

OPOS DIGEST



Presented By
OPOS MAGAZINE TEAM

MY TWO HOOTS

By Dhanya Vasudevan

A MONTHLY COLUMN THAT AIMS TO EXPLORE THE MYRIAD DIMENSIONS OF OPOS COOKING! AN ODYSSEY INTO THE MULTIVERSE OF OPOS. TWO WHISTLES AT A TIME! THIS MONTH WE ARE LOOKING AT OPOS & NUTRITION!

What is food, to you?

Has anyone ever asked you this before? (Other than a therapist, of course!)

To me, very often, food is a variable. It means different things on different days. I could eat rasam rice for 5 days straight, and it still won't be the same meal. On a busy morning, it's a quick-fix. On a rainy Saturday, it translates into a bowl of comfort. After several hours on the road, touching down after a day-long flight, rasam becomes soul food.

Now, there's a problem with this perspective - however poetic it may sound. It attributes too much subjective value to something that has an objective purpose - nourishment. The primary goal of food is to nourish the body that ingests it. Anything that breaks this rule can't be food. That is why bitter-gourd, my Kryptonite, is considered food, while Tide-Pods, how-much-ever Gen Zers could argue otherwise, can't be it!

So 'Food', to retain its validity, needs to be nutritious. Sure, I heard the 'Duh!' y'all just uttered. But then, are we eating real food? Or are we just passing off anything that's edible for food?

Why do we do that? Why do we willingly consume less nutritious food and feed it to our children? Could it be because -

- 1) we are unaware what we eat is unhealthy - we were raised on a carb-heavy diet and hey, our parents can't be wrong!
- 2) when we do become aware, we realize it's hard work to plan, to cook and to

consistently eat good food - while it's so much easier to gravitate towards the dark side - we do live in an age when pizza gets to our home faster than police!

3) it is expensive to eat well - our monthly vegetable, meat and fruit budget can make us think we're shopping for Diwali - while a measly bag of rice/wheat flour with an assortment of legumes may keep us going for months

4) the most notorious reason of all - eating unhealthy food directly rewards the pleasure centers of our brain - at one point, our brain can't differentiate between a piece of cake and a dash of heroin - they both light up the same spot!

IT IS EVIDENT THAT WE, AS A CIVILIZATION, NEED TO REVISIT OUR FOOD CHOICES AND PRACTICES.

Among these, the rising cost of good food is a global crisis that is enmeshed in a complex web of capitalism, consumerism and carefully-controlled markets. The Goliaths don't want us eating healthy and there is very little, we Davids, can do to change this - other than taking rudimentary steps like growing our own vegetables/setting up our own farms/co-ops, etc.

But the other 3 reasons can be fully amended by our collective effort. We can bring about awareness, reduce the hardships of healthy-eating and on the longer run, attempt to rewire our brain to consciously choose nutrition over momentary pleasure.

MY TWO HOOTS

CONTINUED...

OPOS spearheads this cause.

As a revolutionary movement, OPOS provides us not just the process to cook food to its best, nutritious version, but also the equipment to cook it in. It's like the proverbial 'Atchaya paathram' has been mass produced and made available for online ordering, AND it comes with an instruction manual. In multiple languages.

Sure, the Magicpot can effortlessly churn out 10 batches of sugar syrup in less than an hour. But the real magic lies in the illustrious Lesson 2. The Green that breaks out of the pot is all the evidence one needs - of rejuvenation and nourishment. Also, with most of its recipes boasting of 5 steps or less, OPOS cooking is hardly a chore. In the time it takes for some of us to rummage through our refrigerators, little OPOStars lock and load an entire thali.

Through a thriving, online community that has over 89K members, OPOS has continuously initiated conversations about healthy eating and wholesomeness of food. Its flagship, dietary vertical, OPOS100 has led over 23 batches of participants towards a lifestyle of health and wellness, with medically-backed practices and recipes.

