

OPOS Cookbook

Tomato Free Cookbook

OPOS Cookbook Team



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Dedication

To all those striving to make cooking greener, cleaner, healthier, tastier, easier and faster.
To OPOStars powering this movement.

To you, the impatient reader, who wants to skip all blah-blah and jump right into recipes.

https://www.youtube.com/playlist?list=PL1A5ukabJeD51EqKUHcx_ljo_qWOwqhEG

Section 1 - Introduction

It happens only in India!

Tomatoes are now almost as expensive as chicken. Onion-Tomato prices become national headlines. There is a huge hue and cry. The finance minister is questioned. Many state Governments classify them as 'essentials' and start selling them in ration shops.

When did onion-tomato become 'essential'? Why does almost every Indian recipe start with sauteing onion and tomato? Why do we behave as if we cannot cook without onion-tomato masala?

This slippery slope of masala based cooking started with the popularity of resto-style/ Dhaba style cooking. Vir Sanghvi writes "chefs of the Fifties and Sixties did for Indian restaurants what the likes of Escoffier did for French cuisine. They created dishes, they invented sauces that became kitchen standards (the Makhani sauce, for instance) and they established the basic north Indian menu which remained largely unchanged for the rest of the 20th century. The onion-tomato masala in its numerous avatars formed the backbone of most resto-style sauces/ curry bases. Its chief advantage was that this masala can always make food edible, even if the main ingredient has been grossly overcooked. You don't need to learn cooking anymore. You just need to learn this masala. You don't need to bother about retaining colours, textures or flavours. This masala will bury all your mistakes.

In OPOS, we believe the highlight of any dish should be perfectly cooked main ingredients, with masalas playing a side note. Numerous Indian themes do not rely on onion-tomato masala. This book records such recipes and showcases many templates which can help you to move away from masala based cooking.

- Ramakrishnan

FROM THE PROJECT COORDINATOR'S DESK

This book is a product of necessity. As the price of tomatoes skyrocketed in India, touching Rs.160/kg, we were getting requests for tomato free recipes. #tomatofree became a trending hashtag on social media. The same story happened with onions a year or so back.

Cooking without onion/tomato is unimaginable for many people. The onion-tomato masala forms the backbone of most curries.

OPOS has been advocating gloop-free cooking for a long time now. We emphasize highlighting the natural taste of perfectly cooked ingredients without smothering them in masala. So it was not difficult to compile 100 tomato free recipes. The bigger problem faced was which recipes to leave out!

We need to thank OPOStars for having a ready repository of videos in the OPOSChef app for us to come out with a book at a short notice if the situation demands. What you see is not just tasty recipes backed up with real time videos but core templates which have been fine tuned to be fail proof by several trials done in OPOS School.

OPOS School and OPOS have evolved dramatically in the past five years. OPOS has moved away from being recipe centric to template based. We are no longer tied by any cuisine specific or arbitrary rules. We have very clear and foolproof templates, which we guarantee any newbie can cook with standard equipment.

We take the very best in School after they undergo rigorous training in Crash Course. Once in School, they have to keep themselves updated by doing regular rewrites and videos. The books which we are able to churn out effortlessly are a product of this rigor in the School.

Most recipes in this book are based on our core template of pressurebaking. We have showcased how basic lesson 2 converts itself to soups, raitas, dry curries, gravies, and even kebabs. Lesson 2 can indeed feed a person for life.

We are giving this book free to do our bit for those already struggling with the high cost of tomatoes, gas, water, and virtually everything. Hope you find it useful.

Do let us know your frank feedback on these recipes. It helps us to serve you better.

- Alpana

Abbreviations and Acronyms

tsp	Teaspoon
Tbsp	Tablespoon
C	Cup (Standard 1C = 240 ml)
g	Gram
mins	Minutes
Wh	Whistles
PIP	Pot-in-Pot: An OPOS technique where ingredients are placed in a small vessel and kept inside the PressureBaker

Book Structure

Introduction to OPOS

OPOS (One Pot One Shot) is a minimalist cooking technique using One Pot (a small pressure cooker) and One Shot (one single cooking step), to empower anyone to cook. OPOS relies on Standardised equipment & Standardised recipes instead of manual skill or experience. All OPOS recipes can be cooked perfectly by anyone with standardised equipment.

OPOS is all about techniques. Once you master them, you can cook almost anything you like, from any cuisine across the world. OPOS demystifies and deskills cooking the basic building blocks of food - Vegetables, meats, poultry, seafood, starches and dals. Once you master cooking these, you can then add your own flavouring, additives and cook them up into whatever you like, across cuisines.

You need not worry about recipes or cuisines anymore. You transcend them. OPOS standardises everything - the cooking pot, the heat source, the quantity of ingredients, the order in which they go into the pot, the time in which they get cooked, and the cooking conditions. This standardisation empowers anyone to cook anything perfectly, at the very first try.

The key point to remember is that OPOS shifts the goal of cooking from 'creating taste' to ensuring all ingredients are cooked right. No one knows how to 'create taste'. But we know how to consistently cook ingredients perfectly with OPOS. These perfectly cooked ingredients are the foundation of all cuisines. They are then paired with region specific flavourings and additives to create a vast range of recipes across cuisines. That's all it takes to create great taste, consistently, without sweat or worry!

Here are a few pointers:

1. The focus here is to maximise the inherent taste of food by not overcooking or undercooking.
2. The exact quantity of spices/ salt/ masala needed for each recipe is not universal, but highly personal. They do not create 'taste'. At best, they only play a supporting role.
3. Some of these ingredients might not be easily available. In most cases, it does not matter. You can substitute them with the closest matches.
5. Follow the recipes without any change. Scale up or down after you have cooked the recipe successfully.
6. Use the right tool for the job. Prefer a Neo/ a 2L pressure baker for vegetables, chicken, seafood, small cuts of red meats, CPF, Sugar Syrup. Use a CookBot/ 3L Electric pressure cooker for biryani, rice/ dal/porridge/ channa/ rajma & big cuts of tough meats.

7. Keep the big picture in mind. Don't get lost in details. Trust your equipment. Trust the techniques. Trust OPOS.

10. Have fun. Cook Free! OPOS makes it a lot simpler than you think. Try these recipes out fearlessly. If you are stuck or face trouble you can always email oposmods@gmail.com or post in OPOS support group on Facebook with full details and ask for help.

- Ramakrishnan

Section 2 - Core Lessons

This section presents the most important lessons one needs to complete before attempting any OPOS recipe.

Section 3 - Recipes

This section contains 100 recipes.

To handhold you further, we now have live videos for all recipes on the OPOSChef App (Premium Version - [Android](#) and [iOS](#)), which is just a click away.

How to access videos on the OPOSChef App?

1. Download & open the OPOSChef App on your mobile
2. Into the search box, enter the App Video ID#, found below the recipe name

Section 4 - Conclusion

Other resources to access more information on OPOS.

Standardisation- The Key to OPOS Magic

Use of standard equipment and standardised recipes is the secret behind the magic of OPOS. This is how cooking has been condensed into two lessons you can learn in 10 minutes. Standardisation guarantees uniform cooking conditions. This means all OPOS recipes will work the same way for anyone, anywhere, anytime.

This was never the case in cooking. Let's say the goal is to recreate what your mom cooks. It is impossible unless we mimic everything. We need to use the same kadai/wok, same heat source, same ingredients, add them in the same order, stir & cook at the same time, for the same duration, and stop when she does. This has been the approach to many attempts at automating cooking – by mimicking human actions.

In theory, this would work, but it is very hard to achieve in practice. It gets even more complicated when you both are in different places because atmospheric pressure and ambient temperature also come into play. The only way to ensure you can replicate your mom's cooking exactly is to ensure that all these variables are eliminated and you both have exactly the same cooking conditions.

That's what we do in lesson 1. We standardise cooking conditions with the right equipment - a small pressure cooker. What happens in my pot has to happen in yours, irrespective of where you are on Earth.

Now, we need to mimic not your mom, but those who make food come alive, without smothering it with masalas. These are the masters of Stir frying, Tandoori cooking and Grilling. They have perfected the art of maximising the inherent goodness of food without drowning it in sauce/ spices. They all do it by cooking food over high heat, for a short time, in its own juices. These techniques maximise colour, flavour, taste, texture and nutritive value.

We replicate their technique in Lesson 2. This is why we cook food at a very high heat, for a very short time, in its own juices. To simulate Stir frying, Tandoori cooking and Grilling. We standardise all recipes based on this technique that we call Pressure Baking (more on it in the next section).

With a pleasant surprise, we realised these two key breakthroughs are all you need to cook great food, across cuisines. Over time, other refinements were added to this technique, based on the cuisine. They are listed at the end of this book.

You can skip those completely as these two lessons are enough to feed you great food for life.

Most of the recipes have been rewritten using one simple technique that holds the key to unlocking a vast range of recipes across cuisines - Pressure Baking, as taught in Lesson 2.

Pressure Baking is the OPOS technique of cooking food under pressure, in its own juices, at high heat for a short time. This technique brings food to life – maximising inherent colours, textures, flavours and taste. Maillard reactions (browning), not possible in regular pressure cooking, can be easily achieved through pressure baking. Pressure Baking is very similar to stir frying and is the complete opposite of Pressure Cooking. The key difference is that we use pressure not to cook faster, but to standardise cooking conditions. We use pressure to minimise differences caused by atmospheric pressure, ambient temperature and thus guarantee very similar cooking conditions.

Pressure Baking reduces the cooking time of almost everything to around 5 minutes. It uses one cooking pot and one cooking step. It makes cooking cleaner, greener, healthier, tastier, faster and consistent. It is one of the core techniques of OPOS (One Pot, One Shot) cooking. This technique was first proposed in the bestseller '5 minute Magic', the first OPOS cookbook.

Every single vegetable, meat and seafood can be pressure baked to cook them perfectly. These perfectly cooked ingredients are paired with cuisine specific seasonings, additives, spice pastes/ sauces to cook recipes across cuisines - from starters to desserts.

OPOS does not assume any prior knowledge of cooking. Anyone can cook any of these recipes perfectly, the very first time, even if they have no idea as to what they should look like or taste like. That's the OPOS promise.

1. OPOS (One Pot, One Shot) is a cleaner, greener, healthier, tastier and faster way to cook just about anything.
2. OPOS works for anyone, anywhere, anytime.

Too good to be true? Wait - there are two catches.

Catch 1: OPOS works only with standardised equipment.

Deskilling comes at a price. For these recipes to work, we need standardised equipment. Traditional cooking is like teaching you to draw a freehand circle. OPOS gives you a compass. The 'compass' here is OPOS cookware (A manual pressure baker called the **Neo** & an Electric version, called the **CookBot**, both available at www.oposkit.com). You can also use other standardised stovetop 2L/ 3L pressure cookers or 3L electric pressure cookers like the Instant Pot, for basic recipes.

A pressure cooker is mandatory for OPOS as it is the only piece of cookware which guarantees similar cooking conditions inside our pots, irrespective of where we are. It almost evens out variations in cooking conditions caused by altitude and ambient temperature. Once standardised, what happens in my pot has to happen in yours. Our results should be almost identical. The process of standardising any pressurised vessel is explained in two simple lessons, each of which takes 5 minutes.

Lesson 1 standardises the equipment.

Lesson 2 standardises the technique of Pressure Baking.

Catch 2: OPOS works only with standardised recipes.

OPOS cooking is like a lab experiment. As long as the recipe is followed, the output is guaranteed. Any change, however small, might result in uncertain results. The only source of variation is the ingredients themselves, which is usually minor and does not affect the output too much.

Let's now Start with lesson 1 & lesson 2. See <https://youtu.be/XW90sH5ZS60>

Lesson 1: Standardise your equipment

<https://youtu.be/XW90sH5ZS60>

- Goal 1: To ensure your equipment is suitable for OPOS.
- Goal 2: To ensure our cooking conditions are very similar.

Manual Pressure Cooker:

In a 2L or 3L stovetop pressure cooker add 1/4C (60ml) water. Close, fix weight and switch on the stove. Cook on 'high' so that you get a Whistle (a loud hiss of steam) between 1 and 2 minutes. Switch off.

Got a Whistle in less than 1 minute? Decrease heat.

Got a Whistle after 2 minutes? Increase heat.

(The 'hiss' of the steam exiting from a manual pressure cooker is called a 'whistle').

Electric Pressure Cooker:

In a 3L Electric pressure cooker add 1/4C (60ml) water. Close. Switch on. Cook on the highest heat so it is fully pressurised in 3-4 minutes.

This heat level is what you would use in all recipes calling for high heat.

Lesson 1 guarantees all our cooking conditions are alike. Once we both pass lesson 1, what happens in my pot has to happen in yours. If a recipe works for me, it has to work for you. If not, my recipe is not right or you have not followed it to the letter.

Lesson 1 bypasses concepts like 'Love' or 'Magic touch'. It moves cooking firmly into the realm of science. It guarantees the output will be very similar, whether cooking is done by a child or a chef.

Lesson 2: Standardise the technique of Pressure Baking.

- Goal 1: Learning the 'High Heat, Low time, No water' OPOS mantra.
- Goal 2: Learning how to cook almost all ingredients perfectly in around 5 mins.

Manual pressure cooker:

In a 2L or 3L stovetop pressure cooker, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped beans (250g) mixed with 1/2tsp salt.

Close, fix weight and switch on the stove. Cook on 'high' for 4 Whistles (around 4 minutes). Switch off the stove. Release pressure by gently lifting the weight. Open. Mix all.

Electric Pressure Cooker:

Layer 1: 1/4C water

Layer 2: 2C chopped beans (250g) mixed with 1/2tsp salt.

Close & set 0 minutes at the highest heat. Release pressure. Open. Mix all.

The 1/4C water you add is for beginners, as an insurance against burning. Most fresh vegetables/ meats can be PressureBaked in their own juices, with very little or no water using OPOS cookware.

- Excess water? Repeat by reducing/ eliminating water.
- Overcooked? Reduce the number of whistles/ cooking time.
- Undercooked? Increase number of whistles/ cooking time. Remember beans will continue to cook in retained heat.

Lesson 2 is not about cooking beans. It is a universal, cuisine-free template to cook virtually everything. It shows how 2C (250g) of almost all main ingredients (all vegetables, chicken, seafood, eggs, meats (thin cuts/ small chunks/ minced)) can be cooked perfectly by anyone in around 5 minutes. These perfectly cooked ingredients are the building blocks of all cuisines. Once you learn lesson 2, you can pair it with various spices, curry pastes & additives to unlock any cuisine. This single template can feed you good food for a lifetime. See https://youtu.be/1rZQN_KZ0k0.

This basic technique is extended by changing the buffer (oil/ water), by adding other stuff and by using an inner vessel to create an infinite range of recipes. You will see all these in action in the recipes that follow. Lesson 2 can also be scaled up to feed a crowd, with a marginal increase in cooking time. See <https://youtu.be/H-CnVblmY2E>.

To summarise, basic Lesson 2 unlocks all kinds of dry curries.

Lesson 2 + Curry paste unlocks all kinds of gravies.

Lesson 2 + Starch unlocks all kinds of meals.

Lesson 2 + Sugar unlocks a variety of sweets and so on.

With these two lessons, you are ready to take on almost all recipes in this book. A few ingredients do not fit into the lesson 2 template. They are handled using other templates listed at the end of this book.

Common problems and fixes

- Undercooked? Simmer/ stir fry for a few minutes.

- Less salt/ spice? You can easily add more salt and spices after cooking and simmer/ saute for a few minutes. The quantity given in most recipes is on the lower side.
- Raw taste of spices? Saute/ simmer briefly after cooking. Or use roasted spices/ spice powders.
- Less masala? You can convert any curry into a masala version by adding more caramelised onion-tomato mother sauce. Overcooking cannot be fixed but almost all other mistakes can be glossed over with a generous addition of this onion-tomato masala.
- Infused oils (Tadka) can be mixed into everything for texture, flavour and taste.
- Used excess salt/ spices? Dilute with stock/ water.
- Flavours not penetrated in ingredients? Use marinated ingredients. Let rest for a while after cooking. Or simmer briefly after cooking.
- Undercooking can be easily fixed. Overcooking can't be salvaged. In OPOS, we usually err on the side of undercooking (mostly for vegetables) and under-spicing so that you can finish it the way you like.

Abbreviations:

1. Pressure Baking (PB)

OPOS technique of cooking food under pressure, in its own juices, at the highest possible heat for the lowest possible time. Pressure here is used as an equaliser, to guarantee the cooking conditions in our pots are alike, irrespective of where we are. PB can be done with an oil buffer to simulate roasting/ stir frying/ shallow frying/ grilling or with a water buffer to simulate steaming/ boiling.

PB can be done both in the CookBot or Neo.

250g of all vegetables/ seafood/ chicken can be pressure baked in around 5 minutes. When scaling up, around a Kg of vegetables/ seafood/ chicken can be pressure baked in around 10 minutes. Big chunks, bone in red meats & large legumes cannot be pressure baked.

2. Cold Pressure Frying (CPF)

OPOS technique of immersing food in cold oil and heating both together, under pressure. CPF is used to simulate deep frying/ baking.

Thin slices, watery batter, watery ingredients cannot be CPFed.

CPF can be done both in the CookBot or Neo, but in most cases, a Neo is preferred.

