

ISSUE 4 | NOVEMBER 2021

# OPOS Digest

special  
diwali  
edition







This month's cover page showcases Lavanya Arun Prasath's OPOS Rose Gulkand Coconut Ladoo. Simple looking yet intricate, this is a true representation of the variety of sweets and savouries that Indian kitchens whip up during festivities around the year.

## IN THIS ISSUE

### 03 MY TWO HOOTS

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!

### 05 CELEBRITY REWRITES

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

### 07 MYTH BUSTERS

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

### 08 THE TEAM BEHIND

Featuring the OPOS 100 team this month to balance off all the rich festive eating.

## Founder's Note

Festive times continue as we step into November! OPOS makes festive recipes a no-brainer.

Fruit/ Vegetable Kheers?

Pressure Bake & blend with milk.

Fruit/ Vegetable based halwas?

Pressurebake with sugar.

Sundal varieties?

Pressure Bake legumes & mix in tadka.

Variety rice?

Pressure bake spiced fruits/ vegetables/ herbs. Mix in cooked rice, tadka.

Burfis, Katlis, Chikkis, Pedas?

Just 5 minutes away with the Sugar syrup hack.

Savouries/ Deep fried desserts?

Minutes away with Cold Pressure Frying.

What surprises people is the sheer quantity OPOS churns out in minutes. 2Kg kheers, 1Kg halwas & Sundals. Variety rice to serve 10-20. 1Kg burfis, katlis & pedas at one shot.

Though cooking these yourselves is healthier than buying them, please ensure responsible consumption. Knowing what you eat and eating in moderation is the key.

Make a beginning this auspicious season! Cook free! Take care!

# The Invention of Cold Pressure Frying

...oil is now your friend

Diwali is around the corner. It goes without saying that *diyas*, sweets and deep fried savouries are an integral part of the celebration. In more ways than one, with all the diyas, customary oil bath and fried food, Diwali is also a celebration of oil.

Most people think that consuming oil & fried foods is unhealthy and leads to weight issues. So does that mean we need to eliminate oily and fried goodies completely from our diet? The answer is no. Fried food is not a healthy option but it's also not an evil poison. What's wrong is how we treat oil while frying any food.

Deep frying happens at around 170°C - 200°C. The higher the temperature, the greater the problems. Free radicals start forming at higher temperatures, acrylamide & PAH (Poly-cyclic Aromatic Hydrocarbons), suspected carcinogens, start forming at above 150°C. Scary right? What's more scary is how much of this unsuitable oil gets absorbed by our food. Oil absorption in fried foods is directly proportional to the moisture lost from food.

Let's take a look at the humble potato. They are 80% water. When potato slices are dropped into hot oil, this water becomes steam. The pathways between cells once filled with water are now pressurized with steam. As long as the heating continues, steam keeps getting built up and escapes. The density drops and they start to float. When they are taken out and left to cool, the steam pressure drops. The pathways once filled with water and later with steam open up and suck oil in. More oil is absorbed during this cooling period than during frying. High heat is the culprit for high oil absorption.

So we tried frying food at lower temperatures than traditional frying methods. Low temperature frying reduces carcinogenic risks, oil smoke and oil breakdown. We combined two low temperature frying methods - vacuum frying and cold frying. We devised a third method combining the two called Cold Pressure Frying (CPF). In layman terms, CPF translates to immersing food in cold oil & heating both together under pressure.

When we fried potato cubes using CPF, we saw a reduced oil absorption. It created a crunchy shell and a buttery soft interior not possible with traditional deep frying. And lo and behold, it absorbed 30% to 50% less oil than deep frying.

If you're wondering how much less oil then this is the recipe we used. In a Magic Pot we added 1 cup oil or 200gms of oil and added 250gms of potato cubes to this. We closed the lid shut, fixed the whistle and fired away on high for 8 minutes. Switched off the stove after 8 minutes and released pressure, opened the Magic Pot and Voila! The potatoes were perfectly fried with all the pieces being evenly fried with a crispy exterior and buttery soft interior. On draining the excess oil back to the same measuring cup, it was seen only 1 tablespoon of oil was absorbed. And just like that, fried food just got less sinful. Impressive right?

