tightly into eggplant. Wipe eggplant surface clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: Stuffed eggplants

Close. Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open and serve.

Replace / Supplement:

Spice mix for stuffing with crumbled or grated paneer/ thenga molagapodi/ paruppu podi/ puliyogare powder

Tips:

If you face venting, keep the vent open; Increase buffer and drain excess oil after cooking.

Choose small baby eggplants. Thick ones take longer time to cook

Tender eggplants cook faster.



Kadai Paneer

<https://youtu.be/h2Wk83BWGI8>

Prep: Mix 100g each (chopped paneer, capsicum) with 1tsp Kashmiri red chilli powder, 1/2tsp each (cumin, garam masala, salt), 1/4tsp OPOS Ginger-Garlic paste, 1/8tsp turmeric powder.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C onion petals. Mix all.

Layer 3: PIP on trivet- Spiced paneer & capsicum, 1/4C diced deseeded tomatoes

Close. Click **Menu >> + >> VEG Mode. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, mix all with 1Tbsp kasuri methi

Replace / Supplement:

Paneer with tofu

Garam masala with any spice powder

Tips:

Can add cream/ milk to dilute if needed



Paneer Ghee Roast

<https://youtu.be/Zy7MrDDy6no>

Prep: Mix 200g chopped paneer with 1/2tsp Kashmiri red chilli powder, 1/4tsp each (cumin, garam masala, salt), 1/8tspeach (OPOS Ginger-Garlic paste, turmeric powder).

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee (smear well to coat the base completely)

Layer 2: 1C onion petals, 10 curry leaves. Mix all.

Layer 3: PIP on trivet -Spiced paneer

Close. Click **Menu >> + >> VEG Mode. Vent Open.**

Once the bot beeps and displays OFF, release pressure. Open, mix all.

Replace / Supplement:

Ghee with butter

Garam masala with any fav spice mix

Curry leaf with any other herbs

Tips:

Can also use caramelised onions



Stuffed Ivy Gourd

<https://youtu.be/jRsgpnSWhPs>

Prep: Blend 1/4C copra, 1Tbsp Paruppu podi (spiced lentil powder), 1tsp sesame, 1/2tsp each (cumin, pepper, salt), 2dry red chillies, 1/4tsp turmeric into a thick paste. Mix in 2Tbsp copra (desiccated coconut).

Take 250g ivy gourd and slit open into 4, so that they are joint at the base. Stuff the spice paste. Wipe the surface clean to avoid spices touching the base.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: Ivy gourds touching the base

Close. Click **Menu >> + >> VEG Mode. Vent Closed**

Once the bot beeps and displays OFF, release pressure. Open, remove the stuffed ivy gourds and serve.

Replace / Supplement:

Ivy gourds with bitter gourd

Spice mix with your favourite stuffing

Tips:

If you face venting, keep the vent open. Increase buffer and drain excess oil after cooking

Choose tender vegetables.



Sundal

<https://youtu.be/dWHgeUm-pJ0>

Prep: Soak 1C Desi chana overnight. Drain

Recipe:

In a CookBot, add :

1/2C water, Soaked and drained desi chana, 1tsp salt. Mix.

Close, Click **Menu >> + >>bEAN. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, drain excess water if any. Mix in 1Tbsp bottled tadka, 1/4C grated coconut.

Replace / Supplement:

Desi Chickpeas with your favourite legumes

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can mix in grated carrots, raw mango, salad vegetables for extra flavor

Can add 1/8tsp baking powder for softer texture



Soups

Bone Broth

App id 9982

Recipe:

In a CookBot, add :

1kg mix of pork leg bones and chicken feet, 1kg water (enough to cover bones), 1Tbsp apple cider vinegar, 2tsp salt

Close. **Click Menu >> + >>PLO. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle fully. Open. Strain broth once cool. Use immediately or refrigerate for later use. Adjust salt while using.

Replace / Supplement:

Pork bones with mutton or beef bones.

Can skip chicken feet but broth will not gelatinise as well

Can add bay leaf & black pepper from mogul tadka

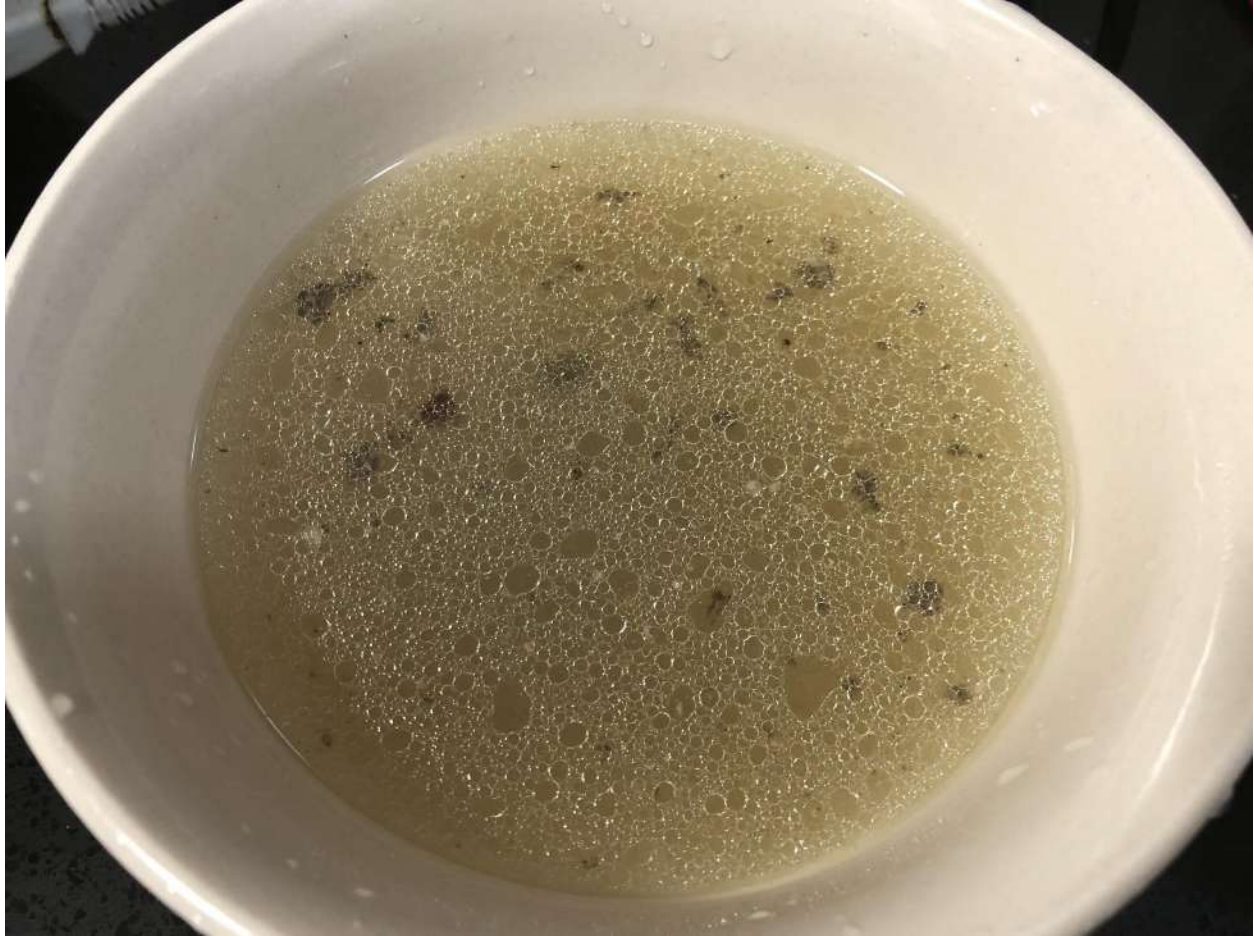
Can add whole unpeeled garlic cloves or any herbs of choice

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 Hrs.**

Use as a soup or in place of stock

Can freeze in ice cube trays



Carrot Soup

<https://youtu.be/-bNwMTjtqxY>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped carrots (250g) mixed with 1 slit green chilli, 1/2tsp each (salt, garam masala)

Close. **Click Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, blend all to a smooth liquid or mash well for a chunky soup with 1Tbsp butter, 1.5C water/ stock.

Replace / Supplement:

Carrots with your favourite vegetables

Garam masala with your favourite spice mix

Tips:

If you face venting from sides, keep the vent open.

Can add 2Tbsp cream/ butter while blending.



Creamy Tomato Soup

<https://youtu.be/uZHxkmHtZhE>

Recipe:

In a CookBot, layer as below

Layer 1: 1/4C melted / softened butter

Layer 2: 500g whole tomatoes, 6 garlic cloves, 3 green chillies. Mix all.

Close. Click **Menu >> + >> CARA. Vent Open**

Once the bot beeps and displays OFF, release pressure.

Open, blend all with 1Tbsp each (salt, sugar), mix in 200ml cream.

Replace / Supplement:

Garlic with ginger

Butter with oil

Cream with stock/ water

Tips:

Can dilute as per the needed consistency



Cream of Mushroom Soup

<https://youtu.be/MNOQMsD6cWs>

Recipe:

In the CookBot, add 1/4C butter, 5 each (green chilli, garlic clove), 600g oyster mushroom, 1Tbsp salt, 1tsp pepper. Mix all.

Close. Click **Menu >> +>>CARA. Vent Open**

Once the bot beeps and displays OFF, release pressure. Open, blend all with 1/2C cream, 3C water. Mix and serve.

Replace / Supplement:

Butter with any favourite oil

Water, cream with milk/ stock

Tips:

Can dilute as per needed consistency

Can serve as soup/ curry base/ pasta sauce

Can reduce timing if there is burning.

Dal shorba

<https://youtu.be/qXokzMsadBE>

Prep: Soak 1/2C mung dal for 2 hours. Drain

Recipe:

In the CookBot, add 1C water, soaked mung, 2Tbsp (caramelised onion, chopped tomatoes), 1tsp OPOS ginger garlic paste, 1/2tsp (salt, red chili powder, coriander powder), 1/4tsp garam masala, 2 slit chillies, 5 mint leaves.

Close, click **Menu >> + >>DAL. Vent closed**

Once the bot beeps and displays LO, let pressure settle. Open. Add 1Tbsp ghee, 1C water to dilute. Can mash/ blend dal to get smoother consistency.

Replace / Supplement:

1. Moong dal with masoor dal
2. Chopped tomatoes with caramelised tomatoes
3. Water with coconut milk to dilute

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can dilute as per needed consistency



Minestrone

Italian Big Soup

<https://youtu.be/6FMUZ42qtWA>

Recipe:

In the CookBot, add 2C water, 1Tbsp butter, 1 chopped garlic clove, 1C chopped tomato, 1/4C pasta, 1/2C each (sliced mushrooms, corn), 1tsp each (pizza seasoning, pepper), 1/2tsp salt

Close. Click **Menu >> + >> SOUP. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1/4C each (grated cheese, chopped cilantro), 1tsp garlic infused olive oil.

Replace / Supplement:

Pepper with your favourite spice/ spice mix

Water with stock/ milk/ cream

Garlic infused olive oil with olive oil/ butter/ ghee/ other flavoured oil

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 8 mins.**

Can mix in grated cheese.



Mutton Bone Stock

App id 7443

Recipe:

In the CookBot, add 1kg mutton bone, 1.5L water, 1/2tsp salt
Close. **Menu >> PLO. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open after 1hour. Serve warm

Replace / Supplement:

Mutton bones with any red meat bones

Add any spice mix of choice to make a soup

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 Hrs.**

Can add chopped coriander leaves/ mint leaves/ lime juice while serving



Room Freshener Rasam

<https://youtu.be/Xm4L7UKwKdw>

Recipe:

In the CookBot, add 1tsp ghee, 5g raw deseeded tamarind, 1tsp each (chopped ginger, crushed cumin, crushed pepper, salt), 1Tbsp each (mint, coriander stalks), 1/8tsp each (turmeric, asafoetida), 2C water.

Close. Manually set, **Menu >> + >> SOUP. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1tsp bottled tadka.

Replace / Supplement:

Mint/ cilantro with your favourite herbs

Ginger with Garlic

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 8 mins.**

Can mix in lentil stock



Drinks

Aam Panna

<https://youtu.be/FcqA3fSJP0w>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C raw mango mixed with 2tsp cumin powder, 1tsp salt, 1/4tsp cardamom powder

Layer 3: 1C Sugar

Close, **Menu >> + >> Heat >>VEG. Vent closed.**

Once the bot beeps and displays OFF, release pressure. Open and blend all.