3. Other acronyms:

- L1, L2, L3: Layer 1, Layer 2, Layer 3 and so on. Ingredients to be layered inside the pot in the order given.
- 5W/ 4 Min: Cook for 5 whistles or 4 minutes, whatever happens earlier.
- PIP: Pot In Pot. Ingredients are added in a smaller pot, which is placed inside a larger pot.
- CT: Caramelised Tomatoes.
- CO: Caramelised Onions
- GG: Ginger Garlic Paste
- LPS: Let Pressure Settle.
- RP: Release Pressure
- V1, V2, V3: Version 1, 2, 3
- BT: Bottled Tadka (Hot oil infusion/ spices fried in oil and bottled)
- Neo: OPOS manual Pressure baker.
- Cookbot: OPOS Electric Pressure Baker

You Tube Playlist of Links to Videos in this Book.

https://www.youtube.com/playlist?list=PL1A5ukabJeD51EqKUHcx_ljo_qWOwqhEG

Section 3 - Recipes

Soups/Rasams



Clockwise from top left:

[1. Veg Mohinga \(Burmese soup\)](#)

[2. MoreRasam](#)

[3. Watermelon Rasam](#)

1. Veg Mohinga (Burmese soup)

OPOSChef App Recipe ID# 14125

Description : Celebrity Chef rewrite inspired by Six flavours. Link to original recipe <https://www.youtube.com/watch?v=a9W-OD4fzI4>. A filling soup.

Author : Ayesha Fakhruddin

Category : Soups

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Soak 50g mung dal for an hour.
2. PIP bowl: soaked dal, 1/2tsp salt, 1/2tsp turmeric, 1tsp ginger garlic paste, 1/2tsp chilli powder, 1C water.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. 50g each (garlic and shallots), 1 chopped chillies, 1.5C chopped banana stem, 1/2tsp salt.
3. PIP on trivet : Soaked dal mixture.

Close and cook on high for 7 minutes. Let pressure settle. Open. Mash dhal and mix into the base, dilute with 1/2C water. Optional stir fry. Mix in crushed BT (dry red chillies, garlic), 1Tbsp lemon juice, coriander leaves. Add a tadka of chilli oil and ginger, and fried onions, crushed thattai, fried garlic, crushed fried chilli.

Replace / Supplement :

1. Fried onions with caramelized onions

Tips :

1. Serve with Atho and Egg Bhejo.

2. MoreRasam

OPOSChef App Recipe ID# 14082

Description : Celebrity chef rewrite inspired by "Rakesh Raghunathan" : Pressure bake spiced buttermilk.

Author : Ramya Ravindran

Category : Others

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Spice powder: In 1/4tsp ghee, roast 1Tbsp tuvar dal, 1/2Tbsp coriander seeds, 1 red chilly, 1/4tsp each (fenugreek seeds, peppercorns) till they turn light brown. Let cool. Blend to a fine powder.

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water.

2. In an inner vessel, add 1C beaten curd, 1.5C water, 1Tbsp spice powder, 1/2tsp salt & 1/8tsp asafoetida. Mix well.

Cook on high for 3 whistles or 3.30 minutes. Let pressure settle. Open. Whisk all and add 1Tbsp bottled tadka (mustard seeds, dry red chillies, curry leaves). Serve.

Replace / Supplement :

1. Spice powder with Favourite spice mix

Tips :

1. Can adjust salt and water quantity as per preference.

3. Watermelon Rasam

OPOSChef App Recipe ID# 14249

Description : Celebrity Chef Rewrite Inspired by " Yogambal Sundar": Lesson 2 to Fruit rasam - Fruit juice based sweet, spicy & sour lentil stock

Author : Madhumitha

Category : Soups

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Curry powder: Roast 1Tbsp coriander seeds, 1tsp each (tuvar dal, black pepper, cumin seeds), 20 curry leaves, 3 dry red chillies & blend to a coarse powder.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water.

L2: Place an inner vessel with 1.5C watermelon juice, 1tsp each (clean tamarind, salt), 1/4tsp each (turmeric powder, asafoetida, brown sugar, pepper powder, cumin powder), 10 curry leaves and mix.

Cook on high for 5 minutes (11 Whistles). Let pressure settle. Open. Mix all with 1/2C lentil stock, 1Tbsp each (curry powder, chopped coriander leaves), 1/4tsp lemon juice. Add 1tsp bottled tadka (mustard, dry red chilli) & serve.

Replace / Supplement :

1. Clean tamarind with OPOS tamarind paste.
2. Brown sugar with Jaggery / white sugar.

Tips :

1. Can adjust spices as per preference.
2. Can dilute as per the preferred consistency.

Pachadi/Raita



Clockwise from top left:

[4. Vankaya Pulusu Pachadi](#)

[5. Carrot with Ginger and Yogurt](#)

4. Vankaya Pulusu Pachadi

OPOSChef App Recipe ID# 14311

Description : Celebrity Chef Rewrite recipe inspired from 'The Andhra Cookbook' by Komala Sista Rao. Roasted eggplant sour stew.

Author : Tazin Faiz

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Recipe:

In a 2L Neo, layer as below:

1. Add 1.5Tbsp oil, 100g shallots, 200g chopped brinjal mixed with 1/2tsp salt, 1/4tsp turmeric, 2 green chillies chopped.
2. Trivet PIP: 2Tbsp tamarind pulp, 1tsp jaggery.

Cook on high for 5 Whistles or 5 minutes. Let pressure settle. Open, remove the inner vessel and trivet. Mash the base. Add the tamarind and mix all with 1Tbsp tadka.

Replace / Supplement :

1. Shallots with coarsely chopped onion.
2. Tamarind with any souring agent like raw mango, lemon.

Tips :

1. Drain excess moisture from brinjal before loading for best roasted effect.
2. Add lemon after cooking if replacing tamarind with lemon to avoid bitterness.

5. Carrot with Ginger and Yogurt

OPOSChef App Recipe ID# 14444

Description : Template: Lesson 2.

Inspired from Indian Flavor Every Day by Maya Kaimal.

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Curry powder- Roast 1tsp each (cumin and fennel) and blend.
2. Dressing: In 1/4 yogurt mix 1tsp each (grated ginger, finely chopped green chilli) , 1/2tsp each(curry powder and finely chopped coriander and 1/4tsp pepper powder.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil.

L2: 2C chopped carrots mixed with 1/2tsp salt.

Cook on high for 3 whistles. Release pressure. Stir fry optional. Spoon the dressing over the carrots.

Replace / Supplement :

1. Carrots with your favourite vegetable.
2. Curry powder with your favourite spice powder.
3. Oil with butter.

Tips :

1. Can adjust yogurt dressing as per preference.

Dry Curries



Clockwise from top left

[6. Kumra Charchari](#)

[7. Aloo Achar](#)

[8. Spicy Batata](#)

6. Kumra Charchari

OPOSChef App Recipe ID# 13886

Description : Celebrity Chef Rewrite Inspired by " The Indian cooking course by Monisha Bharadwaj " : Bengali Pumpkin with mustard paste

Author : Madhumitha

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Blend 1Tbsp black mustard seeds, 1 green chilli with 1Tbsp water to a paste.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp water, 1Tbsp oil.

L2: 2C (300g) chopped yellow pumpkin mixed with 1/4tsp salt.

L3: PIP- curry paste.

Cook on high for 3 Whistles or 5 minutes. Release pressure. Open. Remove inner vessel. Add 1tsp cumin bottled tadka. Mix all & serve.

Replace / Supplement :

1. Green chilli with Dry red chilli or your favourite spice

Tips :

1. Can adjust spices as per preference.

7. Aloo Achar

OPOSChef App Recipe ID# 13908

Description : Celebrity chef rewrite inspired from the cookbook “Curry Everyday” by Atul Kochhar. Sesame seeds spiced potatoes.

Author : Yeshaswini Ravikumar

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Dry roast sesame seeds and blend it into a coarse powder.
2. Spice mix : Mix 1Tbsp coarsely blended roasted sesame powder 1/2tsp each garam masala, chilli powder, 1/4tsp each salt, turmeric powder
3. Marinate 250g potatoes in 1/4tsp each salt and turmeric powder.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 1tsp chopped green chilli, 250gms marinated cubed potatoes

L3: Trivet PIP- Spice mix, 1Tbsp oil

Close and cook on high for 4 whistles or 6 minutes. Let pressure settle. Mix in spice mix with potatoes, add 1tsp lemon juice, chopped cilantro as garnish, toss and serve.

Replace / Supplement :

1. Oil with ghee
2. Green chillies with dry red chillies
3. Potatoes with baby potatoes
4. Sesame seeds with seed of choice

Tips :

1. Can adjust salt and spices as per preference

8. Spicy Batata

OPOSChef App Recipe ID# 13924

Description : Celebrity Chef Rewrite Series.

Inspired by - Maharashtrian Recipes

Spicy potato dry curry.

Author : Shobhana Subramanian

Category : Curries

Serving : 3

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

L1 - 2Tbsp oil

L2 - ½C chopped onion, 3-4 cloves garlic, 2 green chillies (chopped), 250g chopped potato, ½tsp salt, ¼tsp turmeric powder. Mix all.

Cook on high for 5 minutes/ 4 whistles. Release pressure.

Mix in 1tsp each (roasted kashmiri chilli powder, roasted curry powder), Bottled tadka (mustard, cumin, curry leaves). Stir fry (optional)

Replace / Supplement :

1. Oil with ghee.
2. Chilli powder with your favourite spice mix.

Tips :

1. Adjust the cooking time according to the cut size of the potato.



- Clockwise from top left:
- [9. Bang Bang Cauliflower](#)
 - [10. Spanish Vinegar and Garlic Cauliflower](#)
 - [11. Masala Aloo](#)
 - [12. Stir-fried Veggies with Tofu](#)

9. Bang Bang Cauliflower

OPOSChef App Recipe ID# 13959

Description : Celebrity chef rewrite Inspired by Gordan Ramsay

Pressure bake Cauliflower with bang bang sauce

Author : Abhilasha

Category : International

Serving : 3

Template : Lesson 2 with Oil

Preparations:

1. Mix 1/4tsp each (salt, pepper) 1/2Tbsp oil with 250g cauliflower.
2. Bang Bang Sauce: Mix 2Tbsp caramelised onion, 1tsp ginger-garlic paste, 1Tbsp red hot sauce, 2Tbsp sweet chilli sauce, 2Tbsp maple syrup, 1/4tsp lemon juice

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp sesame oil, 1Tbsp olive oil
2. Cauliflower
3. Trivet PIP- (Bang Bang sauce)

Close. Cook on high for 1 whistle or 5 minutes. Release pressure. Open and remove pip and trivet. Mix all. Add 2Tbsp spring onion greens, 1/2tsp lemon zest. Garnish with cilantro.

Replace / Supplement :

1. Sesame/olive oil with any oil of your choice.
2. Caramelised onion with fried onion.

Tips :

1. Can add 1/4tsp chilli powder to the sauce.
2. Can adjust salt/spices as per preference.
3. Can adjust hot/sweet sauce as per taste.

10. Spanish Vinegar and Garlic Cauliflower

OPOSChef App Recipe ID# 14035

Description : Celebrity Chef Rewrite Inspired from YouTube Channel 'Spain on a Fork' :
Cauliflower Cooked with Garlic and Vinegar in Spanish style.

Rewrite link: https://youtu.be/_rxMOBP3vjl

Author : Lavanya

Category : International

Serving : 2

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp olive oil
2. 250g chopped cauliflower florets mixed with 1Tbsp each (vinegar, finely chopped mint), 2tsp grated garlic and 1/4tsp salt

Close. Cook on high for 3 Whistles or 4 minutes. Release pressure. Open.

Mix all with 1/4tsp pepper. Serve.

Replace / Supplement :

1. Oil with ghee / butter.
2. Mint with parsley or any fresh herbs.
3. Vinegar with Sherry or Balsamic vinegar.

Tips :

1. Place the cauliflower florets with the crown facing down to get a roasted effect.
2. Chop the cauliflower into medium sized florets to prevent over cooking.
3. If using parsley, add after opening the Neo.
4. Can increase the pepper quantity as per your spice preference.

11. Masala Aloo

OPOSChef App Recipe ID# 14056

Description : Aloo ki Sabzi.

Potatoes cooked with spice powders.

<https://youtu.be/lxvfmMuYpzY>

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Roast 1tsp each (mustard and peppercorns). Blend to a paste adding 5 garlic pods, 1tsp each (chilli powder, coriander powder). Mix 2C halved baby potatoes with 1/2tsp each (salt and turmeric powder) .

Recipe:

In a 2L Neo, layer as below:

L1: 3Tbsp mustard oil.

L2: 2C halved marinated baby potatoes.

L3: PIP on trivet: Curry paste.

Cook on high for 6 minutes or 4 whistles. Let pressure settle. Open. Empty PIP contents. Mix well. Add bottled tadka. Simmering is optional. Add water if need be.

Replace / Supplement :

1. Potatoes with any starchy vegetable.
2. Mustard oil with oil of your preference.

Tips :

1. Can adjust spices as per preference.
- Can be served with rice, rotis.

12. Stir-fried Veggies with Tofu

OPOSChef App Recipe ID# 14073

Description : Celebrity chef rewrite inspired by Kabita's Kitchen- stir fried mixed vegetables with tofu.

Author : Rashmi Jahagirdar

Category : Starters

Serving : 4

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. 50g each (sliced mushrooms, carrots, beans, broccoli, capsicum chunks) mixed with 1/4tsp salt.
3. 50g tofu strips mixed with 1/4tsp pepper powder.

Close and cook on high for 3 whistles or 5 minutes. Release pressure. Mix all with 1tsp roasted sesame seeds.

Replace / Supplement :

1. Vegetables used with any non-watery vegetables.
2. Pepper powder with chilli powder.
3. Sesame seeds with any roasted nuts.
4. Tofu with paneer.

Tips :

1. Can adjust salt and pepper as per preference.
2. Can mix with any starch like cooked rice, pasta or noodles.



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[47. Balekayi Mosaru Sasive](#)

[13. Doi Begun](#)

[14. Kobi Vatana Nu Shak](#)

[15. Buddha's Delight](#)

13. Doi Begun

OPOSChef App Recipe ID# 14150

Description : Celebrity chef rewrite series inspired from "Bong Eats YT channel ":

https://m.youtube.com/watch?v=Akqf_8-0jFQ

Stir fried eggplant wedges in spicy yogurt (curd) sauce

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Marination of eggplant wedges: Mix 235g medium sized eggplant wedges with 1/2tsp salt, 1/4tsp turmeric powder
2. Spiced yogurt (curd) sauce: Mix 1C curd with 1/2tsp each (red chilli powder, maida), 1/4tsp each (cumin powder, sugar). Whisk well.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil
2. Marinated eggplant wedges
3. Trivet PIP- yogurt (curd) sauce

Cook on high for 5 Whistles/ 5 minutes. Release pressure. Open. Mix all with 1/2tsp ghee, 1/4tsp garam masala, 2 slit green chillies, tadka. Transfer to a serving bowl.

Replace / Supplement :

1. Eggplant with ivy gourd/ potatoes
2. Sugar with jaggery powder/ sweetener of your choice
3. Garam masala with your choice of spice mix

Tips :

1. Adjust salt and spices as per your taste preferences

2. Can dilute as per the needed consistency
3. Tadka: Roast 1 bay leaf, 1/2" cinnamon stick, 3 cloves, 2 green cardamoms in oil
4. Can add 1/4tsp garam masala powder along with other spices in the yogurt (curd) mix

14. Kobi Vatana Nu Shak

OPOSChef App Recipe ID# 14194

Description : Celebrity Chef Rewrite Inspired from “The Indian Cooking Course” by
Monisha Bharadwaj: Gujarati Cabbage and Peas Stir Fry

Author : Lavanya

Category : Curries

Serving : 6

Template : Lesson 2 with Oil and Water

Preparations:

1. Mix 500g chopped cabbage with 1/2tsp salt and 1/4tsp turmeric powder.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil, 1Tbsp water
2. 1Tbsp chopped green chilli, 2tsp chopped ginger
3. Cabbage

Close. Cook on high for 2 Whistles or 5 minutes. Release pressure. Open.

Mix all with 1/2C frozen and thawed green peas, 1/4C grated coconut and 1Tbsp bottled tadka (mustard seeds, cumin seeds, asafoetida).

Serve.

Replace / Supplement :

1. Oil with ghee / butter.
2. Green chillies with red chillies.
3. Cabbage with any leafy vegetables.
4. Frozen and Thawed peas with fresh green peas.

Tips :

1. If using fresh green peas, layer on top of cabbage.
2. Can vary chilli quantity as per spice preference.

15. Buddha's Delight

OPOSChef App Recipe ID# 14260

Description : Celebrity chef rewrite inspired from the YouTube channel "Yeung Man cooking". Asian style veggies and tofu in soy sauce.

Author : Yeshaswini Ravikumar

Category : International

Serving : 2

Template : Lesson 2 with PIP

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 250gms chopped mixed vegetables of choice such as carrots, bell peppers, corn and broccoli mixed in 1/4tsp salt, 100gms cubed fresh tofu.

L3: Trivet PIP- (2Tbsp soy sauce, 1tsp cornstarch)

Close and cook on high for 3 whistles or 6 minutes. Release pressure. Mix all and serve with steamed rice.

