

# OPOS Digest







This month's cover page features Supreetha Rangaraj's OPOS Instant Veg Pulao and Kheera Raita. A humble plate of comfort food for those rainy days while you're indoors. Pack that into a box, and it becomes a great lunchbox to relish at school/ work.

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

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A smashing spread of various dishes put together by our readers. Some inspiring ideas for the rainy days ahead.

## Founder's Note

*Planning lunchboxes for children is becoming crucial, as it is one of the first steps in getting children to eat healthy. Children need to know what is good food and what is junk. This is the best way to combat the biggest epidemic of our times - rising childhood obesity. Add more vegetables & fruits, more protein, less processed food and fewer desserts in the lunchbox. Minimize outside food. Cooking at home is the first line of defense in fighting lifestyle diseases. Even while you are traveling or during road trips, cooking can be surprisingly easier and more fun. You can pick up fresh stuff and pressure bake it within minutes, right on the road or even in your room.*

*The basic technique of pressure baking teaches you to cook every single vegetable in around five minutes. Maximising their colour, texture, flavour and nutrition. Colour is a good indicator of vegetables cooked right. If the colour is lost, everything is lost. In OPOS, colour is not just retained but enhanced.*

*It is also easy to cater to differing tastes, by cooking multiple ingredients together and by using inner vessels. An elaborate thali can be cooked in the time it takes to cook a single dish. In OPOS, maximising the natural goodness of food by cooking it right is the main goal. By a happy coincidence, it is also incredibly fast, easy and can be learned in minutes.*



# Cooking On The Go

EATING SAFE AND CLEAN BECOMES EVEN MORE IMPORTANT DURING TRAVELS. ROADTRIPS CAN BE PLANNED WITHOUT WORRYING TOO MUCH ABOUT FOOD WITH OPOS BY YOUR SIDE. MAKE YOUR MAGIC POT YOUR MUST TAKE ALONG TRAVEL ACCESSORY AND ENJOY FRESH FOOD AS YOU GO ON.

Has this ever happened to you that you had to give up on travel because of a health issue? Or maybe you canceled going to China because you were worried what you'd eat there? And if you did go on a trip 2 months ago to Goa, are you avoiding one currently to Kerala because you must now shed those extra kilos you piled up after gorging on the yummy buffet spread at the resort?

But before we dig in let's get this straight. Never say no to a trip and especially not because of food. Traveling is essential for both your mental and physical well being. It pushes you out of your comfort zone to experience the unknown. It also gives you a taste of new cultures and here if you argue that being a Maharshtrian you survive on misal pav or being Bengali you just can't do without macher jhol and so the list goes. Even if you're not very picky about food and you're just a new parent who's little one survives on steamed veggies and khichdi, then stop right in your tracks. Cook your own meals the OPOS way but travel for sure.

Now if you think this is going to be impossible, think again. What all might you need to cook the OPOS way? Other than your ingredients, a pressure baker,

a heat source(preferably induction stove because it's compact), ghee or bottled tadka, some powdered masala and salt.

All of this can easily be carried in a simple bag. Depending on whether you have electricity easily available you might have to carry a butane stove, this too is quite compact and is easily available, online as well. You want to carry enough cans of butane so as to not run out of fuel.

Don't try to plan an elaborate menu and let your cooking be spontaneous.

**LET YOUR COOKING BE SPONTANEOUS. AN ESSENTIAL PART OF YOUR TRAVEL HAS TO BE TO TASTE LOCAL PRODUCE SO DON'T GO OVERBOARD TRYING TO CARRY A BAG FULL OF VEGGIES FROM HOME.**

Definitely shop for local regional specialty veggies, buy eggs and meat. Experiment cooking with local spices too. Also, try to cook with only 3 ingredients and buy rotis or bread. If fresh produce is going to be in short supply and you won't have access to a refrigerator, stock up on starches like roasted rawa, poha, instant noodles, pasta, bread, potatoes, nuts, rice and dal. For proteins stick to eggs, soy chunks, cheese

and yogurt. Stick to veggies with a long shelf life like onions, tomatoes, carrots, yams, sweet potatoes, etc.

Still on the fence about cooking on the move? Let's see how some of our OPOSers aced it.



**Camping with Tomato thokku and Bisibelebath by Vaishnavi**

On her first camping trip in the US, Vasihnavi Ranganathan decided to cook the OPOS way on a camp stove. She says it was quite a sight to see petrified faces of passers by when the pressure baker would give out a whistle every time. Of course Vaishnavi giggled away at their misery. The food was cooked in minutes and thoroughly enjoyed by everyone. Vaishnavi has only one regret that she made only two dishes, the OPOS Bisibelebath and OPOS Tomato Thokku.