Watch the [magic of CPF](#) unfold here.

P.S. Replace potatoes with yam, raw banana, sweet potato or any starchy vegetable.

**DO NOT attempt CPF unless you are an OPOStar. Use only standard OPOS equipment for the CPF Technique.**





# 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 & CHILDREN!**  
.....

True randomness is a myth. Where there is chaos, there is always an underlying pattern. This is my mothering mantra these days when I walk into my girls' room to clean up! I used to think it was all a 'mess', but in that maelstrom of blocks, Legos, paintbrushes, and Barbie dolls, I've started to see motifs, a system... just not the one I set up. Why store markers in a supply closet, when they can just lay on the floor next to the whiteboard?! Accessibility, anyone?

Children like structure. They appreciate logic and explanations. They prefer simple instructions over lectures. They love routines if we establish one. And of course, they love to play. Every product and amenity designed for children try to incorporate these elements: Board games. PlayStation/X-Box. DIY kits. Coding lessons...

There is one more place, where ALL of the above come together. You-Know-Where. Kids who go there, take to it like fish at sea. We know them... those Bokkali Monsters... Kaju Apple Geniuses... Paneer Prodigies... Pasta Beasts! Every Baby OPOStar is a reassurance that OPOS is the future of food. That it is indeed the next, natural step in the culinary evolution. The shiny Sapiens to the Neanderthalensis of traditional cooking!

Most adults consider cooking, a task. Kids see it for what it truly is. A game. In traditional cooking, the rules are vague. The playing field is not leveled and playing conditions are unpredictable, even dangerous at times. The 'coaches' don't teach you strategies. They expect you to learn them from intuition. Worst of all, they use a measuring system that adopts body parts as units of measurement: 2-finger pinch, eyeballing, nosediving into the pan to check if the raw smell is gone...

OPOS reverses every single anomaly listed above. It detoxes the cooking process, purges it of all inconsistencies and presents to you, a perfect game. Its rules are set in stone. The conditions are standardized. The danger is eliminated. Making it safe and ideal for kids. The Magic Pot becomes their baseplate. The ingredients become their Lego blocks. And they start layering...building step by step...only to realize, that is all there is to cooking.

But why teach children to cook? We have come to realize that cooking is not a gender-specific chore. It's a life skill. Teaching a child to cook, to take responsibility of her/his own nutrition is an important lesson they'll appreciate their whole life... even more so than those extra-curricular classes they rush into after school. They're going to need a snack anyway. Let them take a break and play with the pot. They might even leave something behind for us. Something to clear up some of the chaos in our lives.



# 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:** Good cooks eyeball stuff. Measuring is for amateurs.

**Anti Gyaan:** Exactly. We need to tell this to bakers/ tailors/ doctors & scientists too.

**Fact:** Many of us believe that the hallmark of great cooks is not measuring anything. Not following rules. To eyeball stuff and not cook with recipes.

Not true.

Great cooks have repeated the recipes so many times that they have internalized measurements. They have internalized rules. They have internalized recipes. They use their hands and eyes to measure and weigh unconsciously. Even great cooks falter when the measurements are changed. When they need to scale up or down. So they follow rules of the thumb for scaling up.

Padikku Pudi' is one thumb rule marriage cooks follow (Padi - is a commonly used measure in Tamilnadu. The 'Padikku Pudi' thumb rule states a fistful of salt is sufficient for a padi of rice). All cooks have internalized a similar set of rules governing colours, textures, flavours etc.

'Great cooks have internalized discipline. If you want to emulate them, start by following recipes till you internalize them! "I do not like following recipes- I do my own thing" can be said by both great cooks, lazy amateurs or those who don't want to share their recipes!

Sugar Syrup Hack and Cold Pressure Frying are some of the OPOS techniques that you can use during Diwali and surprise your family and guests! Make sure you measure all ingredients and follow standardized recipes.