Replace / Supplement:

Mango with grapes/ grapes/ apples

Sugar with jaggery

Tips:

Can refrigerate for a month if stored in a clean container



Corona Coffee

<https://youtu.be/SbHxat1ZhqQ>

Prep: Roast and blend 1/4C each (coriander seeds, wheat), 1tsp each (pepper, cumin), 10 Nos each (cardamom, long pepper, clove), 10g dry ginger, 2" bit cinnamon

Recipe:

In the CookBot, add 1.5L water, 250g jaggery, 1/4C spice mix (35g), 1Tbsp ginger

Close. **Menu >> + >> Heat >> Low and Timer >> 10 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle. Open, filter and serve

Replace / Supplement:

Spice powder with your favourite herbal/ dry spice mix

Jaggery with palm sugar / honey (after opening)

Tips:

Can serve as such or dilute with water as per the spiciness needed

Frooti

<https://youtu.be/0JEoA60avEQ>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 1C each (raw mango, ripe mango)

Layer 3: 1/2C Sugar

Close, **Menu >> + >> Heat >>VEG. Vent closed.**

Once the bot beeps and displays OFF, release pressure. Open and blend all.

To make Juice from this concentrate, mix 1 part of this concentrate with 3 parts water.

Replace / Supplement:

Mango with grapes/ grapes/ apples

Sugar with jaggery

Tips:

Can refrigerate for a month if stored in a clean container



Sharbat

<https://youtu.be/vTg1b5lqfDw>

Recipe:

In the CookBot, add 2C sugar, 2C water, 1C chopped fruits (raw mango, gooseberry, pineapple, falsa, peach, sour apples, ..)

Close. **Menu >> + >> Heat >> Low and Timer >> 4 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, strain and bottle. Can blend fruits optionally and mix in.

Serving tips:

Can pour over ice cream or fruit salad as a garnish.

Can blend with milk into a milkshake

Can mix in soaked Basil seeds for texture

Can mix in black salt, roasted cumin powder

Can mix in chilled water/ carbonated water/ fruit juice

Can replace sugar with jaggery

Extending Sharbat:

Mix in alcohol with sharbat to make liqueur

Mix in instant coffee powder to make infused decoctions/ coffee liqueurs

Mix in heavy cream & whiskey to make Irish Cream

Mix in chocolate sauce & alcohol to make chocolate liqueur



Lemon Squash

<https://youtu.be/Gha-EAuMSvc>

Recipe:

In the CookBot, add 1C each (sugar, water)

Close. **Menu >> + >> Heat >> Low and Timer >> 2 minutes. Vent closed.**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, add 1/2C freshly squeezed lemon juice. Mix, let cool and store.

Replace / Supplement:

Lemon juice with any citrus fruit concentrate

Tips:

Can add additives like cinnamon, mint leaves etc

Pickles and Preserves

Brinjal Thokku

<https://youtu.be/RmQCP9-3wRs>

Recipe:

In the CookBot , layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g chopped brinjal mixed with 1/2tsp each (chilli, coriander powders, salt), 1/8tsp turmeric powder

Layer 3: 2Tbsp each (caramelised onions, caramelised tomatoes)

Close, click **Menu >> + >> CARA. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix and mash if needed. Add 1tsp bottled tadka.

Replace / Supplement:

Brinjal with any other vegetable

Chilli/ coriander powders with any other spices/ pickle mix

Tips:

If you face venting, keep vent open and add 1Tbsp extra oil in L1

Can blend for smoother consistency



Chicken Thokku

<https://youtu.be/0HmVKEuvmpY>

1.5Kg Chicken thokku

Prep: Spice powder: Roast & grind 1Tbsp each (fenugreek, cumin, fennel)
Chilli paste: Blend 110g each (dry red chilli, vinegar).
Mix 1tsp turmeric powder with 900g chicken.

Recipe:

In a CookBot,layer:

Layer 1: 1C sesame oil, 1/4C curry leaves, 900g chopped Chicken, 1/4C OPOS
Ginger-Garlic paste, 3Tbsp roasted spice powder, 1tsp asafoetida, 2Tbsp salt. Mix all.
Layer 2: 1C chilli paste, 1/2C OPOS tamarind paste

Close, click **Menu >> + >>CHIC>>6 mins. Vent Closed.**
Once the bot beeps and displays LO, let pressure settle.
Open. Mix all with 1/4C tadka. Check salt & add more if needed.

Replace / Supplement:

Chicken with fish/ any other meat
Roasted Spice powders with any other spice mix
Chilli paste with red chilli powder

Tips:

Can be stored as a pickle if refrigerated properly
Can dilute with water for gravy

Fish Thokku

<https://youtu.be/1sawvruZaGU>

Prep: Mix 250g sliced fish with 3/4tsp salt, 1Tbsp (fish masala, OPOS Tamarind paste), 1tsp each (pepper powder, red chilli powder), 1/4tsp fenugreek powder, 10 curry leaves, 1tsp oil

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C onion petals, 2 whole small tomatoes , 10 curry leaves. Mix all.

Layer 3: PIP on trivet with Spiced Fish.

Close. Click **Menu >> + >>VEG . Vent Open.**

Once the bot beeps and displays OFF, release pressure.

Open and remove PIP and mash or blend coarsely the base. Add back the fish and mix gently.

Replace / Supplement:

Fish with prawns /seafood varieties

Fish masala with your favourite spice mix

Tips:

Can be stored as a pickle if refrigerated properly

Can dilute with water for gravy

Garlic Pickle

<https://youtu.be/zlgHmBwbkE>

Recipe:

In a CookBot, layer as below

Layer 1: 1.5C sesame oil

Layer 2: 500g garlic cloves. Mix all.

Layer 3: 1.25C dry red chilli-vinegar paste

Layer 4: 1Tbsp each roasted (mustard, fenugreek powder), 1tsp turmeric, 1Tbsp asafoetida, 1/4C salt.

Close, Click **Menu >> + >> VEG. Vent Closed**

Once the bot beeps and displays OFF, release pressure.

Open, mix in 1/4C bottled tadka.

Replace / Supplement:

Garlic with shallots/ any vegetables

Red chilli-vinegar paste with red chilli powder-vinegar

Tips:

Let cool completely and bottle

Always use dry spoons

Refrigerate for longer shelf life

Can add extra oil as a sealant

Can add jaggery for sweet version



Inji Puli

<https://youtu.be/Tcf2N7B04AE>

Recipe:

In the CookBot layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 1C chopped ginger

Layer 3: 2C chopped/ whole green chillies. Mix all.

Layer 4: 1/4C tamarind

Layer 5 : 2Tbsp Jaggery, 1Tbsp salt, 1tsp each (asafoetida, turmeric)

Close, Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure.

Open, coarsely blend/ mash. Mix in 1/4C bottled tadka.

Replace / Supplement:

Ginger with Garlic

Green chillies with Red chillies

Tamarind with OPOS tamarind paste

Sesame oil with any other oil

Tip:

Can blend well for smooth dip

Do not add water while blending after cooking.



Jam

<https://youtu.be/bi-qUzuK4xA>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped (non citrus) fruits

Layer 3: 125g sugar

Close the lid.

Manually set, **Menu >> Heat >> + >>Veg. Vent Open.**

Once the bot beeps and displays OFF, release pressure.

Open, mix/ mash all, let cool and bottle.

Replace / Supplement:

Sugar with jaggery

Tips:

Can add cinnamon/ cloves/ nutmeg / favorite sweet spices for extra flavor



Mango Thokku

<https://youtu.be/fXGOKDE77dg>

Recipe:

In the CookBot inner vessel, layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 500g chopped raw mango. Mix all.

Layer 3: 2Tbsp each (salt, chilli powder), 1Tbsp coriander powder, 1/4tsp each (turmeric powder, fenugreek powder), 1/8tsp asafoetida

Close, Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure.

Open, mash the mangoes. Add 1Tbsp bottled tadka. Let cool and bottle it.

Replace / Supplement:

Sesame oil with any oil of choice

Raw Mangoes with any semi ripe sour fruit/ vegetable of choice

Spice powders mentioned with any pickle mix

Tips:

Can add extra oil while bottling as a sealant

Always use dry spoon and refrigerate for longer shelf life



Karuvaattu Thokku

<https://youtu.be/FcLK-nATLZw>

Dry fish thokku

Prep: Soak 250g dry fish in hot water mixed with 1/4C vinegar.
Rinse and remove sand. Drain.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 250g dry fish mixed with 1tsp turmeric, 1/2tsp salt, 1tsp asafoetida, 1/4C curry leaves

Layer 3: 1/4C OPOS tamarind paste

Layer 4: 75g dry red chillies blended with 75g vinegar

Layer 5: 1Tbsp each roasted (fennel, cumin, fenugreek) blended to a powder

Close, Click **Menu >> + >>VEG. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle.

Open, mix in 2Tbsp bottled tadka

Replace / Supplement:

Sesame oil with your favourite oil

Spice mix with your favourite pickle mix

Red chilli-vinegar paste with red chilli powder-vinegar

Tips :

Can use FISH Mode for V1 & V2

Pepper Mutton Thokku

Prep: Blend 1/2C vinegar, 1/4C each (cashew, roasted pepper), 2Tbsp OPOS
Ginger-Garlic paste, 1Tbsp each (poppy seeds, roasted gram, coriander powder),
1/2Tbsp fennel, 4 Nos each (cardamom, clove), 2" cinnamon to paste.

Recipe:

In the CookBot, add: 1/2C coconut oil, 2 green chilli, 1/4C curry leaves, 1kg chopped mutton, Spice paste, 1Tbsp salt. Mix all.

In an inner vessel add 1/4C vinegar with remaining spice paste

Close. Click **Menu >> + >> GOAT. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Coconut oil with your favourite oil

Spice paste with your favourite spice mix

Mutton with your favourite red meat

Tips :

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Prawn Thokku

<https://youtu.be/NvomCeG9FIE>

Prep:

1. Roast & grind 1Tbsp each (fenugreek, cumin, fennel)
2. Blend 65g each (dry red chilli, vinegar)

Recipe:

In the CookBot, add: 3/4C sesame oil, 1/4C each (garlic cloves , ginger, curry leaves), 10 green chillies, 500g Prawns, 2Tbsp salt, 1tsp each (asafoetida, turmeric, salt), 3Tbsp roasted spice powder. Mix all.

Close, Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle.

Open. Mix all with 1/4C each (tadka, roasted mustard powder), 2Tbsp pepper powder.

Replace / Supplement:

Sesame oil with your favourite oil

Tips :

Can use FISH Mode for V1 & V2.



Mint Thokku

<https://youtu.be/jKxKeCoXTMY>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil

Layer 2: 4C tightly packed mint leaves

Layer 3: 20 dry red chillies, 1tsp salt, 1/2tsp each (OPOS Tamarind Paste, jaggery), 1/4tsp asafoetida

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, let cool. Blend the contents to a thick paste.

Replace / Supplement:

Sesame oil with other cooking oil

Mint leaves with gongura leaves, curry leaves

Tips:

Can reduce the red chillies for a less spicy version.

Can add 1tsp bottle tadka for additional flavour.

Pulikaichal

<https://youtu.be/AYXzBoMi9sY>

Prep: Roast & blend 20 dry red chillies, 2Tbsp chana dal, 1Tbsp coriander seeds, 1Tbsp fenugreek to a coarse powder.

Recipe:

In the CookBot, add 1/2C sesame oil, 1C water, 1C deseeded, fiber removed tamarind, 1/4C roasted peanuts, 1tsp turmeric powder, 1Tbsp jaggery, 1.5Tbsp salt.

In an inner vessel, add 1C water, blended spice powder.

Close, **Menu >> + >> Heat >> Low and Timer >> 5 minutes. Vent closed.**

Once the bot beeps and displays LO, release pressure gently by turning the valve to left or right. Open, mix all with 1/4C each (roasted sesame seed powder, bottled tadka)

Replace / Supplement:

Spice mix mentioned with your favourite spice mix

Peanuts with your favourite nuts

Tips:

Mix with 2kg rice, 1C sesame oil to make puliyodharai for 15 people



Tomato Thokku

<https://youtu.be/XL4Rs8KSH74>

Prep: Spice paste: Mix 1/4C each (OPOS tamarind paste, chilli powder), 1Tbsp each (jaggery, salt), 1tsp each roasted (mustard, cumin, fenugreek) with 1/4C sesame oil

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil,

Layer 2: 500g whole tomato. Mix all.

