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Thalis in one click



Snacks in one click



Sweets in one click



COOKBOT

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Dedication

To the proud owners of the OPOS CookBot

Section 1 - Introduction

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.

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.

Fitting the gasket:

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

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, 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, larger dals like channa & rajma, tough meats 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.

The most common modes:

VEG mode (High 2 mins):

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 (High 0 mins):

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*** (and seafood) modes. Vent open is only for vegetables, seafood and in recipes where evaporation/ caramelisation is important. For all other recipes, we will cook with vent closed.

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

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

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

These are common modes most of you would need for a lifetime of good food.

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) (Low 7 mins)

Load Rice, Dal, Additives. Click PORR. Set Vent Closed.

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

gRAI (Grain Mode) (Low 5 mins)

Load soaked & drained millets, water. Click gRAI. Set Vent closed.

Use for all sorts of millets.

CARA (Caramelisation Mode) (High 6 mins)

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)

We do not recommend you use this mode as of now.

PULA (Pulav Mode) (Low 2 mins)

Load soaked rice, water, additives. Click PULA. Set Vent Closed.

Use for: All kinds of Pulavs.

EGG (Egg Mode) (Low 3 mins)

Load eggs, water. Click EGG. Set Vent closed. Use atleast 6 eggs. If using less eggs, increase water to the minimum level shown in the inner vessel.

Use for: Soft, medium or hard boiled eggs

GOAT (Low 30 mins):

Load red meats. Click GOAT. Set Vent Closed.

Use for red meats

bEAN (BEAN Mode) (Low 30 mins):

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

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

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

SOUP (Soup Mode) (Low 8 mins)

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

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

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

CBIR (Chicken Biryani) (Med 20 mins)

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

GBIR (Goat Biryani) (Med 25 mins)

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

PLO (Paleo) (Low 120 mins)

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 not.

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.

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. You can save your own settings for 80 modes.

Once you choose a mode number, you can set the heat level and time for that number. These values will be remembered.

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.

Three beeps: The bot is not pressurised. You might face charring or undercooking.

Six beeps: Cooking is over. Let pressure settle. Keep Warm mode 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 plate. Remove the gasket, stretch it and fit it back again. Push the silicone nipple to fit the plate back.

If you cook with a misaligned gasket, you might experience spewing. 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>

Abbreviations and Acronyms

tsp	Teaspoon
Tbsp	Tablespoon
C	Cup (Standard 1C = 240 ml)
g	Gram
mins	Minutes
Wh	Whistles
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

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 - Advanced Lessons

Once comfortable with basic lessons, advanced lessons help one to gain more confidence with complex OPOS techniques. These techniques will require good understanding of basic techniques and will also open up a whole range of complicated dishes across cuisines.

Section 4 - Conclusion

Other resources to access more information on OPOS.

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 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. Deskillling 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

Section 2 - Basic Lessons

Lesson 1: PressureBaking Vegetables

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C to 4C Veggies/ Sprouts/ Spinach

Layer 3: Masalas/ Curry paste

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

After beeps and OFF is displayed, let all pressure release. Open & mix all.

Tips:

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

Juicy Vegetables - Beans

<https://youtu.be/dZGm8h4nty0>

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped beans (250g) mixed with 1/2tsp salt, 1 slit green chilli

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

After beeps and OFF is displayed, release pressure. Open & mix all

Replace / Supplement:

Beans with favorite juice vegetables (carrots / beetroots / ivy gourd)

Tips:

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

Can add tadka / grated coconut to convert into SI poriyal

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



Starchy Vegetables - Raw Banana

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

In the CookBot, layer as below:

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

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

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

After beeps and OFF is displayed, release pressure. Open & mix all. Add 1/4tsp crushed pepper

Replace / Supplement:

Raw banana with Potatoes / Sweet potatoes

Pepper,cumin with favorite spice mix

Tips:

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

Vary cut size to balance cooking texture



Lesson 2a: Delicate Vegetables

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C to 4C delicate vegetables (Capsicum/ Cauliflower/ Peas etc)

Layer 3: Masala / curry paste

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

After beeps and OFF is displayed, release pressure. Open & mix all.