Replace / Supplement :

1. Carrots/broccoli/corn/bell peppers with any vegetable of choice
2. Soy sauce with tamari/coconut aminos
3. Cornstarch with potato starch/starch of choice
4. Tofu with paneer/tofu puffs

Tips :

1. Can adjust salt and soy sauce as per preference.
2. Mushrooms can be added for flavour.



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[16. Sarson Saag Bhutuwa](#)

[17. Spiced Beans and Coconut](#)

[18. Aloo Kaddu Ki Sabzi](#)

[19. Capsicum Almondine](#)

16. Sarson Saag Bhutuwa

OPOSChef App Recipe ID# 14266

Description : Celebrity Chef Rewrite Inspired by "Curry everyday by Atul kochar": Stir fried mustard greens

Author : Madhumitha

Category : Curries

Serving : 2

Template : Lesson 2 with Oil

Preparations:

1. Curry powder: Roast and blend 2Tbsp sesame seeds to a coarse powder. Mix in 1/4tsp garam masala, 1/8tsp chilli powder.

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil.

L2: 1Tbsp each chopped (ginger, garlic)

L3: 250g chopped mustard greens mixed with 1/4tsp salt, 1/8tsp turmeric powder.

Cook on high for 2Whistles or 4minutes. Release pressure. Open. Mix in curry powder, 1/4tsp crushed black pepper, 1tsp bottled tadka (ajwain, cumin, mustard, dry red chilli) and serve.

Replace / Supplement :

1. Mustard greens with Your favourite green leafy vegetable
2. Garam masala with Your favourite spice mix.

Tips :

1. Can adjust spices as per preference.
2. Can roast the spice powders before mixing into the curry powder if required.

17. Spiced Beans and Coconut

OPOSChef App Recipe ID# 14268

Description : Celebrity chef rewrite inspired from 'Curry Everyday' by Atul Kochhar-
Beans stir-fry flavored with fenugreek and coconut.

Author : Rashmi Jahagirdar

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. 2C/250g chopped french beans mixed with 1/4tsp salt, 1/8tsp turmeric powder.
3. 2Tbsp grated coconut, 1/2tsp roasted fenugreek powder.

Close and cook on high for 3 whistles or 5 minutes. Release pressure. Mix all with 2tsp bottled tadka (mustard, dry red chilli, curry leaves, chana dal, urad dal).

Replace / Supplement :

1. French beans with other variety beans.
2. Coconut with roasted nuts powder.

Tips :

1. Can adjust spices as per preference.

18. Aloo Kaddu Ki Sabzi

OPOSChef App Recipe ID# 14271

Description : Celebrity chef rewrite inspired by Smart Tiffins by Sanjeev Kapoor- a simple potato-pumpkin dry curry.

Author : Rashmi Jahagirdar

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp oil, 2Tbsp water.
2. 150g potatoes chopped small and mixed with 1/4tsp salt and 1/8tsp turmeric powder.
3. 150g red pumpkin chopped big mixed with 1/4tsp each (cumin powder, coriander powder, garam masala, sugar), 1tsp kashmiri red chilli powder.

Close and cook on high for 3 whistles or 4 minutes. Release pressure. Mix all with 1tsp bottled tadka (mustard, cumin, asafoetida). Garnish with 1/2Tbsp chopped coriander leaves.

Replace / Supplement :

1. Spices used with favorite spices.

Tips :

1. Can add caramelized onions and caramelized tomatoes.
2. Can adjust spices as per preference.
3. Vary cut size to balance cooking time.

19. Capsicum Almondine

OPOSChef App Recipe ID# 14274

Description : OPOS100 recipe : Pressure baked capsicum with almonds.

Author : Shweta

Category : Breakfast

Serving : 1

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

1. 3Tbsp melted butter
2. 250g capsicum mixed with 1/4tsp salt.

Close and cook on high for 3 whistles or 4 minutes. Release pressure. Add 1/4C toasted slivered almonds. Mix all & serve.

Replace / Supplement :

1. Butter with any other approved fat
2. Capsicum with any other approved vegetable

Tips :

1. Can skip almonds and add any allowed tadka/additives. Can add any single colored capsicum.



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[22. Sesame Snake Gourd](#)

[23. Vankaya Mudda kura](#)

[49. Iru Puli Aviyal Generic template](#)

20. Sesame Snake Gourd

OPOSChef App Recipe ID# 14335

Description : Inspired from The Andhra Cookbook by Celebrity Chef Komala Sista Rao.

Potlakaya Nuvvual u kooru.

Template: Lesson 2.

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Roast sesame seeds and blend it to coarse powder.
2. Mix 300g chopped snake gourd with 1/2tsp each (salt and turmeric powder) .

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp water and 1Tbsp oil.

L2: 300g chopped marinated snake gourd.

Cook on high for 3 whistles or 4 minutes. Let pressure settle. Open.

Mix in 2.5Tbsp powdered sesame seeds. Simmering optional.

Add bottled tadka made with mustard seeds, urad dal, cumin, dry red chillies and curry leaves. Transfer to a serving dish.

Replace / Supplement :

1. Snake gourd with beans, cabbage, broad beans etc.
2. White sesame seeds with black sesame seeds.

Tips :

1. Can use a few red chillies along with sesame seeds while roasting and blend.
2. Adjust sesame seeds powder as per preference.

3. Can be served with hot rice.

21. Vankaya Mudda kura

OPOSChef App Recipe ID# 14336

Description : Celebrity chef rewrite series inspired from "The Andhra CookBook" by

Komal Sista Rao

Andhra style brinjal, potato & green peas curry

Author : Kalpana Manthena

Category : Curries

Serving : 3

Template : Lesson 2 with PIP

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 1Tbsp chopped green chilli pieces, 1tsp ginger pieces, brinjal big pieces (180g), potato small pieces (140g) mix all with 1/2tsp salt, 1/4tsp turmeric powder

L3: PIP bowl, mix 1/4C frozen green peas with 1tsp tamarind paste. Place it over a trivet

Cook on high for 4 Whistles/ 6 minutes. Release pressure. Open. Mix all & slightly mash the vegetables with a ladle. Mix in tadka (chana dal, urad dal, dry red chillies, mustard seeds, cumin seeds, curry leaves & asafoetida). Transfer to a serving bowl.

Replace / Supplement :

1. Green chillies with dry red chillies/ red chilli powder
2. Brinjal with ivy gourd/ your choice of vegetable

Tips :

1. Can adjust salt and spices as per your taste preferences
2. Can add chopped coriander leaves for garnishing
3. If you are using red chilli powder, mix it with tamarind paste & green peas
4. Used frozen green peas here. If you are using fresh green peas, can add them in the layering



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[22. Thoran Generic template](#)

[23. Sesame Bottle Gourd](#)

[24. Keera Masiyal Generic Template](#)

[25. Vanakaya Pedha Chikkudukaya Koora](#)

22. Thoran Generic template

OPOSChef App Recipe ID# 14379

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Preparations:

1. Blend 1/2C chopped coconut, 1 green chilli to a coarse paste.

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil, 2Tbsp water

L2: 2 green chillies, 4C chopped cabbage (450g), 1/2tsp salt, 1/4tsp turmeric. Mix.

2. Cook on high for 6 minutes /2W. Switch off. Release pressure. Mix in 1Tbsp bottled tadka, coconut paste.

Replace / Supplement :

1. Cabbage with your favourite vegetables
2. Water with oil (for a stir fried version)

23. Sesame Bottle Gourd

OPOSChef App Recipe ID# 14385

Description : Inspired from The Andhra Cookbook by Celebrity Chef Komala Sista Rao.

Sorakaya Nuvvual u koora.

Template: Lesson 2.

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Preparations:

1. Roast sesame seeds and blend it to coarse powder.
2. Mix 300g peeled chopped bottle gourd with 1/2tsp salt and 1/8tsp turmeric powder.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp water.

L2: 300g peeled chopped marinated bottle.

Cook on high for 3 whistles or 4 minutes. Let pressure settle. Open.

Mix in 2Tbsp powdered sesame seeds. Simmering optional.

Add bottled tadka made with mustard seeds, urad dal, cumin, dry red chillies and curry leaves.

Replace / Supplement :

1. White sesame w with black sesame seeds.
2. Bottle gourd with cabbage, snake gourd, broad beans etc.

Tips :

1. Can use a few red chillies along with sesame seeds while roasting and blend.
2. Adjust sesame seeds powder as per preference.
3. Can be served with hot rice.

24. Keera Masiyal Generic Template

OPOSChef App Recipe ID# 14387

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Preparations:

1. Wash multiple times to remove all sand/ mud particles. Chop off roots, woody stem.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 2 chopped green chillies, 1 bunch (450g) cleaned spinach (Mulai keerai), 1/4C chopped coconut, 1/2tsp salt

Cook on high for 6min/3W. Switch off. Release pressure. Mash/ Blend. Mix in 1Tbsp bottled tadka, 1/2tsp coconut oil.

Replace / Supplement :

1. Mulai keerai (Amaranth) with Your favourite spinach variety

Tips :

1. Blend after cooling if a smooth texture is desired.
2. Blend with oil/ ghee for a creamy emulsion
3. Coconut optional.
4. Chewy, tough spinach varieties are not usually preferred.
5. Can serve as a chunky curry without blending

25. Vanakaya Pedha Chikkudukaya Koora

OPOSChef App Recipe ID# 14391

Description : Celebrity chef rewrite inspired by "The Andhra Cookbook - Komala Sista Rao" : Eggplant & broad beans curry.

Author : Ramya Ravindran

Category : Curries

Serving : 2

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil.

L2: 1 green chilly slit, 1" ginger chopped

L3: 250g chopped (eggplant, broad beans) mixed with 1/4tsp salt & 1/8tsp turmeric powder.

Cook on high for 4 whistles or 5 minutes. Release pressure. Open, add 1Tbsp bottled tadka. Mix all & serve.

Replace / Supplement :

1. Eggplant/broad beans with Your favourite vegetables

Tips :

1. Can adjust salt & spices as per preference.
2. Can add fresh herbs.
3. Can add any spice mix / curry paste.



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[26. Poori Masaal Generic Template](#)

[27. Dondakaya Ullikaram](#)

[28. Bangaladumpa Vepudu](#)

[29. Snake Gourd With Bengal Gram \(Potlakaya Pappu koora\)](#)

26. Poori Masaal Generic Template

OPOSChef App Recipe ID# 14395

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 6

Template : Lesson 2 with Water

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 1tsp salt, 1/4tsp turmeric, 10 curry leaves, 3 green chillies

L3: 4C (500g) potato cut small, 1Tbsp GG paste

Cook on high for 7min/4W. Switch off. Release pressure. Mash coarse. Mix in 1C water, 1Tbsp bottled tadka.

Replace / Supplement :

1. Potato with other starchy vegetables
2. Curry leaves with Mint/ Kasuri methi/ Coriander stems
3. Turmeric with your favourite spice mix

Tips :

1. Add 2Tbsp oil at base to minimise/ eliminate charring
2. Potatoes need to be cut small, else you need to let pressure settle.

27. Dondakaya Ullikaram

OPOSChef App Recipe ID# 14402

Description : Celebrity chef rewrite series inspired from "The Andhra CookBook" by

Komal Sista Rao

Ivy gourd stir fry with onion spice paste

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Onion spice paste: Blend 1/4C caramelised onions with 1tsp each (dry red chilli powder, tamarind paste), 1/2tsp cumin powder to a coarse paste

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: Mix 250g ivy gourds chopped into long strips with 1/2tsp salt, 1/8tsp turmeric powder

L3: Spread the onion spice paste on ivy gourd pieces

Cook on high for 4 Whistles/ 5 minutes. Switch off. Let pressure settle. Open. Mix all with the tadka of cumin seeds & curry leaves. Transfer to a serving bowl

Replace / Supplement :

1. Ivy gourds with bitter gourd/ potatoes
2. Caramelised onions with fried onions
3. Dry red chilli powder with spice mix of your choice

Tips :

1. Can adjust salt, spices & tamarind paste as per your taste preferences
2. If you prefer crunchy vegetable texture, go for 5 Whistles & then release pressure
3. Can add 1tsp jagger powder to the curry paste

28. Bangaladumpa Vepudu

OPOSChef App Recipe ID# 14406

Description : Template: Lesson 2 with oil

#Celebrity chef rewrite series inspired from "The Andhra CookBook" by Komal Sista
Rao

Andhrastyle stir fried potatoes with spiced caramelised onions

Author : Kalpana Manthena

Category : Curries

Serving : 3

Template : Lesson 2 with Oil

Preparations:

1. Spiced caramelised onions: Mix 2Tbsp caramelised onions with 1tsp dry red chilli powder

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: Mix 250g potato pieces with 1/2tsp salt, 1/8 tsp turmeric powder. Mix well

L3: Spread the spiced caramelised onions over potato pieces

Cook on high for 4 Whistles/ 5 minutes. Switch off. Let the pressure settle. Open. Mix all with cumin, mustard seeds & curry leaves tadka. Transfer to a serving bowl.

Replace / Supplement :

1. Potato pieces with raw banana/ carrot/ cabbage
2. Caramelised onions with fried onions
3. Dry red chilli powder with your choice of spice mix

Tips :

1. Can adjust salt and spices as per your taste preferences
2. If the potato pieces are small, can release the pressure after 4 whistles/ 5 minutes

29. Snake Gourd With Bengal Gram (Potlakaya Pappu kooru)

OPOSChef App Recipe ID# 14408

Description : Celebrity Chef Rewrite Inspired by The Andhra Cookbook By Komala Sista Rao.

Template: Lesson 2.

Author : Chitra

Category : Curries

Serving : 3

Template : Lesson 2 with Oil and Water

Preparations:

1. Soak 1Tbsp channa dal for 1 hour and drain.
2. Marinated snake gourd: mix chopped snake gourd (250gms) with 1/4tsp salt.

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp oil, 2Tbsp water.
2. Soaked and drained channa dal.
3. Marinated snake gourd.

Close. Cook on high for 3 whistles or 4 minutes. Let pressure settle. Open. Add 2Tbsp grated coconut, bottled tadka (with oil, mustard, urad dal, cumin, dry red chillies, curry leaves, green chillies). Mix all and serve.

Replace / Supplement :

1. Snake gourd with any other vegetables.
2. Channa dal with moong dal.

Tips :

1. Can soak dal longer to vary the consistency of dal.
2. Can serve with rice, roti or any other starches.



Clockwise from top left:

[30. Pulla Vankaya Bajji](#)

[31. Urulai Podimas Generic Template](#)

[32. Kappa Payar Puzhukku](#)

[33. Pesara pappu Bacchalikoora](#)

30. Pulla Vankaya Bajji

OPOSChef App Recipe ID# 14411

Description : Template: Lesson 2 with oil

Celebrity chef rewrite series inspired from "The Andhra CookBook": by Komal Sista
Rao

Tangy roasted eggplant chutney

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Curry paste: Blend 1/4C chopped coriander stems, 3 green chillies, 1Tbsp tamarind paste to a coarse paste

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: Mix 300g chopped brinjal big pieces with 1/2tsp salt, 1/8tsp turmeric powder

L3: Spread the curry paste over brinjal pieces

Cook on high for 5 Whistles/ 5 minutes. Switch off. Let the pressure settle. Open. Mash well. Mix in tadka (mustard seeds, urud dal, dry red chillies, curry leaves). Transfer to a serving bowl

Replace / Supplement :

1. Green chillies with dry red chillies
2. Coriander stems with mint leaves
3. Tamarind paste with souring agent of your choice

Tips :

1. Can adjust salt, tamarind and spices as per your taste preferences

31. Urulai Podimas Generic Template

OPOSChef App Recipe ID# 14413

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil

L2: 1/4C water, 1Tbsp chopped ginger, 10 curry leaves, 1/4tsp asafoetida, 1/4tsp turmeric, 1/2tsp salt, 3 chopped green chillies

L3: 2 large potatoes (500g) cut small.

Cook on high for 7min/2W. Switch off. Release pressure. Mix in 1/2C grated coconut. Mash coarse. Mix in coriander leaves, 2Tbsp bottled tadka, 1tsp lemon juice.

Replace / Supplement :

1. Potato with Raw banana, Sweet potato, Tapioca yam or other starchy tubers
2. Turmeric powder with Your favourite spice mix
3. Curry leaves with Mint/ your favourite herbs
4. Ginger with Ginger-garlic paste

Tips :

1. Let pressure settle if potatoes are cut big /undercooked
2. Increase oil buffer if you face charring

32. Kappa Payar Puzhukku

OPOSChef App Recipe ID# 14419

Description : Celebrity Chef Rewrite Series: Inspired from Village Cooking Channel Kerala.

Tapioca and sprouts curry.

Author : Sudha Vaidyanathan

Category : Curries

Serving : 3

Template : Lesson 2 with Oil and Water

Preparations:

1. Curry paste: Blend coarsely 1/4C grated coconut, 2 green chillies, 2 cloves of garlic, 1/2tsp cumin seeds, 1/8tsp turmeric powder.

Recipe:

In a 2L Neo, layer as below:

L1: 1tsp oil (spread across base), 1/4C water.

L2: 1.5C tapioca chopped small mixed with 1/2tsp salt, 1/8tsp turmeric powder.

L3: 1/2C mixed sprouts.

L4: Curry paste.

Cook on high for 4 whistles or 4 minutes. Let pressure settle. Open, mix all. Mash coarsely. Mix in 1Tbsp bottled tadka (mustard seeds, dry red chillies, curry leaves) & serve.

Replace / Supplement :

1. Tapioca with other starchy vegetables.
2. Turmeric with your favourite spice mix.

Tips :

1. Can add 1Tbsp oil in base. Oil is mainly used here to prevent sticking to the base.
2. Can add water while mashing to adjust the texture of the curry from dry to semi-dry.