Layer 3: In an inner vessel, add the Spice paste

Close. Click **Menu >> + >> CARA. Vent Open.**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, remove the inner vessel and mix in the spice paste. Mash tomatoes. Add 1/4C bottled tadka and mix all.

Replace / Supplement:

Sesame oil with your favourite oil

Spice mix with your favourite spice mix

Tips:

Store in a clean and sterile jar



Scaling up

Veg Curries

Biryani Brinjal Gravy

<https://youtu.be/9WkzrlsVnWc>

Prep: Blend 1/2C (roasted peanuts, OPOS tamarind paste), 1/4C black sesame seeds, 2Tbsp each (chilli powder, OPOS Ginger-Garlic paste), 1Tbsp each (cumin, salt), 1/2Tbsp pepper, 1tsp turmeric with 1/2C water

Recipe:

In the CookBot, add 1/2C oil, 1.5kg chopped eggplant mixed with 1/2tsp salt, 1/4C caramelised onion, Spice paste.

Close. Click **Menu >> + >> CARA. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle. Open, mix all with 1C water, 1/4C cilantro.

Replace / Supplement:

Spice paste with spices of choice

Tips:

To reduce bitterness in brinjal, Chop 1.5kg eggplant, mix in 1/4C salt. Let rest for 30 mins. Wash and drain.

Some varieties of eggplant/ mature ones taste bitter. Simmer longer if needed to reduce bitterness.

Yields 2kg with 15 portions



Channa Masala

OPOSChef App Recipe ID# 11222

Preparations:

1. Soak 1/2Kg kabuli channa overnight in water. Drain.

Recipe:

In a Cookbot, add:

1. Soaked & drained kabuli channa, 1C water, 1tsp turmeric, 1/4tsp baking powder. Mix all.
2. Place an inner vessel. Add 1/2C each caramelized (onion, tomato), 1/2C (50g) channa masala, 1/2C water, 1Tbsp salt, 2Tbsp OPOS Ginger-Garlic paste, 1tsp sugar, 4 slit green chillies. Mix all.

Ensure the vent is closed.

Click >> **Menu** >> **BEAN mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open. Add 1C hot water, 1/4C chopped coriander leaves. Mix all & serve.

Replace / Supplement :

1. Kabuli channa with your favourite legumes.

Tips :

1. After soaking, the channa yields 1Kg (6C).
2. Soak longer if it is undercooked.
3. Can adjust spices as per preference.
4. Can dilute as per the needed consistency.
5. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins in V1 & V2



Rasam

<https://youtu.be/Hu308OocTHc>

2.5Kg Rasam for 25 adults

Prep: Soak 1/2C tuvar dal for 1 hour. Drain.

Recipe:

In a CookBot add Dal, 250g chopped tomato, 1/4C Rasam powder, 1tsp each (asafoetida, turmeric), 1Tbsp salt, 1/4C OPOS tamarind paste, 3C water

Close, Click **Menu >> + >> DAL. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mash with 5C hot water, 1Tbsp salt, 1/4C each (cilantro, bottled tadka)

Replace / Supplement:

Tuvar dal with your favourite lentils

Rasam powder with your favourite spice mix

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Increase or decrease hot water to dilute to preferred consistency



Dum tea

<https://youtu.be/AHnj-Yjoq4Q>

Recipe:

In the CookBot, add 500ml each (unboiled milk, water), 2Tbsp tea powder, 1Tbsp each (dum tea masala, chopped ginger)

Close. **Menu >> + >> Heat >> Low and Timer >> 2 minutes. Vent closed.**

Once the bot beeps and displays OFF, let pressure settle.
Open, filter and serve.

Replace / Supplement:

Tea masala with cardamom/ dry ginger cinnamon/ clove/ saffron/ favorite flavoring

Tips:

Add sugar as per preference

Can vary milk and water ratio

Can add freshly grated ginger while straining to avoid curdling

Mix Veg Kuruma for 10 adults

<https://youtu.be/qrCK0qHjPi8>

Prep: Blend 1C grated coconut, 4 small tomatoes, 1/4C each (roasted gram, OPOS Ginger-Garlic paste), 1/2C curry masala powder (any masala powder), 1Tbsp each (poppy seeds, salt), 1tsp fennel, 10 small green chillies, 1C water to a thick, smooth paste.

Soak 1C soya in water for 30min. Squeeze and drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 250g sliced mushroom, 1C chopped potato mixed with 1tsp salt

Layer 3: 1/4C each (curry leaf, caramelised onion)

Layer 4: Soaked and drained soya

Layer 5: Spice paste (750g)

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the Bot beeps and displays OFF, let pressure settle.

Open, mix in 1/2C cilantro, 4C hot water.

Replace / Supplement:

Potato with starchy vegetables

Soya chunks with tender raw jackfruit

Mushrooms with tomatoes

Roasted gram with cashews/ almonds/ favorite nuts

Tips:

Can add cream/ coconut milk while diluting for extra flavor

Do not use delicate vegetables while scaling up.



Non Veg Curries

Boiled Eggs

https://youtu.be/lu_iv-L-SiQ

Recipe:

In the CookBot, add 1C water, 23 eggs.

Close. Click **Menu >> + >> EGG mode. Vent Closed.**

After the beep and displays OFF,

- Release pressure for soft boiled eggs
- Let pressure settle for medium boiled eggs
- Allow eggs to cool completely for hard boiled eggs

Tips :

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**



Chicken Gravy for 10 adults

<https://youtu.be/jzNHZEXiRaw>

Prep: Blend 1C coconut, 1/2C chicken masala, 1C caramelised onion, 1/4C caramelised garlic, 1/4C chopped ginger, 1tsp salt, 1C water to a paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1kg chopped chicken mixed with 1Tbsp salt, 1tsp turmeric, 1/4C curry leaves, 10 green chillies. Mix all.

Layer 3: 1/4C each (caramelised onions, caramelised tomatoes), Coconut spice paste

Close. Click **Menu >> + >>. CHIC. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open and mix in 4C hot water, 1/2C cilantro.

Replace / Supplement:

Chicken Masala with your favourite spice mix

Caramelised Ginger/ Garlic with OPOS Ginger-Garlic Paste

Tips:

Can mix in stock/ cream/ coconut milk to dilute.



Clams Sukka

OPOSChef App Recipe ID# 11289

Preparations:

1. Soak 2kg venus clams in salt water for at least 30 minutes. Drain and rinse clams. Discard any open or broken clams.
2. Spice paste: Grind 110g roasted coconut, 1tsp kokum extract, 1/2tsp salt, tadka of 10 garlic cloves, 1Tbsp black pepper in 1Tbsp coconut oil to a coarse paste.

Recipe:

In a Cookbot, layer as below:

1. Prepared Clams.
2. Place an inner vessel with the spice paste.

Ensure the vent is closed.

Click Menu >> **Veg Mode**.

Once the bot beeps and displays OFF, release pressure by changing the vent to right or left / by pressing the middle button. Open, remove the inner vessel. Mix clams with the spice paste. Strain clam juices & serve.

Replace / Supplement :

1. Clams with mussels, cockles, scallops, oysters, prawns or any of your fav shellfish.
2. Roasted coconut with fresh coconut or desiccated coconut.
3. Spice paste with your favourite spice mix.

Tips :

1. Keeping spice paste in an inner vessel allows straining of clam juice to get rid of any leftover sand grits.
2. Serve with rice or flatbread.
3. Can add back the strained clam juice to make gravy or store in the fridge for later use.



Country (Kampong) Chicken Curry

OPOSChef App Recipe ID# 11227

Recipe:

In a Cookbot, add:

1. 1.5kg skin on chopped country chicken, 230g meat curry paste (A1 brand). Mix well.

Ensure the vent is closed.

Click Menu >> gOAt.

Once the bot beeps and displays LO, allow pressure to settle or release pressure after 10 minutes.

Open. Add 1C each (coconut milk, chicken stock). Garnish with 2Tbsp chopped coriander leaves & serve.

Replace / Supplement :

1. Meat Curry Paste with your favorite curry paste.
2. Country chicken with duck / mutton.

Tips :

1. To make curry paste: Mix 1/4C each (caramelized onion, caramelized tomato, meat curry powder, oil), 2Tbsp OPOS Ginger-Garlic paste, 1Tbsp salt.
2. Serve with bread, rice or flatbreads.
3. Can add 250g potatoes.
4. Can adjust salt & spices as per preference.
5. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins in V1 & V2.



Fish Gravy for 10

https://youtu.be/Mj_v6fY_vzg

3kg Fish Kulambu

Prep: Blend 1C each (caramelised onions, chopped coconut), 1/2C each (caramelised tomato, OPOS tamarind paste), 1C fish masala powder, 6 cloves caramelised garlic, 1Tbsp ginger, 1C water.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/4C garlic cloves

Layer 3: 1kg chopped fish mixed with 2Tbsp salt

Layer 4: 1/2C caramelised shallots

Layer 5: Coconut spice paste, 1/2C bottled tadka

Close, Click **Menu >> + >>VEG. Vent Closed**

Once the bot beeps and displays OFF, let pressure settle.

Open, remove fish pieces. Mix gravy with 4C hot water, 1/2C chopped cilantro and add the fish back.

Replace / Supplement:

Garlic with ginger

Fish with prawns

Caramelized shallots with caramelised onion

Tips:

Can use mustard- fenugreek, green chilli, dry red chilli, curry leaves-sesame oil tadka

Use FISH Mode in V3 if you face venting from sides.

Mutton Kulambu for 15

Prep: Curry paste - Blend 1.5C caramelised shallots, 1C each (grated coconut, mutton masala, caramelised tomato), 1/4C OPOS Ginger-Garlic paste with 1C water

Recipe:

In the CookBot, add 2Tbsp oil, 1/4C curry leaves, 1kg chopped mutton, 2tsp salt, 1tsp turmeric, Spice paste.

Close. Click **Menu >> + >> GOAT. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, add 4-5C hot water, 3tsp salt, 1/4C chopped cilantro.

Replace / Supplement:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Mutton with your favourite meat

Spice paste with your favourite spice mix

Mutton masala with garam masala or favourite masala

Tips:

Yields 3kg mutton curry for 15 people

Mutton Dalcha

Prep: Soak 1/2C each (tuvar, chana dal) in water for 2 hours. Drain.

Recipe:

In a CookBot, add 1/4C oil, 1C water, 20 curry leaves, Dal, 500g chopped mutton, 250g eggplant chopped big, 1tsp turmeric, 1/4C green chillies, 1Tbsp each (Garam masala, salt), 1/4C mutton masala, 2Tbsp each (OPOS Ginger-Garlic paste, OPOS Tamarind paste), 1C chopped tomato, 1/2C caramelised onion.

Close, Click **Menu >> + >>GOAT. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Mutton with your favourite red meat

Tuvar/ Chana dal with your favourite lentils

Tamarind paste with chopped raw mango/ any other souring agent

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 30 mins.**

Can mix in more water after cooking to dilute to preferred consistency

Can add coconut milk richness

Chop eggplants big and add on top of meat pieces.

Pepper Chicken Masala

<https://youtu.be/AK9LuA8JVHE>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/2C tomato wedges, 1.75kg chopped chicken mixed with 1Tbsp salt, 1tsp turmeric, 1/4C curry leaves

Layer 3: PIP on trivet - Mix 1/2C chicken masala, 1/4C each (OPOS Ginger-Garlic paste, caramelised onion), 2Tbsp pepper

Close. Click **Menu >> + >> CHIC. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1/4C chopped cilantro.

Replace / Supplement:

Chicken masala with any favourite spice powder

Caramelised onions with fried onions

Tips:

Can also mix chicken with all the spices

Can dilute with water/ coconut milk if needed



Thalakari (2kg)

OPOSChef App Recipe ID# 11221

Recipe:

In a Cookbot, layer as below:

1. 1/4C (50g) coconut oil.
2. 1.5Kg chopped goat head, 1Tbsp (15g) salt, 1tsp (5g) turmeric. Mix all.
3. 1C (200g) caramelised onion, 1C (85g) chopped green chillies, 3Tbsp (45g) OPOS Ginger-Garlic paste, 1Tbsp (8g) pepper.

