

# OPOS Digest





This month's cover page features Rukmani Srinivasan's' OPOS Mango Mousse and OPOS Mango Jelly. All of us look forward to the mango months despite all the heat and sweat. This edition is a celebration of everyone's favourite - mango, in it's various avatars! Celebrate seasonal produce just like us :)

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Third in our unchaining series, this time we spotlight on how OPOS makes it possible to unchain our elderly. Empowering them by not having to depend on others for food.

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## Founder's Note

*A glamourised version of cooking looks nice on TV. A gleaming, air conditioned, fancy kitchen. Immaculately made up chefs and anchors. Sparkling pots and pans. Spotless stove and countertops. An empty sink just begging to be filled. All ingredients neatly prepped and ready. Now imagine the reality of prepping, cooking and cleaning in your kitchen in this summer heat. The elaborate sauteeing and simmering suddenly lose their charm. Those who suffer most are the elderly who are physically unable to stay in the kitchen for more than a few minutes. The C2P5 series (Cutting to plating in 5 minutes) is designed for them. It shows how prepping to plating can happen in minutes. It looks unbelievable, till you try it yourself. It is not easy teaching your mom or grandma to OPOS, but we owe it to them. Outsourcing food is not a sustainable or healthy solution for elders, for various reasons. A low carb diet, with plenty of vegetables, protein and periodic bouts of fasting is ideal for those above 50.*

*India has a rich history of fasting. Periodic, regular fasts are encouraged in all major religions. Islam makes it mandatory. Fasting during Ramadan is one of the five pillars of Islam. The popular perception of fasting till dusk and feasting after it is not correct and it goes against the spirit of Ramadan food. Rich foods at dusk/ dawn make you lethargic. Food that is too spicy or salty makes you thirsty and make fasting difficult. The key is simple, fuss free, less spiced, nutritionally balanced food, with a lot of water, both at dawn and dusk.*

*A whole range of such foods like haleem and nambu kanji have been OPOSed, along with other Eid classics like Badami gosht, Adraki murg, Sheer Khurma, biriyani varieties, Haleem, Nambu kanji, sweet sewai, custard pudding, bread halwa. All these can be made in minutes, sweat free. Fasting or feasting, we have you covered. Eid Mubaarak!*

# Unchaining our elderly, the OPOS way!

THIRD IN OUR UNCHAINING SERIES, THIS ARTICLE HIGHLIGHTS HOW OPOS HAS TRANSFORMED THE LIVES OF THE ELDERLY AROUND US. WE DISCUSSED UNCHAINING WOMEN AND OUR CHILDREN USING OPOS. WE BRING TO YOU SOME AMAZING REAL-LIFE EXAMPLES OF HOW OPOS HAS MADE SOME SECOND INNINGS A BREEZE!!

It's the office pot luck party and everyone is raving about your Chicken Dum Biryani. You proudly tell everyone that the recipe has been passed on to you by your 85-year-old mother. Happy you definitely are that everyone enjoyed your mom's special recipe but there's a tinge of sadness that your mom will never be able to attempt a Biryani again as she suffers from arthritis and standing for long hours in the kitchen is no longer an option.

Each time you replicate the Chicken Dum Biryani or any other dish which your mother taught you, both of you happily reminisce about the lavish feasts she put together for you and your family. With sadness in her eyes she tells you gone are those days when she was a maestro in the kitchen. You reach out to her hand, smile and gently remind her that she doesn't need to cook anymore with you being around she nods a grateful yes. But deep inside you know too well that it's not just her ability to cook but she's lost her confidence too. An independent woman hosting great parties is now chained to others for her meals. You can't reverse her arthritis but with a little effort from both you and her, she can return to being the MasterChef she always was. Sure as hell you can make her second stint in the kitchen even the more glorious than the first one.

It won't be easy. Infact you could even be at loggerheads with your mom over it.

Parents are our first teachers. They mold our lives. For most of us our initial cooking lessons come from our parents and our parents take great pride when their darling baby cooks something for the very first time. But mind you, when this very baby (who is now 18+ and raising a few babies of their own) tries to school them about cooking, it may not always go down well. Why you wonder? Well the foremost need to OPOS successfully is to ditch the traditional way of cooking and unlearn to learn new OPOS techniques.

