

MY TWO HOOTS!!

Festivities with a touch of OPOS

EVOLUTION OF HUMAN DIET

Some food for thought

Digest SOPO

FOUNDER'S NOTE

The festive season is here. The end of monsoon and the advent of winter is the perfect time to celebrate some of our biggest festivals - Diwali, Navratri, Id , Dussehra and Durga Pooja among others!

Festivals are incomplete without home made festive food. Outsourcing food comes with its own set of issues - adulteration, hygiene, and health issues. It also lacks the charm of simple home cooked food. For many families, cooking up prasad for festivals is a deeply satisfying process. They do not mind slaving away in the kitchen to do so. Women usually miss most festive celebrations as they spend a large portion of time in the kitchen.

Not anymore. We have OPOSed most festive foods so that they can be made flawlessly by anyone in minutes. The sugar syrup hack unlocked a range of burfis, katlis, laddoos, pedas and halwas. Other techniques unlocked whole families of festive foods like modaks, sundals, kheers & kesaris. These recipes have been fine tuned and validated by hundreds of families over the years, getting better and better. Hundreds of OPOS festive recipes with live videos are now available both in the OPOSChef app and in OPOS festive cookbooks. You can also signup for the Fastrack Festive classes.

If you have always wanted to cook up festive food at home, but have been frustrated by the laborious process, these are for you. Let this festive season be filled with more fun and less stress. Cook Free!



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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!

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This month's cover page celebrates OPOS Desserts and Sweets. This tempting OPOS Pudding with OPOS Caramel sauce has been shared by Tazin Faiz.

Let us redefine festive eating with such unique dishes that OPOS has simplified for us!

For this recipe and more download the [OPOS Chef App](#) today.

Evolution of Human Diet

Some interesting food for thought by Mr. Rama Krishnan, Founder, OPOS

What did we evolve to eat? Should we eat like our grandparents to stay healthy? Is idli the world's best breakfast? Or is it khichdi/ roti? Why are we so addicted to sugary foods? How come obesity and diabetes have become so common all of a sudden? What is 'good food'? Is it raw food? Is it the one cooked in mud pots over a wood fire? Is it meat based? Vegetarian? Vegan?

It all started 4 million years ago, when a group of monkeys came down from the trees and adapted to life on the Savanna by walking erect on two feet. We ate everything like our closest cousins, the chimpanzees. For a million years, we lived on raw fruit, seeds, nuts, leaves, flowers, bark, insects and a little bit of meat.

It took us another million years to learn to use stone tools. Our diet now changed to include more meat and marrow. Stone tools enabled us to slice meat off the bone and crack open large bones to get marrow. With this richer diet, our bodies could afford bigger brains, as brains are energy monsters, like our smartphones. Another million years or so later, we tamed fire and used it to cook food. Cooked food caused a miracle. It turned us human.

Cooking is the process of predigesting food outside our bodies. This means we do not need bigger stomachs like chimps to digest food inside our body. Our stomachs started shrinking. Cooking unlocks more nutrients. Our bodies digest almost 100% of cooked food, but only 30- 40% of raw food. This energy rich food fueled our brain growth, doubling its size. We became human. This turned out to be a one way street. We forever lost the ability to live on raw food. We roasted food over the camp fire. We boiled by using bamboo hollows/ animal stomachs as 'pots'. We baked by lining pits with hot stones. We became smarter and smarter, steadily rising up the food chain.

10,000 years ago, we took another one way street. We started farming and became grain-eaters. This was necessary to support our growing population. From an idyllic, care free, romantic existence in the Garden of Eden, we turned into dour farmers and took on the laborious, monotonous task of growing plants and rearing animals. Our food choices narrowed mostly to rice, wheat and maize. Nutrition deficiency diseases started becoming common.

We soon learnt to process food. Refine flour. Make sugar. Corn flakes. Instant noodles. This happened in less than a couple of thousand years - a blink in the evolutionary time scale. Our bodies do not know how to deal with this abundance. Our genes still think we are still scavenging in the African plains, where such rich treats are rare and should be gorged on. They do not know we have moved to an age of abundance. This mismatch is at the root of all lifestyle diseases like obesity and diabetes.