Ensure the vent is closed.

Click Menu >> **Goat Mode**.

Once the bot beeps and displays LO, allow pressure to settle. Open. Add 1/2C grated coconut, 2Tbsp chopped coriander leaves. Mix all & serve.

Replace / Supplement :

1. Black pepper with white pepper.
2. Grated coconut with desiccated coconut.

Tips :

1. Can adjust spices as per preference.
2. Tender meat cooks faster. Tough meat needs a longer cooking time.
3. Click Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins in V1 & V2.



Desserts

Agar Pudding

https://youtu.be/jrPcm4hN_34

Recipe:

In the CookBot, add 7g soaked and drained Agar Agar strands, 1C water, 1/2C sugar. Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix in 1C milk, 1C chopped mango, 1/4C fresh cream. Pour into moulds. Let set (15-30minutes). Unmould and serve.

Replace / Supplement:

Milk with coconut/ nut milk

Agar Agar strands with agar agar powder/gelatin. Cooking time and measures may vary

Mango with any non-citrus fruit

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can soak Agar Agar in water for at least 10 minutes.

Strain the syrup before letting it to set for smooth texture

Setting time may vary between 15-30 minutes depending upon the quality of Agar Agar strand used



Almond Katli

<https://youtu.be/tRyIRQoaXMQ>

Prep: Mix 150g almond powder, 30g milk powder in a wide bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 2Tbsp ghee.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix the sugar syrup with the nut powder in the bowl and mix in to a dough. Spread the dough on a greased platform. Roll into desired thickness. Cut into desired shapes/ sizes.

Replace / Supplement:

Almond powder with your favourite nut powder

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Reduce ghee for firmer texture. Increase ghee for a softer texture.

If the mixture turns dry / crumbly, add 1Tbsp ghee / milk and mix

Use a weighing scale to measure ingredients.

Can skip milk powder

Can add few strands of saffron



Arisi Thengai Payasam

<https://youtu.be/EsoWC-C3qRM>

Prep:

Soak 2Tbsp raw rice for 1 hour. Drain. Blend (drained) raw rice, 1C grated coconut to a coarse paste with 1.25C water.

Recipe:

In the CookBot, add:

- 1: 1/2C water
- 2: 1C jaggery powder, 1/8tsp cardamom powder
- 3: PIP- Rice-coconut coarse paste.

Close. **Menu >> + >> PAY. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.
Open. Mix the PIP into the jaggery syrup. Mix well without lumps.
Add 1Tbsp roasted cashew nuts.

Replace / Supplement:

Grated coconut with desiccated coconut
Cashews with other nuts

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 15 mins.**

Can vary the jaggery quantity according to its sweetness.

If jaggery has impurities can dissolve the jaggery in water filter and use before cooking



Badam Halwa

<https://youtu.be/ZeZUwKffd0>

Prep: Soak and deskin 150g almonds. Dry thoroughly and powder.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1Tbsp ghee, 2 saffron strands
Close. Click **Menu >> + >> SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix the sugar syrup with the nut powder in the bowl and mix in 2Tbsp ghee.

Replace / Supplement:

Almond powder with your favourite nut powder

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

If the mixture turns dry / crumbly, add 1Tbsp ghee / milk and mix
Use a weighing scale to measure ingredients.



Bhapa Doi

Bengali cheesecake

<https://youtu.be/2nr6uBMgdiM>

Prep:

Mix 1C each (hung yogurt, sweet condensed milk), 1/8tsp cardamom powder. Pour in a greased vessel.

Recipe:

In the CookBot add 1C water. Place the vessel over a trivet.

Close. **Menu >> + >> Heat >> Low and Timer >> 10 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, unmould after it cools down. (15-30 mins)

Replace / Supplement:

Cardamom powder with your favourite sweet spices

Tips:

Can add nut slivers/ fruit pieces to garnish

Can mix in fruit puree for fruit flavored version

Can strain the regular yogurt overnight for hung yogurt



Brownie Cake

OPOSChef App Recipe ID# 11604

Preparations:

1. In a mixing bowl, add 30g melted butter, 30g olive oil, 2 eggs, 3/4C powdered sugar (125g), 1tsp vanilla essence. Beat well. Sieve and add, 1/4C (25g) cocoa powder, 1/2tsp baking soda, 65g all purpose flour, a pinch of salt. Gently mix all.
2. Pour the cake batter in a greased cake pan.

Recipe:

In a Cookbot, add:

1. 1C water, Cake pan over a trivet.

Click **Menu > heat > LO and timer 1 hour 30 minutes.**

Once bot beeps and displays LO, let pressure settle. Open, let it cool. Unmould, slice and serve.

Replace / Supplement :

1. Olive oil with any vegetable oil or ghee.
2. Sugar with brown sugar or jaggery.
3. Vanilla with your fav flavour.

Tips :

1. Increase sugar for more sweetness; Measures mentioned in the recipes give mild sweetness.



Carrot Halwa

<https://youtu.be/wo8noMzyrRc>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C milk

Layer 2: 250g grated carrots

Layer 3: 125g sugar

Close. Manually set, **Menu >> Heat >> + >> VEG. Vent Open**

Once the bot beeps and displays LO, release pressure.
Open, mix in 1Tbsp ghee.

Replace / Supplement:

Carrot with beetroot

Milk with water

Tips:

Can garnish with roasted nuts / raisins

Can also add milk powder as the top layer

Can add grated khoya/ condensed milk after cooking



Carrot Kheer

<https://youtu.be/MJe-wuWZV0M>

Carrot milk pudding

Recipe:

In the CookBot, layer as below:

Layer 1: 1Tbsp ghee, 1/4C milk

Layer 2: 1C (150g) carrot chopped small, 1/8tsp cardamom powder

Close. Click **Menu >>VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure. Open, blend with 1C milk, 1/4C sugar, 1Tbsp DDL/ condensed milk, 1tsp ghee. Optionally, garnish with ghee roasted nuts.

Replace / Supplement:

Carrot with Potato/ sweet potato/ bottle gourd/ beetroot etc...

Vegetables with Fruits

Cardamom powder with your favourite sweet spices

Tips:

Keep the vent open if there is pressure venting from the sides.

Avoid strongly flavored veggies like okra, eggplant, Bitter gourd, drumstick etc.



Chakkara Pongal

<https://youtu.be/elvrZw14WnA>

Prep: Soak 1C rice, 1/4C mung dal for 1hr. Drain

Recipe:

In the CookBot, add 4C water, 1Tbsp ghee, Rice, Dal, 2 crushed cardamoms, 1/8tsp salt, 1/4C each (cashew, raisins)

Close. Click **Menu >> + >> PORR. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, mash with 1.5C jaggery, 1/2C milk

Replace / Supplement:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 7 mins.**

Cardamom with your favourite sweet spices

Cashews/ Raisins with your favourite nuts/ dry fruits

Jaggery with sugar

Milk with water

Tips:

Can increase or decrease addition of water/ milk after cooking to vary consistency

Can add more ghee for extra flavor



Choco Barfi

<https://youtu.be/9nGQoaDFnpY>

Prep: Mix 100g unsweetened milk powder with 30g cocoa powder in a bowl and sieve them. Grease a plate or tray with 2tsp ghee.

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, pour the sugar syrup into the choco-milk powder mixture bowl and mix well to make a smooth dough. Mix in 1tsp ghee. Spread it on a greased tray/ plate. Let it cool for 5 mins (or until its set), cut into desired shapes and serve.

Replace / Supplement:

Unsweetened milk powder with sweetened milk powder

Cocoa powder with flavored edible powders

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Always use measuring scale when doing Sugar syrup hack

Can add few tsp ghee/ warm milk if the dough becomes very dry/ crumbly



Christmas Cake

OPOSChef App Recipe ID# 11405

Preparations:

1. Soaked nuts: Soak 1/4C (40g) cashews & raisins, 1/4C (50g) each (dry fruits (cherry & blueberry), tutti frutti), 1Tbsp (10g) melon seeds in 3/4C (75g) orange juice for 1 hour.
2. Spice powder: Grind cinnamon, cardamom, cloves, nutmeg to a powder.
3. Cake batter: Whisk 1/2C (150g) caramel syrup, 1/4C (60g) yogurt, 1/4C (50g) melted butter. Add 1C (140g) maida, 2tsp baking powder, 1tsp spice powder, 1/2tsp vanilla essence, 1/8tsp salt. Whisk well. Mix in soaked nuts

Recipe:

In a Cookbot, add:

1. 1C water.
2. Place an inner vessel over a trivet. Place a greased foil in the inner vessel. Pour the cake batter. Top it with 5 cashews, 1/2tsp each (blueberries, tutti frutti).

Ensure the vent is closed.

Click >> Heat >> LO (low) and Timer >> 90 minutes.

Once the bot beeps and displays LO, allow pressure to settle. Open, unmould & serve.

Replace / Supplement :

1. Vanilla essence with almond essence or your favourite essence.
2. Melted butter with oil.
3. Cashews with almond / your favourite nuts.

Tips :

1. Test for doneness: Insert knife in the cake, the knife should come out clean.



Coconut Barfi

<https://youtu.be/WIkTiZzT1Yw>

Prep: Keep 130g desiccated coconut powder in a wide bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1tsp ghee, 1/4tsp cardamom powder.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, mix the sugar syrup into the coconut powder bowl.

Spread the dough on a tray. Let set and cut into desired shapes/ sizes.

Replace / Supplement:

Desiccated Coconut powder with milk powder

Cardamom powder with any other sweet spice

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Do not replace desiccated coconut powder with fresh grated coconut

Reduce ghee for firmer texture. Increase ghee for a softer texture.

Use a weighing scale to measure ingredients while doing the Sugar syrup hack.



Dark Chocolate Walnut Fudgy Brownies

OPOSChef App Recipe ID# 11463

Preparations:

1. A. Line and grease a cake mould which can fit in a Cookbot.
2. B. Mix 140g melted butter, 200g vanilla sugar (fine grain or caster), 65g dark cocoa powder. Add 2 large eggs (approx 60g each), mixing one at a time. Mix 1tsp pure vanilla extract, 1/4tsp salt. Add 65g all purpose flour and mix till all flour is wet and no dry streaks remain. Mix in 65g each (crushed walnuts, semi sweet chocolate chips).
3. Pour the prepared batter (B) in the prepared mould (A). Cover mould with foil.

Recipe:

In a Cookbot, add:

1. 1C water.
2. Prepared mould with brownie batter on trivet.

Ensure vent is closed.

Set **HEAT ++>> LO (LOW)** and **TIMER ++ >> 1hr 30mins**.

When the bot beeps and the display shows LO, let pressure settle. Open. Test with a skewer if it comes out with only a few crumbs. Remove mould to a rack or trivet. Cool. Upturn on a plate or cake board. Cut & serve or refrigerate for longer shelf life.

Replace / Supplement :

1. Dark cocoa with regular cocoa.
2. Walnuts with any nuts of choice.
3. Semisweet chocolate chips with any chocolate chips of choice.

Tips :

1. Serve warm with vanilla ice cream and chocolate sauce.
2. If the skewer comes out sticky, cook longer.
3. Do not cut while warm. For neat slices, chill and cut.
4. If using a push pan, release brownies by pushing the base or run a blunt knife on edges of the brownie. Upturn on a plate or cake board.



Fruit Kesari

<https://youtu.be/445XwqBhP34>

Recipe:

In the CookBot, add 1C each (water, fruit puree), 1/2C sugar, 2 crushed cardamom, 1/16tsp food color.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the vent to right or left. Open, mix in 1/2C double roasted rava, 2Tbsp each (ghee, roasted (cashews, raisins)). Close, turn the vent to an airtight position and let it sit in retained heat for 10 minutes. Open & serve.

Replace / Supplement:

Fruit puree with milk for **Milk Kesari**

Double roasted rava with very fine wheat rava grits

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can garnish with ghee roasted nuts / dry fruits



Kaju Katli

<https://youtu.be/-oPbMc2oT3U>

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix the sugar syrup with 180g cashew powder, 2Tbsp ghee and knead to form a dough. Spread the dough on a greased platform. Roll into desired thickness. Cut into desired shapes/ sizes.