**WITH WILL AND GRIT, SOME OF OUR OPOS SENIORS ACTUALLY TOOK ON THE CHALLENGE TO FORM NEW HABITS BY UNLEARNING OLD COOKING HABITS AND SWITCHING TO OPOS.**

We humans are creatures of habit. Our adult personalities are actually shaped over years of following routines and the habits we form. The more you age the more deeply etched these habits are in your brain. Not all of them are necessarily good and healthy but changing one is one of the most difficult things to do and demands a lot of grit and determination.

How we cook and eat on a daily basis is actually a habit we form over the years. But with will and grit, some of our OPOS seniors actually took on the challenge to form new habits by unlearning old cooking habits and switching to OPOS.



**Rohini Mani**

In 2017, during a family dinner, when Rohini's sister-in-law served Dulce de leche, Rohini was blown away by the taste as well as the fact that it was made in a pressure baker.

This intrigued Rohini and she decided to learn the OPOS way of cooking. With an open mind Rohini successfully completed Lessons 1 & 2 and could now OPOS a lot of dishes but having a full time job and a cook, Rohini did not really pursue OPOS much.

An Architect by profession, Rohini loves challenges and keeping busy. 5 years later, post retirement, when Rohini was talking about OPOS to an audience at Dignity Foundation, on how OPOS is a green, clean and faster way of cooking, she also highlighted that OPOS makes cooking for everyone possible, from a child to seniors with health issues. While she was thinking I need to OPOS more, RK Sir asked her, why aren't you an OPOStar already? Rohini decided to take up the crash course to become an OPOStar as a challenge.

The rockstar that Rohini is, she has successfully completed 2 stages of the crashcourse and is now only a step away from an OPOStar tag. With all the learning and unlearning that Rohini has had during this time, we hope that she comes out with an OPOS Cookbook of her own soon.



**Some of the dishes made by Rohini after joining the OPOS Crashcourse**

Did you know Advocate Shweta Arora's mom helped her and her son Aryaman with the 'Flavors of Punjab' cookbook? But wait till you hear this. Although Shweta has always championed how OPOS makes cooking effortless and fun, her mom initially shunned it saying this technique is only for working women. Mrs. Arora even disliked the idea of using bottled tadka but seeing Shweta cook the OPOS way, she slowly started to accept that OPOS actually works.

Shweta never forced her mother to learn OPOS and waited patiently for her to realise how OPOS is can actually help her.



**Mrs. Arora and Mr. Arora now have the option of cooking in their bedroom with cookbot**

Suffering from spinal issues, now moving about a lot and working long hours in the kitchen had become a problem for Mrs. Arora. When the cookbot was launched, Shweta immediately purchased one for her mom but did not teach her to use one. Instead she encouraged her niece to try it. Intrigued by this new device, Mrs. Arora soon started trying it out & soon Mr. Arora joined her to OPOS.

Both Mr. & Mrs. Arora are now able to cook for their family in the comfort of their bedroom. It brings them a sense of fulfillment to cook something for their loved ones. They have been truly unchained from the kitchen. When are you unchaining your parents from the kitchen?

# mango magic!!!

MANGO RECIPES CURATED BY THE OPOS DIGEST TEAM TO MAKE YOUR SUMMERS EVEN BETTER. EXPLORE MANGOES IN VARIOUS AVATARS, AND SEE HOW OPOS MAKES THIS HAPPEN LIKE MAGIC!



## Mango Frooti

App ID: 2284 by Tazin Faiz, Pic: Swathi

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

1. 1/4C water
2. 1C chopped ripe mango
3. 1/2C chopped raw mango
4. 1/2C sugar
5. Cook on high for 4 whistles/ 5 mins. Let pressure settle. Open, blend all & store.
6. To make 1C juice: Mix 1/4C mango pulp to 3/4C water & serve

### Replace / Supplement:

1. Mango with grapes.
2. Sugar with jaggery.

### Tips:

1. Can refrigerate for a month if stored in clean container .



## Mango Kheer

App ID: 5486 by Sindhu R, Pic: Sudha V

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

1. 1Tbsp ghee, 1/4C water
2. 1C (150g) chopped mango, 1/16tsp cardamom powder
3. Cook on high for 3 whistles / 5 mins
4. Release pressure. Open, blend the mangoes with 2Tbsp sugar
5. Mix in 1C milk to the blended and cooled mango paste. Garnish with roasted nuts & serve.