Every single OPOS100 transformation story is hard proof that nutritious food is the bedrock of a healthy lifestyle and OPOS makes it accessible to anyone who actively pursues it.

Irrespective of how we cook, it is evident that we, as a civilization, need to revisit our food choices and practices. It feels like we've come a bit too far into the labyrinth of culinary advancement. We are lost. We need a map. To go back to the base. Now, if only someone could graph the basic science of food, recreate a map of world's cuisines, rewrite them with an equal emphasis on nutrition and taste... Oh wait...

In Homo Deus, Yuval Noah Harari makes this grave observation: "In 2012 about 56 million people died throughout the world; 620,000 of them died due to human violence (war killed 120,000...crime killed another 500,000)...and 1.5 million died of diabetes. Sugar is now more dangerous than gunpowder."

So let me ask again,

What is food, to you?

DID YOU KNOW?

To retain its nutrition, veggies should not be cooked for more than 5 minutes?? OPOS makes sure you cook your veggies right!



TEST YOUR OPOS QUOTIENT!

1. What OPOS technique has been used for the OPOS Uppu Seedai recipe?
2. How quickly can you cook an Onam Sadya using OPOS?
3. What is Sai Pranav's favourite OPOS recipe?
4. What course should an OPOS newbie enroll to understand the basics of OPOS?
5. What is Aditi Verma's favourite OPOS sweet dish?

[Click here](#) to participate or access via the QR Code below.

Send in your entry by August 20th. One lucky winner gets a 1 month premium app subscription to the OPOS Chef App



READER'S CONTRIBUTION

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

OPOS A TO Z

An excerpt from Sreeja Praveen's Alphabet Train

A new set of ideas is here to stay,
That makes cooking a child's play. You'd want
to know the name, I suppose? Oh !
Stay tuned, here comes OPOS.

'One Pot, One Shot' is what it says,
And cooks food in the tastiest of ways.
Learn each technique to master the skill
Cook all you want, eat your fill.

How easy is it to learn all the tricks?
Patience does pay, no quick fix
It might take days or even weeks,
But it is worth to learn all techniques.

Without much ado, let me start
Painting before you the OPOS Chart Stringing
together on this thread
The Techniques of OPOS, A to Z.

To be continued.....

ONAM ASHAMSAKAL

Onam, is the annual harvest festival of Kerala, celebrated in the month of Chingam. Malayalees everywhere celebrate it with much gusto and fanfare. A truly secular festival celebrated by Keralites of all faiths, Onam marks the end of monsoon and is a celebration of a healthy harvest as well as the return of Kerala's beloved King Mahabali or Maveli to his kingdom.

While family get-togethers, boat races, beautiful pookalams and traditional dances do showcase Kerala's cultural best, the soul of the Onam festivities is the Onam Sadya or the harvest feast. A 10 day celebration, it's believed that on the 10th day or Thiruvonam, Mahabali visits the homes of his subjects. Every Keralite household is decorated to its very best and the Onam Sadya is made for this occasion.

Legend has it that long long ago, Mahabali, an Asura king, was the most benevolent and generous ruler. He ruled without discrimination. Under his rule Kerala transformed into a paradise. Brave and just, he was loved by all. But his growing popularity did not sit well with the Devas and they appealed to Vishnu. Disguised as Vamana, a dwarf brahmin, Vishnu visits the king, seeking a paltry gift - three steps of land, as measured by his feet. Mahabali laughs at this and grants him his wish. Vamana assumes a gigantic form, his first step spans all of the earth, his second all of heaven and he now seeks space for his third. Even though he realises the deceit, to keep his word, Mahabali bows down and offers his head. Vamana places his foot on the king's head and he is pushed to the underworld, granting him the right to visit his subjects every year. And that is why every Malayalee spares no pain to prepare an elaborate Onam Sadya for their beloved Maveli.