Replace / Supplement:

Powdered cashews with your favourite nut powder

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Reduce ghee for firmer texture. Increase ghee for a softer texture.

If the mixture turns dry/ crumbly, add 1Tbsp ghee/ milk and mix

Use a weighing scale to measure ingredients.

Can add milk powder

Can add few strands of saffron



Milk Peda

<https://youtu.be/F2JiKol66W0>

Prep: Take 130g milk powder, 40g unsweetened khoya in a broad bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 2Tbsp ghee. Mix all.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open. Add the sugar syrup to the bowl containing the milk powder-khoya mixture.

Add 1Tbsp ghee and mix well to make a soft dough.

When the dough is warm, make small balls and shape it to make pedas.

Garnish with sliced almonds.

Replace / Supplement:

Sliced almonds with cashews/ pistas or any nuts

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can add a few strands of saffron to the sugar syrup.

Weighing the dry ingredients is important while doing sugar syrup hack

Mix the sugar syrup nicely so that there are no dry flours left on the sides

Can shape with a Peda mould / cutter



Mysorepak

<https://youtu.be/mvyV7dVZ30w>

Prep: Take 100g roasted besan in a broad bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1Tbsp ghee. Mix all.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open. Add the sugar syrup to the bowl containing besan. Add 3Tbsp ghee and mix well and pour into a greased plate. Make cuts when still warm.

Replace / Supplement:

Gram flour with other roasted seed / nut flours /Sattu flour

Besan with roasted chickpeas freshly blended to a flour

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Vary cooking time to vary texture.

Use a weighing scale to measure ingredients. Cup measures can be tricky.

Can mix in 1/2tsp baking powder for a porous texture.

Can add more ghee for softer fudge.

Roast gram flour multiple times on low heat. Roast, let cool and roast again. Repeat until it loses all raw taste. There would be a mild colour change with repeating roasting of the flour (besan)

Can use a mixture of flours for an interesting flavour.

Can layer different coloured fudges to make a multi layer cake.

Can add cardamom powder or other sweet spices for flavour.



Obbattu /Poli Stuffing

<https://youtu.be/URu-WaOoY-w>

Prep: Soak 1/2C chana dal in water for 2 hours. Drain.

Recipe:

In the CookBot, add 1C water, chana dal.

Close. Click **Menu >> + >> DAL. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open. Drain water (if any). Mash.

Mix in 1/4C grated coconut, 1/2C grated jaggery, 1/4tsp cardamom powder.

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Mix in grated coconut.

Stuffing for puran poli (15-20 polis)



Paal Paayasam

<https://youtu.be/jlJguYQ4QYQ>

Prep: Soak 1/4C basmati rice in water for 30 minutes. Drain.

Recipe:

In the CookBot, add 500ml milk, soaked and drained basmati rice, 1/2C sugar, 1 cardamom, 4 saffron strands

Close, click **Menu >> + >> PAY. Vent Closed.**

Once the bot beeps and displays LO, let pressure settle.

Open, add 2Tbsp fried/ roasted cashews or raisins (optional), 1Tbsp ghee.

Replace / Supplement:

Basmati rice with other aromatic rices

Sugar with jaggery (add jaggery after the payasam cools to keep the milk from splitting)

Whole cardamom with 1/8tsp cardamom powder/ other sweet spice

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 15 mins.**

Can leave in LO mode for a longer time for thicker payasam

Can dilute with more milk after opening (adjust sugar accordingly)



Palada Pradhaman

<https://youtu.be/prd7UPLewuA>

Prep: Soak 1/2C (75g) Rice ada in water for 30 minutes. Drain.

Recipe:

In the CookBot, add 1C water, rice ada. Place an inner vessel, with 1/2C powdered jaggery, 2Tbsp water, 1tsp ghee.

Close. Click **Menu >> RICE. Vent Closed**

Once the bot beeps and displays LO, let pressure settle.

Open, remove the inner vessel and mix in jaggery syrup. Add in 1/2C coconut milk, 1/8tsp each (cardamom powder, roasted cumin powder, dry ginger powder).

Replace / Supplement:

Rice ada with pasta, rice

Coconut milk with milk

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 3 mins.**

Can garnish with 2Tbsp ghee roasted coconut slivers.



Paruppu Pradhaman

Sweet lentil - milk pudding

<https://youtu.be/in7XFjc-7v0>

Prep: Soak 1/2C mung / chana dal in water for 4 hours. Drain.

Recipe:

In the CookBot, 1C water, 1Tbsp ghee, lentils. In an inner vessel, add 1C jaggery, 1/4C water.

Click **Menu >> + >>DAL. Vent Closed.**

Once the bot beeps and displays LO, Let Pressure settle.

Open, remove PIP. Mash the dals well and mix jaggery from PIP. Add 1/4C each (coconut milk, water), 1/4tsp each (cardamom powder, dry ginger powder, cumin powder).

Replace / Supplement:

Mung / chana dal with your favourite lentils

Coconut milk with plain milk/ nut milk

Can add a pinch of edible camphor

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 5 mins.**

Can go for one or more varieties of lentils

Mash lentils before mixing in jaggery

If jaggery has impurities, dissolve in water, filter and add jaggery water in PIP



pudding

<https://youtu.be/MYS3j5biwc4>

Prep: Crack 3 large eggs into a bowl and whisk well. Mix 1/2C sugar until it dissolves completely. Mix in 1C thick milk, 1/4C cream, 1/2tsp vanilla extract. And pour into a greased bowl.

Recipe:

In the CookBot, add 1C water and place a trivet. Place the PIP vessel and close it.

Close. **Menu >> + >> Heat >> Low and Timer >> 10 minutes. Vent closed.**

Once the bot beeps and displays LO, let pressure settle. Open and allow to cool down completely. Unmould. Drizzle favourite sauce.

Replace / Supplement:

Sugar with jaggery/ 100m condensed milk

Vanilla with any other flavouring

Tips:

Can increase/ decrease sweetness as per needed

Can cook longer if it is undercooked



Rava Barfi

https://youtu.be/YAIRwB_bw28

Recipe:

In the CookBot add 200g sugar, 60ml water, 1Tbsp ghee, 1/4tsp cardamom powder
Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the vent to right or left. Open, pour the sugar syrup to 130g roasted rava/ sooji
Mix well until the sooji is nicely soaked in the syrup. Pour on a greased tray and cut into desired shapes. Optionally, garnish with nuts.

Replace / Supplement:

Rava/ sooji with Milk powder

Cardamom powder with your favourite sweet spice powders

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can use a mix of milk-powder and sooji

Can add more ghee for softer texture



Rava Coconut Laddoo

<https://youtu.be/tl4doRIFOdQ>

Prep: In a bowl, take 50g each (roasted rava / sooji, desiccated coconut), 30g milk powder. Divide the mixture into 2 equal (65g each) parts (to make two differently flavored laddoos in one shot)

Recipe:

In the CookBot, 200g sugar, 60ml water, 1Tbsp ghee, 1/4tsp cardamom powder
Close. Click **Menu >> + >>SSH. Vent Closed**

Once bot beeps and displays LO, release pressure by turning the valve to left or right.
Open, mix 115g sugar syrup to one bowl (containing 65g rava coconut mixture) and remaining syrup to the other bowl.

To one bowl, add 1Tbsp rose flavored essence. Mix well and shape into laddoos of desired size. To the other bowl, add 1Tbsp ghee and shape into laddoos of desired size.

Replace / Supplement:

Rose flavoring with your favourite flavoring

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Do not use freshly grated coconut

Use a weighing scale to measure every ingredient.

Shape the laddoos when the mixture is warm enough to handle.

Can roll the laddoos in desiccated coconut flour or powdered sugar for extra richness



Sago Payasam

<https://youtu.be/jdBmz3pT9nM>

Prep: Soak 1/2C (100g) sago in water for 2-3hours or until they double in volume and become soft (squished when pressed). Drain.

Recipe:

In the CookBot, add 500ml milk, 1C water, sago, 1/2C sugar, 1/8tsp cardamom powder, 1Tbsp ghee

Close. Click **Menu >> + >> PAY. Vent Closed.**

Once bot beeps and displays LO, let pressure settle.

Open, mix and serve. Can garnish with roasted / slivered nuts.

Replace / Supplement:

Sago with Poha

Cardamom with your favourite sweet spices

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 15 mins.**

Open only after pressure is completely settled.

Will thicken upon cooling



Semiya Kesari

<https://youtu.be/SI0DYco3tH8>

Recipe:

In the CookBot, add: 2Tbsp ghee, 1C roasted vermicelli, 2C water, 1C sugar, 1/4tsp cardamom powder, 1/4C roasted nuts

Close. Click **Menu >> + >> SSH. Vent Closed.**

Once the bot beeps and displays OFF, let pressure settle.

Open, mix all.

Replace / Supplement:

Cardamom powder with your favourite sweet spices

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can mix in chopped fruits/ fruit puree



Semiya Payasam

<https://youtu.be/OcV3J6I3zUs>

Recipe:

In the CookBot, add 500ml milk, 1C water, 1/2C each (sugar, poha), 1/4C roasted vermicelli, 1tsp rose water, 1/2tsp kewra water (optional), 1Tbsp ghee

Close. Click **Menu >> + >> PAY. Vent Closed.**

Once bot beeps and displays LO, let pressure settle.

Open, mix and serve. Can garnish with roasted / slivered nuts.

Replace / Supplement:

Poha with 1/4C sago

Rose water/ kewra with your favourite flavoring

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 15 mins.**

Open only after pressure is completely settled.



Shahi Tukda

<https://youtu.be/AmqO9mpvHGE>

Recipe:

In the CookBot, add 200g sugar, 1/2C water, 3 cardamom pods, 1" cinnamon bit, 1Tbsp ghee.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, soak 100g rusk pieces (4-5 nos) in the sugar syrup until they become soft and remove. Garnish with slivered nuts.

Replace / Supplement:

Cardamom, cinnamon with your favourite sweet spices

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Can mix in 50g powdered rusk to the hot sugar syrup and let sit in retained heat for 15 minutes to make **Double ka meetha**. Coarsely mash, mix and serve.



Thengai Poornam (Kozhukattai Stuffing)

https://youtu.be/Py4tim-3A_o

Recipe:

In the CookBot inner vessel, layer as below

Layer 1: 2Tbsp ghee (30 ml)

Layer 2: 200g freshly grated coconut

Layer 3: 150g powdered jaggery

Layer 4: 1/4tsp powdered cardamom

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix well. Add 1Tbsp ghee (optional)

Replace / Supplement:

Cardamom with any other sweet spice

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Do not use dessicated coconut instead of fresh coconut as it varies in moisture content and can lead to burning



Tutti Frutti Barfi

Milk based soft fudge

<https://youtu.be/i0kzhqWrgGo>

Prep : Mix 130g unsweetened milk powder with 50g Tutti Frutti.

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Pour the sugar syrup onto 130g milk powder mixture and mix well to make a smooth dough. Mix in 1tsp ghee. Spread it on a greased tray/ plate. Let it cool for 5 mins (or until its set), cut into desired shapes and serve.

Replace / Supplement:

Unsweetened milk powder with sweetened milk powder

Ghee with room temperature butter

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Always use weighing scale to measure the ingredients

Can add few tsp ghee/ warm milk if the dough becomes very dry/ crumbly



Wheat Rava Halwa

https://youtu.be/gWBJ_ZOagiM

Recipe:

In the CookBot, layer as below:

Layer 1: 1Tbsp ghee, 2C water

Layer 2: 1/2C fine variety wheat rava

Layer 3: In an inner vessel, add 3/4C jaggery powder mixed with 3Tbsp water.

Close. Click **Menu >> + >>SSH. Vent Closed**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open.

Remove the inner vessel. Mix the wheat rava without lumps. Add the contents of the inner vessel into the rava and mix using a whisk thoroughly. Add 1/4tsp cardamom powder and 1tsp roasted nuts. Let sit in retained heat for 10 minutes. Open, mix and serve.

Replace / Supplement:

Jaggery powder with country sugar

Tips:

For V1 & V2 **Menu >> + >> LO (Low) Timer >> 2 mins.**

Vary the water quantity for different varieties of wheat rava

Can adjust the quantity of jaggery according to required sweetness.

Can add more ghee for flavour.

Wheat rava halwa will thicken on cooling.