Like Vaishnavi, Kienzle Mody too cooked on a camping trip making boiled eggs and aloo, onion and tomato sabzi. She is elated by the experience and hopes to attempt more dishes in the future



**Aloo, Onion and Tomato Sabzi made by Kienzel at a camp site**

The most inspiring cooking on a roadtrip story has to be Priya Vivek's. She went on a 52 day trip with her husband and her 8 year old daughter. They drove all the way from Bangalore to Uttarakhand and back.



**Priya OPOSing on a portable butane stove while on the move**

Priya OPOSed Khichdi, Dal, Upma, Rice, Maggi, Aloo Capsicum Sabzi, Masala Oats and thoroughly enjoyed the experience. The most important take away for Priya and her family while cooking on the move has been that with even just the bare minimum a scrumptious meal can be put together.

More such stories to be continued



# OPOS A to Z

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

*MPOS cooks volumes, says our M,  
Of OPOS techniques, an underrated gem.  
Use multiple vessels inside your Magic Pot  
To cook up a feast in a single shot!*

MPOS (Multiple Pots One Shot) stands for cooking multiple dishes at the same time. This idea is nothing new. Early pressure cookers came with 2-3 inner vessels, that can be stacked one over another. After cooking, the vegetable would be removed and stir fried with tadka, and the dal would be used for making sambar/ rasam. This is the recipe followed in many south Indian homes. In north Indian homes, after cooking, the dal would be stir fried with tadka into a dal fry, the vegetable would be stir fried with tadka to become a sukhi subji (dry curry) and the potatoes/ other vegetable would be stir fried with spiced onion- tomato to become a raswali subji (Gravy).

Millions of homes have been cooking this way ever since the pressure cookers were introduced. This way of cooking is convenient & fast but produces bland mush. Vegetables lose colour, taste, texture and flavour. Soon, this style of cooking fell out of favor, with most households limiting the cooker to cooking rice, dal and potatoes alone, where overcooking/ colour/ texture is not a problem.

We revived this technique without any compromise on taste, texture or flavour. The idea was to cook more than one recipe at one time, using multiple vessels & building blocks. Unlike traditional cooking, we do not focus on partial preparation in OPOS. We do not cook vegetables/ dal and use it as a base to cook other recipes. Our goal is to go the last mile and get a 100% ready to eat recipe cooked at one shot.

We grouped recipes which take similar cooking times, placed them in individual containers and cooked them all together, without the risk of overcooking or undercooking and that is Multiple Pots in One Shot for you.

This is possible by using building blocks – cooked dal, OPOS tamarind paste, cooked curry bases & bottled tadka. This ensures the complete meal is cooked at one shot. It is magical to open your pot and see a feast ready to be eaten. Examples - Idli Sambar (app id - 9314), sevai morkuzhambu, upma combos and a lot more.

Using this technique you can cook up combinations and easily pack up tiffin boxes on a busy morning.

# Lunchbox Ideas

CHECK OUT SOME OF OUR FAVOURITE LUNCHBOX RECIPES, EASY TO COOK, PACK AND RELISH AT SCHOOL OR THE WORK PLACE. DABBA PACKING SHOULD NO LONGER BE A CHORE. ENJOY THE PROCESS, ENJOY THE MEAL!



## Veg Burrito

App ID: 9650 by Sudha Vaidyanathan

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

1. 3Tbsp oil
2. 1Tbsp chopped garlic
3. 1C sweet corn kernels
4. Place an inner vessel over a trivet with 1C canned black beans, 1/2C cubed paneer, 1/4C caramelised onions, 1/2tsp each (cumin powder, pepper powder, oregano, chilli powder, salt)
5. Cook on high for 3 Whistles or 5 minutes
6. Release pressure. Open, mix in 1/2C cooked rice (for a Tex - Mex version), 1/4C each chopped (onion, tomato, cilantro), 1/4C sour cream. Roll into flatbreads or wrap in tortillas & serve

### Replace/ Supplement:

1. Black beans with pinto beans
2. Cooked rice with cooked millets/ cooked quinoa
3. Paneer with tofu. Sour cream with Greek yogurt



## Dum Noodles

App ID: 6102 by Visalakshi KV

### Prep:

Spiced noodles: Crush 70g noodles. Wash & drain. Mix in 1tsp each (chilli sauce, soy sauce, vinegar, ketchup)

### In an OPOS Cookbot, layer as below:

1. 1/2C water
2. 1/2C each chopped (carrot, beans)
3. Spiced noodles
4. 1/2C each chopped (cabbage, sweet corn kernels)
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 & serve

### Replace / Supplement:

1. Water with stock
2. Noodles with egg noodles/ flat noodles



# #PackTheDabba

Planning, cooking and packing lunch boxes becomes a hot topic among parents around the time schools reopen. Lot of office goers are soon possibly resuming going to the work place. Check out some inspiring wholesome lunchbox ideas from OPOSers all over in the grid below. Each picture is so seemingly elaborate, but have been simplified by the various OPOS techniques. Which dabba are you packing yourself today? Write to us, share your pics, show us what you packed :)





# 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:**

Vegetables are filled with pesticides. You need to boil them away by cooking them in lots of water for a long time.