Tips:

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

Cauliflower Dry Curry

<https://youtu.be/L4bFsBI4FWo>

In a CookBot, layer as below:

Layer 1: 2Tbsp oil, 1Tbsp water

Layer 2: 250g medium sized cauliflower florets mixed with 1/2tsp salt, 1/4tsp each (chilli powder, coriander powder, garam masala, amchur powder)

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

After beeps and OFF is displayed, release pressure. Open & mix all.

Replace / Supplement:

Cauliflower with favorite delicate vegetables

Spice powders mentioned with favorite spice mix

Tips:

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

Skip water for roasted effect

Smaller cauliflower florets can turn mushy

Vary cut size to balance cooking texture



Keerai Masiyal

<https://youtu.be/ndED1APhvtQ>

In a 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**

After beeps and OFF is displayed, release pressure. Open & mix all.

Replace / Supplement:

Cumin powder, Green chillies with cumin & red chillies tadka

Tips:

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

Can add 2Tbsp grated coconut / CCC Paste

Can add tadka

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

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



Lesson 2b: Mixed Veggies with Masala Base (Pav Bhaji)

<https://youtu.be/KOdcmnOHIYU>

In the CookBot, layer as below:

Layer 1: 3Tbsp melted butter

Layer 2 : 1C chopped, deseeded tomatoes

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

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

After beeps and OFF is displayed, release pressure. Open. Mash well.

Replace / Supplement:

Vegetables mentioned with favorite vegetables

Pav Bhaji masala with favorite spice mix

Tips:

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

Can blend for a smoother texture



Lesson 2c: Soups

[https://youtu.be/ VtuKag8D I](https://youtu.be/VtuKag8D_I)

In the CookBot, layer as below:

Layer 1: 2Tbsp oil, 2Tbsp water

Layer 2: 250g chopped mixed vegetables (Carrots, potatoes, sweet corn) mixed with 1/2tsp each (salt, pepper)

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

After beeps and OFF is displayed, release pressure. Open. Blend with 2C milk.

Replace / Supplement:

Pepper with favorite spice mix

Milk with Cream/ stock / water

Tips:

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

Can use vegetables like carrot/ potato/ squash/ broccoli/ tomato/ sweet corn/ mushroom



Lesson 3: Vegetables with Starches

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

Layer 2: 2C chopped vegetables mixed with 1tsp each (salt, favorite spice mix)

Layer 3: Washed & drained Instant noodles/ Poha/ Quick cooking oats/ Millet semiya

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

After beeps and OFF is displayed, release pressure. Open, fluff up.

Tips :

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

Millet Semiya with Vegetables

<https://youtu.be/gvVRJIEWnBY>

In the CookBot, layer as below:

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

Layer 2: 2C chopped mixed vegetables mixed with 1tsp each (salt, curry powder, chopped green chillies)

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

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

After beeps and OFF is displayed, release pressure. Open, mix all, fluff up.

Replace / Supplement:

Curry powder with favorite spice mix

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

Tips:

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

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



Lesson 4: Vegetables with Egg

<https://youtu.be/LuAgUYNpY5k>

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped mixed veggies (carrots, beans, potatoes) mixed with 1/2tsp red chilli, 1/4tsp each (garam masala, salt), 1/8tsp turmeric

Layer3: 4-6 well-washed eggs

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

After beeps and OFF is displayed, release pressure. Open. Remove eggs and peel. Mix and serve

Replace / Supplement:

Vegetables mentioned with any favorite vegetables

Tips:

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

Peel immediately for soft boiled eggs

Allow eggs to cool for medium/ hard boiled eggs



Lesson 5: Boiled Eggs

<https://youtu.be/JzuO9gt2cak>

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

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

After the beep and OFF is displayed,

- Release pressure for soft boiled eggs
- Let pressure settle for medium boiled eggs
- Allow eggs to cool completely for hard boiled eggs

Tips : Click Menu >> Lo(Low) and Timer ++ 3 mins for V1 & V2.

Lesson 5a: Egg Pepper Fry

App id : 11642

Prep: Coconut fennel paste: Blend 1/4C grated coconut, 1/4tsp fennel into a fine paste.
In the CookBot layer as below:

1. 3Tbsp oil, 1C onion petals (120g), 3 deseeded & quartered tomatoes (160g), 2slit green chillies, 5 curry leaves. Mix well.
2. In an inner vessel over a trivet: Mix coconut fennel paste, 1tsp pepper powder, 1/2tsp each (chilli powder, coriander powder, OPOS Ginger-Garlic paste, salt), 1/4tsp turmeric powder.
3. Place 4 well-washed eggs over the trivet.

