

ISSUE 9 | APRIL 2022

# OPOS Digest





This month's cover page showcases Anita Ramani's' OPOS Raspberry Jam! A beautiful way to end the wintry months by making delicious jams from seasonal fruits available locally. Let's add some tartness to the breakfast toast :)

## IN THIS ISSUE

### 03 LET'S TALK FOOD

A series of inspiring examples of how it is possible to empower your children with the cooking as a life skill.

### 08 CELEBRITY REWRITES

Your favourite celebrity chef recipes getting the magical OPOS touch! Complex, overly time consuming recipes simplified and presented to you!

### 11 MYTH BUSTERS

A monthly column to help you with facts that can shape your thoughts and choices.

### 13 LITTLE OPOS FANS

Showcasing the biggest fans of OPOS, little ones who are ever so appreciative of all that's' OPOSed across households!

## FOUNDER'S NOTE

It is festive time. Many regions celebrate New Year and Harvest festivals this month.

Food is an intrinsic part of all these festivities. Festive food need not chain you to the kitchen, even if you are cooking for a crowd. Even otherwise, it is a good idea to minimise kitchen time as much as possible.

Oil fumes, partially burnt cooking fuel, other cooking fumes cause household pollution, so much so that World Health Organisation has termed Kitchen pollution as a serious health hazard. This kitchen pollution claims more lives than lost from industrial air pollution. During festive cooking or cooking for a crowd, women end up stuck in the kitchen the whole day. Or end up outsourcing food, which comes with its own set of drawbacks.

There's no need for that anymore. We have standardised a vast range of festive recipes, across cuisines. We have standardised techniques like zoned cooking, to cook up variety, making possible One shot thalis. We have powerful Scaling up techniques to easily feed a crowd at a moment's notice.

Participate in the interactive cooking demos and webinars each month. Brush up your OPOS skills. Spend more time with your family and less time in the kitchen, without compromising on food.

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# UNCHAINING KIDS, THE OPOS WAY!

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SEEKING YOUR CHILD RELISH HER/ HIS FAVORITE MEAL IS EVERY PARENT'S BIGGEST JOY, BUT WHEN YOU TEACH YOUR CHILD TO OPOS, YOU ARE ENSURING SHE/HE IS FED FOR LIFE. THIS SERIES FOLLOWS INSTANCES WHERE INDIVIDUALS PUSHED THEIR LOVED ONES TO EMBARK ON THE OPOS JOURNEY TO UNCHAIN THEMSELVES FOREVER FROM THE KITCHEN.

'Hope he gets something decent for dinner. The food at Kiran's hostel canteen is pathetic.'

'I'm stuck in traffic, Seema be a darling and Swiggy whatever you like.'

'Joe baby please don't cry. Ask nanny to order your favorite burger from Burger Mania. Mumma has sent over the money to her. I'll be home soon.'

As a parent you have been here more often than you might like. You want to feed your child healthy, nutritious meals always (well almost), you cook healthy meals with the best of ingredients but you can't always be around to cook. You get stuck in a meeting, they are being looked after by others who can't cook as competently as you, they fly away from the nest, and the list just goes on.

You took the plunge and decided to embrace OPOS to unchain yourself from the kitchen but have you really unchained yourself until you make your child completely self sufficient when it comes to food?

You whip up a biryani in minutes and gajar ka halwa is now a child's play for you.

Your little baby (even the one's that are 18+) is all smiles when mom or dad OPOS something.

He or she enjoys every bite of that scrumptious biryani, gajar ka halwa, chole bhature and everything that you put on his or her plate. Your child is happy and so are you. Cooking is easy peasy for you and you are completely self sufficient when it comes to food.

**INTRODUCING YOUR CHILD TO THE ART AND SCIENCE OF COOKING IS ACTUALLY A VERY IMPORTANT SKILL SET YOU MUST EMPOWER THEM WITH FOR SURVIVAL**

But is it really enough as a parent? Isn't educating your child in the art of cooking actually a very important life skill you must empower them with? Makes you think. Doesn't it?

You will agree that all living things must eat to survive. So an education in cooking is a must for every person. It is actually an essential life skill which must be taught to young children by their parents.



There's no pretending that teaching children to cook is an easy task. What with all the cutting and cleaning of vegetables that needs a lot of patience. But actual cooking with OPOS is truly a child's play and we do have many kiddie OPOStars.

Shobha Elangovan adopted the OPOS way of cooking way back in 2017. Soon her son Kavin took to it and was cooking on his own. When in 3rd grade, his teachers asked all kids to demo a topic of their choice in class. Kavin zeroed in on OPOS and was ready to cook Mac and Cheese while his peers and teachers watched on.