### Replace / Supplement:

1. Ghee with butter
2. Mango with any fav fruit
3. Milk with coconut milk
4. Sugar with condensed milk.

### Tips:

1. Can increase/ decrease sugar according to preference.



## Raw Mango Sambar

App ID: 6159 by Archana Harish

**In a CookBot, layer as below:**

1. 1/4C water
2. 1/4C chopped tomato, 200g chopped raw mango
3. 1/2C cooked tuvar dal
4. 2Tbsp sambar powder, 1tsp salt, 1/4tsp OPOS tamarind paste, 1/8tsp each (turmeric, asafoetida), 2Tbsp bottled tadka
5. Close, ensure vent is locked
6. Click >> Menu >> Veg mode
7. Once bot beeps and OFF is displayed. Release pressure by changing the vent to right or left / by pressing middle button
8. Open, mix in 1C water, 1Tbsp chopped cilantro & serve

### **Replace / Supplement:**

1. Raw mango with your favourite vegetables
2. Tuvar dal with mung / masoor dal
3. Sambar powder with your favourite spice mix.



## Mango Thokku

App ID: 5093 by Visalakshi KV, Plc: Raji Hariharan

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

1. 4tbsp sesame oil.
2. 250gms raw mango - deskinced and finely chopped.
3. 1/2tbsp each (salt, chilli powder), 1/4tsp each (turmeric, asafoetida)
4. Cook on high for 1 whistle/ 4 mins.
5. Release pressure. Open, mix in 1/8tsp each roasted (fenugreek powder, mustard powder) and store.

### **Replace/ Supplement:**

1. Raw mango with any favourite sour semi-ripe/ raw fruit.
2. Sesame oil with any favourite oil.
3. Chilli powder with any favourite spice mix.

### **Tips:**

1. Store in a clean and sterile glass jar.
2. Refrigerate for longer shelf life.

HOPE YOU TRY OUT COUPLE OF OUR MANGO RECIPES ABOVE. DO POST YOUR EXPERIENCES ON OPOS SUPPORT GROUP ALONG WITH PICTURES. MANGO RECIPES ARE ALWAYS A HIT, AND WITH OPOS, YOU CAN JUST NOT GO WRONG!

# OPOS A to Z



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

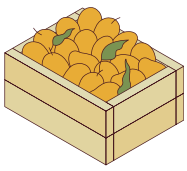
*Infuse maximum of flavours with D,  
Dum Cooking does it, you'll agree  
The flavours get locked in the cooking pot  
To tickle your taste buds, doubt me not.*

Dum is an ancient Persian technique where food is infused with flavour by cooking it in one pot and in one 'breath'. (Dum:breath, Pukht:cook). Dum cooking, once understood, can be extended to cover almost everything. Unfortunately, it is riddled with ritualism and the core principle is buried deep and still lies hidden. This ancient technique of Dum gets supercharged in OPOS, with two simple tweaks. This is responsible for the intense flavours of OPOS dishes.

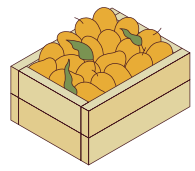
The principle of *dum* cooking is to seal food in a pot with little or no water and let it cook in it in its own juices. The vessel usually used is a heavy bottomed *handi*, inside which food is layered and the lid sealed using dough. It is usually cooked over a slow fire. When food is cooked sealed in its own juices, it becomes super charged with delicate flavours. This is why harsh spices are not commonly used in dum cooking. They mask the intense fragrance of the dish itself. In OPOS, we try to replicate the ancient Dum cooking technique. This ancient Persian technique, refined by the Sultans and Moguls over centuries, still remains one of the best ways to maximize flavour infusion. This technique especially excels in cooking meats & rice together, as in a Biryani. After centuries, this technique is still going strong, virtually unchanged, as we have not invented anything better that can guarantee better textures or flavours – till now!

In this technique, food is layered and cooked in its own juices in a sealed vessel heated from above and below. When cooked with a starch, like rice, this technique causes the starch to dry out, making each grain separate, but juicy and flavourful. In OPOS, due to the superior seal, a pressure of 15psi (1atm) pressure is built inside the pot. So the temperature of food inside is determined only by the temperature of the pressurized steam. If the pot is heated on high, the steam buildup happens fast and stabilizes the temperature at 120 degrees, preventing burning. Thus it is not mandatory to cook on low heat anymore. High heat also meant shorter cooking times. So, the key was to layer food right and cook it in its own juices at high heat, for a short time. In other words, pressure bake it!