One Shot Thalís

Generic Thalís

<https://youtu.be/3HxybXN20TY>

Prep: Paste 1: CCC Paste - Blend 1/4C chopped coconut, 1 green chilli, 1/4tsp each (cumin, salt)

Paste 2: Hariyali Paste - Blend 2Tbsp each (mint, coriander stalks), 1 each (green chilli, garlic), 1/4tsp each (garam masala, chilli powder), 10 cashews, 1/2tsp lemon juice.

Paste 3: Dal Base: Mix 1/2C cooked tuvar dal, 1/2tsp chilli powder, 1 each (green chilli, garlic), 1/4tsp each (turmeric, salt)

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 2tsp oil

Place the separators and divide into 3 zones

Zone 1: Pumpkin Pulissery

Layer 2: 1C chopped pumpkin mixed with 1/8tsp salt

Layer 3: CCC Paste

Zone 2: Hariyali Aloo

Layer 2: 1C chopped potatoes mixed with 1/4tsp salt

Layer 3: Hariyali paste

Zone 3: Spinach Dal

Layer 2: 2C chopped spinach mixed with 1/4tsp salt

Layer 3: Cooked Dal Base

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix in 1/4C whisked yogurt, 1tsp tadka and serve as Pumpkin Pulissery

Remove zone 2, mix all and serve as Hariyali Aloo dry curry or mix in 2Tbsp each (cream, water) and serve as gravy

Remove zone 3, mix with 1/4C water, 1tsp tadka and serve as Spinach Dal

Replace / Supplement:

Pumpkin with your favourite watery vegetable

Potato with your favourite starchy vegetables

Spinach with your favourite edible greens

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Mix and match any spice paste with any vegetables to make infinite curries

Can use water/ stock/ cream/ milk for diluting curries



North Indian Thali #1

<https://youtu.be/LaObHzF9YGU>

Recipe:

In a CookBot, Layer as below:

Layer 1: 3Tbsp oil

Place the separators and divide into 3 Zones

Zone 1: Gajar Matar Dry Curry

Layer 2: 1C chopped carrot mixed with 1/4tsp each (chilli powder, cumin powder),
1/8tsp each (turmeric, salt)

Place an inner vessel with 1/4C green peas

Zone 2: Tari Wale Aloo

Layer 2: 1/4C chopped tomato

Layer 3: 1C potato chopped small mixed with 1/4tsp each (chilli powder, coriander powder, salt), 1/8tsp turmeric

Zone 3: Dal Tadka

Layer 2: 1/4C chopped tomato

Layer 3: 1/2C cooked tuvar dal, 2 slit green chilli

Layer 4: 1Tbsp caramelised onion, 1/4tsp OPOS ginger-garlic paste 1tsp kasuri methi,
1/8tsp each (chilli powder, coriander powder, salt, garam masala, turmeric, asafoetida)

Close. Click **MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix with 1Tbsp chopped cilantro & serve as Gajar Matar ki sabji

Remove zone 2, mash coarsely. Mix in 1/2C water, 1Tbsp chopped cilantro, 1/2tsp bottled tadka & serve as Tari Wale Aloo

Remove zone 3, mix in 1/4C water, 1Tbsp chopped cilantro, 1/2tsp bottled tadka & serve

Replace / Supplement:

Carrot with any fav vegetable

Peas with any fav sprouts/ paneer

Tuvar dal with mung dal
Chilli powder with any fav spice mix
Kasuri methi with any fav fresh/ dry herbs

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1
Can adjust spices as per preference
Can dilute as per the needed consistency
Vary cut size to balance cooking time of the vegetables



South Indian Thali #1

<https://youtu.be/cGVIFgeymN0>

Recipe:

In a CookBot, Layer as below:

Layer 1: 2Tbsp oil

Place the separators and divide into 3 Zones

Zone 1: Drumstick sambar

Layer 2: 1/2C chopped tomato

Layer 3: 1/2C chopped drumsticks mixed with 1/4tsp salt

Layer 4: 1/2C cooked tuvar dal

Layer 5: 1tsp sambar powder, 1/4tsp salt, 1/4tsp each (OPOS tamarind paste, turmeric), 1/8tsp asafoetida

Zone 2: Carrot Beans Dry Curry

Layer 2: 1/2C each chopped (beans, carrot) mixed with 1/8tsp salt, 1 slit green chilli

Layer 3: 2Tbsp grated coconut

Zone 3: Cabbage Moong Dal Dry Curry

Layer 2: 1C chopped cabbage mixed with 1/4tsp salt

Layer 3: 1/4C soaked (2 hours) & drained mung dal, 1 slit green chilli

Rasam

In one zone, Place one scooped out tomato filled with 1tsp each (OPOS tamarind paste, rasam), 1/2tsp salt, 1/4tsp turmeric

Close. Click **MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove the tomato, mash. Mix in 1/2C water, 1/2tsp bottled tadka, 6 curry leaves & serve as Rasam

Remove zone 1, mix in 1/2C water, 1tsp bottled tadka, 6 curry leaves & serve as Drumsticks sambar

Remove zone 2, mix in 1/2tsp bottled tadka, 4 curry leaves & serve as Carrot Beans Dry Curry

Remove zone 3, mix in 1/2tsp bottled tadka, 6 curry leaves & serve as Cabbage Moong Dry Curry

Replace / Supplement:

Drumsticks with any fav vegetable

Sambar powder with any fav spice mix

Carrot/ beans with broad beans/ cabbage/ snake gourd/ any fav vegetable

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Can adjust spices as per preference

Can dilute as per the needed consistency

Can split the drumsticks into two, so that it cooks faster



South Indian Thali #2

<https://youtu.be/fpNMCqY3fUI>

Prep:

Peanut powder: Blend 1Tbsp roasted peanut with 1 dry red chilli to a coarse powder

In a CookBot, Layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Place the separator and divide into 3 Zones

Zone 1: Fenugreek Leaves Sambar

Layer 2: 1/2C chopped tomato

Layer 3: 1C chopped fenugreek leaves mixed with 1/2tsp salt

Layer 4: 1/2C cooked tuvar dal, 1tsp sambar powder, 1/2tsp each (OPOS tamarind paste), 1/4tsp turmeric, 1/8tsp asafoetida

Zone 2: Mappillai Sodhi

Layer 2: 1C mixed vegetable (potato, carrot, beans), 5 curry leaves, 1 slit green chilli mixed with 1/8tsp each (turmeric, garam masala, cumin powder, salt)

Zone 3: Bottle Gourd Dry Curry

Layer 2: 1C chopped bottle gourd mixed with 1/8tsp each (salt, turmeric)

Lemon Rasam

In one zone, place one scooped out tomato filled with 1tsp rasam powder, 1/2tsp salt, 1/4tsp turmeric, 1/8tsp asafoetida, 4 curry leaves, 2 crushed garlic cloves

Close. **Click MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove the tomato, mash. Mix in 1/2C water, 1tsp lemon juice, 1/2tsp bottled tadka, 6 curry leaves & serve as Lemon Rasam

Remove zone 1, mix in 1/2C water, 1tsp bottled tadka, 6 curry leaves & serve as Fenugreek Sambar

Remove zone 2, mix in 1/2C coconut milk, 4 curry leaves & serve as Mapillai Sodhi

Remove zone 3, mix in peanut powder, 1/2tsp bottled tadka, 6 curry leaves & serve as Bottle Gourd Dry Curry

Replace / Supplement:

Fenugreek leaves with any fav edible greens

Sambar powder with any fav spice mix

Carrot/ beans with any fav vegetable

Bottle gourd with snake gourd/ kohlrabi/ cluster beans/ any fav vegetable

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Can adjust spices as per preference

Can dilute as per the needed consistency

Vary cut size to balance cooking time of the vegetables



North Indian Thali #2

<https://youtu.be/5trgy4bYt6o>

Recipe:

In a CookBot, layer as below:

Layer 1: 2Tbsp oil, 1Tbsp water

Place the separators and divide into 3 zones

Zone 1: Aloo Mutter

Layer 2: 1/4C chopped tomato

Layer 3: 1C potato chopped small mixed with 1/4tsp each (chilli powder, salt, coriander powder), 1/8tsp turmeric

Layer 4: Place an inner vessel with 1/4C peas

Zone 2: Cabbage Peas Dry Curry

Layer 2: 1C chopped cabbage mixed with 1/4tsp each (chilli powder, cumin powder, salt), 1/8tsp turmeric

Layer 4: Place an inner vessel with 1/4C peas

Zone 3: Mung Dal

Layer 2: 1/4C chopped tomato

Layer 3: 1/2C cooked mung dal

Layer 4: 1Tbsp caramelised onion, 2 slit green chilli, 1/4tsp salt, 1/8tsp turmeric

Close, **Click MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix in 1/4C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Aloo Mutter

Remove zone 2, mix in chopped cilantro, 1/2tsp bottled tadka & serve as Cabbage Peas Dry Curry

Remove zone 3, mix in 1/4C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Dal

Replace / Supplement:

Potato with any fav starchy vegetable

Peas with sprouts

Cabbage with carrot / any fav vegetable

Mung dal with tuvar dal

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Can adjust spices as per preference

Can dilute as per the needed consistency

Vary cut size to balance cooking time of the vegetables



South Indian Thali #3

https://youtu.be/_av98ASRoiM

Prep: Coconut spice paste: Grind 1/4C grated coconut, 1 green chilli to a thick paste

Recipe:

In a CookBot, Layer as below:

Layer 1: 1Tbsp oil, 1/4C water

Place the separators and divide into 3 Zones

Zone 1: Aviyal

Layer 2: 1C (125g) chopped mixed vegetables (drumstick, carrot, beans, raw banana) mixed with 1/4tsp salt, 1/8tsp turmeric

Layer 3: Coconut spice paste

Zone 2: Keerai Kootu

Layer 2: 2 slit green chilli, 1C (125g) chopped spinach mixed with 1/4tsp each (salt, turmeric)

Layer 3: Mix 1/2C cooked tuvar dal, 1/4tsp OPOS tamarind paste, 1/8tsp asafoetida

Zone 3: Ivy Gourd Dry Curry

Layer 2: 1C (125g) chopped ivy gourd mixed with 1/4tsp chilli powder, 1/8tsp each (coriander powder, turmeric, salt)

Mint Rasam

In one zone, place one scooped out tomato filled with 1tsp rasam powder, 1/2tsp each (OPOS tamarind paste, salt), 1/4tsp turmeric, 1/8tsp asafoetida, 10 mint leaves

Close. **Click MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove tomato, mash. Mix in 1/2C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Mint Rasam

Remove zone 1, mix in 1/2C yogurt, 1/2tsp each (bottled tadka, coconut oil), 6 curry leaves, 1tsp chopped cilantro & serve as Aviyal

Remove zone 2, mix in 1/4C water, 1tsp bottled tadka & serve as Keerai Kootu

Remove zone 3, mix in 1/2tsp bottled tadka & serve as Ivy Gourd Dry Curry

Replace / Supplement:

Raw banana with any fav starchy vegetable

Spinach with any fav edible greens

Chilli powder with any fav spice mix

Ivy gourd with any fav vegetable

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Can adjust spices as per preference

Can dilute as per the needed consistency

Can split the drumsticks into two, so that it cooks faster



North Indian Thali #3

https://youtu.be/Ypup_3g7AZo

Prep: Blend 10 cashews/ almonds, 1/4tsp each (poppy seeds, OPOS Ginger-Garlic Paste), 1/2tsp garam masala, 1 green chilli into a thick paste

Recipe:

In a CookBot, Layer as below:

Layer 1: 1/4C water

Place the separator and divide the base into 3 Zones

Zone 1: Mix Veg Korma

Layer 2: 1.25C chopped mixed vegetables (carrots, potatoes, corn) mixed with 1/2tsp salt

Layer 3: Korma nut paste

Layer 4: PIP - 1/2C green peas

Zone 2: Aloo Gobhi Curry

Layer 2: 125g chopped potatoes, 1/2C (75g) chopped medium sized cauliflower florets mixed with 1/2tsp salt, 1/8tsp turmeric

Layer 3: One scooped out tomato filled with 1tsp chilli powder, 1/2tsp cumin powder, 1/4tsp amchur powder, 1Tbsp kasuri methi

Zone 3: Ivy gourd sabji

Layer 2: 1C chopped ivy gourd mixed with 1tsp red chilli powder, 1/4tsp each (salt, cumin powder), 1/8tsp turmeric powder

Close. Click **MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Separate the dishes.