The school wouldn't allow Kavin to cook in their premises but that did not deter Kavin from spreading the magic of OPOS using a pictorial poster explaining layering and the ease of OPOS. Goes without saying everyone got to sample the yummy OPOS Mac and Cheese Kavin carried along.



**Kavin Elangovan with his OPOS poster**

Similarly, at Andrea Josephine's home, they never buy fruit Jams anymore. Her 8 year old son, Leander Kagoo is an expert Jam maker.



**Leander Kagoo makes Pineapple Jam**

He meticulously measures out the ingredients, layers them into his magicpot and whips up the most delicious jams, every time!

But Leander's cooking skills are not restricted to jams. He is a master OPOSer. A particularly proud moment for his mom was when a year ago, Leander made OPOS Pepper Chicken Masala all by himself.

With an education in OPOS, Kavin and Leander are unchained from the kitchen forever. They are truly self sufficient when it comes to food. When are you unchaining your kids?



**Leander Kagoo proudly shows off his OPOS Pepper Chicken Masala**

# OPOS SUMMER SPECIALS

SUMMER IS HERE!! GET READY TO KEEP YOURSELF HYDRATED BY EXPERIMENTING WITH VARIOUS SEASONAL PRODUCE. BEAT THE HEAT WITH SOME OF OUR CURATED SUMMER SPECIALS FEATURING SOME OF THE SEASON'S BEST INGREDIENTS!



## Tender Coconut Payasam

App ID: 8299 by RK

### Steps:

In a 2L Neo, layer as below:

1. 1/4 cup coconut water
2. 3/4C tender coconut, 50g palm candy, 1/8tsp cardamom powder, 2 palm fruit
3. Cook on high for 2 Whistles or 4 minutes.
4. Release pressure. Add 2C coconut water, blend briefly & serve

### Replace / Supplement:

1. Coconut juice with palm sap/ your favourite juice
2. Palm fruit with your favourite fruit
3. Palm candy with jaggery/sugar/ brown sugar/your favourite sweetener

### Tips:

Can adjust sweetness as per preference



## Methamba

App ID: 7330 by Ranjitha Jeurkar

### Steps:

In a 2L magic pot, layer as below:

1. 2Tbsp each (oil, water)
2. 250g chopped raw mango
3. 1/2C jaggery, 1tsp fenugreek powder, 1/2tsp each (salt, chili powder)
4. Cook on high for 3 Whistles or 5 minutes
5. Release pressure. Mix all with 1Tbsp bottled tadka. Bottle when it cools down

### Replace / Supplement:

1. Mango with other sour fruit (starfruit)
2. Jaggery with sugar.

### Tips:

1. Chop the mango into large pieces so they don't disintegrate after cooking
2. This dish can be stored for weeks refrigerated
3. Store in an airtight jar and use a dry spoon to preserve





# FESTIVE NEW YEAR SPECIALS



VARIOUS REGIONS ARE CELEBRATING THE BEGINNING OF A NEW YEAR IN APRIL. FROM BAISAKHI TO VISHU, UGADI TO BIHU THERE'S SOMETHING SPECIAL HAPPENING ACROSS THE LENGTH AND BREADTH OF THE COUNTRY. WE HAVE HAND-PICKED TWO NEW YEAR DELICACIES FOR EVERYONE TO TRY OUT THIS TIME!



## Meethe Chawal

App ID: 3140 by Shweta Arora

### Prep:

1. Soak 1/2C rice in water for 30 mins

### In a 2L magic pot, layer as below:

1. 1Tbsp ghee, 1/2C milk, 1/4C water
2. Soaked (& drained) rice
3. 15 saffron strands, 2 each (crushed green cardamom, cloves), 1" cinnamon stick
4. Cook on high for 3 whistles / 5 mins
5. Let pressure settle. Open, fluff up, mix in 1/2C powdered sugar, 2Tbsp roasted mixed (cashews, raisins, almonds) and serve

### Replace / Supplement :

1. Crushed cardamom with cardamom powder or any other sweet spices
2. Saffron with any other edible colors
3. Sugar with jaggery

### Tips :

1. Can add more water for mushier texture
2. Can use basmati or any other rice
3. Soak longer if rice is under cooked
4. Can use a tsp of grated beetroot for natural red color



## Paruppu Pradhaman

App ID: 5960 by Visalakshi KV

### Prep:

1. Soak 1/4C each (mung dal, chana dal) in water for 4 hours. Drain

### In a Cookbot, layer as below:

1. 1C water, 1Tbsp ghee
2. Soaked & drained lentils
3. Place an inner vessel with 1C jaggery powder mixed with 1/4C water
4. Close, ensure vent is locked
5. Click >> Menu >> DAL mode
6. Once bot beeps and displays LO, allow pressure to settle
7. Open, remove inner vessel. Mash the dal. Mix all with 1/4C each (water, coconut milk), 1/4tsp each (cardamom powder, dry ginger powder, roasted cumin powder) & serve