Ensure the **vent is OPEN**.

Click >> Menu >> Veg Mode.

Once the bot beeps and displays OFF. Release pressure if any. Open. Remove the inner vessel and eggs. Allow eggs to cool. Mash the base with inner vessel contents. Add 1Tbsp each (Mughalai tadka, chopped coriander leaves). Peel and add the eggs. Mix all and serve.

Tips:

- Peel immediately for soft boiled eggs.
- 2. Peel when warm for medium boiled eggs.
- 3. Allow eggs to cool completely and peel for hard boiled eggs.
- 4. Can blend the onion-tomato for a creamy emulsified sauce.

Lesson 6: PressureBaking Seafood

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g - 500g chopped Fish/ seafood

Layer 3: Masalas/ Curry paste

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

After beeps and OFF is displayed, release pressure by turning the vent left or right.

Open and mix all.

Tips:

If you face venting, keep vent open and add 1Tbsp extra oil in L1

Fish Masala

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 500g chopped fish mixed with 1/2tsp each (salt, chilli powder), 1/8tsp turmeric

Layer 3: Inner vessel- Grind 1/2C chopped coconut, 2Tbsp fish masala, 1Tbsp tamarind paste, 2Tbsp caramelised onions, 1" ginger, 2 garlic cloves

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

After beeps and OFF is displayed, release pressure. Open and mix all with 1C water (optional).

Replace / Supplement:

Fish with prawns / seafood varieties

Fish masala with favorite spice mix

Water with coconut milk

Tips:

Remove the fish. Mix the curry and add the fish back.



Lesson 7: PressureBaking Meats

Chicken

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 500g chopped chicken, 10 curry leaves, 1tsp salt, 1/2tsp turmeric

Layer 3 : PIP on trivet (Curry paste: Grind 1/2C chopped coconut, 1/4C each (chicken masala, caramelised onions, caramelised tomatoes), 1Tbsp OPOS Ginger-Garlic paste into a thick paste)

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

After beeps and OFF is displayed, release pressure. Open & mix all.

Replace / Supplement:

Chicken with Quail / Country Chicken

Chicken masala with favorite spice mix

Onions with shallots

Tips:

Can dilute with water/stock



Lesson 8: PressureBaking Red Meats

Tender Mutton Sukka

Prep: 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

In a Cookbot, Layer as below:

1. 1/4C coconut oil, 500g chopped mutton, 1/2tsp salt, 1/4tsp turmeric. Mix
2. Place an inner vessel with sukka spice mix

Ensure the vent is close.

Click > Menu > GOAT Mode (V3).

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.

Tips:

- For V1 & V2, click Menu >> Heat >> + >> LO (Low Heat) and Timer >> + >> 30 mins.

OPOS Mutton Thanni Kuzhambu

App ID: 10303

Prep: 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.

In a Cookbot, Layer as below:

1. 2Tbsp coconut oil.
2. 1/4C curry leaves.
3. Spiced mutton.

Ensure the vent is closed.

Click > Menu > GOAT Mode (V3).

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.

Tips:

- For V1 & V2, Click >> Heat >> LO (low) and Timer >> 30 minutes.

OPOS Mughlai Beef

App id 10069

1. Spiced beef: Mix 250g chopped tender beef with 1tsp OPOS Ginger-Garlic paste, 1/4tsp each (salt, chilli powder, turmeric).
2. Spice paste: Blend 15 cashews, 2Tbsp desiccated coconut, 1/4C caramelized onion, 1tsp each (coriander, cumin) powders, 1tsp kasuri methi, 1/2tsp red chilli powder, 2 green chillies, 10 mint leaves, 1/4C water to a smooth paste.

In a Cookbot, Layer as below:

1. 2Tbsp oil, Spiced beef, Spice paste. Mix all.

Ensure the vent is closed.

Click >> Menu >> Heat >> LO and Timer >> 1 hour.

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

Open, add 2Tbsp each whisked (cream, curd). Mix all. Garnish with 1Tbsp chopped coriander leaves and serve.

Lesson 9: Rice

<https://youtu.be/IKU9soSPfcM>

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**

After beeps, LO is displayed, 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:

Vary water ratio depending upon type / variety of rice used.