3. No water was added while making curry paste. If water is used and the curry paste is runny, then keep the curry paste in an inner vessel on a trivet. Can adjust the quantity of coconut, chillies, garlic, cumin as per preference.

33. Pesara pappu Bacchalikoora

OPOSChef App Recipe ID# 14421

Description : Celebrity chef rewrite inspired by "The Andhra Cookbook by Komala Sista

Rao" : Malabar spinach & split mung dal curry

Author : Ramya Ravindran

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Preparations:

1. Soak 1/4C split mung dal in water for 1 hour. Drain.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water, 1 green chilly slit.

L2: Soaked & drained split mung dal.

L3: 4C chopped Malabar spinach mixed with 1/4tsp salt & 1/8tsp turmeric powder.

Cook on high for 5 whistles or 4 minutes. Release pressure. Open, mash coarsely & add 1Tbsp bottled tadka. Serve.

Replace / Supplement :

1. Malabar spinach with Regular spinach
2. Split mung dal with Cooked tuvar dal
3. Turmeric powder with Any spice mix

Tips :

1. Use tender greens. Remove woody bits.
2. Can add any curry paste.
3. Bottled tadka consists of mustard seeds, chana dal, urad dal, cumin seeds, chopped ginger, dry red chillies, curry leaves & asafoetida).



Clockwise from top left:

[34. Ava Pettina Cabbage Koora](#)

[35. Kaaramani Paruppu Usili](#)

[36. Instant paruppu usili](#)

[37. Bangaldumpa Upma Koora](#)

34. Ava Pettina Cabbage Koora

OPOSChef App Recipe ID# 14430

Description : Celebrity Chef Rewrite Series: Inspired from The Andhra Cookbook by Komala Sista Rao.

Mustard and Tamarind Cabbage Curry.

Author : Sudha Vaidyanathan

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Preparations:

1. Curry paste: Mix 1tsp tamarind paste, 1tsp mustard powder, 1/4tsp chilli powder to make a thick paste. Can add a tsp of water if too dry.

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil, 3Tbsp water.

L2: 1tsp chopped ginger, 1tsp chopped green chillies.

L3: 500g (4C) chopped cabbage mixed with 1/2tsp salt, 1/4tsp turmeric powder.

L4: Curry paste.

Cook on high for 6 minutes (3W). Release pressure. Mix all with 1Tbsp bottled tadka (mustard seeds, cumin seeds, chana dal, urad dal, dry red chillies, curry leaves) & serve.

Replace / Supplement :

1. Cabbage with other juicy, starchy or leafy vegetables.
2. Mustard powder with soaked mustard paste.

Tips :

1. Can soak mustard seeds and red chillies in water and grind with tamarind pulp to make spice paste.
2. Can vary the quantity of mustard, chillies, ginger, chilli powder and tamarind as per preference.

35. Kaaramani Paruppu Usili

OPOSChef App Recipe ID# 14443

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Lesson 2 with Oil and Water

Preparations:

1. Curry Paste: Soak 1/2C (100g) channa dal in water for 1 hour. Drain. Blend with 5 dry red chillies, 1/4tsp asafoetida, 1/4tsp salt. Blend coarse. Shape into small dumplings.

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil, 1/4C water, 1/2tsp salt

L2: 2C (250g) chopped long beans

L3: Dal dumplings

Cook on high for 5min/4W. Switch off. Release pressure. Let the patties cool. Crumble. Mix all with 1Tbsp bottled tadka.

Replace / Supplement :

1. Long beans with your favourite non-watery vegetables
2. Channa dal with Tuvar, Mung, masoor or a mixture of all.
3. Dry red chillies with fresh green chillies

Tips :

1. Whole dry red chillies won't blend well with dal. Cutting dry red chillies small makes it a lot easier.
2. Dal doubles in weight and volume after soaking
3. Let dal patties completely cool down before mashing/ blending, else they become pasty.

36. Instant paruppu usili

OPOSChef App Recipe ID# 14458

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Lesson 2 with Water

Preparations:

1. Blend 2-4 masal vadas in short bursts to have 2C of masal vada powder.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water, 1/4tsp salt, 1/4tsp turmeric powder.

L2: 2C (250g) snake gourd chopped small, 2 chopped green chillies, 1/4tsp asafoetida.
Mix.

Cook on high for 4min/4W. Switch off. Release pressure. Mix in 1Tbsp bottled tadka, 2C crumbled masal vada. Stir fry.

Replace / Supplement :

1. Snake gourd with your favourite vegetables

Tips :

1. Masal vada (Made from channa dal/ tuvar dal) crumbles into a powder. Medu vada (made from urad dal) becomes a paste.
2. Vary vada vegetable ratio to your taste. Usually equal quantities of both are used.
3. Don't blend the vadas too long or they might become pasty.

37. Bangaldumpa Upma Koora

OPOSChef App Recipe ID# 14463

Description : Celebrity chef rewrite inspired from the cookbook “Andhra Cookbook” by Komala Sista Rao. Andhra style tangy potato curry.

Author : Yeshaswini Ravikumar

Category : Curries

Serving : 2

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 1tsp each (chopped ginger, green chillies)

L3: 300gms peeled and chopped potatoes into medium cubes mixed in 1/2tsp salt, 1/4tsp turmeric powder.

Close and cook on high for 4 whistles or 5 minutes. Let pressure settle. Mash coarsely. Mix in 1Tbsp lemon juice, 1tsp South Indian bottled tadka, chopped coriander leaves. Mix all and serve.

Replace / Supplement :

1. Potatoes with raw bananas
2. Chopped ginger with ginger paste
3. Green chillies with red chillies

Tips :

1. Spices and additives can be adjusted as per your personal preference.
2. Can release pressure if you chop the potatoes small.



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[38. Mixed Veg Indo Chinese Stir Fry Template](#)

[39. Besan Mirch](#)

[40. Pappu Pulusu](#)

[41. Shada Alur Tarkari](#)

38. Mixed Veg Indo Chinese Stir Fry Template

OPOSChef App Recipe ID# 14465

Description : Ten Minute 'Curries'

Author : Ramakrishnan

Category : International

Serving : 2

Template : Lesson 2 with Oil

Preparations:

1. Sauce: Mix 1Tbsp soy sauce, 1Tbsp green chilli sauce, 1Tbsp tomato sauce, 1tsp corn flour.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 2 chopped garlic cloves, 2 chopped green chillies

L3: 1 carrot cut into thin sticks (100g), 1/2C sweet corn, 100g cabbage, 1 capsicum (100g), cauliflower florets (100g), 1/2tsp salt. Mix all.

Cook on high for 6min/2W. Switch off. Release pressure. Mix in sauce. spring onion, Stir fry briefly.

Replace / Supplement :

1. Vegetables with Your favourite vegetables
2. Sauces with Your favourite sauces
3. Vegetables with boneless meats, seafood

Tips :

1. All lesson 2 ingredients can be used in this template
2. Pressurebake ingredients. Pair with curry paste/ spice paste/ sauce mix works across cuisines
3. Can mix in beaten egg/ tofu/ paneer for a protein punch

39. Besan Mirch

OPOSChef App Recipe ID# 14486

Description : Template: Lesson 2 with oil

Celebrity chef rewrite series inspired by " Maharashtrian Recipes YT channel":

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Take 225g less/ medium spicy chillies. Cut them into half and slit them

Recipe:

In a 2L Neo, layer as below:

L1: 3Tbsp oil

L2: 2 garlic cloves, chillies, 1/2tsp.salt, 1/8tsp turmeric powder. Mix all well

Cook on high for 5 Whistles/ 4 minutes. Switch off. Open. Mix all with 1/4C roasted besan flour, 2tsp lemon juice, cumin & curry leaves tadka. Transfer to a serving bowl

Replace / Supplement :

1. Used chillies with capsicum strips/ brinjal strips

Tips :

1. Can adjust salt, roasted gram flour, lemon juice as per your taste preferences
2. Removing seeds from chillies is optional
3. Can add chopped fresh herbs for garnishing
4. Can increase the quantity of garlic cloves

40. Pappu Pulusu

OPOSChef App Recipe ID# 14498

Description : Celebrity Chef Rewrite Inspired by The Andhra cookbook by Komala Sista

Rao: Roasted sweet and sour lentil

Author : Madhumitha

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Preparations:

1. Soak 120g (1/2C) split yellow mung dal in water for 2 hours or till it doubles in quantity. Drain.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water.

L2: PIP: Soaked & drained dal (230g), 1tsp cleaned tamarind, 1/8tsp turmeric powder, 1 split green chilli, water to cover the dal (200g).

Cook on high for 5minutes (6Whistles). Switch off. Let pressure settle. Open. Remove PIP & mash dal. Mix all with 1/4C water, 1Tbsp chopped coriander leaves, 1tsp each (jaggery (optional), roasted & crushed cumin), 1/4tsp salt, bottled tadka with mustard, urad dal, cumin, dry red chilli, curry leaves, asafoetida & serve.

Replace / Supplement :

1. Mung dal with Tuvar dal
2. Cleaned tamarind with Your favourite souring agent.
3. Cumin with Cumin powder.

Tips :

1. Can dilute as per the needed consistency.
2. Can adjust spices as per preference.
3. Can go upto 6minutes for more mashable consistency of dal.

41. Shada Alur Tarkari

OPOSChef App Recipe ID# 14521

Description : Inspired by Bong Eats @ <https://youtu.be/livC-tGE93Y>

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water, 1/2tsp salt, 4 slit chillies

L2: 500g potatoes cut bite sized. Mix.

Cook on high for 6min (2W). Switch off. Let pressure settle (7mins). Open. Mix in 1Tbsp bottled tadka, 1C water. Mash coarse. Simmer. Add 1/2tsp salt.

Tips :

1. If potatoes are cut too small, they might char.
2. Thickens on cooling



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[42. Vankaya Menthi Kooru](#)

[43. Dondakaya Kooru](#)

[44. Potol Posto](#)

42. Vankaya Menthi Koora

OPOSChef App Recipe ID# 14525

Description : Celebrity chef rewrite series inspired from "The Andhra CookBook" by
Komal Sista Rao

Brinjal stir fry with methi greens, moong dal and spices

Author : Kalpana Manthena

Category : Curries

Serving : 3

Template : Lesson 2 with Oil

Preparations:

1. Mix 1C roughly chopped & tightly packed methi greens with 1tsp Guntur dry red chilli powder

Recipe:

In a 2L Neo, layer as below:

1. L1: 2Tbsp oil

L2: 250g brinjal lengthwise pieces, 1/2tsp salt, 1/4tsp turmeric powder. Mix all well

L3: Spiced methi greens

L4: 1/4C cooked mung dal

Cook on high for 4:45 minutes. Switch off. Open. Release pressure. Open. Mix well. Mix in tadka (cumin seeds, mustard seeds, urud dal, curry leaves, dry red chilli). Transfer to a serving bowl.

Replace / Supplement :

1. Brinjal pieces with potatoes/ raw banana

2. Cooked mung dal with cooked tuvar dal/ cooked masoor dal

3. Guntur dry red chilli powder with Kashmiri chilli powder/ byadige red chilli powder

Tips :

1. Adjust salt and spices as per your taste preferences

43. Dondakaya Koora

OPOSChef App Recipe ID# 14453

Description : Celebrity Chef Rewrite Inspired by The Andhra cookbook by Komala Sista

Rao: Gherkin with cumin and curry leaf

Author : Madhumitha

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 250g ivy gourd cut into fingers mixed with 1/4tsp salt, 1/8tsp turmeric.

L3: Place an inner vessel. Add 1Tbsp tamarind paste, 1tsp jaggery, 1/2tsp chilli powder & mix.

Cook on high for 3 Whistles or 5 minutes. Let the pressure settle. Open. Mash coarsely (optional). Mix in 1tsp each (lemon juice, Bottle Tadka with cumin & curry leaves), 1Tbsp chopped coriander leaves & serve.

Replace / Supplement :

1. Jaggery with Sugar
2. Tamarind paste with
3. Your favourite souring agent

Tips :

1. Adjust the spices as per your preference.

44. Poto Posto

OPOSChef App Recipe ID# 14495

Description : Celebrity chef rewrite series inspired from "Bong Eats YT channel":

Creamy, nutty Bengali delicacy with pointed gourds and pot

Author : Kalpana Manthena

Category : Curries

Serving : 3

Template : Lesson 2 with PIP

Preparations:

1. Peel & cut each pointed gourd (parwal) into half by keeping the flesh intact (total weight of parwals is approximately 200g)
2. Marination of Pointed gourd (parwal) & potato wedges: Mix 300g mixed vegetables (pointed gourd & potato wedges) with 1/2tsp salt, 1/8tsp turmeric powder. Keep them aside for 10 minutes
3. Soak 15g (1.5Tbsp) poppy seeds in water for a minimum 2 hours. Drain them completely
4. Curry paste: Blend soaked & drained poppy seeds, 3Tbsp grated coconut, 3 spicy green chillies, 1/4tsp salt to a fine paste by adding 3Tbsp water

Recipe:

In a 2L Neo, layer as below:

1. L1: 2Tbsp oil
- L2: Marinated pointed gourd wedges & potato wedges along with the juices released by them
- L3: Trivet- PIP (curry paste)

Cook on high for 5 minutes. Switch off. Let the pressure settle. Open. Remove trivet & PIP. Mix the PIP contents, 2 slit green chillies (fresh ones), 1tsp mustard oil, 1/2tsp sugar, tadka (nigella seeds, dry red chilli). Mix all well. Transfer to a serving bowl

Replace / Supplement :

1. Pointed gourd with ivy gourd
2. Green chillies with dry red chillies

Tips :

1. Adjust salt and spices as per your taste preferences
2. Optionally can stir fry the curry after adding all the ingredients
3. Can adjust the quantity of soaked poppy seeds & grated coconut as per your taste preference

Gravies



Clockwise from top left:

[45. Puli Itta Keerai](#)

[46. Kootu generic template \(Bottleghourd Kootu\)](#)

[47. Balekayi Mosaru Sasive](#)

[48. Olan](#)

45. Puli Itta Keerai

OPOSChef App Recipe ID# 14275

Description : Inspired by Celebrity Chef Yogambal Sundar.

South Indian mashed spinach curry cooked with sambar powder and tamarind paste.

<https://youtu.be/1-hlma-1JJJo>

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Take 400g of chopped spinach and mix 1/2tsp salt.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water , 2 slit green chillies.

L2: Chopped marinated spinach.

L3: PIP on a trivet - 1tsp each (sambar powder and tamarind paste) mixed with 2tbsp water.

Close. Cook on high for 3 whistles or 5 minutes. Release pressure. Empty PIP contents. Mash coarsely.

Mix in bottled tadka made with mustard, fenugreek, asafoetida, dry red chillies and tuvar dal. Simmering is optional.

Replace / Supplement :

1. Spinach with any edible greens.
2. Sambar powder with spice powder of your preference.

Tips :

1. Can use a blender to blend the spinach.
2. Can add water to bring it to desired consistency.
3. Serve with hot rice.

46. Kootu generic template (Bottlegourd Kootu)

OPOSChef App Recipe ID# 14369

Description : 10 minute curries

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Blend 1/2C chopped coconut, 2tsp cumin, 4 green chillies, 1/2tsp salt, 1/8tsp asafoetida, 1/4C water to a coarse paste. Mix in 1/2C cooked tuvar dal.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water, 1/2tsp salt, 1/8tsp turmeric, 1/8tsp asafoetida

L2: 3C (300g) chopped bottle gourd. Mix.

L3: PIP (curry paste)

Cook on high for 5min/2W. Switch off. Release pressure. Mix all with 1/2C water, 1Tbsp bottled tadka. Simmer (optional)

Replace / Supplement :

1. Bottle gourd with your favourite vegetables
2. Tuvar dal with Mung, Masoor, channa dal
3. Green chillies with dry red chillies
4. Water with stock/ milk/ yogurt/ coconut milk

Tips :

1. Simmer briefly after cooking for flavours to infuse faster.
2. Change the quantity of chillies, cumin, salt as per your choice.

3. Reduce/ increase dilution based on the texture you like.

47. Balekayi Mosaru Sasive

OPOSChef App Recipe ID# 14121

Description : Celebrity chef rewrite series inspired from "Swayampaka YT channel":

<https://m.youtube.com/watch?v=PTAuWFCwEys>

Raw banana with mustard flavored coconut spice paste and curd

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with Water

Preparations:

1. Coconut spice paste: Grind 6Tbsp grated coconut with 3 green chillies, 1/4tsp mustard seeds, 3Tbsp water to a fine paste (can add more water if required)

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water
2. Mix 250g raw banana pieces with 1/2tsp salt, 1/8tsp turmeric powder

Cook on high for 4 Whistles/ 4 minutes. Release pressure. Open.Mix all with coconut spice paste, 1/2C curd, tadka with dry red chilli, urud dal, mustard seeds & curry leaves. Transfer to a serving bowl.

Replace / Supplement :

1. Raw banana with potato/ any starchy vegetable of your choice

Tips :

1. Can adjust salt, coconut, chillies, mustard seeds & curd as per your taste preferences
2. Can dilute as per the needed consistency
3. Can add 2Tbsp chopped coriander leaves after opening

48. Olan

OPOSChef App Recipe ID# 14468

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 2

Template : Lesson 2 with Water

Preparations:

1. Mix 2Tbsp coconut milk powder in 1C water to make thin coconut milk.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water, 1/2tsp salt

L2: 10 curry leaves, 2 green chillies, 1C desi chickpea sprouts, 2C (250g) chopped white pumpkin

Cook on high for 5min/5W. Switch off. Release pressure. Mix in 1C coconut milk, 1Tbsp bottled tadka. Simmer (optional).