### Replace / Supplement:

1. Mung/ chana dal with tuvar dal/ masoor dal
2. Coconut milk with milk / nut milk
3. Jaggery with sugar/ your favourite sweetener

# OPOS A TO Z

*An excerpt from Sreeja Praveen's OPOS Alphabet Train:*

*Pressure bake zones in a single shot,  
To cook up a storm in your magic pot.  
Zoned cooking helps you whip up a feast;  
Experience Thug life - Cook like a beast!*

Indian meals consist of multiple dishes served together as a thali. Even for breakfast or dinner, multiple side-dishes accompany the main dish. With lifestyles getting busier, the number of dishes slowly decreased to one or two. Even this was sometimes skipped, with rice/ roti/ idli/ dosa being paired with just pickles.

There was a great need to cook multiple dishes together. The concept is not new. Earlier pressure cookers came with vessels that can be stacked over each other. After cooking, the vegetables and dal would be removed and sauteed/ simmered with spices to become dry curries or gravies. The vegetables invariably got cooked to a mush, losing colour, texture, nutrients and flavour

First, the concept of cooking different dishes together seemed alien and weird. How do we keep the dishes separate? Won't everything taste the same? Won't all flavours mix together? Is this 'weird' cooking really necessary? Getting the answers to these questions took repeated trials and validations. Slowly, we realised that there is no intermingling of flavors because the zones are physically separate. Because the cooking time is too short. Some mixing did happen when we used a water buffer. But we learnt that the water buffer in contact with different zones turns into stock, which can be mixed in with any curry, making them more flavourful. We also learnt to choose combinations carefully, to get the exact flavour profile we wanted. We learnt to ensure dishes with very contrasting flavor profiles are not zoned together.

Multiple OPOS techniques had to come together to make this happen - waterless cooking, cut size variation, pressure baking, Layering, PIP, Nesting & MPOS. A major OPOS cookbook, 'The Story Of India Through Food' was written to record these thalis.

A ready to serve thali in minutes, when you open the pot! Read more in <https://oposchef.com/techniques/z-for-zoned-cooking/>



# CELEBRITY CHEF OPOS REWRITES

An initiative to rewrite traditional recipes by celebrity chefs using the OPOS techniques. Each such recipe has been carefully rewritten, validated and published with live videos making seemingly complex, time consuming recipes a child's play, literally! Pickles are synonymous with summers and so are quick fix cheese toasts. We've picked some celebrity rewrites showcasing some must-try summer recipes!

## PINEAPPLE PICKLE

App Recipe Id : 11117 by Chindhamani N | Original Recipe: Veena's Curryworld

**In a 2L Neo, layer as below:**

1. 2Tbsp sesame oil.
2. 250g chopped pineapple, 3 garlic pods, 1 broken green chilli mixed with 1/2tsp each (salt, red chilli powder).
3. Place an inner vessel. Add 1tsp each (jaggery, Kashmiri red chilli powder), 1/2tsp salt, 1/8tsp each (turmeric, asafoetida, fenugreek) powders mixed with 1Tbsp sesame oil.
4. Cook on high for 2 Whistles or 4 minutes.
5. Release pressure. Open, add 1Tbsp vinegar, 1tsp bottled tadka. Mix all. Let cool & store it in air tight sterile jar.



**Replace/Supplement:**

1. Chilli powder with pickle powder.
2. Pineapple with apple/pear/your favourite fleshy fruit.
3. Sesame oil with your favourite oil.



## CHILLI CHEESE TOAST

Recipe ID# 10642 by Supreetha Rangaraj | Original Recipe: Nisha Madhulika

**In a 2L Neo, layer as below:**

1. 2Tbsp butter (smear to cover the base).
2. 2C finely chopped multi-coloured capsicum.
3. 1tsp each (finely chopped green chillies, red chilli flakes).
4. 3/4C (5 cubes) cheese chopped into 1/2" cubes.
5. Cook on high for 3 minutes.
6. Release pressure. Open, mix all & capsicum cheese fondue is ready.
7. Spread capsicum cheese fondue on 10 small toasted breads, top it with some more grated cheese. Serve hot with ketchup.





# #NEWYEARTHALIS

OPOSers around the world built on the same template, tweaked it slightly and unlocked various thalis covering every nook and corner of India and beyond. All festive feast preparations invariably became easier with the OPOS Thali templates.

Pictures of Tamil New Year Thali, Maharashtrian Thali, Ugadi Thali and Kerala Vishu Sadya Thali shared by members on the OPOS Support Group





# EASTER BUNNY TRAIL!



Why should Santa have all the fun. Our Secret Santa quiz was so well received in December last year. Let's play the Easter Bunny Trail to keep up with the Easter spirit and fun :)

Looks like our Easter Bunny is hopping all over our OPOS Digest this month. Read through the issue to spot 5 Ester Bunnies (exactly like the one here on the left) hidden anywhere across the pages.