Celebrate Ramadan with friends and family by cooking up variety of Biryani's!



# #MangoMania



Have you indulged in mangoes this season? It is common across India to make various sweet and savoury preparations with mango - raw and ripe! Pick locally available mangoes this season, spin some OPOS magic and dish out yummy mango dishes for the family.

Pictures of OPOS Mango Pudding, OPOS Mango Sajjige, OPOS Mango Frooti and OPOS Mexican Mango Salsa shared by members on the OPOS Support Group.



# Eid Specials

EID MUBARAK TO ALL IN THE OPOS FAMILY. SOME EID SPECIALS CURATED JUST FOR YOU TO MARK THE END OF THE HOLY MONTH OF RAMADAN. COOK FOR YOURSELF, FAMILY AND FRIENDS - ENJOY AND SPREAD THE CHEER!



## Mughalai Biryani

App ID: 11220 by Ayesha Fakhruddin

### Prep:

1. Soak 400g basmati rice for 1 hour. Drain.
2. Nut paste: Grind 25g each (almond, cashew), 20 strands saffron with water to a smooth paste.
3. Fried spice mix: Roast 1/2Tbsp chili powder in 1tsp of oil.
4. Marinated chicken: Mix 500g chopped chicken, 1/2C each (caramelized onion, mint leaves), 1/4C caramelized tomato, 2Tbsp each (ghee, yoghurt), 1Tbsp each (salt, OPOS Ginger-Garlic paste, whole spices from Mughlai *tadka* (2" cinnamon, 3 crushed cardamoms, 3 cloves, 2 crushed bay leaf), fried spice mix, 5 slit green chili. Mix well. Marinate for a minimum 30 minutes.

### In a CookBot, layer as below:

1. Add marinated chicken, 500ml milk, 2Tbsp lemon juice, Mix well.
2. Soaked & drained rice. Spread it out so that the water covers the rice.
3. Nut paste.
4. Ensure the vent is closed.
5. Click >> Heat >> LO (low) and Timer >> 18 minutes.
6. Once the Bot beeps and displays LO, allow pressure to settle.
7. Open, unmould. Add 1/4C chopped coriander leaves. Fluff up & serve.



## Sheer Khurma

App ID: 9718 by Tazin Faiz

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

1. Add 500ml milk, 1C water (optional), 1/4C chopped mixed nuts (almonds, cashews), 1/4C thinly sliced dry coconut (copra), 2Tbsp raisins, 2Tbsp desiccated coconut, 4Tbsp sugar, 1Tbsp each (condensed milk, ghee, rose water), 2tsp kewra water, 50g thin vermicelli, 1/2C soaked and chopped dry dates, 10 saffron strands. Mix well.
2. Cook on medium heat for 10 minutes
3. Let pressure settle. Open, blend coarsely and serve

### Replace / Supplement:

1. Ghee with butter.
2. Nuts used with your favourite nuts.
3. Saffron/kewra/rose with cardamom/fennel/ other sweet spices.

### Tips:

1. Can add more condensed milk for a rich kheer.
2. Blend coarsely for a thicker kheer.

# 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:** Cooking on low heat for a long time is the best way to cook.

**Anti Gyaan:** Increase cooking time from hours to days to make it even better.

**Fact:** The temperature and time you choose for cooking has to do the following:

1. **Make food easy to chew and digest:** Cooking has to break down fibers, cell walls & unlock nutrients which would otherwise pass through our gut, undigested. This can be achieved in both long and slow or short and fast cooking methods.

2. **Destroy microorganisms, specifically in animal based food:** Food safety standards mandate all cooked foods, especially animal based foods need to reach an internal temperature of atleast 75 degrees celsius to kill food-poisoning bacteria. In pasteurisation, UHT - Ultra High Temperature treatment gives the best quality products in respect of flavour and vitamin retention. It is the one most widely followed.

3. **Improve taste and flavour:**

High heat promotes browning reactions, which fill food with flavour. Foods that are grilled, cooked in tandoor, stir fried, Pressurebaked , roasted or deep fried are tastier and more flavourful than foods that are boiled or simmered. They don't need to be smothered in masala to make them edible.

4. **Deactivate plant defenses, especially in legumes, some tubers:** Lower heat and Longer cooking time work better in these cases.

