

OPOS Digest

MY TWO HOOTS!!

Save the Planet, the OPOS way!

EVOLUTION OF BIRYANI

From Dum Pukht to when Biryani
met OPOS!

FOUNDER'S NOTE

The Fosbury Flop.

For a thousand years, athletes used to land on their feet in high jump. For the simple reason that the landing surface was either sandpits or cotton mattresses. Then came deep foam mattresses. But athletes were too conditioned to change their style.

Enter Dick Fosbury with his weird new style of landing on his back and not on his feet, The Flop. People laughed. And kept laughing till he won the 1968 Summer Olympics. His style shocked the world. It looked weird, counter-intuitive and scary. One newspaper called him as the "World's Laziest High Jumper". Many fought the style and lost, as it is scientifically the most efficient technique to jump high. Because you don't need to lift your whole body over the bar. Only half your body.

Four years later, in Munich Olympics, 28 of the 40 competitors used the Flop. From 1972 to 2000, 34 out of 36 Olympic medalists used the Flop. Today, no serious athlete uses any other technique.

OPOS is the Fosbury Flop of cooking. Pressure Baking is the deep foam mattress. OPOS looks weird, counter-intuitive and scary. Thousands will fight it and lose, as it is scientifically the most efficient technique to cook tasty, healthy food. It will be the only way most people will cook in the future.

Are you ready to use the Flop?

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This month's cover page highlights what you can easily do using the OPOS Technique of Cold Pressure Frying. This tempting plate of CPF Samosas has been shared by Shweta Arora.

CPF (Cold Pressure Frying) is an OPOS technique designed to deskill deep frying and make it healthier.

To know more buy the [Cold Pressure Frying \(CPF\) Sweets & Savouries Cookbook](#).

THE EVOLUTION OF BIRYANI: FROM DUM PUKHT TO PRESSURE BAKING

Ok so try this..... Close your eyes and slowly say Biryani. Your mouth is watering and you are hungry already right? I bet you saw a beautiful plate of piping hot Biryani, complete with the alternating layers of perfectly cooked Basmati, hints of browned onions, the sprinkling of saffron strands, succulent pieces of perfectly spiced meat or veggies and that heavenly aroma. Mmmm... BIRYANI!!!

We all agree that the Biryani is quintessentially a celebratory dish. Having a party? Call for Abdul Bhai's Mutton Biryani. Did you say Mom's making her famous Chicken Biryani? It's a Partyyy! But did you know, much before Biryani reached its elevated status of jubilation, it was but a one pot meal invented during a war campaign?

It is believed, Biryani originated in Persia or modern day Iran and the word Biryani is a derivative of the word Berian or Beryun, which translates to fried before cooking. But order a Berian at any Isfahan restaurant in Iran and you'll be served an open pan cooked mutton or lamb mince dish, sandwiched between a bread, known as nān-e-taftun. Rice farming is said to have reached Iran from Southeast Asia and India and Rice or Birinj became a specialty in the royal kitchens of the Safavid dynasty during the 16th Century. Birinj birian, which is said to be a precursor to our Biryani, was first made in the Safavid kitchen.

Many believe Birian led to the birth of Biryani but the truth is Dum did. Precisely why it's still called Dum Pukht Biryani in Iran. Dum cooking translates as cooking in one breath and was invented in Persia. It was further perfected in the Moghul kitchens. Simply put, Dum cooking means arranging the raw ingredients in layers inside a sealed vessel and cooking on low heat. The output is a very juicy and flavorful dish since the food has cooked in its own juices.

There are many theories on how the first Biryani was made. One theory is that it was Turkic soldiers, who made Biryani as a one pot hotchpotch of rice and meat, in a covered earthen pot over wood fire. Another theory says, Turk-Mongol conqueror, Timur's army cooked a rice dish in earthen pots by burying it underground. They brought this recipe to India during a war campaign.

A legend also says, Shah Jahan's queen, Mumtaz Mahal once while visiting the army barracks found the army looked undernourished. It is then that she had an idea of making a one pot nutritious meal of Dum Biryani and the chief cook was immediately summoned. Other than the Moghuls, the Nizams of Lucknow and Hyderabad are

are also known to have refined and popularized the Biryani.

The history of Biryani is complicated and neither an easy feat to make one. What with the advanced marination of meat or veggies with the perfect blend of spices, making parboiled rice and caramelised onions. All this prep and it would still take hours to make a Dum Pukht Biryani because you can only use low heat. Phew!