A good spread of Onam Sadya generally has

25 to 30 dishes, comprising traditional specialties from across Kerala, including fried snacks, a variety of curries, pickles, sweets and bananas served with red rice as main course. Preparations for the Sadya begin days in advance. Even with all the advance preps, it takes hours to make this mother of all thalis. But what if I told you that 3 rounds of pressure baking can make you a lavish Onam Sadya in about half an hour?



Surprised right? Well, that's OPOS for you. It took us 15 years, a community of 89,000+ OPOSers, a million validations, the toughest critics (children, they tell it to your face), 1 dictator, strictest moderators, gallons of sweat and tears to simplify the Onam Sadya and make it a one shot meal. The promise of OPOS is to make cooking simple. And that's what we did with the Onam Sadya. Don't believe it yet? Watch the One Shot Onam Sadya video on our YouTube Channel or access the video via the QR code:

<https://youtu.be/WphrrJoO89E>



RECIPES

OPOS AVIYAL Pressure Baking



OPOS Chef App Recipe ID: 1550

Steps:

In a 2L Magic Pot, layer (L) as below:

L1: 1/4 cup water

L2: 1/4 cup each chopped (Malabar cucumber, squash, carrots, snakegourd)

L3: 1/4 cup each chopped (potato, yam, beans, slit drumstick)

L4: 1/2 cup coconut+cumin+green chilli paste (spread evenly)

L5: Cook on high for 2 whistles / 8 mins

L6: Release pressure. Mix 1/2 cup yoghurt, 1 tsp salt, 1 tbsp coconut oil, crushed curry leaves

Replace/ Supplement:

1. Vegetables used with vegetables of choice
2. Yoghurt with coconut milk

Tips:

1. Cut vegetables in thin fingers
2. Dilute with water/ yoghurt to preferred consistency

OPOS CPF UPPU SEEDAI*

Cold Pressure Frying

OPOS Chef App Recipe ID: 6250

Prep:

In a bowl, mix 200g rice flour, 20g roasted and ground urad dal flour, 2 tbsp butter, 1 tsp soaked and drained chana dal, 1/2 tsp salt, 1/8 tsp asafoetida and 100 ml water (approximately) to make into a thick dough. Roll into small balls

Steps:

In a 2L Magic Pot, layer as below:

1. 1 cup oil
2. Rolled seedais
3. Cook on high for 5.20 minutes
4. Release pressure. Open, drain the excess oil and serve

Replace/ Supplement:

1. Rice flour with your favourite flour
2. Butter with oil

Tips:

Allow the seedais to air dry before frying to avoid the seedais from bursting. Prick holes with fork on the seedai balls.

***CPF - Cold Pressure Frying should be done only with OPOS Standard Equipment on an induction stove after all basic techniques are mastered.**



OPOS CPF Seedai
by Sudha Vaidyanathan

MYTH BUSTERS

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

Gyaan: Ayurveda does not advocate the use of pressure cookers.

Anti-Gyaan: Ayurveda does not advocate mixer, fridge, cell-phones either.

Fact: Ayurveda ("life science") is one of the oldest healing sciences. With rich knowledge of plants, minerals and animal based products and detailed principles, it has achieved its acceptance globally. Ayurvedic sutra "Food should have contact with air & space elements to eliminate toxins" is vastly misrepresented. It refers to the fact that when moist food is kept closed and away from sunlight it promotes growth of microorganisms and might lead to food poisoning. It does not refer to the cooking method at all.

The single greatest limiting factor on how long it takes to cook food is the boiling point of water. Steam sealed inside the cooker increases the boiling point of liquid and further forces moisture into the food, which helps the food to cook quickly. In cooking, liquid loss equals over-cooking, drying out or burning your food. By avoiding water loss while maintaining higher temperatures, your food cooks faster. By cooking foods for shorter lengths of time, pressure cookers preserve the nutrients better. Denaturing helps to digest and assimilate food easily.

Quoting Bhagavad Gita (C:17, V:10)-

यातयामं गतरसं पूति पर्युषितं च यत् ।
उच्छिष्टमपि चामेधं भोजनं तामसप्रियम् ॥



Several interpretations prevail causing precariousness amongst the readers.