**Anti-Gyaan:**

..and steep this overcooked mush in masala to make it edible.

**Fact:**

There is nothing called pesticide-free in today's world. we have passed that point longback. our very soil and air have been contaminated. Many fondly believe the longer they cook, the greater the chance of pesticides or other poisons being cooked out of food. This is completely untrue. You are not only killing food by overcooking, you are poisoning yourselves as well - as poison remains poison - irrespective of how long you cook it.

There are several ways to reduce pesticide content in food.

- a. Buy organic if possible.
- b. Wash, rinse and scrub well in salted water ( 1 tsp salt in a liter of water)
- c. Soak in vinegar water ( 1Tbsp vinegar in 1 liter warm water)
- d. Peel if possible

These steps remove almost all contaminants.

Pressure baked vegetables are nutrient packed food and a great option for kid's lunch box. Try pressure baking 1 vegetable each day of the week and prepare a healthy meal for your kid.

**Bottomline:**

Cooking poison away is not a good idea. Avoid it or minimize it in the first place. Extended cooking not only destroys pesticides but all nutrients too.



# Celebrity Chef Specials

SOME WHOLESOME LUNCH BOX IDEAS FOR THE OFFICE GOERS! CURATED CELEBRITY REWRITES THAT SIMPLIFY SEEMINGLY COMPLICATED RECIPES!



## French Beans Channa Dal Sabji

App ID: 12336 by Supreetha Rangaraj  
Celebrity Chef: Ranveer Brar

### Preparations :

1. Soak 1/2C channa dal in water for 2 hours. Drain
2. Spiced French Beans:  
Mix 250g french beans chopped into 1" length pieces with 2Tbsp caramelised onions, 1/4tsp each (asafoetida powder, turmeric powder), 1/2tsp salt, 1tsp each (red chilli powder, coriander powder, ginger garlic paste), 3 green chillies chopped small.

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

1. 3Tbsp water, 1Tbsp oil
2. 1/2C chopped deseeded tomatoes
3. Soaked and drained channa dal (1C)
4. Spiced French Beans
5. Close and cook on high heat for 3 whistles or 6 minutes. Release pressure. Mix all. Garnish with 2Tbsp finely chopped coriander leaves, 1/2Tbsp cumin seeds tadka. Serve

### Replace / Supplement :

1. Channa dal with Moong dal
2. Red chilli powder with more green chillies



## Lentil Salad With Grilled Aubergine

App ID: 12215 by Srividhya N  
Celebrity Chef: Yotam Ottolenghi

### Preparations :

1. Spiced lentils: Mix 1C cooked whole red lentils with 1 bay leaf, 3-4 thyme sprigs, 1 Tbsp each (caramelised onion, red wine vinegar), 1/4tsp each (salt, pepper powder, brown sugar)

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

1. 3 Tbsp olive oil
2. 1.25C peeled and chopped eggplant cubes, 10 small whole cherry tomatoes, 1/8C each finely chopped (celery stalks, carrot), 1/4tsp salt. Mix everything to coat well with oil
3. Place an inner vessel with the spiced lentils on top of a raised trivet
4. Cook on high for 3 Whistles or 5 minutes. Release pressure.
5. Take out the inner vessel, discard the bay leaf & thyme sprigs. Add the celery, carrots and tomatoes to the spiced lentils along with 1 Tbsp each roughly chopped (parsley, cilantro, dill leaves) and mix well
6. Mash the eggplant coarsely (optional)
7. To plate: Transfer the lentils to a serving plate, place the mashed eggplant on the top. Garnish with 1 Tbsp thick Greek yoghurt, 1tsp olive oil, 1/16tsp dill leaves, a celery leaf and serve



# Rainy Day Recipes

SOME SUPER DELICIOUS RECIPES CURATED BY THE OPOS DIGEST TEAM TO MAKE YOUR CHAI TIME DURING MONSOONS SUPER YUMMY!! ENJOY THE PITTER PATTERN OF THE RAIN AND THE SMELL OF THE WET MUD WITH THESE EASY TO RECREATE MONSOON FAVOURITES!