The solution is simple. Eat what your bodies evolved to eat. Ideally, a varied diet, not based on grains. Little or no processed food, salt or sugar. As Michael Pollan says, "Eat food, not too much, mostly plants".

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 & CELEBRATION!

It is a truth universally acknowledged, that no two weeks in a calendar year shall pass without a special occasion. It is as though we are collectively incapable of living a quiet, boring life. And there is a common thread that runs through all celebrations across the world - Food. Every festivity is characterized by its unique and elaborate display of food. Even those that mandate fasting culminate in an extravagant feast.

Where I come from, we start our year with '*Sakkarai Pongal*'. Then we race through some pink, heart chocolates, store-bought *Gujiya* that comes with a dusting of *rangoli* colours, more *Sakkarai Pongal*, shortly followed by chocolate eggs! Then we crash land into a platter of *Biryani* and some birthday cakes. We then make a pit stop at Tricolor *Burfis* and brace ourselves for what follows... an avalanche of *Seedais*, *Kozhukattais*, and nine nights of *Sundals* & singing! You'd think we'd be done by now, but no, we get smothered with *Murukku*, *Adhirasam* and an explosion of sweets, forcing us to whip up some *Legiyam* to salvage our digestive systems! Then we literally put a cherry on top of some cake and wash it down with carols! Then we do it all over again!

Growing up, we ate our way through festival after festival, blissfully ignorant of behind-the-scenes. When I crossed over to the other side, I realized all these celebrations have two doors. One for the children and men. (I know, not all men, but still...) And one for the women. The first door opens to platters of delicacies and dabbas of goodies.

The second door shows you what goes into putting it together - scorch burns, swollen feet, oil spattering, and the kitchen sink that looks like a traffic accident.

Why does every other part of the house gets cleaned up, dressed up, and gets to party, while the kitchen looks like it was run over? How do you call it a celebration, when one corner of your house and one member of your family suffers in silence?

Thankfully, I don't dread celebrations anymore. Me and a few hundred women. We churn out dish after dish, plate up not one but an assortment of sweets, offer a *thali* after a hard day's work... and have nothing but a little magic pot in our sink to show for it. Sometimes, we just get bored and make Mysore Pak on a Tuesday afternoon... because we can. (Also, because Mysore Pak hasn't been claimed by a festival yet!)

A true celebration is when everyone in our home can sit together, share a hearty meal and heartier laughs. It embraces everyone's contribution and happiness. No one can be left behind to silently slave in the kitchen.

OPOS ensures that. It enables men and women to cut down time, clutter, and costs. It makes festivals and special occasions, a day to put your feet up and chill. Also, it empowers some kids to fix themselves up with *Kaju Apples*, while their parents take a nap!

With OPOS, we don't just celebrate 'Days'. We celebrate every day. Wishing you a happy and restful festival month ahead!

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! We have picked 2 Navratri specials for this month's celebrity chef rewrites.

SANJEEV KAPOOR'S SABUDANA BHEL

App Recipe ID# 8248 - Picture of Yeshaswini Ravikumar's OPOS Sabudana Bhel

Prep: Soak 1/2C sago pearls for 1 hour or till it doubles in size and turns soft. Drain. Mix in 2 tsp oil.

In a 2L Magic Pot, layer as below:

Layer 1: 1/4C water

Layer 2: 1.5C (200gms) chopped potatoes, 1 chopped green chilli

Layer 3: Place an inner vessel over the trivet with soaked and drained sago pearls, 1/2 tsp each (salt, chilli powder, amchur powder, chaat masala)



Cook on high for 2 whistles or 5 minutes. Release pressure. Remove the inner vessel and fluff up the sago. Mix all with 1/4 cup each (roasted peanuts, chana jor garam, aloo sticks, chopped raw mango), 2 tbsp tamarind chutney, 1 tbsp chopped cilantro, 1/8 tsp black salt. Serve.

Replace/ Supplement: Water with oil or a combination of both. Amchur powder with lime juice. Chana jor/ aloo sticks with your favourite namkeen. Potato with sweet potato. Can optionally add pomegranate pearls, chopped onions and green chutney.