Click Menu >> LO (Low) and Timer >> 3 mins for V1 & V2.



Lesson 10: Vermicelli

<https://youtu.be/wBlqhoh94ZU>

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**

After beeps & OFF is displayed, release pressure by turning the vent to left or right.

Open, mix with 1Tbsp bottled tadka (optional)

Replace / Supplement:

Green chillies, ginger with favorite spices

Tips:

Use roasted vermicelli. Unroasted / thin vermicelli can go mushy

Click Menu >> LO (Low) and Timer >> 2 mins for V1 & V2.



Lesson 10a: Pasta

In the CookBot, add the following:

2C each (Pasta, water), 2Tbsp butter, 2 slit chillies, 1/8tsp turmeric powder, 1tsp salt
Close. Click **Menu >> + >>RICE. Vent Closed.**

After beeps & OFF is displayed, release pressure by turning the vent to left or right.
Open, fluff up.

Tips :

Click Menu >> LO (Low) and Timer >> 3 mins for V1 & V2.

Mac n Cheese

<https://youtu.be/FpZYsC7yP2A>

In the CookBot, add 1C pasta, 1C water just enough to cover the pasta, 1/4tsp salt
Close. Click **Menu >> + >>RICE. Vent closed**

After beeps and OFF is displayed, 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 favorite seasoning

Tips:

Indian pasta cooks fast.

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

Click Menu >> LO (Low) and Timer >> 3 mins for V1 & V2.



Lesson 11: Instant Noodles

<https://youtu.be/TreU6NCeEj8>

In the CookBot, add:
2 packs instant noodles
2C water, tastemaker

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

Press cancel immediately after the pin pops up (pressure valve is sealed). Release pressure by turning the vent to right or left. Open, mix all.

Replace / Supplement:

Tastemaker with favorite spice mix

Tips:

Can add water to convert to soupy consistency



Lesson 11a: Normal Noodles with Vegetables

<https://youtu.be/ciNCPgG8Cjw>

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

In the CookBot, layer as below:

Layer 1: 1/2C water

Layer 2: 1/2C each (Carrot, beans)

Layer 3: Noodles

Layer 4: 1C chopped vegetables

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

After beeps and OFF is displayed, release pressure. Open & mix all and fluff up.

Replace / Supplement:

Carrot, beans with favorite vegetables

Sauces mentioned with favorite spice mix

Tips:

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



Lesson 12a: One Shot North Indian Thali

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

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

Layer 3: 1/2C (75g) chopped medium sized cauliflower florets

Layer 4: One scooped out tomato filled with 1tsp chilli powder, 1/2tsp each (cumin powder, salt), 1/4tsp amchur powder, 1/8tsp turmeric powder, 1Tbsp kasuri methi

Zone 3: Ivy gourd sabji

Layer 2: 1C chopped ivy gourd mixed with 1tsp red chilli powder, 1/2tsp each (salt, cumin powder), 1/8tsp turmeric powder

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

After beep and OFF is displayed, switch off. Release pressure. Open.

Separate the dishes.

Zone 1: Mix all and serve as a dry sabji - Tindora Sabji

Zone 2: Mash tomato, mix all and serve as a semi gravy - Aloo Gobhi

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 favorite delicate vegetable

Potato with favorite starchy vegetable

Garam masala with favorite spice mix

Tips:

If you face venting, keep vent open and add 2Tbsp extra water in L1
Adjust cream according to preference



Lesson 12b: One Shot South Indian Thali

<https://youtu.be/OQT1xqhY0JY>

Prep: CCC paste: Blend 1/2C coconut, 1tsp cumin, 3 green chillies

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 radish

Layer 3: 1/2C cooked tuvar dal

Layer 4: 1Tbsp each (sambar powder, tamarind paste), 1/8tsp each (turmeric powder, asafoetida), 1/2tsp salt

Layer 5: 1/4C chopped tomato, 3 slit green chillies

Zone 2: Kootu

Layer 2: 1C chopped mixed vegetables (carrots, beans, potato)

Layer 3: CCC paste, 1/2tsp salt

Zone 3: :Broad Beans Poriyal, Rasam

Layer 2: 1C broad beans

Layer 3: 1/4C grated coconut

Layer 4: 1Tbsp sambar powder, 1/2tsp salt

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**

After beep and OFF is displayed, switch off. Release pressure. Open.