## **Bottom Line:**

If you want to be absolutely certain of the result, measure, weigh everything. For everyday cooking, use the measuring cups, spoons, weighing scale till you internalize OPOS. They are like training wheels. Use them till you learn. They are not needed once you gain expertise.



# OPOS Diwali Specials

.....



## Mysorepak

App ID: 6805 | Author: Tazin Faiz

### Steps:

In a 2L magic pot, layer as below:

1. 200g sugar, 60ml water, 1Tbsp ghee
2. Cook on high for 3 Whistles or 3 minutes
3. Release pressure. Open, mix in 100g roasted gram flour, 3Tbsp ghee & mix quickly without any lumps
4. Pour in a greased plate & cut into desired shapes

### Replace/ Supplement:

Gram flour with your favourite nut flours

### Tips:

1. Always use measuring scale for sugar syrup hack
2. Vary cooking time to vary consistency
3. Always weigh solids. Cup measures can be tricky
4. Can add cardamom powder or any sweet spices for flavour



## CPF Gujiya

App ID: 8921 | Author: Shweta

**Stuffing Prep** - Mix 1/2C desiccated coconut, 3Tbsp powdered sugar, 2Tbsp chopped cashews, 1Tbsp each chopped (almonds, raisins), 1/8tsp cardamom powder

**Gujiya Dough** - Mix 3/4C refined flour, 1.5Tbsp ghee. Rub flour with ghee so that the flour becomes crumbly. Mix 1/4C water and keep aside for 15 minutes. Knead into a dough.

**Shaping Gujiya:** Roll the dough and pinch out circles. Place the stuffing. Using Gujiya mould, shape into gujias or take a circle, keep the stuffing on one side and cover with the other side by bringing edges together to seal well.

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

1. 2C oil
2. Prepared gujias
3. Cook on high for 5.30 minutes
4. Release pressure. Open, flip and let sit in the oil for a minute (DO NOT SWITCH ON THE STOVE). Drain oil & serve.

**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.







## OPOS Halwa Template

A *halwa* is nothing but a sweet pickle where sugar syrup is a binder that loosely holds food together. In the OPOS way, grated carrots (or any other fruit/ veggie) are layered over a thin layer of water. Sugar is layered over carrots. In the first couple of whistles, carrots get pressure baked. Due to osmosis, water moves out of the carrots and the melting sugar moves in. Sugar is a cooking inhibitor preventing overcooking and ensuring retention of texture. The absence of stirring minimizes any damage to the carrots. This guarantees you get a well cooked halwa which still retains its texture, colour and does not become mushy.

The halwa spread on this page - (clockwise from top left) Aate ka Halwa, Beetroot Halwa, Badam Halwa and Carrot Halwa - gives us a glimpse of the endless halwa possibilities OPOS promises.

PS: Pictures shared by members on the OPOS Support Group





# Celebrity Chef Rewrites

## Maa Ladoo

App Recipe Id : 9279 by Supreetha Rangaraj | Original Recipe: Krishna's Cuisine

### Recipe Steps:

1. Blend 1.5C roasted gram, 1/2C + 2Tbsp grated jaggery, 3/4C melted ghee, 1/2tsp cardamom powder to a smooth dough

2. Shape into ladoos.

### Replace/Supplement:

1. Cardamom powder with 2 whole cardamom pods
2. Grated jaggery with jaggery powder

### Tips:

1. Partially melted ghee gives better end results
2. Can adjust the quantity of jaggery as per preference



## CPF Instant Potato Chakli

Recipe ID# 10127 by Chitra | Original Recipe: Hebbar's Kitchen

### Prep:

1. Grind 1/2C instant potato flakes into a fine powder
2. Chakli: Mix 40g rice flour, 14g besan, 12g instant potato flakes powder, 5g butter, 1/8tsp each (turmeric, chilli powder, cumin, salt). Mix well to form a crumbly dough. Mix in 4tbsp water gradually and knead to a soft dough. Grease chakli maker with oil & stuff the dough