The OPOS promise is to simplify and demystify cooking. Years have been spent studying the Dum Pukht technique and how best to adapt it to OPOS. It took a great deal of sweat, toil and burnt ingredients to arrive at these learnings.

First, the biryani is nothing but a rice and meat sandwich where everything cooks in separate layers inside a sealed vessel. The layers must be cooked to their scrumptious best without getting soggy and each layer must be visible when served on a plate. Second, Dum cooking calls for a heavy bottom vessel, where the ingredients are arranged in layers and then sealed. Very little or no water is used. This utensil is then placed on low heat and covered with coal pieces on top. Technically constructing an oven. This is actually pressure baking. Third, low heat is required in the Dum Pukht, to prevent the burning of ingredients. But the Magic Pot designed for OPOS cooking, actually prevents burning by cooking on high heat, by pressurizing the pot with steam as soon as possible.

Once pressurized, the temperature in the Magic Pot cannot exceed 120 degrees, which is too low to cause burning. This feature actually makes it possible to cook up a biryani in a jiffy. Don't believe us yet? Presenting the [OPOS 10 Minute Chicken Biryani](#)



A tempting bowl of OPOS prawn biryani BY TAZIN FAIZ

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 & Environment.

My mother's pet peeve is fans and lights turned on in unmanned rooms. Every time she spots a rogue fan, she brings the roof (and the fan) down. She thinks these ghosting appliances are what causes our massive power bill. And while guilt-tripping us for leaving a room with the light on for 5 micro-seconds, she waltzes into the kitchen to check on the Kaara Kuzhambu that had been simmering on the stove for 45 minutes...

Let's do some Math. On an average, a ceiling fan consumes 75 watt/hour. And the power bill is calculated by unit price x kilowatt used. So if your electricity is priced at ₹12/unit, the operating cost of a fan is $0.075 \times 12 = ₹0.90/\text{hr}$. Behold, Millennials! The cost of leaving the fan on for an hour in an empty room is... 90 paise.

Let's tackle LPG now. A 14 Kg LPG cylinder costs ₹900 approximately. It contains about 686 mega joules of energy (Mj). Let's say a medium-sized burner uses up 8 Mj/hr... that gives us $(686 \div 8)$ 85.7 hours of usage on a single burner. (This will vary based on heat settings and burner size.) So for every hour the stove is on, my mother spends $(900 \div 85.7)$ about ₹10.

We have one more bit of Math to do.

While my mother and I bicker over our electrical extravagance, our friendly neighborhood OPOStar makes a delectable OPOS Kaara Kuzhambu in 5 minutes on an induction stove. A 2000 watt induction stove consumes 2 electrical units if used for an hour. Again, if a unit costs ₹12, that makes it ₹24 for using the stove for one whole hour. That means the OPOS Kuzhambu that took 5 minutes to cook has cost you

₹2;

against the non-OPOS Kuzhambu that had cost ₹10 on the gas stove.

That's ₹8 - ₹10 per meal. ₹30 per day. ₹900 per month. Hey, that's the price of an LPG cylinder! Saved in power costs... just by switching over to OPOS. And we haven't even started on the time and elbow grease saved...

Let's set aside the math and look at some social science now.

If you thought all this calculation was just about being thrifty and saving money, think again. While our home economics affects us directly and deeply, we cannot ignore the implications of our choices towards our environment. Every rupee we save in our power costs, every micro joule of energy we conserve, directly helps the mighty environmental cause.

For most of us, clean energy is an inaccessible luxury. Sure, solar and geo-thermal energy looks like gold on paper but do we have the access or the infrastructure for direct, daily consumption? Alternative sources are the answer to our future energy crisis but we still need to eat today. We need to cook today. And gas and electricity are the available options on our hands to make our next meal. How we consume them, rather, how we conserve it, directly affects our home and our environment equally. And this is where the OPOS promise of cleaner, greener cooking puts things into perspective.

Think of all the litres of water we had been using to cook and drain our vegetables, grains and legumes.... against pressure-baking them in a fraction of that quantity.

Think about the hours of simmering and stewing that took to make a single meal... against the minutes it takes to OPOS them.

Think of the water and detergent it took to wash the truckload of dishes that traditional cooking spewed at our sinks... against the lonely magic

pot that is barely visible under a stack of plates.

The smoke and the smell that filled our kitchens before the days of bottled tadka.