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



Lesson 12c: Generic Thalís

<https://youtu.be/3HxybXN20TY>

Prep: Paste 1: CCC Paste - Blend 1/4C coconut, 1 green chilli, 1/2tsp each (cumin, salt)
Paste 2: Hariyali Paste - Blend 2Tbsp each (mint, coriander leaves), 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 each (salt, chilli powder), 1 each (green chilli, garlic), 1/4tsp turmeric

In the CookBot, layer as below:

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

Place the separators and divide into 3 zones

Zone 1: Pumpkin Puliserry

Layer 2: 1C chopped pumpkin

Layer 3: CCC Paste

Zone 2: Hariyali Aloo

Layer 2: 1C chopped potatoes

Layer 3: Hariyali paste

Zone 3: Spinach Dal

Layer 2: 2C chopped spinach

Layer 3: Cooked Dal Base

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

After beeps and OFF is displayed. Release pressure. Open.

Remove zone 1, mix in 1/4C yogurt, 1tsp tadka and serve as Pumpkin Puliserry

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 favorite watery vegetable

Potato with favorite starchy vegetables

Spinach with favorite 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



Lesson 13: Lentils / Dal

<https://youtu.be/leZUUmmKc2s>

Prep: Soak 1C (Tuvar/ Mung/ Channa) for 2 hours. Drain.

In the CookBot, add Soaked dal, 2C water

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

After the beep, LO is displayed, let pressure settle. Open, mash, let cook & store.

Tips:

Can add 1/4tsp turmeric powder

Can add whole tomatoes / caramelised onions, spice powders to convert to spiced dal base

Click Menu >> LO (Low) and Timer >> 5 mins for V1 & V2.



Lesson 14: Legumes / Large Dals

OPOS Desi Channa

App ID 11433

Prep: Soak 500g desi channa in water overnight. Drain.
In a Cookbot, 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.

Lesson 15: Rice with Lentils (Pongal, BBB, Khichdi)

Prep: Soak 1C rice, 1/4C dal in water for 1hr. Drain
In the CookBot, add 4C water, 1Tbsp ghee, rice, dal, 1.5tsp salt, masalas
Close. Click **Menu >> + >> PORR. Vent Closed**
Once the bot beeps, displays LO, let pressure settle.
Open after pressure settles. Mash well.

Tips :
Click Menu >> LO (Low) and Timer >> 7 mins for V1 & V2.

Sambar Sadam

<https://youtu.be/rCtiOA8VOsE>

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

In the CookBot, add rice, dal, 4C water, 1/2C chopped tomatoes, 1/4C caramelised onions/ shallots, 1/2tsp turmeric powder, 1Tbsp sambar powder, 1/2Tbsp salt, 1/4tsp asafoetida, 5 curry leaves, 2 green chillies, 2tsp tamarind paste.
Close. Click **Menu >> + >> PORR. Vent Closed**
After the beep, LO is displayed, let pressure settle.
Open, mash with 1/2C water. Optionally, add tadka.

Replace / Supplement:

Sambar powder with favorite spice mix
Tamarind paste with favorite souring agent

Tips:

Vary water ratio after cooking to vary texture
Click Menu >> LO (Low) and Timer >> 7 mins for V1 & V2.



Lesson 15a: Sweet Porridge

<https://youtu.be/elvrZw14WnA>

Prep: Soak 1C rice, 1/4C mung dal for 1hr. Drain

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.**

After the beep, LO is displayed, let pressure settle.

Open, mash with 1.5C jaggery, 1/2C milk

Replace /Supplement:

Cardamom with favorite sweet spices

Cashews / Raisins with favorite nuts / dry fruits

Jaggery with sugar

Milk with water

Tips:

Can increase or decrease addition of water after cooking to vary consistency

Can add more ghee for extra flavor

Click Menu >> LO (Low) and Timer >> 7 mins for V1 & V2.



Lesson 15b: Kheer / Payasam

<https://youtu.be/OcV3J6I3zUs>

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, LO is displayed, let pressure settle.

Open, mix and serve. Can garnish with roasted / slivered nuts.

Replace / Supplement:

Poha with 1/4C sago

Rose water / kewra with favorite flavoring

Tips:

Open only after pressure is completely settled.

Click Menu >> LO (Low) and Timer >> 15 mins for V1 & V2.