### Recipe:

In a 2L Magic pot, layer as below:

1. 300g oil
2. extrude chaklis from chakli maker directly into the oil
3. Cook on CPF high for 5.30 seconds
4. Release pressure. Open, drain oil & serve

### Replace/Supplement:

1. Besan with maida
2. Cumin with ajwain

**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.

### Tips:

1. Add room temperature batter
2. Quantity of water may slightly vary with brands. add water gradually to get soft, smooth dough.
3. Grease chakli dough with oil to prevent drying
4. can adjust spice as per your preference





# Reader's Corner

WE ARE HAPPY TO SHARE A SNEAK PEEK INTO THE FESTIVE KITCHENS OF OUR READERS. THANK YOU ALL FOR YOUR OVERWHELMING RESPONSE!



Srividhya Narayanasamy shared this beautiful Navaratri collage with us - the traditional doll display along with an elaborate spread of OPOS sweets and sundals



Ramya Nandakumar added sparkle to her Dasara celebrations with some OPOS Rasmalai and Karamani Sundal



# Must Try Recipes

REMEMBER TO TAKE THE MUCH NEEDED BREAK AMIDST ALL YOUR DIWALI PREP! TRY OUT SOME OF OUR POPULAR COMFORT FOOD RECIPES FROM THE HUMBLE MASALA CHAI TO EVERYONE'S FAVOURITE PAV BHAJI! SIMPLIFY COOKING THIS DIWALI!



## Masala Chai

App ID: 8729 by Rohini Ganesh

### Steps:

In a 2L magic pot, layer as below:

1. Add 1/2C water, crushed spices (2" cinnamon stick, 2 cardamom, 4 cloves, 1/4tsp fennel seeds, 6-7 black pepper), 2Tbsp each (tea leaves, sugar)

2. Cook on high for 2 Whistle or 4 minutes

3. Let pressure settle. Open and filter. Serve as black tea / add hot milk and serve as masala chai

### Replace/ Supplement:

Sugar with Jaggery/palm jaggery

### Tips:

1. Can adjust sugar / avoid sugar according to your preference
2. Can add milk as Pot in Pot (closed with lid) and cook
3. Can scale up to share a few cups with family/ guests!



## Pav Bhaji

App ID: 8661 by Tripti Verma

### Steps:

In a 2L magic pot, layer as below:

1. 3Tbsp butter, 1" bit chopped ginger, 2 chopped green chilli

2. 1C chopped deseeded tomato

3. 1.5C chopped mixed vegetables (potato, carrots)

4. Place an inner vessel with 1/2C grated cauliflower, 1/4C each (green peas, grated beetroot), 2tsp pav bhaji masala, 1/2tsp each (salt, Kashmiri chilli powder, garam masala), 1/4tsp turmeric

5. Cook on high for 3 Whistles or 5 minutes

6. Release pressure. Open, mash coarsely. Mix in 1Tbsp chopped cilantro, 1tsp lemon juice & serve

### Replace/ Supplement:

1. Potato with your favourite starchy vegetables
2. Butter with oil/ghee
3. Pav bhaji masala with your favourite spice mix
4. Cauliflower/peas with paneer/ sprouts





# OPOS A to Z

## Sugar Syrup Hack

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

*Melting sugar to the perfect syrup,  
Isn't tough at all, cheer up.*

**S**, the Sugar Syrup Hack is here  
*The route to consistency is now clear!*

Indian cuisine calls for various stages of sugar syrups for various sweets. Estimating the consistency of sugar syrup demands great skill. Even a few seconds difference can alter the consistency and doom the recipe. It was only very recently that scientists found Sucrose (Table sugar) decomposes over a range of temperatures. The decomposition depends not only on the *intensity* of heat but also on the *duration* of this heat. Low and slow heating can turn sugar into caramel, just the same way as fast and furious heating. For generations, chefs in India were cooking and estimating the stages of sugar syrup like - Sticky stage, Half String, One String, Two String, Soft ball, Hard ball, Caramel etc.