The colossal wastage of labour that characterized traditional cooking before 'Layer-Close-Click'.

Now think about them again on a larger scale. In terms of a country or even the whole wide world...

If only we can turn that fan off when we leave the room... all over the world. Oops, did I say fan? I meant the stove.



"The greatest threat to our Planet is the belief that someone else will save it"

- Robert Swan



Congratulations Suchi Garg!!!

You have won our August Quiz!!!

Please email oposmagazine@gmail.com to claim your prize.

Answers to the Quiz:

1. We use Cold Pressure Frying Technique for Uppu Seedai
2. We can cook an Onam Sadya in under 30 minutes using OPOS
3. Sai Pranav loves OPOS Paneer
4. A newbie should enroll into Masterclass (look at page 10 for more details)
5. Aditi Verma's favorite sweet is OPOS Gajar ka Halwa

RECIPES

This month we bring to you some Ganesh Chaturthi specials using techniques that have demystified the complexities with festive cooking!

Attalysis Kozhukattai/ Modak

OPOSChef App video ID: 3430



Photo of Attalysed Modaks by Vaishnavi Shetty

Description: Preparation of non-gluten flour, sweet and savory filling.

Preparation: Soak 1/4C urad dal in water for 2 hrs and drain.

1. Making Dough

In a 2L magic pot, add 3/4C water (200 ml), 1/2tsp oil, 1/8tsp salt.

Cook on high for 1 Whistle or 3 minutes. Release pressure. Mix in 1/2C rice flour. Close and let it rest for 15 minutes (No further cooking). Knead briefly.

2. Savory stuffing: Urad Dal Pooranam

In a 2L magic pot, layer as below:

Layer 1: 2Tbsp water

Layer 2: Soaked (& drained) urad dal

Layer 3: 1/8tsp each (salt, hing), 1 chopped green chilli.

Cook on high for 2 Whistles or 4 minutes. Release pressure. Blend coarsely with 2Tbsp coriander leaves.

3. Sweet stuffing: Coconut Pooranam

In a 2L magic pot, layer as below:

Layer 1: 2Tbsp water, 2tsp ghee

Layer 2: 1C grated fresh coconut

Layer 3: 3/4C powdered jaggery, 1/4tsp cardamom powder.

Cook on high for 2 Whistles or 4 minutes. Release pressure. Mix all and allow to cool.

4. Making Kozhukattai / Modak

From the prepared dough, take small ball sized dough. Flatten it and scoop a tbsp. of sweet / savory filling and close the dough. (Video available on app).

5. Cooking Kozhukattai / Modak

In a 2L magic pot, add 1/2C water.

Place the prepared kozhukattai / modak in an inner vessel.

Cook on high for 4 Whistles or 5 minutes. Release pressure. Remove the kozhukattai / modak and serve warm.

Motichoor Ladoo

From Modaks to Motichoor Laddus, every complex festive dish can be broken down into smaller building blocks using OPOS techniques. Read the recipes in [Nithya Vivek's CPF Sweets & Savories Cookbook.](#)



CPF Motichoor Laddus by Tazin Faiz

OPOS CARES

OPOS in Ashrams

OPOS has been spearheading the conversion of several kitchens at ashrams/ mutts into OPOS Kitchens. The Dayanandha Saraswathi Ashram Kitchen in Coimbatore for example, was given a demo and the Swamiji is fully backing the project, convinced that OPOS is the way to go. Successful demos were also done at Isha Foundation and the Art of Living Center.

OPOS will forever remain free to religious institutions and charities. Know of one that can benefit by switching to OPOS? Write to us and let us know!

Did you know??

Garlic and Tomatoes do not need caramelization! Tomatoes need caramelization only when they are used as a curry base. In cases they are being used as a souring agent, caramelization is not important. Caramelization is not mandatory for either ginger or garlic as their flavour profiles are still intact even when used without caramelization.



Photo by Visalakshi Venkataraman showing Attalysis in action

ATTALYSIS

(snippet from Sreeja Praveen's Alphabet Train)

**A, for Attalysis, makes it easy
To get dough that's soft, not greasy
Flour-absorbed-water makes dough,
And turns into bread as soft as snow!**

Do you find kneading dough difficult? Today's dough consistency is different from last week's? Is your dough totally different from your mom's?

If you answered yes to any of the questions above, Attalysis is for you! We say, let your flour do all the hard work, not you!.