VENKATESH BHAT'S PANEER KURKURE

App Recipe ID# 8238 - Picture of Chindamani Nachiappan's OPOS Paneer Kurkure

Marinate 200g paneer sticks with 1tbsp each (besan, corn flour, rice flour, water), 2 tsp lemon juice, 1 tsp each (chilli powder, OPOS GG paste), 1/2 tsp each (salt, garam masala, red chilli sauce, green chilli sauce), 1/4 tsp turmeric powder. Mix well. Coat with crushed cornflakes.

In a 2L Magic Pot, layer as below:

Layer 1: 1C oil

Layer 2: Marinated paneer in a single layer

Cook on high for 6 mins. Release pressure. Drain excess oil and serve.



Replace/ Supplement: Paneer with tofu. Crushed cornflakes with bread crumbs. Chilli powder with your favourite spice mix. Green chilli sauce/ red chilli sauce with your favourite sauces.

Note: Cold Pressure Frying (CPF) is an advanced OPOS Technique. DO NOT try till you master basic OPOS Techniques. This CPF recipe should be done using the OPOS Magic Pot on an induction stove only.

Validation by little Opos fans



Angadh Paranjpe at 6 months, is gorging away on pressure baked broccoli



Sai Pranav at 2.5 years old, is seen enjoying baked Zucchini



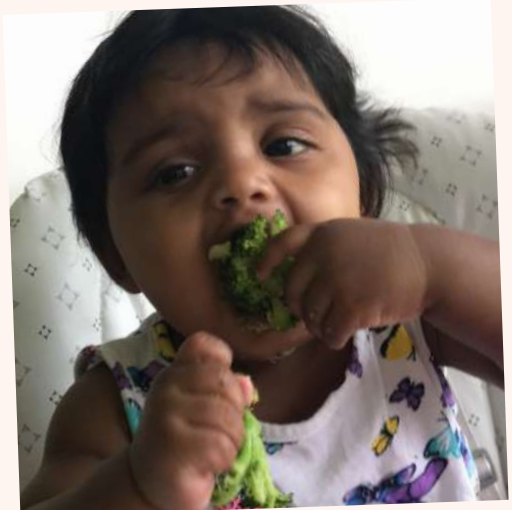
Maanini Madhukumaar at 20 months. She is enjoying carrot pumpkin soup.



7 year old Sniktha Sriram is all smiles with her OPOS Lollipop made using the sugar syrup hack



Sophie Silvan at 1 year old, enjoying Butter Chicken Drumstick



Keya Keshav Kumar at 8 months, enjoying pressure baked broccoli.

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: Menstruating women should not enter the kitchen.

Anti Gyaan: If only men would step in to cook for them.

Barring menstruating women from the kitchen and other set of rules like Madi/ Aacharam / Echil / Pathu were all a matter of life and death, in an earlier age, to ensure food safety and hygiene. They are still religiously followed in many households.

Adherence to these rules was crucial in an age where infant mortality was 50%, life expectancy was 23 years and diseases like cholera took a huge toll. Even today one in 10 people fall sick by consuming contaminated food. WHO lists over 200 diseases that are caused by contaminated food.

Our ancestors understood that contaminated food and drink was a serious risk. The first cholera pandemic, for example, stemmed from contaminated rice. So they put up severe rules to ensure food safety.

They banned anyone touching cooked food. Pathu is contamination of cooked food by touch. The more easily a food is likely to spoil, the more 'pathu' it is!

They banned food being shared. Echil/ Jootha is contamination of cooked food by saliva.

Madi is ensuring cooked food is not contaminated by the touch of unwashed clothes/people who have not taken a bath.

They banned menstruating women from the kitchen. The underlying basis for this myth is also the cultural beliefs of impurity associated with menstruation. It is further believed that menstruating women are unhygienic and unclean and hence the food they prepare or handle can get contaminated. However, as long as general hygiene measures are taken into account, no scientific test has shown menstruation as the reason for spoilage of any food in making.

Bottomline:

These rules were crucial in an age where access to clean food and water was limited, food safety was not clearly understood and food preparation and storage was not advanced. In today's world, most of these rules make little sense, provided proper food safety principles, food storage rules and kitchen hygiene is followed.

#BREAK
THE
TABOO!

OPOS A-Z



K FOR KEY BUILDING BLOCKS

(snippet from Sreeja Praveen's Alphabet Train)

World cuisine can be learnt in minutes.