A Gajar halwa is carrots held together by a very weak syrup.

A boondi laddoo is just boondi stuck with weak syrup.

A coconut burfi is grated coconut held with a medium strength syrup.

Common Chikki/ brittle is just nuts set in a strong syrup.

We believed deskilling sugar syrup held the key to many families of Indian sweets.

After all, sugar syrup is just a glue to stick ingredients together. This glue is made in differing strengths for different desserts. Be aware that standardized equipment and following standardized recipe's to T is the crucial part. Mysorepak, family of pedas, burfi's and katlis, are very easy to whip up with this technique.

Which of these are you going to try this Diwali? Do send in your pics to [oposmagazine@gmail.com](mailto:oposmagazine@gmail.com)



# Diwali Word Search



Dive into the letter grid to find 5 Diwali special delicacies featured in this issue. [Click here to send in your responses](#) before Nov 20th 2021. One lucky winner gets a month's premium OPOS Chef App subscription as a prize!

M	E	P	H	I	A	P	K	B	K	F	K	A	K
S	A	T	P	K	B	U	R	F	I	B	A	A	I
J	R	W	D	E	Y	O	A	R	E	I	A	K	K
S	M	M	A	A	L	A	D	O	O	D	A	K	E
K	F	E	P	A	A	S	A	R	E	A	K	B	I
H	U	K	H	W	I	G	J	P	R	U	K	O	U
A	H	I	W	K	M	C	H	I	K	K	I	I	J
A	G	A	K	A	J	U	A	P	P	L	E	L	U
A	P	E	I	T	R	E	E	H	K	K	K	T	G
C	U	E	E	M	E	H	A	R	F	E	M	A	U
E	P	H	J	H	A	L	W	A	M	U	Y	K	J
S	D	I	A	A	L	U	G	J	A	R	R	E	I
K	A	P	E	R	O	S	Y	M	I	A	U	T	Y
A	I	I	L	W	O	H	L	A	Y	J	H	A	A

## 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 Ashwitha Anirudh!!

You are the winner of the October OPOS Digest Make-A-Word Contest.

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





THE OPOS100 VENTURE IS AN INITIATIVE THAT HELPS PEOPLE GET HEALTHY BY FOLLOWING CLEAN EATING HABITS, GOING LOW-CARB AND AVOIDING INFLAMMATORY AND PROCESSED FOODS. HAPPY BY-PRODUCTS OF THIS APPROACH IS WEIGHT LOSS AND REVERSAL OF LIFESTYLE DISEASES LIKE DIABETES T2, PCOS ETC. WE CAUGHT UP WITH THE OPOS100 TEAMS FOUNDING MEMBERS MICHELLE, RUKMANI AND RAMA KRISHNAN OR RK SIR AS HE IS FONDLY KNOWN IN THE OPOS GROUP AND THE INTERVIEW FOLLOWS.

**So how did you guys get together to start OPOS100 and what was your motivation behind it?**

**RK:** I spent some time working with the Tamil Paleo group and the discussions initiated there eventually morphed into OPOS100. Pairing Michelle and Rukmani to start OPOS100 was a no-brainer. Both of them have had amazing transformations with the low carb and paleo diet. Michelle even lost 40kgs while eating healthy. With OPOS100, we wanted to do to health and wellness what OPOS did to food. Basically, change the way we eat and view food.

**What kind of roadblocks did you encounter in the initial months of starting OPOS100?**

**Michelle:** We had several teething issues right from team building to ironing out processes with respect to food logs and

protocols for the program. Our second pain point was to deal with the skepticism that we faced because both Rukmani and I are not nutritionists by qualification. But we did not waste time convincing folks. We let our work talk.

**What motivates you to keep going?**

**Rukmani:** The biggest motivator is seeing the medical reports at the end of the program and the transformation of the participants. It is truly amazing what the right food can do to one's health in a mere 100 days. A lot of doctors would prefer to have patients on meds rather than introduce them to healthy eating. Childhood obesity is another key motivator for us. We want to inculcate healthy eating amongst kids.