Replace / Supplement :

1. Pumpkin with Your favourite watery vegetables
2. Chickpea sprouts with Other sprouts/ fresh legumes
3. Chickpea sprouts with cooked black eyed beans for the most popular version

Tips :

1. Can mix in coconut oil, crushed curry leaves after opening.



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[49. Iru Puli Aviyal Generic template](#)

[50. Keera Kootu](#)

[51. Bellam Dondakaya Pulusu](#)

[52. Sorakaya Kootu](#)

49. Iru Puli Aviyal Generic template

OPOSChef App Recipe ID# 14348

Description : Ten minute C2P series

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Lesson 2 with Water

Preparations:

1. Curry paste: Blend 1/2C coconut, 5 green chillies, 1tsp cumin, 1/2C peeled & chopped raw mango, 1/2C yogurt to a coarse/ fine paste.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 2C mixed vegetables (snake gourd, ivy gourd, broad beans, French beans, carrot) cut thin, 1/2tsp salt. Mix well

Cook on high for 4min/4W. Switch off. Release pressure. Mix in curry paste, 5 crushed curry leaves, 1tsp coconut oil. Add 1/2C water (optional). Simmer (optional).

Replace / Supplement :

1. Snake gourd, Ivy Gourd, Broad beans, French beans, carrot with Your favourite vegetable mix

2. Water with yogurt/ buttermilk

3. Coconut with Coconut milk

Tips :

1. Thickens on cooling

2. Name derives from the two souring ingredients used (mango & yogurt)

3. Can dilute further if needed

4. Vary cumin, chilli, salt quantity as per your preference.

5. Reduce/ increase dilution based on the texture you like
6. Simmer briefly after cooking for a faster flavour infusion.

50. Keera Kootu

OPOSChef App Recipe ID# 14510

Author : Ramakrishnan

Category : Curries

Serving : 8

Template : Pressurecooking

Preparations:

1. Blend 250g chopped spinach with 1/2C water to a paste
2. Blend 1/2C coconut, 1tsp cumin, 1tsp peppercorns, 1tsp salt, 3 green chillies, 1/2C water to a smooth paste. Blend again with 1/2C water.

Recipe:

In a 2L Neo, layer as below:

L1: 1/2tsp oil

L2: 1/2C (100g) unsoaked masoor dal, 1C water, 1/4tsp turmeric, 1/4tsp asafoetida

L3: PIP (Spinach paste)

Cook on high for 6min (3W). Switch off. Let pressure settle (4min). Open. Mash dal. Mix all with coconut paste. Mix in 1Tbsp bottled tadka. Simmer.

Replace / Supplement :

1. Spinach with your favourite spinach variety
2. Masoor dal with Mung/ soaked tuvar/ channa
3. Fresh green chillies with dry red chillies

Tips :

1. Chop spinach fine, else blending will be difficult.
2. Blend coconut with minimal water to a smooth paste. Add more water later, if needed.
3. While simmering, keep the pot closed to avoid spatter.

51. Bellam Dondakaya Pulusu

OPOSChef App Recipe ID# 14487

Description : Celebrity chef rewrite series inspired by "The Andhra CookBook" by

Komal Sista Rao

Sweet & tangy ivy gourd stew

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Mix 1Tbsp tamarind paste, 1tsp each (jaggery powder, red chilli powder)

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 2 slit green chillies, 250g ivygourd long strips, 1/2tsp salt, 1/4tsp turmeric powder.

Mix all well

L3: PIP (curry paste)

Cook on high for 5 Whistles/ 5 minutes. Switch off. Let pressure settle. Open. Remove the PIP bowl, mix the PIP contents, 1/2C hot water, tadka (chanadal, urud dal, cumin seeds, mustard seeds, dry red chilli pieces, curry leaves) to the ivy gourd pieces. Mix all well. Transfer to a serving bowl

Replace / Supplement :

1. Ivy gourds with bitter gourd/ brinjal/ your favorite vegetable
2. Tamarind paste with your choice of souring agent
3. Jaggery powder with any sweetener of your choice

Tips :

1. Adjust salt, spices, tamarind paste as per your taste preferences
2. If you prefer crunchy vegetable taste or wanted to retain the vegetable color, can release the pressure instead of letting pressure to settle
3. Dilute as per the needed consistency

52. Sorakaya Kootu

OPOSChef App Recipe ID# 14409

Description : Celebrity chef rewrite series inspired from "The Andhra CookBook" by

Komal Sista Rao

Bottle gourd with dal and coconut spice paste

Author : Kalpana Manthena

Category : Curries

Serving : 3

Template : Lesson 2 with PIP

Preparations:

1. Soak 2Tbsp mung dal in water for 2 hours and drain. Soak 1tsp coriander seeds in water for 30 minutes in water and drain
2. Curry paste: Blend 1/4C grated coconut, 2 each (green chillies, dry red chillies), soaked and drained coriander seeds, 1/2tsp each (fennel seeds, ginger pieces, tamarind paste) with 1/4C water to a smooth paste

Recipe:

In a 2L Neo, layer as below:

1. L1: 1/4C water

L2: Mix 260g chopped bottle gourd pieces with 1/2tsp salt and 1/8tsp turmeric powder.
Mix well

L3: Trivet- PIP (Mix curry paste with soaked and drained mung dal, 1/4C water)

Cook on high for 6 minutes. Switch off. Let pressure settle. Open. Remove the trivet & PIP bowl. Mix the PIP contents with bottle gourd. Mash coarsely (optional). Mix in 2Tbsp chopped coriander leaves, tadka (dry red chilli, chana dal, mustard seeds, cumin, asafoetida & curry leaves). Transfer to a serving bowl

Replace / Supplement :

1. Bottle gourd with your favorite vegetable
2. Tamarind paste with your choice of souring agent
3. Mung dal with tuvar dal/ masoor dal

Tips :

1. Can adjust salt and spices as per your taste preferences
2. Can dilute as per the needed consistency



Left to right from top:

[53. Vazhathandu Kootu](#)

[54. Mambazha Pulisseri generic template](#)

[56. Tofu Curry](#)

[55. Pooshini Morekulambu Generic Template](#)

53. Vazhathandu Kootu

OPOSChef App Recipe ID# 14386

Description : Inspired by Celebrity Chef Deena.
Banana stem cooked with dhal and curry paste.

<https://youtu.be/uvUwRlThgt4>

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Soak 25g each (channa dhal and moong dhal) for one hour.
2. Curry Paste: Blend to a coarse paste adding water 1/4C coconut, 1tsp cumin, 4 green chillies.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water.

L2: 250g chopped banana stem mixed with 1/2tsp salt and 1/8tsp turmeric powder.

L3: PIP on a trivet- 1/4C water, soaked and drained dhal and curry paste.

Close.

Cook on high for 6 minutes or 7 whistles. Let pressure settle. Open .

Mix the PIP contents to the Neo. Stir fry optional. Add bottled tadka made with (mustard, cumin, curry leaves, dry red chillies) . Transfer to a serving bowl.

Replace / Supplement :

1. Banana stem with cabbage, chow chow, white pumpkin.
2. Green chillies with red chillies.

3. Channa and moong dhal with dhal of your preference.

Tips :

1. Adjust salt and spices as per preference.
2. Can add garlic, caramelised onions and tomatoes.
3. Can dilute to kuttu consistency.
4. Cutting of banana stem ID: 2799.
5. Serve with hot rice.

54. Mambazha Pulisseri generic template

OPOSChef App Recipe ID# 14388

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 5

Template : Lesson 2 with PIP

Preparations:

1. Curry Paste: Blend 1/2C coconut, 1tsp cumin, 1/2tsp salt, 4 dry red chillies, 1/2C water to a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 2 ripe mangoes (500g) chopped, along with stone, 1/2tsp sambar powder, 1/4tsp turmeric, 1/2tsp salt. Mix.

L3: PIP (Curry paste)

Cook on high for 6min/2W. Switch off. Release pressure. Mix all with 1C whisked yogurt, 1Tbsp bottled tadka

Replace / Supplement :

1. Rumani Mango with Your favourite sweet & sour fruit (any mango variety, pineapple, apple, pear etc)

2. Sambar powder with Chilli powder/ your favourite spice mix

3. Dry red chillies with Pepper/ Fresh green chillies

4. Water with Buttermilk

Tips :

1. Do not fill the blender to brim, else it will splash.

2. Thickens on cooling

3. Mix in jaggery if too sour

4. Simmer briefly for fast flavour infusion.

55. Pooshini Morekulambu Generic Template

OPOSChef App Recipe ID# 14390

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Curry Paste: Blend 1/2C coconut, 5 curry leaves, 3 green chillies, 1tsp cumin, 3Tbsp roasted gram, 1/2C yogurt, 1/2tsp salt to a smooth paste. Add 1/2C yogurt and blend again.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 2C (250g) white pumpkin, 1/4tsp turmeric powder, 1/4tsp asafoetida, 1/2tsp salt.
Mix.

L3: PIP (Curry paste)

Cook on high for 5min/2W. Switch off. Release pressure. Mix all with coriander leaves, 1/2C water, 1/2tsp coconut oil, 1Tbsp bottled tadka.

Replace / Supplement :

1. Pumpkin with your favourite vegetables
2. Green chillies with dry red chillies
3. Roasted gram with soaked dals (channa/ tuvar/ mung), rice
4. Cumin with Soaked coriander seeds/ fennel
5. Yogurt with buttermilk

Tips :

1. 3Tbsp roasted gram gives a very thick curry, which thickens a lot more on cooling.

2. Vary chilli, salt quantity to taste.
3. Can simmer briefly for a faster flavour infusion.

56. Tofu Curry

OPOSChef App Recipe ID# 13926

Description : Celebrity chef rewrite inspired from the cookbook” Curry Everyday” by Atul Kochhar. Malaysian style mixed vegetables and tofu curry in coconut milk.

Author : Yeshaswini Ravikumar

Category : International

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Blend 2Tbsp caramelised onions, 1tsp each Malaysian curry powder, soy sauce, 1/4C coconut milk into a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil, 1 slit green chilly

L2: 200g of chopped mixed vegetables like potatoes, beans and carrot

L3: 100g cubed tofu mixed in 1/2tsp each salt, OPOS ginger garlic paste.

L4: Trivet PIP- curry paste

Close and cook on high for 3 whistles or 5 minutes. Release pressure. Mix the base with curry paste, 1tsp each lemon juice, sesame oil, bottled tadka having cardamom, star anise and dry red chillies. Garnish with chopped cilantro and serve.

Replace / Supplement :

1. Oil with water/butter/ghee
2. Carrots, potatoes and beans with favourite vegetable of choice
3. Tofu with paneer
4. Coconut milk with any milk of choice
5. Soy sauce with vegetarian fish sauce
6. Malaysian curry powder with curry powder of choice

Tips :

1. Chop the hard vegetables small to balance cooking time.
2. Can simmer briefly after mixing all the ingredients.
3. Coconut cream can be used in place of milk for a creamy curry
4. Can adjust the spices and consistency of the curry as per preference.



Clockwise from top left:

[57. Shevgyachya Shengachi Kadhi](#)

[58. Yellow Mango and Coconut Curry \(Kaeng Heluxng Mamwng\)](#)

[59. Kannur Special Koottu Curry](#)

[60. Okra Morekulambu](#)

57. Shevgyachya Shengachi Kadhi

OPOSChef App Recipe ID# 14109

Description : Celebrity Chef Rewrite Inspired by Maharashtrian Recipes.

Author : Chitra

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Gram flour mixture: Whisk 1/4C roasted gram flour, 1/2C each (yogurt, water).
2. Spiced Vegetables: Mix slit drumsticks (100gms), 1/4C chopped raw mangoes with 1/2tsp salt, 1/4tsp turmeric powder.

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water
2. spiced vegetables
3. Trivet PIP- gram flour mixture.

Close. Cook on high for 4 whistles/4min. Let pressure settle. Open. Remove the inner vessel and trivet. Add bottled tadka with (mustard, cumin, curry leaves, garlic, asafoetida, red chillies). Garnish with chopped coriander leaves and serve.

Replace / Supplement :

1. Drumsticks with any vegetables which withstands long cooking.
2. Green chillies with red chillies.
3. Mangoes with any other sour vegetable.

Tips :

1. Can simmer the gravy.
2. Thickens on cooling so can dilute the kadhi based on desired consistency.
3. Can be served with rice, rotis.

58. Yellow Mango and Coconut Curry (Kaeng Heluxng Mamwng)

OPOSChef App Recipe ID# 14178

Description : Celebrity chef rewrite inspired by Atul Kochhar's "Curry Everyday"

Author : Rashmi Jahagirdar

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Stir-fry 1Tbsp Thai red curry paste in 1Tbsp oil.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. 1/2C shallots, 1/2C onion chopped, 1tsp each (chopped ginger, chopped green chillies), 1/2tsp sliced garlic, 1C cabbage chopped big. Mix in 1/4tsp salt. Mix L1 and L2.
3. In an inner vessel on a trivet add 1/2C each (coconut milk, chopped ripe mango, frozen green peas), 1/2Tbsp jaggery, 1/4tsp turmeric powder.

Close and cook on high for 6 minutes, ignore whistles. Release pressure. Mix all with curry paste, 2Tbsp roasted cashews, 1/2Tbsp soy sauce, 1Tbsp each (chopped basil leaves, coriander leaves), 1/4C water.

Replace / Supplement :

1. Jaggery with sugar.
2. Fresh ginger and garlic with ginger-garlic paste.

Tips :

1. Can adjust spices as per preference.
2. Can dilute as per desired consistency.

59. Kannur Special Koottu Curry

OPOSChef App Recipe ID# 14243

Description : Celebrity chef rewrite series inspired from "Kerala Samayal in Tamil YT channel":

<https://m.youtube.com/watch?v=4ilJVeKYq7U>

Pressure bake yam and raw banana pieces with cooked chickpeas and coconut spice paste

Author : Kalpana Manthena

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Blend 1/2C grated coconut with 1Tbsp caramelised onions, 1/2tsp roasted cumin to a coarse paste (adding water while grinding is optional)
2. Tadka: Roast 1 dry red chilli pieces, 1/4tsp mustard seeds, 1 sprig curry leaves in 2tsp oil. Add 2Tbsp grated coconut and fry it until the coconut becomes brown in color. Mix 1/2tsp pepper powder.

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water
2. Mix 250g chopped mixed vegetables (yam (small pieces), raw banana (medium sized pieces) with 1/2tsp salt, 1/4tsp turmeric powder, 3 chopped green chillies
3. Trivet PIP - mix 1/2C cooked white chickpeas with the above prepared curry paste.

Cook on high for 5 Whistles/ 5 minutes. Let pressure settle. Open. Mix all with the above prepared tadka. Transfer to a serving bowl

Replace / Supplement :

1. Raw banana with potato/ sweet potato
2. Green chillies with dry red chillies
3. White chickpeas (kabuli chana) with brown chana

Tips :

1. Adjust salt, spices, coconut as per your taste preferences
2. Can add 1tsp oil along with the 1/4C water buffer

60. Okra Morekulambu

OPOSChef App Recipe ID# 14250

Description : Celebrity chef rewrite inspired by Monisha Bharadwaj from her cookbook "The Indian Cooking course". Lesson 2 with PIP (South Indian yogurt curry).

Author : Yeshaswini Ravikumar

Category : Curries

Serving : 2

Template : Lesson 2 with Oil (PIP)

Preparations:

1. Curry paste: Soak 1Tbsp each coriander seeds, channa dal for an hour and drain. Blend into a paste with 1/2C grated coconut, 1" piece ginger, 1/4C whisked yogurt, 3 green chillies, 1/2tsp salt, 1/4tsp turmeric powder.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 250g okra chopped into 1" pieces

L3: Over a trivet in an inner vessel, prepared curry paste.

Close and cook on high for 3 whistles or 5 minutes. Release pressure, mix all with 1tsp mustard and curry leaves bottled tadka, 1C whisked yogurt. Can simmer briefly and serve.

Replace / Supplement :

1. Okra with eggplant
2. Fresh grated coconut with desiccated coconut
3. Green chillies with dried red chillies
4. Fresh ginger with ginger-garlic paste

Tips :

1. Can adjust the consistency of the curry by adding more or less yogurt

2. Can soak cumin seeds along with chana dal and coriander seeds for flavor.
3. For a Chettinad version, use ginger-garlic paste in the curry paste.



Clockwise from top left:

[61. Vella Kuruma Generic Template](#)

[62. Methi Dal Generic Template](#)

[63. Kairi Chi Kadhi \(Raw Mango Kadhi\)](#)

[64. Scaled up sambar](#)

61. Vella Kuruma Generic Template

OPOSChef App Recipe ID# 14375

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Blend 1/2C coconut, 1/4C cashew, 3 green chillies, 1tsp garam masala, 1Tbsp GG paste, 1/2tsp salt, 1/2C water to a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1: 1/4C water

L2: 1/4C beans, 1C capsicum, 1/2C cauliflower, 1/2C sweet corn, 1/4C carrot, 1/2tsp salt. Mix.

L3: PIP (Curry paste)

Cook on high for 6min/2W. Switch off. Release pressure. Mix all with 1Tbsp bottled tadka, 1C milk.