The technique of letting the flour absorb water by itself rather than forcing water into it by vigorous kneading was discovered by Prof. Raymond Calvel. OPOS Attalysis is an adaptation of this technique to Indian unleavened breads, string hoppers and dumplings.

Autolysis (self-digest) lets the dough relax before kneading, making it more elastic and easier to shape. The shorter mixing time results in less oxidation, which improves colour, flavour and texture. This technique guarantees consistency. Higher the hydration the softer the bread. Non gluten flour works the same way with boiling water.

Some dishes you can whip up with this technique are - Modaks, Sevai, Idiappam, Ragi Mudde, Poori, Phulka, Parathas, Pizza base and many more.

Try out aatalysis ([Video Guide](#)) for yourself and send us pictures. Get featured in the OPOS Digest!

OPOS A TO Z

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!

Gyan: If you love your family, you won't mind spending more time in the kitchen.

Anti-Gyan: If your family loves you, they won't let you spend more time in the kitchen.

Fact:

Did you know? - Your kitchen is the most polluted place in your house. Labeled by the World Health Organization as "The Killer in the Kitchen", thick acrid smoke rising from stoves and fires inside homes is associated with around 1.6 million deaths per year in developing countries. That is one life lost every 20 seconds to the killer in the kitchen.

Major reasons for kitchen pollution is either oil smoke or open cooking fires. Let's demystify both here and now.

Open Cooking Fires -

Around 3 billion people still cook using solid fuels (such as wood, crop wastes, charcoal, coal and dung) and kerosene in open fires and inefficient stoves. These cooking practices are inefficient, and use fuels and technologies that produce high levels of household air pollution with a range of health-damaging pollutants, including small soot particles. In poorly ventilated dwellings, indoor smoke can be 100 times higher than acceptable levels for fine particles. Any open fire, including LPG, produces an array of noxious gases and tiny toxic particles that enter your lungs and bloodstream easily. Exposure is particularly high among women and young children, who spend the most time near the domestic hearth.

Oil Smoke -

When you shallow fry / deep fry / do tadka or work with cooking oil in an open pan - the tiny oil droplets erupt as a spray from the pan, sticking to your chimneys, kitchen counters, dress, hair and clothes. They even get inside your lungs. This might not be visible at first, but the effects add up and become very damaging in the long run.



All oils can withstand varying levels of heat, but overheating can cause cooking oil hazards. If that level is exceeded, however, the oil not only begins to lose its nutritional value and flavor, it produces toxic fumes and hazardous substances called free radicals.

Glycerol in the burning fat breaks down into acrolein. Acrolein is toxic, carcinogenic and is a strong irritant for the skin, eyes, and nasal passages.

To Minimize Risks:

- Avoid open fires. Use Electric/ Ceramic stoves/ Induction cook tops.
- Always use a chimney while cooking
- Ensure kitchen is well ventilated
- Minimize Deep fry/shallow fry
- Never let oil smoke

OPOS techniques like Bottled Tadka, Cold pressure frying helps minimize these risks

Bottom Line:

Keep the kitchen well ventilated. Use a chimney. Minimize kitchen time. Minimize open flame cooking. Minimize oil smoke. Minimize interaction with people who want you to spend more time in the kitchen

OPOS Masterclass - A Sneak Peak



Photo of Carrot Almond Kheer and Carrot Almond Soup prepared in Masterclass, shared by Roopa Raghav

Who's Who In The Masterclass Team?

Vertical lead and Trainer- Roopa Raghavendran
Trainers - Tazin Faiz and Shweta Arora

How has the Masterclass journey been?

Handholding and seeing people cook live in the masterclasses has been a wonderful experience. We are geared up for more action soon.

How old was your youngest Masterclass participant?

Our youngest participant was an enthusiastic 12 year old.

A Masterclass blooper you want to share...

A participant added more semolina to the burfi than instructed, and referred to it as a cement block, only to agree how important it is to follow instructions.

What can one expect from OPOS Masterclass in the near future

More modules with flexible timings
Personal Demos and Fast Track courses
International Courses for international audience

An OPOS Masterclass is a comprehensive course in OPOS that lays a firm foundation for you to make your daily cooking easier, healthier, tastier and more colourful. The classes are divided into Basic Module and Advanced Module. Basic module has 8 lessons, spread across 30 days. Advanced module has 6 lessons spread across 3 weeks training you to excel in advanced techniques like sugar syrup hack, controlled evaporation, cold pressure frying etc.