All cuisines are all alike.

Key Building Blocks make up **K for you,
Just learn the base of what you do.**

To whip up infinite recipes across cuisines;

Start thinking Themes & Modules, by all means!

Let's take an example:

Layer 1: 2Tbsp water,

Layer 2: 2C chopped vegetables

Layer 3: 1/4tsp each (salt, pepper)

Cook on high for 2 whistles. Release pressure. Mix all.

Let us add flavouring module as

Layer 4:

1/2tsp Garam masala or Bengali panch foran or Marathi Goda masala or Tamil Sambar powder. You can now see the recipe jumping cuisines. By adding more modules, you can convert the same recipe into a full meal / stew / soup /dessert from any cuisine. Each layer can be a simple ingredient or a complex module.

Three cereals (rice, wheat & maize), a handful of vegetables, meats, herbs, spices & half a dozen cooking techniques – that's all it takes to cook a bulk of the entire world's cuisines. Read more about Key Building Blocks [here](#).

MAKE-A-WORD CONTEST

Use the letters below to form at least 5 ingredients used in recipes featured in this issue. **Send in your responses before Oct 20th 2021.** One lucky winner gets a month's premium OPOS Chef app subscription as a prize!

Each letter can be used more than once in a word and across words too!

Eg. S-A-L-T

**AWMDO
RISCNE
PGLTUB**

And the winner is...



Congratulations Deepthi Mishra!!

You are the winner of the OPOS Digest September Word Jumble. Reach out to us on oposmagazine@gmail.com to claim your prize!!

Answers to the OPOS Word Jumble:

TYASISATL - **ATTALYSIS**

INBARIY - **BIRYANI**

TONEMNERINV - **ENVIRONMENT**

RSASLMETACS - **MASTERCLASS**

NDSRTAEAZDI - **STANDARDIZE**



BEHIND THE SCENES OF THE OPOSCHEF APP

The OPOSchef App is the largest repository of Indian cooking videos with currently 7000+ recipes, all of which are handpicked and backed by videos. Let's take a sneak peek into what goes on behind the scenes to keep the OPOSchef app in ship shape every time.

MEET THE TEAM

The OPOS Chef App is manned by Archana Harish, Roopa Raghav and Tazin Faiz. The OPOS Chef App currently has over 40,000+ subscribers. On an average 10-15 videos are uploaded by users daily. The videos are screened for duplicates & checked if they meet the OPOS standards. Every single recipe has been validated multiple times by our OPOS community and it's absolutely crucial that the recipe is followed to the T. Once they are approved, the recipes / videos are formatted as per the App guidelines and only then they are published.



TRY RECIPES

Recipes from across the globe - the OPOS way - available on the app for you to try out!



OPOSNAPS

Try out validated recipes on the app, post pics and inspire others to try it too!



POST RECIPES

Go live on the app with your recipes and spread the magic of OPOS

HOW THE APP WORKS

The App has different sections like Posts, Lesson Plan, Recipe Generator and Masterclass. It also has a separate section for Cookbot recipes.

The post section allows all users to upload photographs of the recipes they've tried and also submit new recipes. Only those recipes that meet the OPOS standards are published after careful vetting.

The Lesson Plan section is where all new users need to start their OPOS journey. There are in all 14 lessons you need to master that take you through the key OPOS techniques. Definitely complete lesson 1 & 2 before attempting any of the OPOS recipes.

The Recipe Generator section allows you to choose a star ingredient from a list of 20 and leads you to a recipe bank. For eg. Choose Beans and you will see a list of Beans recipes.

The Master Class section is where you can choose from various packages and learn to OPOS from the experts.

OPOS CHEF APP TRIVIA



Videos uploaded on the app are shot live and the recipes work the same for everyone

Paneer butter masala, aviyal, whole chicken roast and kaju katli are some of the most searched recipes



The App holds recipes from across the globe



Download the
OPOS Chef
App Now!