Replace / Supplement :

1. Beans, capsicum, sweet corn, cauliflower, carrot with your favourite vegetables
2. cashew with roasted gram/ almonds
3. Raw GG paste with OPOS GG paste
4. Garam masala with your favourite spice mix
5. Green chillies with Dry red chillies/ pepper/ chilli powder
6. Milk with coconut milk/ other plant milk

Tips :

1. Change quantity of chillies, GG paste, salt as per your choice.

2. Reduce/ increase dilution based on the texture you like
3. Simmer briefly after cooking for a faster flavour infusion.

62. Methi Dal Generic Template

OPOSChef App Recipe ID# 14403

Description : Ten minute Curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Preparations:

1. Soak 1/2C (100g) mung dal for 2 hours (till it doubles in weight & volume). Drain

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil, 1/4C water

L2: Soaked mung dal, 1Tbsp GG paste, 1/4tsp asafoetida, 1/4tsp turmeric, 1Tbsp kasuri methi, 2 chopped green chillies.

Cook on high for 4min/2W. Switch off. Let pressure settle (4min). Mash/ Blend. Mix in 1C water, coriander leaves, lemon juice, 1Tbsp bottled tadka, 1/2tsp salt. Simmer (optional)

Replace / Supplement :

1. Mung with Masoor/ Tuvar/ Channa/ a mix of these
2. Plain dal with roasted dal for a nuttier flavour
3. Dry dals with sprouted dals/ Fresh dals
4. Kasuri methi with Mint/ your favourite herbs
5. Fresh green chillies with Chilli powder/ your favourite spice mix

Tips :

1. Store bought GG paste contains vinegar and hinders cooking of dal. Use OPOS GG paste or mix in after cooking & simmer.
 2. Use 1/4tsp baking powder for faster cooking and mushier dal
 3. Pressure settling time for dals/ rice roughly equals cooking time

63. Kairi Chi Kadhi (Raw Mango Kadhi)

OPOSChef App Recipe ID# 14470

Description : Celebrity Chef Rewrite Inspired by Maharashtrian Recipes.

Author : Chitra

Category : Curries

Serving : 5

Template : Lesson 2 with PIP

Preparations:

1. Marinated raw mangoes: Mix 1C peeled and chopped raw mangoes with 1/4tsp salt, 1/8tsp turmeric powder.
2. Gram flour mixture: In PIP mix 3 Tbsp roasted gram flour, 1Tbsp jaggery, 1tsp red chilli powder with 1C water. Whisk well to avoid any lumps.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. 2 slit green chillies, 1tsp chopped ginger, 3 crushed garlic cloves.
3. Marinated raw mangoes.
4. Trivet PIP- gram flour mixture.

Close. Cook on high for 4 minutes (1 whistle). Let pressure settle. Open. Remove PIP, trivet. Add PIP contents. Dilute with 1C water. Add bottled tadka with (oil, fenugreek, mustard, cumin, curry leaves, asafoetida). Mix all. Garnish with chopped coriander leaves.

Replace / Supplement :

1. Raw mango with any other sour fruit.

Tips :

1. Can serve with phulkas, rice.

2. Thickens on cooling so can add water to adjust the consistency.

64. Scaled up sambar

OPOSChef App Recipe ID# 14472

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 8

Template : Pressurecooking

Preparations:

1. Soak 1/2C (100g) tuvar dal for one hour. Drain. Add 1.5C water and cook. Mash.

Recipe:

In a 2L Neo, layer as below:

L1: 1/2C water, 1tsp salt, 1/4tsp turmeric

L2: 10 curry leaves, 1 green chilli, 500g chopped red pumpkin

L3: PIP (2Tbsp tamarind paste, 1Tbsp coriander powder, 1Tbsp chilli powder, 1/4tsp asafoetida, 1/4C water)

Cook on high for 7min/3W. Switch off. Release pressure. Mix in 2C cooked dal, 1C water, 2Tbsp bottled tadka, curry leaves, coriander leaves. Adjust salt.

Replace / Supplement :

1. Red pumpkin with your favourite vegetables
2. Tuvar dal with mung dal
3. Chilli powder- Coriander powder with Sambar powder

Tips :

1. Can add 1Tbsp oil at base if using starchy vegetables, to avoid charring
2. Can mix in OPOS Tamarind paste after cooking to adjust sourness
3. Can dilute even further.
4. Can reduce chilli powder level/ or mix in jaggery if you find it too spicy.
5. Note that the skin of red pumpkin is edible.



Clockwise from top left:

[65. Kumbakonam Kadappa](#)

[66. Dhaba style No Onion-Tomato Paneer Masala](#)

[67. Masoor Dal Fry](#)

[68. Milagu Kuzhambu](#)

65. Kumbakonam Kadappa

OPOSChef App Recipe ID# 14479

Author : Ramakrishnan

Category : Curries

Serving : 8

Template : Lesson 2 with Oil

Preparations:

1. Blend 1/4C coconut, 2 green chillies, 2tsp fennel, 1/4C water to a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil

L2: 5 curry leaves, 2 green chillies, 1/4tsp turmeric, 1/4tsp asafoetida, 1/2C water, 1/2C (100g) mung dal soaked 2hrs & drained, 1chopped potato, 1tsp garam masala. Mix.

Cook on high for 6min/3W. Switch off. Let pressure settle (8min). Open. Mash. Mix in curry paste, 1.5C water, and coriander leaves.

66. Dhaba style No Onion-Tomato Paneer Masala

OPOSChef App Recipe ID# 14501

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Curry paste: Whisk 1C yogurt with 1tsp coriander powder, 1/2tsp cumin powder, 1tsp garam masala, 1tsp Kashmiri chilli powder, 1/2tsp salt,

Recipe:

In a 2L Neo, layer as below:

1. L1: 1Tbsp oil

L2: 2C finely chopped capsicum, 3 chopped green chillies, 2Tbsp chopped ginger, 200g paneer (1pack) cut into cubes, 1/2tsp Kashmiri chilli powder, 1/4tsp salt.

L3: PIP (Curry paste)

Cook on high for 5 mins. Switch off. Release pressure. Stir fry. Mix all with 2Tbsp roasted gram flour, 1tsp pepper powder, coriander leaves, 2Tbsp cream, 1tsp kasuri methi, 1/4C milk. Simmer.

Replace / Supplement :

1. Ginger with GG paste mixed with curry paste
2. Garam masala with your favourite spice mix
3. Milk with water

Tips :

1. The salt content was high in the video recipe. Hence reduced in written recipe.
2. Can add shallow fried paneer after cooking
3. Blend roasted gram to make instant roasted gram powder

67. Masoor Dal Fry

OPOSChef App Recipe ID# 14513

Description : Ten minute curries. Template (Pressure Cooking)

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Pressurecooking

Recipe:

In a 2L Neo, layer as below:

L1: 1/2tsp ghee

L2: 1/2C unsoaked masoor dal, 1C water, 1/4tsp asafoetida, 1/4tsp turmeric powder, 1/2tsp cumin powder, 1tsp coriander powder, 2 green chillies. Mix.

Cook on high for 5min (4W). Switch off. Let pressure settle (6min). Open. Mash dal. Mix in 1/2tsp salt, 1tsp Kasuri methi, garam masala, Bottled tadka. Simmer.

Replace / Supplement :

1. Masoor dal with mung/ soaked tuvar/ channa

Tips :

1. Soak dal briefly (10 mins) for a softer texture.

68. Milagu Kuzhambu

OPOSChef App Recipe ID# 14531

Description : Pepper stew.

Inspired by Celebrity Chef Hema Subramanian from Home Cooking.

<https://youtu.be/0xCnenkyPKg>

Author : Sujatha Ravi

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Curry Paste: In 1tsp oil roast 2tsp coriander seeds, 1tsp rice, 1Tbsp peppercorns, few curry leaves, 4 dry red chillies. Blend to a powder with 1tsp roasted gram. Blend again with 1Tbsp tamarind paste, 1/4C water, 1/4tsp turmeric powder, 1tsp each (jaggery and salt).

Recipe:

In a 2L Neo, layer as below:

L1: 3Tbsp oil.

L2: 11/2C shallots and 1/4C garlic cloves.

L3: Trivet PIP - (curry paste) .

Cook on high for 6 minutes. Let pressure settle. Open. Remove trivet and PIP. Empty PIP contents to Neo. Mix well. Add bottled tadka made with (urad dal, mustard, fenugreek, cumin, asafoetida and curry leaves). Simmering optional.

Replace / Supplement :

1. Tamarind paste with deseeded tamarind pulp.

Tips :

1. Adjust spices as per preference.
2. Can dilute as per preference.

Starches



Clockwise from top left:

[69. Vatana Pohe](#)

[70. Namkeen White Muttar pulav](#)

[71. Ragi Ambili](#)

69. Vatana Pohe

OPOSChef App Recipe ID# 13882

Description : Celebrity Chef Rewrite Series.

Inspired by – “The Indian Cooking Course” cookbook by Monisha Bharadwaj” Pressure baked green peas mixed with rice flakes.

Author : Shobhana Subramanian

Category : Breakfast

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Wash 2C thick poha in water & drain. Keep it aside.

Recipe:

In a 2L Neo, layer as below:

L1: 2Tbsp oil, 2 chopped green chillies.

L2: 1C fresh green peas.

L3: Trivet PIP - marinated poha mixed with 1/2tsp each (salt, sugar, turmeric powder).

Cook on high for 5 minutes/ 3 whistles. Release pressure.

Mix in poha from the PIP, 1tsp each (lemon juice, Bottled tadka)

Replace / Supplement :

1. Poha with any other variety of poha.
2. Poha with cooked rice.
3. Oil with ghee.
4. Fresh green peas with frozen green peas.

Tips :

1. Ensure poha is well drained and not clumpy.
2. Thick poha needs to be soaked in water for a few minutes.
3. Fresh herbs, chopped onions & sev can be added to garnish, before serving.

70. Namkeen White Muttar pulav

OPOSChef App Recipe ID# 14106

Description : Celebrity chef rewrite inspired by "Zaika-e-lucknow" : Pressure cook rice with peas.

Author : Ramya Ravindran

Category : Lunch box

Serving : 4

Template : Pressurecooking

Preparations:

1. Soak 1C basmati rice in water for 1 hour. Drain.

Recipe:

In a 2L Neo, layer as below:

1. Soaked & drained rice, 1.25C water, 1tsp each (salt, ginger garlic paste), 1Tbsp ghee. Mix gently.

Cook on high for 4 whistles or 6 minutes. Let pressure settle. Open, fluff up. Add 1Tbsp mughalai tadka & mix well. Serve.

Replace / Supplement :

1. Ghee with Butter
2. Basmati rice with Regular rice

Tips :

1. Tadka is optional.
2. Can adjust salt as per preference.
3. Can add fresh herbs.

71. Ragi Ambili

OPOSChef App Recipe ID# 14226

Description : Ragi and yoghurt porridge. Inspired by Nagaveni Achar's Kitchen.

Author : Jayasree Shankar

Category : Drinks

Serving : 3

Template : Lesson 2 with PIP

Preparations:

1. Dry roast 1/4C ragi flour for a few minutes and keep aside.

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water.
2. PIP: Roasted ragi flour, 1.5C water, 1/2tsp cumin seeds, 1/2tsp salt. Mix well and free of lumps.

Cook on high for 4 minutes or 10 whistles. Let pressure settle. Open. Let cool.

Add 1/2C whisked yogurt, 1/3C finely chopped onions, 1 finely chopped green chilli.

Garnish with chopped onions and green chilli.

Replace / Supplement :

1. Ragi flour with health mix powder.
2. Yogurt with thin buttermilk.

Tips :

1. Can adjust consistency according to preference.



Clockwise from top left:

[72. Makai ki Raabri/ Maheri](#)

[73. Pudina Pulao](#)

[74. Kichri](#)

72. Makai ki Raabri/ Maheri

OPOSChef App Recipe ID# 14228

Description : Lesson 2: Makai ki Raabri/ Maheri inspired from "Maharashtrian Recipes YT channel":

<https://m.youtube.com/watch?v=XU3ZL3cwrDE>

Author : Kalpana Manthena

Category : Soups

Serving : 3

Template : Lesson 2 with PIP

Preparations:

1. In a vessel mix 1C curd with 1/4C roasted makai flour without any lumps. Mix in 1.5C water, 1/2tsp salt

Recipe:

In a 2L Neo, layer as below:

1. 1/4C water
2. Place the vessel having curd and makai flour mixture

Cook on high for 5 Whistles/ 4 minutes. Let pressure settle. Open. Remove the vessel. Whisk the mixture well. Mix in 2Tbsp chopped coriander leaves, cumin & dry red chilli tadka (optional)

Replace / Supplement :

1. Makai flour with jowar flour/ ragi flour/ any millet flour of your choice
2. Coriander leaves with herbs of your choice

Tips :

1. Can adjust salt as per your taste preferences
2. Can dilute as per the needed consistency
3. Can have it as a breakfast too

73. Pudina Pulao

OPOSChef App Recipe ID# 14234

Description : Mint rice with spices.

Inspired by Indian cooking course cookbook by Monisha Bharadwaj.

Author : Jayasree Shankar

Category : Lunch box

Serving : 2

Template : Pressurecooking

Preparations:

1. Spice paste: Grind 1C mint leaves, 1Tbsp ginger garlic paste, 3 green chillies to a paste.
2. Soak 1C basmati rice in water for 1 hour. Drain.

Recipe:

In a 2L Neo, add 1Tbsp ghee, 1C basmati rice, mint paste, 1C water, 1tsp salt, 1/8tsp turmeric powder.

Cook on high for 3 whistles. Let pressure settle. Open. Fluff up. Add mughlai tadka. Garnish with 1/2C fried onions (optional). Serve.

Replace / Supplement :

1. Pudina with coriander leaves.
2. Green chillies with dry red chillies.
3. Ghee with oil.

Tips :

1. Can add caramelized onions in the pudina paste.
2. Salt and spice levels can be adjusted according to preference.

74. Kichri

OPOSChef App Recipe ID# 14322

Description : Celebrity Chef Rewrite Inspired by Malabar Muslim Cookery by Ummi

Abdulla: Porridge with rice and lentils

Author : Madhumitha

Category : Others

Serving : 4

Template : Pressurecooking

Recipe:

In a Cookbot, add:

1. Add 2Tbsp ghee (smear on the base), 4C water, 1tsp salt, 1C washed split mung dal, 3/4C washed basmathi rice, 1" cinnamon from Mughlai tadka. Mix all.

Ensure the vent is closed. Click Menu >> PORR (Porridge mode).

Once the bot beeps and displays LO, allow pressure to settle. Open. Remove cinnamon. Add 2C coconut milk & whisk well. Mix in 1/4C fried onion, 1Tbsp sugar, cinnamon & serve.

Replace / Supplement :

1. Ghee with Oil.
2. Coconut milk with Your favourite milk
3. Sugar with Jaggery
4. Fried onion with Caramelised onion

Tips :

1. Can adjust the consistency as per preference.
2. Can add the coconut milk 1cup at a time and whisk.

NonVeg

Chicken



Clockwise from top left:

[75. Turkish Chicken Soup](#)

[76. Thai Cashew Chicken](#)

[77. Chicken Nargisi Korma](#)

[78. Afghani Chicken](#)

75. Turkish Chicken Soup

OPOSChef App Recipe ID# 14021

Description : Celebrity chef rewrite inspired by Leckere Suppe.A hearty filling soup.

Link to original recipe https://www.youtube.com/watch?v=iOp5rsCkv_o

Author : Ayesha Fakhruddin

Category : Soups

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Mix 200g boneless chicken strips with 1tsp salt, ½tsp pepper, 1Tbsp chopped garlic.

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp oil, 1Tbsp butter.
2. Marinated chicken, 150g shredded carrot, 100g sliced banana chilli, 2Tbsp caramelized onions,

Close and cook on high for 6 min. Release pressure. Mix everything well with 4C of hot stock.

Replace / Supplement :

1. Caramelized onions with fried onion.

Tips :

1. Serve hot.
2. Refer to app id 13847

76. Thai Cashew Chicken

OPOSChef App Recipe ID# 14070

Description : Template: Lesson 2 with PIP. Celebrity Chef rewrite inspired by Spice Eats. An exotic chicken dish. Link to original recipe <https://youtu.be/CkWi01g3r-E>.

Author : Ayesha Fakhruddin

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Sauce: 1Tbsp each (honey, oyster sauce), 2tsp soya sauce, 1tsp vinegar.
Chicken Marination: Mix 500g boneless chicken cut in strips, 2tsp ginger garlic paste, 2tsp prepared sauce, 1/2tsp salt, 1/2tsp pepper, mix well.

Recipe:

In a 2L Neo, layer as below:

1. 3Tbsp oil.
2. Marinated chicken.
3. PIP on trivet- Remaining masala paste.

Close. Cook on high for 7 minutes (21 whistles). Let pressure settle. Open, mix in sauce from PIP, 2Tbsp caramelized onions, 30 roasted cashews, sliced red chilli, 1/4C green onion stalks, and stir fry (optional)

Replace / Supplement :

1. Chicken with other meats, adjust cooking time.

Tips :

1. Serve hot.
- Refer to app id 14102 for more details.

77. Chicken Nargisi Korma

OPOSChef App Recipe ID# 14104

Description : Description :Template: Lesson 2 with PIP. Celebrity Chef rewrite inspired by Zaika-e-Lucknow. Link to original recipe

<https://www.youtube.com/watch?v=jM7qBHzUY0k>.