An absolute newbie can learn and master OPOS under the able guidance of the OPOS Masterclass Team.

Featuring snippets of a tete-a-tete we had with the Masterclass Team

Can a newbie to OPOS enroll for Masterclass modules?

Yes, absolute newbies to OPOS are ideal and welcome!

Is standard OPOS equipment mandatory to attend Masterclass?

No. OPOS Cookware is preferred but a regular 2L cooker is good for the Basic modules.

How can one reach out to the Masterclass Team in case of queries?

You can drop a mail to: oposmasterclass@gmail.com

LITTLE OPOSERS

Marc(10), Mara(7) & Mila(4) are siblings. The happiest squabbling gang you'll ever meet. Marc and Mara are busy with online school, playing with friends and watching their favourite cartoons. Mila is busy with her work (read being a cutie and keeping a close watch on Marc & Mara's activities) for most part of the day but their mom Michelle, ensures that each one of them develops life skills other than what the typical education system can offer.

The definition of life skill in the Oxford Learners dictionary is - a skill that is necessary or extremely useful to manage well in daily life. Based on this definition, what do you think is the most crucial life skill we need to teach our children?

Problem solving, decision making, being independent, self-sufficient and organized are the top 5 that most parents would agree with. What if we told you Michelle has achieved most of this by teaching her kids to cook?



Baingan Sabzi done by Marc From cutting to plating



Mara doing a show-and-tell during an online class

We all need to eat to live and by learning to cook; Marc, Mara & Mila are sorted for life. Michelle is also inculcating the habit of healthy eating from a very young age in her children.

OPOS makes cooking a child's play and guess what has been the motivation for these kiddies to cook? For Marc it's his favourite OPOS Masala Noodles, Mara makes chicken everyday now & naughty Mila, loves eggs and honestly she just likes eating :-)

At Michelle's home, they don't just cook, they OPOS it. Every dish is just SpicedX" (X = name of ingredient) because what's in a name? She's trained 3 little in-house masterchefs. 4 year old Mila, often puts a full meal together, while going live on the OPOS school group with Mom.

Reader's Corner

#PM

Personal Messages to the Founder

Member: Sir, I'm a Punjabi and my family likes the dhaba style curries. I've started OPOS after my sil convinced me. I'm trying with my 5L cooker first. So far all dishes I cooked are not liked by my family. Is OPOS suitable for punjabi food?

Founder: Assume you are learning to play a guitar. You first need a guitar. You can't start with a violin. Then you need to play the basic notes. You can't start with a Jimi Hendrix composition. Your music will sound horrible till you master the basic notes. Once you do, you won't ask if a Guitar can play Punjabi songs. Learning OPOS is very much like learning music. Get the right equipment. Practice the basic lessons. That's all it takes.

OPOS WORD JUMBLE

Unscramble the OPOS Word Jumble below and [submit your responses here](#) by 20th Sept 2021. One lucky winner gets a month's premium OPOS Chef app subscription as a prize!

TYASISATL
INBARIY
TONEMNERINV
RSASLMETACS
NDSRTAEAZDI

Hint: You would have come across the answers across articles in this issue

Get Featured

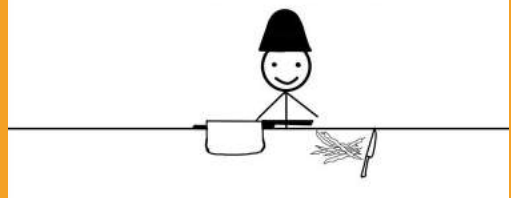
Want to get featured in the next issue of the OPOS Digest? Email us on oposmagazine@gmail.com with pictures of your OPOS dishes or your own poems, doodles, memes inspired by OPOS. Time to get creative and share it with the OPOS world. We cannot wait to see what you have in store!

This is Dev.

**Dev is about to do lesson 2.
Dev has bought beans.
Dev does not ask if he can use okra.
Dev does not yell for knife or cutting board.
Dev knows this simple lesson is the key to everything.**

Dev learns fast.

Dev ko dekh.



Meet Dev! Dev Ko Dekh is an initiative to get more Indian men in the kitchen. Dev tries to address everyday issues men face in entering the kitchen

Creative by : Sri Lakshmi Anand

OPOS WORLD

OPOS 100

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

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

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

or

Download the **OPOS Chef App**



Also, for latest updates,
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