OPOS RECIPE TEMPLATES

Recipe Templates help us understand how any recipe can be broken down into key building blocks. Templates show us how to play around with these blocks and whip up dishes of our choice within minutes. Do try these Sundal and Kheer templates this Navratri



SUNDALS

APP RECIPE ID# 3505

Photo Credit: Visalakshi Venkataraman's Savoury Sundal

Prep: Soak 1/4C each (chana dal, mung dal) separately in water for 3 hrs and drain

In a 2L PressureBaker, Layer as below:

Layer 1: 1/4C water, 1tsp coconut oil

Layer 2: Place a separator and divide into 2 zones

Layer 3: Soaked (& drained) dal (in each zone)

Layer 4: 1/4tsp salt, 1 slit green chillies (in each zone)

Cook on high for 3 Whistles or 5 minutes. Let pressure settle. Open, mix in 1Tbsp each (bottled tadka, grated coconut, chopped coriander leaves) and serve.

Replacement / Supplement

Chana dal / mung dal with any lentils / sprouts
Green chillies with red chillies. Extend the Sundal template to numerous possibilities.

Tips

Can also add a tsp of lime juice
Can also add grated carrots / finely chopped cucumber / fruits



KHEERS

APP RECIPE ID# 1546

Photo Credit: Paruppu Payasam by Shailendra

In a 2L PressureBaker, Layer as below:

Layer 1: 1/4C water Divide the Pressure Baker into 3 zones using the separators.

Layer 2:

ZONE 1 (Carrot Kheer): 1C chopped carrot

ZONE 2 (Corn Kheer): 1C chopped baby corn

ZONE 3 (Mixed Fruits Kheer): 1C chopped mixed fruits (apple, fresh dates, papaya, banana, fig)

Cook on high for 3 Whistles or 5 minutes. Release pressure. Open. Remove zone 1, blend with 1C milk, 1/4C sugar, 2Tbsp Dulce de leche, 1Tbsp each (poha, ghee). Mix in 1Tbsp chopped cashews & serve as **Carrot Kheer**. Remove zone 2, blend with 1C milk, 1/4C sugar, 2Tbsp dulce de leche, 1Tbsp ghee. Mix in 1Tbsp chopped cashews & serve as **Corn Kheer**. Remove zone 3, blend with 1C milk, 1/4C sugar, 2Tbsp dulce de leche, 1Tbsp ghee. Mix in 1Tbsp chopped cashews & serve as **Mixed Fruits Kheer**

Replacement / Supplement

Carrot with potato/sweet potato/bottle gourd/beetroot. Mixed fruits with your favourite non citrus fruits. Dulce de leche with condensed milk

Tips

Can vary sugar as per preference.
Can increase / decrease milk as per preference
Avoid strongly flavoured vegetables like okra, eggplant, bitter gourd, drumstick etc

READER'S CORNER

Earlier this year, we asked members on the OPOS Support Group to tell us how OPOS had transformed their lives. We've put together a few of the responses to help you understand how OPOS can help you too!

Shilpy

OPOS changed the person I was - I preferred to order outside food rather than cooking at home & now my day cannot end without OPOS. Pressure baked veggies are my 2 year olds' favourite. When I see other moms complaining that their toddlers don't eat veggies, I feel proud of OPOS & my baby.

Supreetha

OPOS is really a boon. I was introduced to it after my pregnancy and it helped a lot to manage cooking. I also got all the time I wanted to spend with my kids. It has been a helping hand and continues to be till date.

Tajudeen

Retired individual and suddenly I was responsible to look after my wife who underwent a knee surgery. She is on a paleo diet. When she needed post surgery care at home, I managed her cooking and comforts all alone. OPOS guarantees that if you follow instructions correctly, your food will also be cooked properly.

Vishva

OPOS has made the impossible possible for me! Never did I think that I will be making jam and chocolates this easily. I am no longer entirely dependent on my cook for food. OPOS has given me the freedom and the time to attempt new dishes with confidence.

Padmapriya

To me the biggest advantage has been saving time while enhancing quality! OPOS has demystified complex multi course meal plans making it possible for me to cook tasty dishes through standardized proportions and scientific techniques.

Padmini

The one shot thali template allows me to cook small quantities and multiple items at once, even when cooking for one person. I can now eat a variety of fresh food daily without worrying about leftovers. Due to an auto immune disorder, standing for long hurts my legs. OPOS doesn't need me to stand for long, and has been a saviour!

Want to 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!

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



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