Author : Ayesha Fakhruddin

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Chicken marination: Mix 500g chicken 1tsp salt, 1Tbsp ginger garlic paste, 1tsp red chilli powder, 2tsp coriander powder, 1/4tsp turmeric powder, 1tsp garam masala.
2. Curry paste : Roast 2 green cardamom, 1/2 mace, 2 cloves, 1 small piece nutmeg, 2Tbsp cashews, 1Tbsp poppy seeds, 1/4C coconut powder, 1/2C curd, 1/4C caramelized onions. Wash the blender with 1/2C milk and keep it ready.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. Marinated chicken.
3. Trivet PIP- curry paste, 4 well washed eggs.

Close. Cook on high for 7 minutes. Let pressure settle. Open, remove the eggs and place them in cold water and peel immediately. Mix everything together, add peeled eggs, 1/2C milk used to wash the blender. Garnish with sliced green chilli, slivers of ginger. Stir fry (optional).

Replace / Supplement :

1. Oil with ghee.

Tips :

1. Serve hot.
2. Refer to app id 14024 for more details.

78. Afghani Chicken

OPOSChef App Recipe ID# 14139

Description : Celebrity Chef rewrite inspired by Deccani's Kitchen. Link to original recipe <https://youtu.be/FQGmqMaAE40>.

Author : Ayesha Fakhruddin

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. For Masala paste: Grind 3Tbsp soaked cashew nuts, 3Tbsp caramelized onions, 2 green chilli, 1/4C mint leaves, 1/4C coriander stems, 2tsp each (chaat masala, garam masala, pepper powder), 1/4C curd, 1/4C cream.
2. Chicken marination: Mix 500g of chicken, 1tsp salt, 1Tbsp ginger garlic paste, 1Tbsp lemon juice.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. Marinated chicken.
3. PIP on trivet: Masala paste.

Close. Cook on high for 8 minutes. Let pressure settle. Open. Remove chicken and blow torch, return it to the neo, add the PIP contents, mix everything well, add 1/4C milk. Optionally smoke it with a piece of coal. Optionally stir fry. Mix everything well, garnish with coriander leaves, kasuri methi.

Replace / Supplement :

1. Caramelized onions with fried onion.

Tips :

1. Serve with basmati rice or roti.



Clockwise from top left:

[79. Mumbai special Chicken Bhujing and Rassa](#)

[80. Chicken Chukka](#)

[81. Chicken Chintamani](#)

[82. Rogan Josh](#)

79. Mumbai special Chicken Bhujing and Rassa

OPOSChef App Recipe ID# 14175

Description : Celebrity Chef rewrite inspired by Ranveer Brar. Link to original recipe
<https://www.youtube.com/watch?v=OEJ99BcH8ho>.

Author : Ayesha Fakhruddin

Category : Curries

Serving : 5

Template : Lesson 2 with PIP

Preparations:

1. Dry roast 1/4C flatten rice till dry.
2. Chicken Marination: Mix 500g of chicken, with 2 thick sliced potatoes, 1tsp salt, 1tsp oil, 1/2tsp turmeric, 2tsp coriander powder, 1/2tsp cumin powder, 1tsp chilli powder, 1tsp ginger garlic paste, 1tsp lemon juice, 1tsp garam masala.
3. Curry paste : 1/4C coconut, 3 green chillies, 1/2C caramelized onions, 1tsp ginger garlic, 1tsp each (coriander, chilli powder, garam masala, a handful coriander stems, 1tsp pepper), 1/2tsp fenugreek seeds, 1tsp salt.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. Marinated chicken and potato.
3. Trivet PIP: Curry paste. (Wash the blender with 1/2C water and save it for the Rassa).

Close. Cook on high for 10 minutes. Let pressure settle. Remove PIP, remove the chicken and potato and use a blow torch to brown the chicken and potato. Add the blender water and heat up the remaining liquid (optional). Garnish with coriander leaves. This is the Rassa.

Mix chicken and curry paste well, add flatten rice. Smoke (optional). Garnish with coriander leaves and sliced lemon.

Replace / Supplement :

1. Caramelized onions with fried onions .

Tips :

1. Serve with Rassa and rice.

80. Chicken Chukka

OPOSChef App Recipe ID# 14201

Description : Template: Lesson 2 with oil buffer. Celebrity Chef rewrite inspired by Deccani's kitchen. A delicious dish that can be served as a starter.

<https://www.youtube.com/watch?v=PnZzHhmF2oI>

Author : Ayesha Fakhruddin

Category : Curries

Serving : 5

Template : Lesson 2 with PIP

Preparations:

1. Masala paste: 2Tbsp curd, 2tsp chilli powder, 1tsp chaat masala powder, 1tsp coriander, 1/2tsp (cumin, garam masala powder).
2. Chicken Marination: Mix 500g boneless chicken with 1Tbsp ginger garlic, 1tsp salt, 1/8tsp turmeric, 2tsp lemon juice, curry leaves, 2 slit green chillis, 1tsp chilli powder.

Recipe:

In a 2L Neo, layer as below:

1. 3Tbsp oil.
2. Marinated chicken.
3. PIP on trivet: remaining masala paste.

Close. Cook on high for 7 minutes, (14 whistles). Let pressure settle. Open, mix in masala paste, 1/2C fried onions, and stir fry (optional). Garnish with coriander leaves.

Replace / Supplement :

1. Oil with ghee.

Tips :

1. Serve as a starter.
2. Refer to app id 14103 for more details.

81. Chicken Chintamani

OPOSChef App Recipe ID# 14420

Description : Ten minute curries

Author : Ramakrishnan

Category : Curries

Serving : 3

Template : Lesson 2 with Oil

Preparations:

1. Mix 500g chicken with bones chopped small, 1/2tsp salt, 1/4tsp turmeric, 25 dry red chillies cut small

Recipe:

In a 2L Neo, layer as below:

L1: 3Tbsp oil

L2: 1C shallots on one side, 10 curry leaves, chicken on one side.

Cook on high for 9min/14W. Switch off. Release pressure. Stir fry briefly. Mash chillies.

Mutton

82. Rogan Josh

OPOSChef App Recipe ID# 13881

Description : Lesson 2 to Curries.

Template : Lesson 2 with Oil (PIP) (LPS).

Boneless mutton cubes cooked with Kashmiri chillies, yoghurt, ginger powder and fennel powder.

Author : Alpana Keertikar

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. A: Marinate 470g boneless cubed mutton shoulder with 1tsp salt, 1/8tsp turmeric.
2. B: Heat 1Tbsp oil. Steep 4-5 pieces of ratanjot in heated oil.
3. C: Soak 7 Kashmiri red dry chillies. Grind with water.
4. D: Curry paste - Blend chilli paste, ratanjot infused oil, 1/4C yoghurt, 2Tbsp caramelised onion, 1tsp each (ginger powder, fennel powder, coriander powder, Kashmiri chilli powder).
5. E: Make mogul tadka with Kashmiri chilli powder.

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil.
2. Marinated mutton.
3. PIP on trivet - curry paste.

Close and cook on high for 14 minutes (ignore whistles). Let pressure settle. Add curry paste and mogul tadka to mutton. Mix. Dilute with milk if desired. Serve.

Replace / Supplement :

1. Oil with ghee/butter.
2. Ratanjot with red food colour.

Tips :

1. Steep ratanjot in either oil or water. Use food colour for darker red.



Clockwise from top left:

[83. Laal Maas \(Rajasthani Spicy Mutton\)](#)

[84. Lucknowi Gosht](#)

[85. Railway Mutton Curry](#)

[86. Bhuna Gosht](#)

83. Laal Maas (Rajasthani Spicy Mutton)

OPOSChef App Recipe ID# 14192

Description : Celebrity Chef Rewrite Series.

Inspired by Sanjyot Keer - <https://youtu.be/c-g0SyQd6Fk>.

Template : Red Meat.

Bone-in mutton cooked with dried red chilli masala.

OPOS100 Compliant.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Red Meat

Preparations:

1. Marinate 530g lamb leg steaks with 1tsp salt.
2. Soak and drain 10-15 dried Kashmiri red chillies.
3. Curry paste : Grind drained chillies, 1/4C caramelised onions, 2Tbsp each (hung yoghurt, coriander cumin powder), 1Tbsp each (Kashmiri chilli powder, OPOS ginger garlic paste), 1tsp garam masala, 1/2tsp salt. Use extra 2Tbsp hung yoghurt while grinding if needed.
4. Add Kashmiri chilli powder to Mogul tadka and let it steep.

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp mutton fat.
2. Marinated mutton.
3. Curry paste spread on mutton in a thin layer.

Close and cook on low (300W in OPOS induction) for 30 minutes (ignore whistles). Let pressure settle. Add 1Tbsp prepared Mogul tadka. Mix.

Replace / Supplement :

1. Mutton fat with ghee/butter/oil.

Tips :

1. Can add caramelised tomatoes.
2. Increase/decrease chillies to taste.
3. Can use a mix of chilli varieties.
4. Rest before serving for flavours to infuse. Tastes better the next day.
5. If the curry paste is runny, use PIP.

84. Lucknowi Gosht

OPOSChef App Recipe ID# 14267

Description : Celebrity Chef Rewrite Series.

Inspired by Zaikae-e-Lucknow.

Template : Red Meat.

Lamb leg steaks cooked with raw mango, chillies and caramelised onions.

Author : Alpana Keertikar

Category : Curries

Serving : 2

Template : Red Meat

Preparations:

1. Marinate 500g lamb leg steaks with 1Tbsp OPOS ginger garlic paste, 1tsp salt, 1/4tsp turmeric.
2. Peel a small raw mango. Slice half and make a paste of rest.
3. Curry paste : Mix slices and paste of raw mango, 1/4C caramelised onions, 3 slit big chillies, 1Tbsp each (coriander powder, Kashmiri chilli powder).

Recipe:

In a 2L Neo, layer as below:

1. 1/2Tbsp oil, marinated lamb leg steaks.
2. Curry paste, spread over lamb steaks.

Close and cook on low (300W in OPOS induction) for 30 minutes (ignore whistles). Let pressure settle. Open. Add bottled tadka made with bay leaves, cinnamon, cardamom, cloves & cumin seeds. Mix in chopped coriander. Serve.

Replace / Supplement :

1. Oil with ghee/butter.
2. Kashmiri chilli powder with any chilli powder.
3. Caramelised onions with fried onions.

Tips :

1. Replace raw mango with 1Tbsp vinegar to make it OPOS100 compliant.
2. Serve with naan.

85. Railway Mutton Curry

OPOSChef App Recipe ID# 14277

Description : Celebrity Chef Rewrite Series.

Inspired by Monisha Bharadwaj's The Indian Cooking Course.

Template : Red Meat.

Anglo Indian lamb curry with tamarind, caramelised onions and curry leaves.

Author : Alpana Keertikar

Category : Curries

Serving : 2

Template : Red Meat

Preparations:

1. Marinate 400g lamb leg steaks with 1/2Tbsp OPOS ginger garlic paste, 1tsp salt, 1/4tsp turmeric.
2. Curry Paste : Mix 1/4C caramelised onions, 1Tbsp each (tamarind paste, Kashmiri chilli powder, coriander powder).

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp oil.
2. Marinated mutton.
3. Curry paste spread on mutton.

Close and cook on low (300W in OPOS induction) for 30 minutes (ignore whistles). Let pressure settle. Add bottled tadka of curry leaves, cinnamon and cardamom. Dilute with water or stock.

Replace / Supplement :

1. Oil with ghee/butter.

Tips :

1. Serve with white rice.
2. Can replace tamarind with vinegar or lemon juice to make OPOS100 complaint.

3. Increase oil by 1 Tbsp if mutton is not fatty.

86. Bhuna Gosht

OPOSChef App Recipe ID# 14304

Description : Celebrity Chef Rewrite Series.

Inspired by Cook with Fem.

Template : Red Meat.

Mutton shoulder cooked with chilli powder, caramelised onions and Mogul tadka.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Red Meat

Preparations:

1. Marinate 750g mutton shoulder with 1/2Tbsp OPOS ginger garlic paste, 1tsp salt, 1/4tsp turmeric.
2. Curry Paste : Mix 1/3C caramelised onions, 1.5Tbsp Kashmiri chilli powder.
3. Bottled Tadka : 2 bay leaves, 4 cloves, 1 inch cinnamon, 2 cardamoms, pinch of Kashmiri chilli powder with 1Tbsp tadka oil.

Recipe:

In a 2L Neo, layer as below:

1. 1Tbsp oil.
2. Marinated mutton.
3. Curry paste spread on top of mutton.

Close and cook on low (300w on OPOS induction) for 30 minutes. Let pressure settle. Add bottled tadka. Drain oils & juices, if desired and stir fry briefly. Garnish with chopped coriander. Serve with fats & juices on the side.

Replace / Supplement :

1. Oil with ghee/butter.
2. Caramelised onions with fried onions.

Tips :

1. Serve with naan or chapati.
2. Can emulsify leftover juices & fats to make a sauce.



Clockwise from top left:

[87. Namkeen Gosht](#)

[88. Chatkara Gosht \(Hyderabadi Tala Hua Gosht\)](#)

[89. Mutton Pickle](#)

[90. Til Gosht Ka Achar](#)

87. Namkeen Gosht

OPOSChef App Recipe ID# 14351

Description : Celebrity Chef Rewrite Series.

Inspired by : Shan e Delhi.

Template : Red Meat.

Mutton with fat cooked with only salt in its own juices. No buffer is used. The taste comes from the meat itself.

Author : Alpana Keertikar

Category : Starters

Serving : 4

Template : Red Meat

Recipe:

In a 2L Neo, layer as below:

1. 950g boneless mutton cubes with fat mixed with 1tsp salt.

Close and cook on low (300W in OPOS induction) for 40 minutes. Let pressure settle. Open. Drain fats & juices. Emulsify with a blender to make a smooth creamy sauce. Add lemon juice, sliced onions and 1/2tsp chaat masala to the mutton. Mix and serve with sauce on the side.

Tips :

1. Use mutton with enough fat for this dish.

88. Chatkara Gosht (Hyderabadi Tala Hua Gosht)

OPOSChef App Recipe ID# 14377

Description : Celebrity Chef Rewrite Series.

Inspired by : Cook with Fem.

Template : Red Meat.

Hyderabad style spicy mutton.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Red Meat

Preparations:

1. Marinate 1kg mutton shoulder with 1/4C each (caramelised onions, thick yoghurt, curry leaves), 1Tbsp (ginger garlic paste, Kashmiri chilli powder, coriander powder), 1tsp each (salt, crushed pepper, garam masala, chilli powder), 2 big slit green chillies, 1/4tsp turmeric.

Recipe:

In a 2L Neo, layer as below:

L1 : 2Tbsp oil.

L2 : Marinated mutton.

Close and cook on low (300W in OPOS induction) for 45 minutes. Let pressure settle. Open. Add 1tsp lemon juice. Mix. Drain fats and juices. Simmer briefly, if desired. Garnish with chopped coriander and slit green chillies. Serve.

Replace / Supplement :

1. Oil with ghee/butter.
2. Spices powders with any spice mix of choice.

Tips :

1. Deseed chillies for a less spicy version. Increase chillies for a spicier mutton.

2. The fats & juices make a nice soup to be served with mutton.

89. Mutton Pickle

OPOSChef App Recipe ID# 14415

Description : Celebrity Chef Rewrite Series.

Inspired by : Deccani's kitchen.

Template : Lesson 2 with Oil (LPS).

Boneless mutton cubes cooked in achar (pickle) spices.

Author : Alpana Keertikar

Category : Preserves

Serving : 4

Template : Lesson 2 with Oil

Preparations:

1. Marinate 630g boneless small to medium mutton cubes with 1Tbsp ginger garlic paste, 1/2tsp salt, 1/4tsp turmeric, 7-8 garlic cloves.
2. Achar (pickle) Masala : Roast 1Tbsp each (coriander seeds, cumin seeds, mustard seeds), 1tsp each (kalonji, fenugreek seeds), 15 green cardamom, 10 dry red chillies. Grind to powder with 1/2tsp salt. Or use readymade pickle masala.
3. Bottled tadka : cumin, mustard, fenugreek, curry leaves, dry red chillies.

Recipe:

In a 2L Neo, layer as below:

L1 : 2Tbsp oil.

L2 : Marinated mutton.

Close and cook on high for 14 minutes. Let pressure settle. Open. Add 1Tbsp each (pickle masala, bottled tadka, lemon juice), 1tsp Kashmiri chilli powder. Mix. Use or store.

Replace / Supplement :

1. Lemon juice with vinegar.
2. Mutton with beef/pork.

Tips :

1. Increase or decrease achar masala and chilli powder to desired spice level.
2. If your pickle masala does not have salt, increase salt in mutton marination.
3. Increase oil if the pickle is going to be stored longer.
4. This pickle lasts for several days as long as no moisture remains in the dish. Store in a sterile bottle and avoid contamination. Can add heated oil on top of pickle to increase shelf life without refrigeration.
5. Serve as a side with dal and rice.

90. Til Gosht Ka Achar

OPOSChef App Recipe ID# 14464

Description : Celebrity Chef Rewrite Series.

Inspired by : Deccani's kitchen.

Scaling Up.

Boneless mutton cooked with sesame seed powder and pickle spices with green chillies to make a pickle.