Lesson 16: Pulav

In the CookBot, add 1C each (soaked rice, water), 1Tbsp Flavouring (Jeera, Methi), 1tsp salt.

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

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

Open after pressure settles and fluff up.

Click Menu >> LO (Low) and Timer >> 2 mins for V1 & V2.

Jeera Methi Pulav

<https://youtu.be/xZILqHd55VQ>

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

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**

After the beep, LO is displayed, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Kasuri methi with favorite dried herbs

Spices mentioned with favorite spices

Tips:

Water ratio may vary with different brands / types of rice

Click Menu >> LO (Low) and Timer >> 3 mins for V1 & V2.



Lesson 17: Milk

<https://youtu.be/Sk2TQ9foZDk>

In the CookBot, add, 500ml milk.

Close. Click **Menu >> LOW>> + >> and Timer >> + >> 2 minutes. Vent Closed.**

After beeps and OFF is displayed, let pressure settle and open.

Tips:

Ensure proper placement of Gasket / Lid.

Misalignment of gasket / lid can cause spewing.

In case of spewing, stop cooking.



Section 3 - Advanced Lessons

Lesson 1: Cooking Rice with Vegetables (Vegetable Biryani)

Mushroom Biryani

<https://youtu.be/H0K1lkaZzqM>

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

Mix 550g 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.

In the CookBot, add as below:

Layer 1: 1/4C oil

Layer 2: 1/2C tomato, 1C water

Layer 3: Half the spiced mushroom

Layer 4: Drained basmati rice mixed with 1tsp salt

Layer 5: Spiced mushroom to cover rice completely

Close. Click **Menu >> Heat >> + >> High and Timer >> + >> 15 minutes. Vent Closed.**

After beeps and LO is displayed, Let pressure settle. Open, fluff up, garnish with 1Tbsp ghee and serve.

Replace/Supplement:

Oil with ghee

Biryani masala with favorite spice mix

Mushroom with Tomatoes

Tips:

1. Do not use delicate vegetables (like carrots, beans, peas, cauliflower etc...), as they overcook.
2. Can increase water quantity if you like your rice softer.
3. Use Low mode if scaling down.



Lesson 2: Cooking Rice with Chicken (Chicken Biryani)

App ID: 11298

1. Soak 1C (200g) basmati rice in water for 30 minutes. Drain.

In a Cookbot:

1. Add 300g chopped chicken, 1/4C each (mint, yogurt, fried onions), 2Tbsp chopped coriander stalks, 1Tbsp each (biryani masala powder, OPOS Ginger-Garlic paste, ghee), 1.5tsp salt, 1/2tsp garam masala, 2 slit green chillies. Mix all.
2. Add 250ml water, soaked & drained basmati rice. Spread it out so that the water covers the rice.
Ensure the vent is closed.
Click > Menu > CBIR Mode (V3). Once the bot beeps and displays LO, allow pressure to settle. Open, fluff up. Garnish with 2Tbsp chopped cilantro & serve.

Tips:

- For V1 & V2 use 20 minutes on SOSO (medium) heat.

Lesson 3: Cooking Rice with Mutton (Mutton Biryani)

App ID: 11721

Soak 1C basmati rice in water for 30 minutes. Drain.

In a Cookbot:

1. Add 300g chopped mutton, 1/4C each (caramelised onion, caramelised tomato, curd), 1Tbsp each (biryani masala powder, OPOS Ginger-Garlic paste), 1/4C mint, 1Tbsp chopped coriander stalks, 1 green chilli, 1tsp each (salt, garam masala), 1Tbsp oil. Mix well.

2. Add soaked (& drained) rice, 250ml water. Mix.

Click Menu >> GBir Mode (V3).

Once bot beeps and displays LO, allow pressure to settle.

Open, unmould. Fluff up. Garnish with 2Tbsp chopped coriander leaves and serve hot.

Tips:

- Use Med >> 25 minutes if using V1 & V2.
- Soak the rice longer if it is undercooked; Adjust water ratio if rice is overcooked or mushy.
- Can adjust spices as per preference.
- Can add fried nuts.