"Food which has taken more time to grow, needs to take more time to cook. Ex: Legumes" "Cooking in mud pots retain nutrients"

"The pressure used to cook food softens food by breaking them. Molecular level breakdown makes it not suitable for consumption"

Food that is overcooked, stale, polluted and impure are for the ignorant. Avoid overcooking by cooking right. Avoid putrid food by cooking fresh and storing right. Avoid pollution and contamination.

Bottomline: Indian culture and religions believe there are many roads to the same goal. As long as we avoid overcooking, stale and polluted food - How you do it is your choice!

THE TEAM BEHIND - MODERATORS



ROOPA

Roopa has been with OPOS from 2015 and have believed in the magic of OPOS from the start. She is currently a moderator, handling the Training, app and the Masterclass vertical of OPOS. Roopa has conducted more than 100 demos till date and believes OPOS will be a gamechanger!

An OPOS Cookbook author and a home maker settled in Bangalore, Vidya, started her OPOS journey around Jan 2015 when she was added to UBF, a Facebook group were the seeds for OPOS were sown. The ease and consistency of OPOS made her fall in love with it!

VIDYA

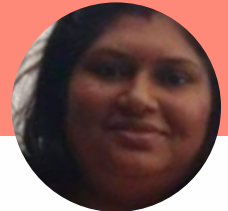


SATHVIK

Author of Satvik Vegan OPOS Cookbook, a Database Developer, and a mother of 9-year-old girl, Radhika feels that OPOS has played a pivotal role in her inner transformation journey! She is glad to have come across OPOS at the right time in her life!

Coming from and married into a foodie family, Reena loves to cook and experiment with new dishes. Her lives on the OPOS Support Group are a big hit. She has two OPOS cookbooks to her credit and has over 300 live videos uploaded on the OPOSCHEF app.

REENA



RANJITHA

Ranjitha is a freelance communications trainer from Bangalore, India. She has been OPOSing for the last five years, and is the author of the cookbook Flavours of Maharashtra.

An ardent follower of OPOS since early 2017, Archana love for OPOS has made it her passion. As a moderators of the OPOS Support Group and a member of the OPOSChef App team, she looks forward with enthusiasm to spread OPOS magic to the world!

ARCHANA



ALPANA

Alpina is a homemaker, a community volunteer, an avid reader, a Maths enthusiast, a lifelong student, and a foodie without boundaries. Alpina manages the OPOS Singapore and OPOS Crash Course verticals, in addition to being a moderator on the OPOS groups.

Sudha, a stay-at-home mom of 3 young adult boys, is intrigued how OPOS has empowered so many by breaking free from age old practices. Apart from being an OPOS moderator, she has also authored the OPOS Cookbook 'Best of Blogs' based on celebrity chef rewrites!

SUDHA



TAZIN FAIZ

An engineer by qualification, Tazin's passion lies in cooking. OPOS helped her realize her passion and has been steering it all the way through. She has authored two best selling OPOS cookbooks and is part of several OPOS verticals.

Hi! My name is...

Sai Pranav



**Baby OPOStar and
Food Enthusiast**

Favourite Recipe

OPOS Paneer

Go To OPOS Technique

Caramelization

About Me:

Anu Amma and I enjoy our time together OPOSing and going live with our cute little MagicPot!

I am my father's teacher ;) in making him learn cooking

I get excited playing with colorful vegetables - I can eat pressure baked Crispy Zucchini and crunchy Broccoli's anytime in the day

Want to know more about me? Read my OPOS cookbook - "Little Chef"

My OPOS Rhyme:

Where is Magic Pot!

Where is Magic Pot!