**Who would you say is your ideal target audience?**

**Michelle:** Our ideal target audience is the age cohort of 25-35 years. As these are the crucial years with regard to fertility and the rise of preventable lifestyle diseases. We've seen based on our data that the majority of diabetic participants are from this age cohort. The rise of obesity also seems to affect the fertility of men and women who lead a sedentary lifestyle.

**Where do you see OPOS100 three years from now?**

**Michelle:** Our hope and vision is to normalize the low-carb way of eating and take OPOS100 to the masses. What society considers "balanced" normal meals should eventually be considered "abnormal". Three years from now, we hope that the brand OPOS100 becomes a household name across the world. We want to normalise eating zero-processed no-grain food.

**Rukmani:** We predict an exponential growth in both the number of participants who join our programs and our own team. Our OPOS100 Eats program will, in all probability, change the food & restaurant scene including the very idea about what constitutes healthy food.

### **What's in store for OPOS100 customers & followers in the upcoming year?**

**RK:** OPOS100 Eats is very exciting. We are basically telling customers they just need to eat fresh food sent by us once a day and transformation is guaranteed. This is a powerful appeal, if we manage to get the pricing and logistics right.

**Michelle:** For the next year and two, our focus will be on scaling up and diversifying our product portfolio under the Low-Carb umbrella. This would be setting up OPOS100 cloud kitchens across the world, taking our transformation programs to the Corporate sector and educating folks about this way of life.

**Rukmani:** We have a plethora of new ideas. One is to have smaller batches with coaches, so participants get more individual attention. We also want to expand

OPOS100 Eats to many cities so OPOSTars who lead the project will have the opportunity to earn from the comfort of their homes.

### **How to stay updated with everything about OPOS100?**

**Michelle:** Following us on social media and being part of our facebook community OPOS100 Circle is one way. The other is to be a member of our website [www.opos100.com](http://www.opos100.com) and subscribe or receive our monthly newsletter. The newsletter helps you stay abreast with our recent launches, programs and services along with the latest news, blog posts and articles we've published.

**Rukmani:** Join our FB group - OPOS100 Circle. Follow our FB/Insta pages - OPOS100.

### **How do you plan to expand this to other countries?**

**Rukmani:** We're already global. Our transformation programs can be done from wherever you are as it is all online. We are currently working on a structure for OPOS100 Eats so OPOSTars in other countries can join our team and learn to set up their own commercial kitchens.

### **How has the response been for the various programs?**

**Rukmani:** We cannot be happier! Our transform program is geared towards a custom solution and the Initiate and Initiate Pro programs are generic alternatives for participants who are unable to get their medical tests done or if they would like to test the waters first before taking the plunge. The newly introduced Luxury program is also well received - no surprise there, it is OPOS food after all! In just one year+ of inception, we have transformed 900+ lives through our Transform, Initiate and Initiate Pro programs. We believe that transforming one person in a family will extend to the rest of the family, friends & community.

### **Any message you want to share with the OPOS100 followers?**

**RK:** Our body can take up an incredible amount of abuse and still keep functioning. But you pay the price eventually. Fortunately, our bodies can also heal themselves very fast. Treat food as a medicine and regain your health. All it takes is 100 days!



# HOW MUCH LI'L ONES LOVE OPOS



Laya  
Sulochana  
6 years old  
is gorging on  
OPOS peda



Smaran Sindhu  
3.5 years is enjoying  
OPOS Lollypop



Vihaana  
3 years old, slurping  
away on some vermicelli  
upma



Divit C  
4 years old enjoying  
Gajar Halwa on his  
birthday



Shrikavin  
Kanmani  
Ramprasath  
chomping away  
on OPOS  
Drumstick at 2  
years 11  
months

# 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**



Also, for latest updates, follow

**OPOS Chef** on social media:



## Magazine Team

Harini Seshadri  
Krithika Selvakumar  
Misha Negi  
Priya Vivek

## Design

Niranjana Selvasundar