Lesson 4: Rava Barfi

Sugar Syrup Hack

<https://youtu.be/f2Ajp7nS5Q0>

In the CookBot add 200g sugar, 60ml water, 1Tbsp ghee, 1/4tsp cardamom powder
Click >> **Menu >>+>>SSH. Vent Closed**

Once LO is displayed, 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 with Milk powder

Cardamom powder with favorite sweet spice powders

Tips:

Can use a mix of milk-powder and sooji

Click Menu >> LO (Low) and Timer >> 2 mins for V1 & V2.



Lesson 5: Bottled Tadka

Cold Pressure frying

<https://youtu.be/ZB3JsxMMYY8>

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



Lesson 6: Controlled Caramelisation

North Indian Curry Base
<https://youtu.be/h--xNAZjCnU>

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/4C each (ginger, garlic), 15 green chillies, 250g onion petals, 250g whole tomato, 1/4C chopped beetroot, 1tsp salt

Mix L1 & L2

Close.

Click **Menu >> + >>VEG. Vent open**

Once the bot beeps and displays OFF, release pressure. carefully open, mix & blend.
Bottle & use as curry base.

Replace / Supplement:

Onion petals with shallots

Tips:

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



Lesson 8: Carrot Halwa

Controlled Evaporation

<https://youtu.be/wo8noMzyrRc>

In the CookBot, layer as below:

Layer 1: 1/4C milk

Layer 2: 250g grated carrots

Layer 3: 125g sugar

Close and keep the vent open.

Click **Menu >> Heat >> + >> HIGH and Timer >> + >> 2 minutes. Vent open.**

Once the bot beeps, and displays OFF, open carefully and mix all.

Mix in 1Tbsp ghee.

Replace / Supplement:

Carrot with beetroot

Milk with water

Tips:

Can garnish with roasted nuts / raisins

Can add grated khoya / condensed milk after cooking



Lesson 9: Scaling up

Mix Veg Kuruma for 10 adults

<https://youtu.be/qrCK0qHjPi8>

Prep: Blend 1C grated coconut, 4 small tomatoes, 1/4C roasted gram, OPOS Ginger-Garlic paste, 1/2C masala powder (any masala powder), 1Tbsp poppy seeds, 1tsp fennel, 10 small green chillies, 1C water to a THICK, smooth paste.

In the CookBot, layer as below:

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

Layer 2: 250g chopped / sliced mushroom, 1/4C curry leaf

Layer 3: 1C chopped potato

Layer 4: 1/4C caramelised onion

Layer 5: 200g soaked and drained soya (1C dry, soaked)

Layer 6: Spice paste (750g)

Close. Click **Menu >>>>Veg. Vent closed.**

Once the Bot beeps and LO is displayed, let pressure settle.

Open, after the pressure pin drops. Mix in 1.5Tbsp salt, 1/2C cilantro, 4C hot water.

Note: Do not use delicate veggies while scaling up.

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.



OPOS Scaling-up 2Kg Channa Masala

App ID 11222

Soak 1/2Kg kabuli channa overnight in water. Drain.

In a Cookbot:

1. Add soaked & drained kabuli channa, 1C water, 1tsp turmeric, 1/4tsp baking powder. Mix all.
2. Place an inner vessel. Add 1/2C each caramelised (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.

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, 1C water to a paste.

In the CookBot, layer as below:

Layer 1: 1/4C oil, 10 green chillies

Layer 2: 1/4C curry leaves

Layer 3: 1kg chopped chicken

Layer 4: 1tsp turmeric, 2Tbsp salt

Layer 6: 1/4C each (caramelised onion, caramelised tomatoes), curry paste

Close. Click **Menu >>>>CHIC. Vent closed.**

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

Open after pressure settles.

Mix in 4C hot water, 1/2C cilantro, 1Tbsp salt.

Replace / Supplement:

Chicken Masala with favorite spice mix

Caramelised Ginger / Garlic with OPOS Ginger - Garlic Paste

Tips:

Can mix in stock / cream / coconut milk to dilute.

If you face venting, use LO (Low) 6 mins. Can reduce oil to 2Tbsp.