Let us know where you spot them - [Click here to send in your responses](#) before April 20th 2022. One lucky winner gets a month's premium OPOS Chef App subscription as a prize!

## get featured!

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

## Congratulations

*Anamika Das*

You are the winner of the March  
Holi Hai Quiz.

Reach out to us on  
[oposmagazine@gmail.com](mailto:oposmagazine@gmail.com) to  
claim your prize!!





# 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:**

If you change the authentic recipes, or take shortcuts, the 'taste will change'.

## **Anti-Gyaan:**

...if only someone defines 'authentic', 'short-cut' and 'taste' first.

## **Fact:**

Most don't have an answer to the question "What is taste?" or "What produces taste?"

They just follow a ritualized cooking method, testing and tasting often, hoping food would become tasty. Many believe 'taste' comes from the right proportion of salt and spices. Some believe 'secret' ingredients and elaborate cooking methods are the key to producing taste. They jealously guard these 'secret' combinations.

Some believe each dish has its own set of permitted ingredients. Permitted spice mixes. Permitted cuts. Permitted colour. Permitted texture. They hold these rules sacred. They are afraid to change anything as 'taste' will change. This makes cooking very confusing as this rule book varies from house to house.

You can ignore all this and cook freeform once you realize taste need not be created. It is inherent in food. The best way to unlock it is by avoiding overcooking or undercooking.

No special spice mixes, secret ingredients, fancy cooking techniques or select pairings are essential for creating 'taste'.

## **Bottomline:**

Ritualized cooking takes a lifetime to learn. It works, but it also keeps you chained to one tiny bit of cuisine. You are scared to try anything outside it for fear of taste 'changing'.

Once you understand that taste is inherent in food, you can go freeform and bend or break all rules. You can cook free. 'Taste changing' won't be scary anymore. It will be welcomed as you cook up new tastes everyday.



# READER'S CORNER

*Lovely gourmet meals shared by members of the OPOS Support Group. We love to see how OPOS has touched so many households. Do keep sharing all that you OPOS for us to see and inspire readers to try out more!*



Sujatha Ravi's refreshing  
OPOS Thandai this Holi



Pradha Narasimhan's take  
on OPOS Karadaian Nombu  
Adais



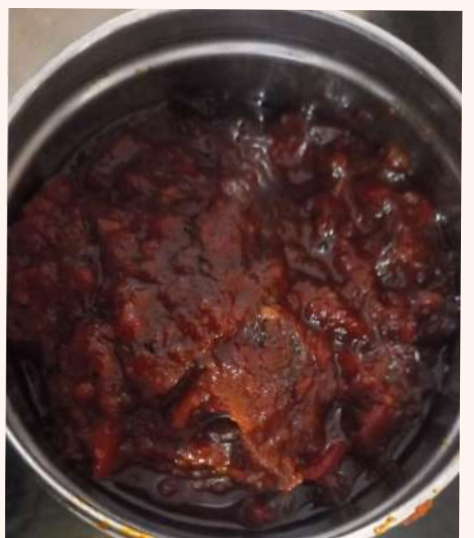
Sanjavy Kumar's very  
inviting OPOS CPF  
Cornflakes Mixture



Srividhya Narayanasamy's  
picture perfect OPOS  
Bottlegourd Soup



Sutapa Mukherjee's shared  
her OPOS Spanish Salmon  
and Potato Stew



Ganga Maniyan's tempting  
OPOS Tomato Thokku



# LITTLE OPOS FANS!

*There's no better validation of OPOS than a satisfied child relishing food made the OPOS way! We can go on admiring these little OPOS admirers forever!*



# OPOS WORLD

## OPOS 100

[www.opos100.com](http://www.opos100.com)

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

## OPOS MASTERCLASS

[www.oposkit.com](http://www.oposkit.com)

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

## OPOS CRASH COURSE

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

## OPOS CHEF APP

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

## OPOS BIRYANI COOPERATIVE

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

## OPOS OUTLETS

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

## OPOS COOKBOOKS

[Get Yours Today.](#)

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

## OPOS EQUIPMENT

[www.oposkit.com](http://www.oposkit.com)

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

# LEARN TO COOK IN 10 MINUTES!

## Lesson 1 standardizes your equipment

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

## Lesson 2 standardizes the technique of Pressure Baking

Add 60 ml water to your MagicPot. Add 2C beans mixed with 1tsp oil, 1 chopped green chilli and 1/2tsp salt. Cook on 'high' for 3 whistles/ 5 minutes. Release pressure. Mix all.

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

To know how, visit us on

[www.oposchef.com](http://www.oposchef.com)

or

Download the **OPOS Chef App**



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