5. **Minimize loss of shape, colour, texture, nutrition:** In case of delicate vegetables/ seafood, what matters is not the intensity of heat. It is the duration of heat. High heat for a short time makes vegetables come alive. Low heat for a long time kills them. This is the reason stir frying makes vegetables comes alive. Boiling/simmering kills them.

Less nutrients are lost when high heat applied for a short time. Much more nutrients are lost by prolonged contact with water, prolonged oxidation and prolonged exposure to heat.

**Bottomline:**

High heat, low time, no water is the best way to cook delicate stuff like vegetables & seafood. Long and slow is preferred for tough meats, bones, large legumes or for recipes like khichdi/ kheer where mushiness is desired.

# Mango Mashup!

Listed below are 5 OPOS Mango-based recipes along with 3 ingredients listed alongside. One of the ingredients is incorrect. Spot the odd ingredient and that's your answer! Hint: Recipes below are all taken from this issue or the OPOS Chef App.

1. **Mango Kheer** - milk, mango, rock salt
2. **Mango Kesari by Kavin** - sugar, semolina, pineapple puree
3. **Raw Mango Sambar** - sambar powder, tamarind, raw papaya
4. **Mango Frooti** - raw mango, ripe strawberries, sugar
5. **Aam Ka Murabba** - raw mango, milk, sugar

Let us know if you can spot the odd ingredients - [Click here to send in your responses before May 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

**Dr. J.K. Suresh**

You are the winner of the April Easter Bunny Trail

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



# 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!



Bhuvana Narayanan's take on traditional Semiya upma



Srividhya Narayanasamy's take on Yotam Ottolenghi's Royal Potato Salad



Sujatha Ravi's inviting OPOS Sweet Pongal



Lavanya Prasath shared her chef style preparation of the OPOS Murgh Badami



Aditie Banerjee's Bengali new year celeb collage



Srividhya Narayanasamy has wowed us all with this well presented Fattet Batenjan

# MICHELLE'S TRANSFORMATION WITH OPOS

YIPPEE! HAPPY 2 YEARS TO THIS HEALTHIER AND HAPPIER VERSION OF ME. What a heck of a journey it's been.

I am penning my story in the hope that it may inspire you to be the better, healthier and happier version of yourself. Born and raised as an Anglo-Indian it was natural to be a non-vegetarian, but after Dad suffered his first heart attack the family was advised to cut out meat, limit eggs and return to whole foods, whole grains, vegetables and fruits.

Well after following this supposedly healthy way of eating, we all gained weight steadily, especially me. I bloated up a lot, but blamed the family genes and went through the motions of life till it was time to get married. In the months leading up to my wedding, I hit the gym to shed 10 kilos. It was painful to watch how slowly those kilos came off, from 90kgs to 80kgs in 12 months. I was happy to stop exercising after the wedding.

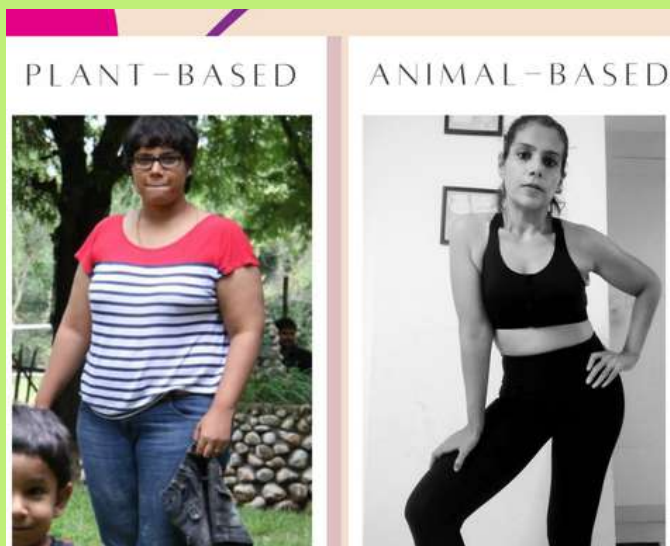


After the wedding, my husband and I moved to the Middle East for a few years. As I couldn't cook more than 3 dishes we relied heavily on takeaways and store-bought instant food.

Fast forward to 7 years and 3 kids later, the weight piled up and I lost the zest for life and parenthood. It was during this time I was added to the OPOS Support group by a kind friend whose wise words were “you can cook in OPOS, in 5 minutes”.