Here I am

OPOS poriyal panni sapdalam

OPOS poriyal panni sapdalam

Gangungang x2 (tune)

OPOS VERTICALS

OPOS 100

HEALTH AND WELLNESS PROGRAMS FOCUSED ON ADDRESSING INFLAMMATION THEREBY OFFERING HEALTHY WEIGHT LOSS, DIABETES REVERSAL AND METABOLIC RESET USING A LOW-CARB APPROACH

OPOS MASTERCLASS

A COMPREHENSIVE TRAINING MODULE DESIGNED TO TEACH OPOS IN THE MOST SYSTEMATIC AND INTERACTIVE WAY EVER. WITH MODULES FOR BEGINNERS AND ADVANCED TECHNIQUES FOR OPOSERS, THIS COURSE WILL HELP YOU LEARN OPOS FOR ALL OCCASIONS.

OPOS CRASH COURSE

WE AIM TO GET EVERY MEMBER, WHO IS WILLING TO PUT IN EFFORT, IN OPOS SCHOOL WITH THE COVETED OPOSTAR TAG AND OWN BOOK.

OPOS CHEF APP

THE OPOSCHEF APP IS A ONE STOP PLATFORM FOR ALL OPOS TECHNIQUES AND RECIPES. WITH OVER 4000 VIDEOS OF VARIED CUISINES, THE OPOSCHEF APP HELPS YOU WITH EVERYDAY COOKING IDEAS!

OPOS BIRYANI COOPERATIVE

MINIMAL INVESTMENT- UNLIMITED EARNINGS! MAKE UPTO 100% PROFITS-JOIN THE OPOS COOKBOT BIRYANI COOPERATIVE

OPOS OUTLETS

OPOS OUTLETS - WANT TO EXPERIENCE OPOS FIRST HAND? WE HAVE OUTLETS AT CHENNAI, TIRUPUR, NOIDA AND SINGAPORE.

OPOS COOKBOOKS

THE PUBLISHING HOUSE OF OPOS COOKBOOKS WITH OVER 70 TITLES INCLUDING BEST SELLERS LIKE THE STORY OF INDIA THROUGH FOOD, BEST OF OPOS, DIWALI COOKBOOK AND MANY MORE.

ASK THE TEAM

Have questions about the OPOS verticals or anything about OPOS in general? Write to us at oposmagazine@gmail.com and we will be happy to help you out!

Selected questions will be answered by the concerned team in the next edition.

OPOS CARES

OPOS IS TOUCHING LIVES AND MAKING A DIFFERENCE IN SO MANY WAYS! THIS COLUMN HIGHLIGHTS SOME FASCINATING OPOS JOURNEYS AND THE PEOPLE BEHIND!

Defying all odds, Aditi Verma, who was born with Down Syndrome, owns and manages Aditi's Corner at CBD Belapur, Navi Mumbai. A major foodie and a terrific cook, Chef Aditi is quite famous in Navi Mumbai. Regulars at Aditi's corner vouch by her OPOS Cheese Garlic Pasta and OPOS Kaala Channa Chaat. Aditi also whips up very nutritious, zero oil dishes using her OPOS Magic Pot for her health conscious customers.

Chef Aditi ensures that every dish that comes out of her kitchen is served with an extra dollop of smile. Her fans rave about the super service & yummy food. She also has a lot of social media followers and it is one of her followers, Dr. Vinodini Kannan who introduced Aditi to OPOS. Quick to learn, Aditi adopted OPOS to her restaurant easily. Dishes like OPOS Pav Bhaji and OPOS Pasta are now made in a jiffy at Aditi's corner. OPOS also gave her the option of including healthy, low calorie recipes on her menu.



Aditi at Aditi's Corner

Her personal favourite OPOS recipes are Gajar Ka Halwa and Cheese Garlic Pasta. Aditi urges everyone to learn the OPOS way of cooking as it is a faster, tastier, and simpler way of cooking. She believes that if youngsters learn OPOS they will be equipped for life.

A true story of grit and determination, Aditi is one inspiring OPOSer. Kudos to you Aditi!

For latest updates, follow **OPOS Chef** on our social media handles



To know more about OPOS visit us on **www.oposchef.com**

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