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?
 - The CookBot has a sturdy outer plastic body, an inner stainless steel vessel with a lid. The lid has an aluminium separator to fix the gasket along with a silicon nipple.
 - There are 20 pre-defined menu options in the CookBot. The user can also manually choose Heat and time or can also set 80 menu options in the CookBot for their convenience.
 - 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, release pressure 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 1000W, 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. Not a matter of concern, It would eventually settle down. Do not force open or meddle with it, when you notice the same.
- Steam gushing out through the lid / vent. Why did this happen?
This is a safety feature. The CookBot vents out excess steam if it detects an unsafe pressure buildup. It is likely you have cooked with too little or have a misaligned gasket. Switch off. Let cool. Remove gasket. Stretch and fit it back again. Do not cook with too little food.
- 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 and the aluminum plate?
Yes you can clean the lid and the aluminium plate gently with soft brush and soap water. Do not use any harsh chemicals to clean them
- 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 cut.
- What is the warranty period for the CookBot?
1 year from the date of delivery.
- Where is the service center for the CookBot?
Chennai, India
- The aluminium plate (splash guard) that comes with the CookBot has dents/ scratches on arrival. My CookBot body had cracks/ dents on arrival. CookBot showing E2/ E3/ E4 errors. What should I do?
Get in touch with the customer care through the website.
- 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
- Does it have an ISI mark?
It is designed to meet European & American safety standards. Though it does not carry an ISI mark, it follows all safety protocols.

- 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?
Inner vessel and splash guard will soon be available on sale on www.oposkit.com

- Can CookBot purchased in India be used in the US or countries which offer different watts? Can converters be used?
No it is not recommended. USA compatible version will be released soon.

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.

1. Always stretch a gasket before use. Especially for recipes where you faced a venting problem earlier. Do not store the gasket in a freezer. It weakens it.

2. Cook on Med/ Low as much as possible. Venting happens mostly in High heat mode as the CookBot is a high powered device.

3. If you have to cook something on high heat, then ensure it is done after you have used the cookbot to cook something else, so that it gets warmed up.

4. If these do not work, change your gasket.

5. If none of these work, we will pick it up, test it, fix it, share a video with you to show how it is functioning properly and then send it over.

Vent Open

1. When should we use vent open?

Ans.

a) For vegetables, seafood, small chopped poultry, small chopped boneless meats if you get venting.

- b) For cpf
- 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 for V1 & V2

1. Vegetables that come in Pressure Baking category : Std recipe with vent open if you face venting.
2. Controlled caramelisation, controlled evaporation and CPF : 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. Going on low is safer.
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 and tough dals template is changed to low 30 mins LPS from goat and bean mode.

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.

Other OPOS Resources

- **OPOS Cookbook: 5 Minute Magic** is among the Top 5 best-sellers on Amazon, since its release in Jan 2018. Another major best seller is the Thali cookbook: The Story of India through food on Amazon, also the winner of Amazon’s Pen to Publish contest, 2019.
- 35 other OPOS cookbooks, co-authored by OPOStars, are available on Amazon.
- OPOSChef App, available on both Android and iOS platforms is a treasure house for OPOS . Hundreds of live videos, validations, recipes are added on a regular basis and it would remain our central repository of updated, standardised recipes.
- The OPOS Support Group on FaceBook is an interactive forum, providing 24x7 support for all queries related to OPOS, equipment and products.
- www.oposkit.com houses all products released under the OPOS Banner.
- Follow us on Instagram - OPOS_chef

<u>OPOS Support Group on Facebook</u>	<u>OPOSChef Youtube Channel</u>	<u>Instagram OPOS_chef</u>
Buy the OPOS kit at : https://oposkit.com/	<u>OPOS Cookbook: 5 minute magic - on Amazon.in</u> <u>Also available on amazon.com</u>	<u>The story of India through food: OPOS Cookbook</u> <u>Also available on amazon.com</u>
<u>OPOS Primer on Amazon.in</u>	<u>OPOS PressureBaking on amazon.in</u>	<u>OPOS Blockbusters - Best of OPOS available on amazon.in</u> <u>Also available on amazon.com</u>

Upcoming Projects

Dozens of cookbooks, industrial size equipment, OPOS run cloud kitchens are all in the pipeline. Our aim is to make food a non-issue to everyone across the world!

Thank You!

Thanks to the OPOS CookBook Team – **Ashwini B**, **Tazin Faiz** (*co-author*, [Non Veg Delicacies](#)), **Visalakshi Venkataraman** (*co-author*, [Me.Mom.OPOS](#)), **Srilakshmi Anand** for collating the videos, formatting the text and shaping this book up.

Other cookbooks by the cookbook team: [OPOS Staples](#), [Survival Manual](#), [Disaster Management](#).

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