These words offered hope and I felt empowered by the thought. So I began watching RK's live videos and learning. One-Shot Thalys were a breeze. My confidence increased (along with my weight). The weight didn't bother me just yet because for the first time in my life I could make 5-6 dishes for dinner. It's no small feat for someone like me. I eventually uninstalled the Swiggy app!

Now onto the elephant in the room - my weight! I had chronic fatigue, zero energy, constant migraines, swollen ankles, and my knees hurt. In January of 2020, I hit rock bottom and took the plunge starting my journey with Paleo-Keto. I lost 23kgs in 100 days and felt like a new person and went on to lose more, reaching my ideal weight (for my height) in another 100 days.



The magic didn't end there. Along with RK and Rukmani we had started OPOS100 to be a platform where men and women like me could transform their lives and benefit from living a low-carb lifestyle. With OPOS in our tool kit, cooking nutritious food was a non-issue as it is easier to meet one's health goals when one knows how to cook. We encouraged participants at OPOS100 Transform to begin viewing food as fuel, slowly detaching themselves from the emotions tied to food.

Through OPOS100 we were able to touch lives far beyond what we imagined. Living vicariously through hundreds of transformations, I'm convinced that all it takes is one woman, one wife, one mother to make a lasting change. Helping hundreds of women turn their lives around to become healthier and happier versions of themselves cannot be more rewarding. Discipline is a critical factor both in weight loss and in sustaining the lifestyle at OPOS100. From over 50+ transformation stories on the OPOS100 blog and others that I receive on a daily basis, I know that the benefits of low-carb far outweigh the fears some of us have. Yes, the Transform program is hard - but it is simple.

For me, the biggest benefit of going low-carb was addressing not just inflammation and obesity, but my mental health. Mental health is spoken in hushed tones in our society and viewed as a sign of weakness. I thrive on an animal-based food plan. It has not only helped overcome depression and anxiety but I'm no longer anemic. I've not gained weight in these two years, though I gained strength through core-building exercises that I quite enjoy for 30 minutes a day, 4-5 times a week.

From shying away from all forms of exercise, I now celebrate what my body is capable of doing. Embarking on a 100 days transformation program with OPOS100 can be daunting, but everything you want to achieve is on the other side of fear. My story doesn't end with me, it lives on through the many women and men I've been blessed to help. Once transformed, you have the potential to touch lives and truly bring about change in families, starting with your own. This is the real magic at OPOS100.



# LI'L OPOSTAR IN ACTION

WE LOVED PUTTING TOGETHER LITTLE SRIKAVIN'S TRYST WITH OPOS. THE EASE WITH WHICH HE WHIPS UP DISHES IS A TRUE TESTAMENT OF OPOS. LET US READ MORE ABOUT HIM AND ALSO TRY OUT ONE OF HIS FAVOURITE MANGO BASED RECIPES.

Our Baby Opostar Shrikavin was only 2.5 years old when he first started OPOSing. Both his parent's Ramprasath and Kanmani are avid Oposers and Shrikavin first started going live with them on the OPOS support group. Currently a champion OPOSer, he cooks veggies for his lunch almost everyday. His favourite foods to OPOS are Butter Corn, all veggies, Chicken Drumstick, Mango Frooti and Mango Kesari.

For our little masterchef Shrikavin, the sky is not the limit. Alongwith his mom, Kanmani he has even uploaded a Mango Kesari recipe on the OPOSchef App.

Shrikavin's success as a baby OPOSTar is a testament to the fact that OPOS is truly a child's play and all you need is an open mind to master it. We hope Shrikavin will someday author his own OPOS cookbook and we wish him well for all his endeavors.



## Shrikavin's Favourite OPOS Mango Kesari

In a 2L MP, Layer as below:

1 cup each (water, mango puree)

1/4C sugar, 1Tbsp cashew, 1Tsp raisins, 1/4tsp crushed cardamom

Cook on high for 1 whistle/ 4 mins

Release pressure. Open, mix in 1/2 C double roasted semolina without lumps and add 2Tbsp ghee.

Close and let it cook in retained heat for 10 minutes (Do not switch on stove). Open, mix and serve.

Replace/ Supplement:

Mango with jackfruit/ banana/ pineapple/ any favourite fruit.

Sugar with other sweeteners.

# 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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Harini Seshadri

Misha Negi

Priya Vivek