Remove zone 1: Mix all and serve as a dry sabji - Tindora Sabji

Remove zone 2: Mash tomato, mix all and serve as a semi gravy - Aloo Gobhi

Remove zone 3: Mix all with 1/4C each (cream, water) and serve as a curry - Mix Veg Korma

Replace / Supplement:

Cauliflower with Broccoli

Peas with your favourite delicate vegetable

Potato with your favourite starchy vegetable

Garam masala with your favourite spice mix

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Adjust cream according to preference



South Indian Thali #4

<https://youtu.be/OQT1xqhY0JY>

Prep: CCC paste: Blend 1/2C coconut, 1tsp cumin, 3 green chillies into a thick paste

Recipe:

In the CookBot, Layer as below:

Layer 1: 1/4C water

Place the separators and divide into 3 zones

Zone 1: Sambar

Layer 2: 1C chopped radish mixed with 1/2tsp salt

Layer 3: 1/2C cooked tuvar dal

Layer 4: 1Tbsp each (sambar powder, OPOS tamarind paste), 1/8tsp each (turmeric powder, asafoetida)

Layer 5: 1/4C chopped tomato, 3 slit green chillies,

Zone 2: Kootu

Layer 2: 1C chopped mixed vegetables (carrots, beans, potato) mixed with 1/4tsp salt

Layer 3: CCC paste

Zone 3: :Broad Beans Poriyal, Rasam

Layer 2: 1C broad beans mixed with 1Tbsp sambar powder, 1/4tsp salt

Layer 3: 1/4C grated coconut

For rasam: Fill 1 scooped tomato with 1Tbsp each (rasam powder, chopped garlic), 1tsp OPOS tamarind paste, 1/8tsp each (asafoetida, turmeric)

Close. Click **MENU >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix 1Tbsp bottled tadka, 1/2C water, 1Tbsp chopped cilantro & serve as Sambar

Remove zone 2, mix & serve as Kootu

Remove zone 3, mix and serve as Poriyal

Remove tomato and mash with 1C hot water for rasam

Replace / Supplement:

Tomato in sambar with other vegetable of choice

Radish, broad beans with vegetable of choice

Add spice powder as per preference

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Can mix in cooked dal with kootu

Serves 2-3 adults



Paleo Thali

<https://youtu.be/HPO2DT0HqqU>

Prep: Blend 1/2C chopped coconut, 2 each (green chilli, red chillies), 1/4tsp salt, 1/2tsp salt, 10 curry leaves into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water

Place the separators, dividing the base into 3 zones.

Zone 1: Keerai Masiyal

Layer 2: 1.5C chopped spinach mixed with 1tsp chopped green chilli, 1/4tsp salt, 1/8tsp turmeric

Layer 3: 1/4C chopped coconut,

Layer 4: PIP for Saaru - Fill 1 scooped tomato with 1 crushed garlic, 1tsp saaru powder, 1/2tsp salt

Zone 2: Muttai Aviyal

Layer 2: 1C (125g) chopped mixed vegetables mixed with 1/4tsp salt

Layer 3: Spiced coconut paste

Layer 4: 2 well - washed eggs

Zone 3: Achari Paneer

Layer 2: 1/2C diced carrots, 1/4C each (pumpkin sticks, deseeded tomatoes)

Layer 3: In an inner vessel add, 1/2C diced capsicum, 1Tbsp pickle

PIP Plate: 1C chopped paneer cubes, 1/4tsp each (garam masala, chilli powder)

Close. Click **Menu >> + >> VEG. Vent Closed.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open and separate the dishes.

Remove the paneer plate. Mix with contents in zone 3 to make Achari Paneer

Remove the tomato cup. Mash well, dilute with 1/2C water to make Saaru

Remove the Spinach mix. Mash well, add 2tsp tadka to make Keerai Masiyal

Remove the egg. Let cool and peel. Mix in 1/2C water / curd with contents in zone 2.
Add the eggs back to make Muttai Aviyal.

Replace / Supplement:

Vegetables mentioned with your favourite vegetables

Pickle with your favourite spice mix

Saaru powder with Rasam / favorite spice mix

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1

Peel eggs immediately for soft boiled eggs. Allow them to cool for medium / hard boiled eggs.

Do not use onions in the base with a water buffer.



Cold Pressure Frying

CPF Almonds

<https://youtu.be/xiLOHYEGIII>

Recipe:

In the CookBot, add 1C (200g) oil, 200g almonds

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in salt, chilli powder.

Replace / Supplement:

Almonds with raw peanuts

Tips:

Most of the oil on surface, use a tissue to absorb it

Can mix in any fav spices



CPF Aloo Tikki

https://youtu.be/XsY8AqHt_Fg

Recipe:

In the CookBot, add 1C (200g) oil, 200g frozen aloo tikki patties (40g each) to cover the base. Ensure the patties are coated well with the oil.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, remove the patties.

Replace / Supplement:

Frozen aloo tikki with your favourite frozen patties

Tips:

Most of the oil on surface, use a tissue to absorb it

CPF Bharwa Baingan

<https://youtu.be/FFOTHYUAbjg>

Prep:

Mix 100g crumbled paneer with 2tsp spice mix. Add 2tsp lemon juice to reduce the bite of eggplant (500g). Slit eggplant into 4, open the slits, stuff and remove excess filling. Stick toothpicks to hold stuffing in place.

Recipe:

In the CookBot, add 1C oil, Stuffed eggplants

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve

Replace / Supplement:

Oil with ghee

Eggplant with any favourite slit vegetable

Filling with any favourite additives and spices

Tips:

Ensure eggplants are not too matured or big

CPF Cashews

<https://youtu.be/qwUwLtsTnFI>

Recipe:

In the CookBot, add 1C (200g) oil, 200g cashews

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Cashews with almonds/ raw peanuts

Tips:

Most of the oil on surface, use a tissue to absorb it

Can use any fav spice mix



CPF Chana Dal

<https://youtu.be/8dzv1FUfRiw>

Prep:

Soak split chana dal for 2 hours and drain.

Recipe:

In the CookBot, add 1C (200g) oil, split channa dal (197g (after soaking)), shake well to ensure oil covers dal.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil.

Replace / Supplement:

Chana dal with mung dal

Tips:

Most of the oil is on surface, use a tissue to absorb it

Steam may release through black nozzle till all water gets evaporated

CPF Chettinad Kaara Chutney

<https://youtu.be/8vUgbN8GnKY>

Recipe:

In the CookBot, add 1/2C (100g) sesame oil, 200g shallots, 1/4C (50g) garlic, 140g whole tomato, 20 dry red chilli (20g). Mix well.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Blend all, mix in 1.5tsp salt

Replace / Supplement:

Sesame oil with your favourite oil

Shallots with chopped onions

Tips:

Mash coarsely for a chunky dip

Can add tadka

CPF Chicken Drumsticks

<https://youtu.be/FFEO2klb2-M>

Prep:

Marinate 4 slit chicken drumsticks (425g) with 2Tbsp tandoori masala, 1Tbsp each (OPOS Ginger-Garlic paste, yogurt, rice flour), 1tsp corn flour for 2 hours.

Recipe:

In the CookBot, add 1C (200g) oil, Spiced drumsticks, more oil to cover (180g oil)
Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 15 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve.

Replace / Supplement:

Tandoori masala with your favourite spice mix

Tips:

Most of the oil is on surface, use a tissue to absorb it



CPF CornFlakes Mixture

<https://youtu.be/VJ4pmKSD2go>

Recipe:

In a CookBot, add 1C oil, 100g each (peanuts, whole cashews).

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 3 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, add 1/4C curry leaves. Drain oil. Mix in 200g cornflakes, 1tsp salt, 1/2tsp chilli powder, 1/4tsp turmeric powder.



CPF Fried Peanuts

<https://youtu.be/aSdUZ9rlSGU>

Recipe:

In the CookBot, add 1C (200g) oil, 200g peanuts. Mix well.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Tips:

Most of the oil on surface, use a tissue to absorb it



CPF Kabuli Channa

<https://youtu.be/96OhxUteEdI>

Prep: Soak 1/2C (100g) Kabuli Channa in water overnight. Drain.

Recipe:

In the CookBot, add 1C (200g) oil, 200g Kabuli Channa. Mix well, to let oil coat the channa well.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 9 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Can mix in favorite spices to fried channa

Tips:

Most of the oil on surface, use a tissue to absorb it



CPF Onion Chutney / Dip

<https://youtu.be/l2lofl8KOVY>

Recipe:

In the CookBot, add 1/2C (100g) oil, 265g onion petals. Mix well to coat. 2 spring curry leaves (6g), 20 red chilli (20g), 1/4C garlic (40g), 2Tbsp ginger (24g), 1Tbsp tamarind (20g)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Add 1Tbsp rock salt (13g) and blend all.



CPF Onion Tomato Caramelisation

<https://youtu.be/CIPzSSScIT4>

Recipe:

In the CookBot, add 1/2C (100g) oil, 250g each (onion wedges, whole tomatoes), 25 dry red chillies, 20 garlic cloves, 2Tbsp chopped ginger, Mix all to let the oil coat well.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO/OFF, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Blend to a smooth base.

Replace / Supplement:

Dry red chillies with green chillies

Tips:

Refrigerate for longer shelf life

Can use as a curry base / layer on top of other ingredients / mix in to stretch gravies

CPF Potato Smileys

<https://youtu.be/89FEUri8hjI>

Recipe:

In the CookBot, add 1C oil, 150g frozen potato smileys (in a single layer)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 2 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil.

Replace / Supplement:

Oil with your favourite oil

Tips:

Thawing is not required

Most of the oil on surface, use a tissue to absorb it



CPF Raw Banana Fry

<https://youtu.be/v52G3sqpLR4>

Recipe:

In the CookBot, add 1C (200g) oil, 200g raw banana chopped into bite sized pieces
Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid

Open, drain excess oil. Mix in chilli powder, salt

Replace / Supplement:

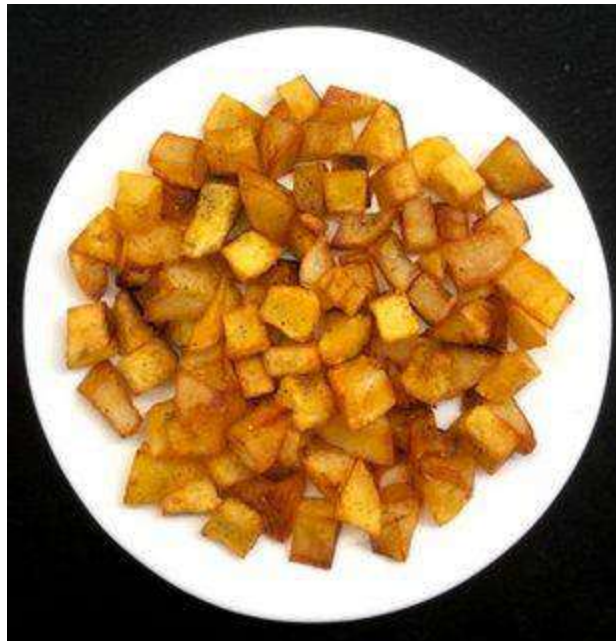
Raw banana with your favourite starchy vegetable

Chilli powder with pepper/ favourite spice

Tips:

28g (2Tbsp) oil used

Most of the oil is on surface, use a tissue to absorb it



CPF 1KG Sardine Sour Stew

<https://youtu.be/GscBPIfhHo4>

Recipe:

In the CookBot, add 1/2C sesame oil, 2 small whole tomatoes, 1/4C garlic cloves, 6 green chillies. Mix all. Add 1Kg sardine (cleaned).

In an inner vessel add 1/4C each (OPOS tamarind paste, coconut paste (blend coconut to smooth paste), fish masala powder), 1Tbsp salt, 1/4tsp turmeric, 1/2C water

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 5 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid. Open, mix all with 1/4C caramelised onions, 2tsp bottled tadka. Mash tomatoes, gently mix to ensure fish do not break. Let rest in retained heat.