## CPF RAILWAY CANTEEN CRISPY VEG CUTLETS\*

App ID: 10246 by Ramya Ravindran



### Prep:

1. Slurry: Mix 2Tbsp rice flour, 1Tbsp Maida with 1/4C+2Tbsp water, 1tsp red chilli flakes, 1/4tsp salt to make a slurry.
2. Veg patties: Mix 1/2C grated & squeezed potato, 1/4C each grated (carrots, beetroot, peas), 3Tbsp rice flour, 1/2tsp each (salt, cumin powder), 1tsp each (coriander powder, red chilli powder, lemon juice). Knead & shape into patties.
3. Dip patties in slurry, roll on the rusk powder. Repeat for double coating.

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

1. 1.5C oil.
2. Prepared Vegetable patties.
3. Cook on high for 5.15 minutes (4 Whistles).
4. Release pressure. Open, drain the oil & serve.

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

### In an OPOS Cookbot, layer as below:

1. 1/4C water
2. 500g corn on the cob cut into 3" pieces
3. Close, ensure vent is locked
4. Click >> Menu >> Veg mode
5. Once bot beeps and OFF is displayed. Release pressure by changing the vent to right or left / by pressing middle button
6. Open, drain excess water if any. Sprinkle any fav seasonings & serve

### Tips:

1. Ensure the base is covered with as many pieces as possible (not beyond 500g)
2. Can garnish with grated cheese / butter

## CORN ON THE COB

App ID: 5821 by Visalakshi KV







# OPOStar Diaries

FROM A QUIET OPOSER TO BAGGING THE COVETED OPOSTAR TAG TO A COOKBOOK AUTHOR, SRIVIDHYA NARAYANASAMY'S JOURNEY IS NOTHING BUT INSPIRATIONAL.

Srividhya got introduced to OPOS by a friend 5 years ago. At the time she was desperately looking for ways to manage her full-time job, cook healthy meals for her family and all this with caring for her daughter who was barely a year old. Many of our OPOSers lurk around the OPOS Support Facebook group for a while, reading about the various OPOS Techniques and being marveled by the science behind them, but don't take the plunge themselves. Srividhya was one of them. One fine day when the group was flooded with Bhapa Doi (Bengali milk based sweet dish) posts by various members, she just knew she had to make Bhapa Doi the OPOS way.

She excitedly started doing the lessons on her 2L pressure cooker first and soon got herself a Magic Pot. By this time the OPOS bug had bitten her daughter Laya as well. Laya made her own Mac n Cheese in the Magic Pot. Since then there has been no stopping Srividhya and she has only marched forward in her OPOS journey.

During early 2020, right when the pandemic started, Srividhya had put on a lot of weight, her cholesterol levels skyrocketed and she was very stressed. After exploring different diets, she finally settled on the LCHF (Low Carb High Fat) way of eating. Not being a rice or sugar addict, LCHF was fairly easy for her but she got fed up of eating mushrooms, paneer and eggs, the same way every day. OPOS made cooking low carb meals really easy and quick. Srividhya loved re-creating low carb versions of foods that are close to her heart like kozhukkattai, paniyaram, sambar sadam, etc. in the OPOS method. So as an OPOStar, when she got an opportunity to author an OPOS cookbook, LCHF vegetarian recipes was an obvious choice. (Get your copy of the [Easy LCHF Recipes Cookbook](#) today!)

LCHF is for anyone who is fighting or is a candidate for lifestyle diseases like diabetes, obesity, hypertension, cholesterol, thyroid disorders and so on. While medications keep these conditions under control, they do not help in prevention. For staying healthy, we need to eat right and eat better instead of eating less. We don't need a diet, we need to change our way of eating. Let's take a peek at some of Srividhya's LCHF creations.



**Pareer Pollichathu**



**Rasam and Curd Rice  
without rice :)**



# Monsoon Magic Quiz



Listed below are jumbled up names of 5 OPOS dishes that you absolutely must try this monsoon!! Guess the name of the preparation and let us know if you have tried OPOSing them.

1. NRCO NO ETH OCB
2. OATMOT UPSO
3. SOOMM
4. AVP JHIBA
5. UMD RIYBNAI

Let us know if you can unscramble these rainy day delicacies - [Click here to send in your responses before June 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!



# Reader's Corner

LOVELY MONSOON OPOS INSPIRATIONS 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!



Priyadharshini Narasimhan wowed her family with these super crispy CPF French Fries #monsoonsorted!



Srinivasan Swaminathan made Stuffed Mini Capsicum pic that he and his family enjoyed over the rains!



Brinda Kannan thoughtfully shared some Rasam with Corporation workers on a rainy afternoon.



Vidya Rao cooked up this yummy spicy mini thali to relish on a rainy afternoon.



Archana Harish recreated cheeselings the OPOS CPF way! Perfect tea-time snack, rain or no rain!



Tazin Faiz made this yummy OPOS Kebab Masala. Perfect with rice or roti on a rainy day.



# 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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## Magazine Team

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