Replace / Supplement:

Sesame oil with any favourite oil

Fish masala with your favourite spice mix

Fish with prawn/ paneer/ soya/ mushroom

Tips:

Tastes better as it ages

Can add coconut milk after opening



CPF Sausage Fry

<https://youtu.be/dLiiR6kFBe0>

Recipe:

In the CookBot, add 1C (222g) oil, frozen sausage (265g) (in a single layer)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve

Replace / Supplement:

Chicken Sausage with any other frozen meat sausage

Tips:

Most of the oil is on surface, use a tissue to absorb it

Flip over to brown the sausages evenly

Serve hot, shrinks on cooling



CPF Whole Mung Fry

<https://youtu.be/3mZnVTBVOUk>

Prep:

Soak 1/2C whole mung overnight in water and drain.

Recipe:

In the CookBot, add 1C (200g) oil, Soaked and drained mung (200g after soaking), shake well to ensure oil covers the dal.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix with 1/4tsp each (kashmiri chilli powder, salt)

Replace / Supplement:

Oil with ghee

Tips:

Most of the oil is on surface, use a tissue to absorb it

CPF Yam Fry

<https://youtu.be/hdQv9nUW-e0>

Recipe:

In the CookBot, add 1C (200g) oil, 200g yam chopped into sticks

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Yam with your favourite starchy vegetables

Tips:

Most of the oil on surface, use a tissue to absorb it

Can go for 1 extra minute for more crispier version

Section 5 - Conclusion

General FAQ

➤ What is an OPOS CookBot?

The OPOS CookBot is an electric cooker that is designed to cook any dish, from any cuisine using OPOS techniques.

➤ What are the salient features of the CookBot?

- It is designed to cook food in its own juices, with little or no added water.
- It is designed to support Cod Pressure Frying, Pressure Baking, Controlled Caramelisation, Zoned cooking and other OPOS techniques.
- The CookBot has a sturdy outer plastic body, and an inner stainless steel vessel
- There are 20 pre-defined menu options in the CookBot. The user can also manually choose Heat and time or can also set their own 80 more menu options.
- It also has the Delayed start (Start later) and Keep Warm option.

➤ How to operate the CookBot?

Load food in the inner vessel. Wipe the base of the inner vessel to remove any foreign particles stuck to it. Close the lid properly. Ensure the VENT on the lid is pointing towards the center.

Click the menu button. Plus + or - in the panel to choose mode. Once chosen, wait for 10 seconds. The logo would start blinking, indicating the CookBot has started to function. Once cooked, you would hear 6 beeps and the CookBot would move to LO (OR) 10 beeps and the CookBot would move to OFF (indicating user to release pressure).

➤ What is the difference between 1 beep and 3 beeps?

- 1 beep indicates, FULL PRESSURE BUILT. The buffer is sufficient and the dish loaded will be cooked.
- 3 beeps while cooking in the CookBot is like an alarm. It indicates less buffer. You may have to switch off, and add more buffer (water/ oil) and restart.

- If you are not available during the 3 beeps, the CookBot will auto switch off after the set time is over.

- How do I know the CookBot has started cooking?
The OPOS letters and LOGO in the display start blinking after 10 seconds of you choosing the mode in the CookBot. That indicates that the CookBot has started cooking.

- How do I release pressure in the CookBot?
You can release the pressure by moving the vent on the lid to right or left. Alternatively, pressing down the button on the lid also releases pressure.

- Why does my CookBot display LO after 6 beeps?
In dishes that need retained cooking, the CookBot has been configured to move to LO which indicates, the CookBot is in the keep warm mode. You can switch it off and open once pressure settles. If you do nothing the keep warm mode turns off after two hours.
You may notice this in the Rice, Biryani, Pulav, Payasam, Chicken, Mutton, Dal modes.

- Can any other vessel be used instead of the one that comes with the CookBot?
No, only the provided vessel must be used.

- How many units of electricity does the CookBot consume?
The CookBot consumes 1 Unit of electricity for 1 hour.

- Can the CookBot be used on Inverter?
If the inverter can take a load of more than 1500W, you can use the CookBot with the inverter. However we do not recommend using the CookBot with Home inverters.

- Can any vegetable/ meat be cooked in the CookBot?
Yes, any vegetable or meat can be cooked in the CookBot. The respective preset option can be chosen based on the dish/ ingredient.

- Would all OPOS recipes/Techniques work in the CookBot?
Yes. Follow standard recipes issued for the CookBot. Get comfortable with the techniques and equipment.

- I see steam coming out of the sides, Why is it so?
When there is excessive pressure built, the steam might come out of the sides. This is a safety feature. It would eventually settle down in less than a minute. Do not force open or meddle with it, when you notice the same. This usually happens when you cook less quantities.
- I added food directly, without using the inner vessel. What to do?
Switch off. Remove all. Clean well. Let dry completely. Switch on to see if it works. If it does not, contact support through the website.
- I see moisture in display
This is likely if you have cooked without a gasket or if your gasket has been misaligned. Open the lid and keep it in a dry place for the moisture to evaporate. You can even switch on the Keep Warm Mode or use a hair dryer to evaporate moisture.
- Can I use POT IN POT in CookBot?
Yes, you can use Pot in Pot in the CookBot.
- Can I use SSH for Jaggery?
Yes. But as jaggery quality and moisture content varies a lot, results are not guaranteed.
- Can I use the CookBot to cook NO WATER recipes?
Yes, you can use the CookBot to cook NO WATER recipes, by following standardised recipes
- Can I clean the lid?
Yes you can clean the lid gently with soft brush and soap water. Do not use any harsh chemicals to clean them. Ensure all water is drained completely.
- Will my CookBot resume from where it left, if there is a power cut?
The CookBot has a memory set for 8 hours. So it would resume its function in case of a power cut, if power resumes within 8 hours of power cut.
- What is the warranty period for the CookBot?
1 year from the date of delivery.

- Where is the service center for the CookBot?
Tiruppur & Chennai. We will also pick it up from your doorstep, service it and send it back. Please keep the carton intact!
- CookBot shows E2/ E3/ E4 errors. What should I do?
Get in touch with the customer care through the website www.oposkit.com/myorder
- What are the dimensions of the box and weight of the pot?
30*30*30 and 5 Kgs
- What is the capacity of the CookBot in comparison to a regular pressure cooker?
3 Liters
- Is it certified by the Indian government?
Yes. It has a BIS certification. It is also designed to meet European & American safety standards.
- Can the inner vessel be put in the dishwasher?
Yes, both the inner vessel and the aluminum plate can be put in the dishwasher
- Are spares available?
Yes. You can order them from www.oposkit.com
- Can CookBot purchased in India be used in the US or countries which offer different watts? Can converters be used?
Yes. Please use a convertor capable of stepping down voltage to 110V.

Frequently Asked Questions about Venting & Cooking with Vent Open:

Here's the theory as to why venting happens and how you can minimise it.

1. The CookBot is the most powerful Electric Pressure Cooker in the market today. The moment you switch it on high, it gets heated very fast.
2. The ultra short cooking time of OPOS recipes combined with Low water/ No water means that the gasket does not have enough time to stretch and expand to create a perfect seal.
3. This lets the steam leak from the sides.

This is the one and only reason why venting happens.

Stretching the gasket makes it more flexible.

Warming up the cookbot lets the gasket expand.

Cooking on Low/ Medium as much as possible ensures more gentle heating, giving gasket more time to expand.

Vent Open

1. When should we use vent open?

Ans.

- a) If you face venting while cooking on high, for vegetables, seafood, small chopped poultry, small chopped boneless meats.
- b) For Cold Pressure Frying
- c) For controlled caramelisation or if you want deeper caramelisation
- d) For controlled evaporation

2. Does the Cookbot reach pressure with vent open? I don't get 1 beep with vent open. Is that ok?

Ans.

In most cases, it does reach pressure. We know Cookbot has reached pressure when the pressure valve seals. Pressure valve is in the depression behind the weight. It rises when the Bot reaches pressure. Cookbot gives one beep when it reaches optimum, sustainable pressure.

That may not happen with vent open as the pressure is getting released continuously. So don't worry about it. Cookbot will give 3 beeps once moisture has evaporated & it realises it cannot build sufficient pressure. In some cases you will get a single beep after 3 beeps which means it has managed to build up full pressure even with vent open.

3. How do I know that vent is open?

Ans.

If you see heavy, steady steam coming from the nozzle of whistle after valve seals, the vent is open. If in doubt, remove the whistle.

4. What should we not cook with vent open?

Ans.

Recipes like rice, dal, pasta or anything which is pressure cooked instead of pressure baked, should not be cooked with vent open. Also any recipe that uses more than 1/4C water or liquid. Use low mode for these.

5. Can I cook small volumes of Rice / Dal with vent open?

Ans.

Nope. Only vegetables, small cut boneless meats and seafood. Use low mode for starches.

6. How safe is it?

Ans.

Cookbot, like any other EPC, is extremely safe. EPCs are one of the most regulated kitchen appliances. The worst that can happen is pressure venting & mess on countertop. That also can be avoided by filling the bot more than half, or using vent open or low mode.

All OPOS principles apply to vent open. So do take care of the contact area, insufficient buffer & spices touching base.

Revised Guidelines from Standard Recipes in App/Books before 15/7/2021

1. Vegetables that come in Pressure Baking category : Std recipe.
2. Controlled caramelisation and controlled evaporation : Std recipe with vent open
3. Everything else low mode vent closed with same time as std recipe.
4. If your bot is filled to more than half with starches or sturdy veggies/chicken/seafood high vent closed is fine but check contact area.
5. Liquids always on low, even if filled to brim.
6. Sturdy veggies/Chicken/Seafood : Take a call depending on desired outcome. If you want caramelisation, go with chopped and std recipe vent open (do not overload). For rest go with low vent closed. Low vent open is also a good option if you want caramelisation without charring.
7. Vent is open when a steady stream of steam exits nozzle after valve is sealed. If not, adjust the nozzle position. If that doesn't work, remove whistle.
8. Red meats template is changed to low 30 mins LPS (GOAT Mode in V3).

OPOS Techniques A-Z Summary

A for Attalysis - Dough can knead itself.

B for Bottled tadka - Fresh tadka can kill. Toxic oil fumes are a severe health hazard.

C for Controlled caramelisation - Onions can be caramelised in less than 5 minutes.

C for Controlled evaporation - Ghee, Thokkus and halwas can be cooked in under 10 minutes.

D for Dum cooking - All foods need to be cooked sealed, undisturbed, in their own juices, to maximise flavour.

E for Emulsification - Oil/ Fat is not mandatory for rich & creamy gravies.

F for Cold Pressure Frying - Deep frying uses less oil than shallow/ stir frying. Deep fried oil can be reused a dozen times.

G for Greater Surface area - The surface area determines the speed of cooking

H for Hydrodistillation - Tea needs to be cooked sealed to maximise flavour

I for Inner vessels - Different heating zones can be created in the same pot.

J for Just Enough Liquid - Rice, noodles, pasta can be cooked with little or no water.

K for Key building blocks - World cuisine can be learnt in minutes. All cuisines are all alike.

L for Layering - Cooking can be done blind, once you learn to visualise how ingredients behave.

M for MPOS - Multiple dishes can be cooked together.

N for No Prep Cooking - You can throw a party at a moment's notice.

O for Oil free cooking - Oil is optional in most recipes

P for Pressure Baking - Taste is inherent in food. It can be unlocked by avoiding overcooking or undercooking. Vegetables cooked beyond 5 minutes, for whatever reason, are dead.

Q for Queued cooking - Anything can be cooked with anything in one shot.

R for Retained heat cooking - Retained heat and not Constant Stirring is the best way to eliminate clumping.

S for Sugar syrup hack- Sugar syrup is a glue. Its strength can be varied by varying cooking time.

T for Tomato caramelisation - Tomato can be caramelised in minutes.

U for Use of staples - Mixing and matching is the key to maximising variety,

V for Very Long Marination - Cut vegetables can be stored for weeks without deterioration

W for Waterless cooking - Added water is the biggest enemy of cooking

X for eXtended storage - Cooked food can be stored for a week without refrigeration

Y for Yolk colour retention - Minimising cooking time is the best way to cook eggs.

Z for Zoned Cooking - Cooking multiple dishes takes the same time as cooking a single dish.

Our Promise to you!

We promise every single recipe in this book will work exactly the same way for you, as it did for us, as long as you follow the recipes without any change.

If you face the slightest problem, please post with full details on OPOS Facebook Support group. We will help you fix it.

You have a powerful, sturdy device which will be your Kitchen companion for years if you take good care of it. All the very best!