Author : Alpana Keertikar

Category : Preserves

Serving : 20

Template : Scaling Up

Preparations:

1. Marinate 1kg small chopped fatty boneless mutton with 2Tbsp ginger garlic paste, 1Tbsp salt, 1/4tsp turmeric powder.
2. Til pickle mix : Dry roast 2tsp mustard seeds, 1tsp each (coriander seeds, cumin seeds), 1/2tsp each (kalonji, fenugreek seeds). Add 2Tbsp sesame seeds. Roast well. Cool and grind to a fine powder.
3. Curry paste : Blend the pickle mix with 6 big green chillies, 1/2C coriander stems adding little water to make a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1 : 2Tbsp oil.

L2 : Marinated mutton.

L3 : Curry paste mixed with top layer of mutton.

Close and cook on high for 20 minutes or till you smell intense caramelisation. Let pressure settle. Open. Mix 1/4C lemon juice and bottled tadka of cumin, mustard, dry red chillies, curry leaves. Simmer briefly, if desired. Store in a sterile container in fridge and use when needed with a sterile spoon.

Replace / Supplement :

1. Oil with ghee/butter.
2. Green chillies with 2Tbsp red chilli powder.
3. Spice mix with ready pickle masala plus sesame seeds powder.
4. Lemon juice with vinegar.

Tips :

1. Can last for a month in the fridge if used without contamination.
2. Serve as a pickle with dal and rice or biryani.



Clockwise from top left:

[91. Khada Masala Gosht](#)

[92. Amritsari Kheema](#)

[93. Kheema Ghotala](#)

[94. Kofta Kebabs](#)

91. Khada Masala Gosht

OPOSChef App Recipe ID# 14485

Description : Celebrity Chef Rewrite Series.

Inspired by : Zaika-e-Lucknow.

Template : Red Meat.

Bone-in mutton cooked with whole spices.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Red Meat

Preparations:

1. Mix 1kg bone-in mutton shoulder with 1.5Tbsp crushed coriander seeds, 1Tbsp each (ginger garlic paste, black pepper), 2tsp salt, 1tsp cumin seeds, 6 dry red chillies, 4 cloves, 4 cardamoms, 3 bay leaves, 1 inch cinnamon, 1 piece mace, 1/4tsp turmeric.
2. Curry paste : Mix 1/3C caramelised onions with 1Tbsp Kashmiri chilli powder.

Recipe:

In a 2L Neo, layer as below:

1. L1 : 1Tbsp each (oil, ghee).
- L2 : Marinated mutton.
- L3 : Curry paste spread over mutton.

Close and cook on low (300W in OPOS induction) for 35 minutes. Let pressure settle. Open. Add 1/2C whisked yoghurt, 2 slit green chillies. Mix well. Simmer, if desired. Garnish with chopped coriander. Serve.

Replace / Supplement :

1. Caramelised onions with fried onions.

Tips :

1. Can adjust the proportion of spices to taste.
2. Serve with flatbread or rice.

92. Amritsari Kheema

OPOSChef App Recipe ID# 14251

Description : Celebrity Chef Rewrite Series.

Inspired by viral reel by Food Founder.

Template : Lesson 2 with oil (Direct Layering, RP).

A very simple kheema preparation with caramelised onions, green chillies and Mogul tadka.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

1. 15g butter, 500g mutton mince (kheema), 1/2tsp salt, 1/4tsp turmeric. Mix.
2. Spread 1/2C caramelised onions, paste of 4 big green chillies and 1Tbsp OPOS ginger garlic paste on top of kheema.

Close and cook on high for 6 minutes (ignore whistles). Release pressure. Mix. Add Mogul tadka made with bay leaves, cloves, cinnamon, cardamom, pepper and 2 slit green chillies. Garnish with chopped coriander.

Replace / Supplement :

1. Butter with ghee/oil.
2. Caramelised onions with fried onions.

Tips :

1. Serve with naan.
2. Can increase/decrease chillies to taste.

93. Kheema Ghotala

OPOSChef App Recipe ID# 14399

Description : Ten Minute Curries.

Template : Lesson 2 with Oil.

Mutton mince cooked with spices available in pantry at hand with a beaten egg added in retained heat.

Author : Alpana Keertikar

Category : Breakfast

Serving : 2

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

L1 : 1Tbsp butter

L2 : 2C (300g mutton kheema), 2tsp Kashmiri chilli powder, 1 tsp coriander powder, 1/2tsp each (cumin powder, garam masala, dried garlic, salt), 1/4tsp turmeric powder. Mix all.

Close and cook on high for 5 minutes. Release pressure. Add 1 beaten egg. Mix with masher to break clumps, if any. Add juice of half a small lemon. Garnish with chopped coriander.

Replace / Supplement :

1. Butter with oil.
2. Mutton mince with chicken, beef or pork mince.
3. Spice powders with any spice mix of choice.

Tips :

1. Can add caramelised/fried onions and/or caramelised tomatoes.
2. Can serve with pressurebaked eggs on top.
3. This is usually eaten for breakfast with brun maska (hard bread roll with butter).
4. Simmer briefly after adding egg, if desired.

94. Kofta Kebabs

OPOSChef App Recipe ID# 14445

Description : Celebrity Chef Rewrite Series.

Inspired by : MasterChef Pankaj Bhadouria

Template : Lesson 2 with PIP (LPS).

Mutton mince, formed into meatballs, and cooked with raw mango chutney.

Author : Alpana Keertikar

Category : Starters

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Koftas : Mix 500g mutton mince with 2Tbsp caramelised onions, 1/2Tbsp ginger garlic paste, 2tsp coriander powder, 1tsp each (cumin powder, red chilli powder), 3/4tsp salt. Form 13 koftas of equal size.

2. Chutney : Grind 1/2C chopped raw mango, 4 soaked and drained dried red chillies, 1/2tsp each (cumin powder, salt) to a smooth chutney.

Recipe:

In a 2L Neo, layer as below:

L1 : 2Tbsp oil.

L2 : Koftas in a single layer.

L3 : PIP on trivet - chutney.

2. Close and cook on high for 6 minutes. Let pressure settle. Open. Remove PIP. Drain fats and juices leaving only little with koftas. Shallow fry koftas till browned on the other side. Mix in chutney. Add some fats & juices and stir fry till the chutney coats all koftas well. Remove to a serving plate. Garnish with chopped coriander. Emulsify leftover fats and juices. Add crushed pepper and chopped coriander. Serve with kebabs as a dip.

Replace / Supplement :

1. Oil with ghee/butter.

2. Spice powders with any spice mix of choice.

3. Caramelised onions with fried onions.
4. Raw mango with tamarind, vinegar or lemon juice.

Tips :

1. Can add roasted gramflour as a binder, if desired.
2. Can serve with yoghurt dip.
3. Replace raw mango with lemon juice or vinegar to make it OPOS100 compliant.



[95. Hara Masala Bheja \(Lamb Brain in Green Masala\)](#)

95. Hara Masala Bheja (Lamb Brain in Green Masala)

OPOSChef App Recipe ID# 14489

Description : Celebrity Chef Rewrite Series.

Inspired by : Zaika-e-Lucknow.

Template : Lesson 2 with PIP.

Lamb brain cooked with chillies, mint, and coriander curry paste.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Lesson 2 with PIP

Preparations:

1. Marinate 4 lamb brains (336g), cut in pieces, with 1/2tsp salt, 1/4tsp turmeric.
2. Curry paste - Fry 1 inch ginger, 4 garlic cloves, 2 green chillies, 1tsp each (cumin seeds, black pepper) in 1Tbsp oil. Add 1/2C each (mint leaves, coriander stems), 3Tbsp yoghurt, 1/8tsp salt and grind to a smooth paste.

Recipe:

In a 2L Neo, layer as below:

L1 : 2Tbsp oil.

L2 : Marinated brain.

L3 : PIP on trivet - curry paste.

Close and cook on high for 5 minutes. Release pressure. Add curry paste and fenugreek seeds bottled tadka to the brain. Mix. Simmer briefly, if desired. Add finely chopped coriander leaves and mix. Garnish with chopped coriander. Serve.

Replace / Supplement :

1. Oil with ghee/butter.
2. Lamb brain with goat, beef or pork brain.

Tips :

1. Serve with naan or dal and rice.
2. Can squeeze some lemon juice before serving.

Fish/Seafood



Clockwise from top left:

[96. Narkol Chengri Moli \(Bengali Prawn Curry\)](#)

[97. Prawns Fried Rice](#)

[98. Goan Fish Curry Two Ways](#)

96. Narkol Chengri Moli (Bengali Prawn Curry)

OPOSChef App Recipe ID# 14053

Description : Celebrity Chef Rewrite Series.

Inspired by 30 Minute Curries by Atul Kochhar.

Template : Lesson 2 with Oil RP (Direct Layering).

Bengali style prawn curry made with caramelised onions, panch phoran tadka and coconut milk.

Author : Alpana Keertikar

Category : Curries

Serving : 4

Template : Lesson 2 with Oil

Recipe:

In a 2L Neo, layer as below:

L1 : 1Tbsp oil.

L2 : 400g peeled prawns mixed with 1Tbsp Kashmiri chilli powder, 3/4tsp salt, 1/4tsp turmeric.

L3 : 1/4C caramelised onions spread on top of prawns.

Close and cook on high for 5 minutes (ignore whistles). Release pressure. Add 1/2C coconut milk, 1Tbsp panch phoran bottled tadka. Mix. Garnish with 2Tbsp chopped coriander. Serve.

Replace / Supplement :

1. Oil with ghee/butter.
2. Caramelised onions with fried onions.

Tips :

1. Serve with rice.
2. Panch phoran tadka is made with cumin, mustard, nigella, fenugreek, fennel.

97. Prawns Fried Rice

OPOSChef App Recipe ID# 14261

Description : Celebrity Chef Rewrite Series.

Inspired by : Maharashtrian Recipes.

Template : Lesson 2 with Oil (Scaled Up).

Author : Alpana Keertikar

Category : Lunch box

Serving : 8

Template : Lesson 2 with Oil

Preparations:

1. Marinate 400g shelled and deveined tiger prawns with 2Tbsp caramelised onions, 1Tbsp each (fried garlic, spiced vinegar, light soya sauce, chilli sauce).

Recipe:

In a 2L Neo, layer as below:

1. 2Tbsp oil, 3 chopped big green chillies, 425g mixed vegetables (cabbage, carrots, red capsicum, yellow capsicum), 1tsp salt. Mix.
2. Marinated prawns.

Close and cook on high for 3 whistles or 8 minutes, whichever earlier. Release pressure. Add 2 fried eggs, 1/4C chopped spring onions, 1/4C chopped cilantro & mix. Remove half. Mix in 2C cooked and cooled rice. Stir fry briefly, if desired.

Replace / Supplement :

1. Oil with butter.
2. Fried garlic with chopped garlic in L1 or OPOS garlic paste in prawns marinade.
3. Rice with any cooked or ready to eat starch of choice.
4. Spiced vinegar with any vinegar of choice.
5. Soya sauce with coconut aminos or tamari.

Tips :

1. Cool rice well before adding to prawns.

2. Can double the quantity of rice if using the entire prawns vegetable mix.
3. Can use cauli rice to make a low carb version.

98. Goan Fish Curry Two Ways

OPOSChef App Recipe ID# 14341

Description : Celebrity Chef Rewrite Series.

Inspired by : Your Food Lab.

Lesson 2 with Parchment Paper.

Lesson 2 to Curries.

Template : Lesson 2 with Oil (PIP).

Goan style fish curry with kingfish tails and steaks shown with curry template and caramelisation template

Author : Alpana Keertikar

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Preparations:

1. Marinate 2 kingfish tails (450g) with 1tsp salt, 1/4tsp turmeric. Marinate 2 kingfish steaks (275g) with 1/2tsp salt, 1/8tsp turmeric.
2. Curry paste : Grind 1C grated coconut, 6 Kashmiri red chillies, 1Tbsp each (coriander seeds, tamarind), 6 garlic cloves, 1/2inch ginger, 6 black peppers, 1tsp salt with water to make a thick paste.

Recipe:

In a 2L Neo, layer as below:

1. Recipe 1 (Curry template with staples) :

Line Neo with parchment paper.

L1 : 2Tbsp oil.

L2 : Marinated kingfish tails.

L3 : PIP - 1C curry paste, 1/4C caramelised onions, 1 big slit green chilli, 5 crushed Sichuan pepper.

Close and cook on high for 6 minutes. Let pressure settle. Remove PIP. Upturn Neo. Peel off parchment paper. Dilute curry paste. Simmer briefly, if desired. Garnish with chopped coriander.

2. Recipe 2 (Caramelisation template without staples) :

L1 : 3Tbsp oil.

L2 : 1C chopped onions, mixed with 1/8tsp salt.

L3 : PIP on trivet - 2 marinated kingfish steaks, remaining curry paste, 1 big slit green chilli, 4 crushed sichuan pepper, 4 kokum skins, 2Tbsp water.

Close and cook on high for 5 minutes. Let pressure settle. Remove PIP. Mix onions till evenly brown. Remove half and use as staples. Add PIP content. Dilute. Simmer briefly, if desired. Garnish with chopped coriander.

Replace / Supplement :

1. Oil with ghee/butter.
2. Caramelised onions with fried onions.
3. Sichuan peppers with black pepper.
4. Kashmiri chillies with chilli powder.
5. Coriander seeds with coriander powder.
6. Cumin seeds with cumin powder.
7. Garlic & ginger with OPOS ginger garlic paste.

Tips :

1. The recipe with fish in base gives a crispy fish skin and is suitable for tail pieces or fish with skin. More quantity of fish can be used for this recipe than in PIP. There is no major difference in taste off both curries apart from these 2 factors.
2. The curry paste can be used for double the quantity of fish.
3. Deseed chillies if you prefer a less spicy version. Keep with seeds for a spicy curry.
4. Can dilute with coconut milk for a richer version.
5. Recipe 1 does not have kokum so is less tangy. Recipe 2 has a tangier flavour. Add kokum to recipe 1 or increase tamarind if you want a tangy curry.

Eggs



Clockwise from top left:

[99. Kappa Muttu Puzhukku](#)

[100. Egg Roast](#)

99. Kappa Mutta Puzhukku

OPOSChef App Recipe ID# 14451

Author : Ramakrishnan

Category : Curries

Serving : 4

Template : Lesson 2 with Oil and Water

Preparations:

1. Curry paste: Blend coarse 1C coconut, 3 green chillies, 1/2tsp salt, 3 garlic cloves, 10 curry leaves. Mix in 1Tbsp bottled tadka, 1/4C finely chopped shallots.

Recipe:

In a 2L Neo, layer as below:

1. L1: 1Tbsp oil

L2: 1/2C water, 1/2tsp salt, 1/4tsp turmeric

L3: 500g tapioca cut into small bits, 6 well washed eggs

Cook on high for 9min/4W. Switch off. Let pressure settle. Peel and halve eggs. Mix all with curry paste. Stir fry (optional). Mash (optional).

Replace / Supplement :

1. Tapioca with Potato/ Sweet potato/ Sweet corn or any other starchy vegetable
2. Garlic with GG paste
3. Green chillies with Dry red chillies
4. Shallots with Onion

Tips :

1. Tapioca is a tough vegetable. Unless cut small, it won't cook well.

100. Egg Roast

OPOSChef App Recipe ID# 14477

Author : Ramakrishnan

Category : Curries

Serving : 2

Template : Lesson 2 with PIP

Recipe:

In a 2L Neo, layer as below:

L1: 1Tbsp oil

L2: 1 chopped onion (200g), 2 chopped green chillies

L3: Trivet: 4 washed eggs

Cook on high for 5min/2W. Switch off. Let settle (7 mins). Remove eggs. Add 1/2tsp kashmiri chilli powder, 1/4tsp salt, 1/2tsp garam masala, 1tsp kasuri methi. Stir fry briefly. Peel & halve eggs. Mix all. Peel & halve eggs.

Section 4

Why OPOS?

OPOS is Green. One pot to wash.
OPOS is Clean. Hygienic. Less mess.
OPOS is Fast. Fresh food in minutes.
OPOS is Liberating. No supervision.
OPOS is Healthy. Maximises nutrition.
OPOS is Flexible. Cook your way.
OPOS is Economical. Saves fuel, water & labour.
OPOS is Tasty. Intense flavours.
OPOS is Transparent. Works for all.
OPOS is Consistent. Works every time.
OPOS is Universal. Cooks all cuisines!

Apart from all these, we don't realise conventional cooking can be very strenuous and downright hazardous if not done right. Let's look at the problems with conventional cooking and see how to minimise them with OPOS.

1. Kitchen Pollution.

Kitchen pollution claims more lives than those lost from all Industrial air pollution. The World Health Organisation labelled household pollution as "The Killer in the Kitchen." The longer you stay in the kitchen, the greater are your chances of falling sick. The pollution happens because of toxins produced by open flames and by improper cooking methods.

a. Kitchen pollution by open flames.

Most conventional cooking relies heavily on open fire. But they produce all sorts of noxious chemicals.

b. Kitchen pollution by poor cooking techniques.

Many of our conventional cooking methods like shallow frying, deep frying and stir frying produce deadly oil fumes. Asian women are ranked highest in the world for lung cancer risk, mostly because of their extensive exposure to oil fumes.

Solution: Minimise kitchen time. Minimise/ eliminate oil fumes.

2. Carcinogen production:

Acrylamides:

When starchy foods (Potato, banana, rotis, bread, dosa, paniyaram, phulkha, parathas) are heated over 120°C, in the absence of water, they start to blacken and acrylamides start forming.

Solution: Prevent charring

Polycyclic aromatic hydrocarbons (PAHs):

When cooking oils are heated beyond their smoke point PAH starts forming.

Solution: Minimise/ eliminate oil fumes.

Heterocyclic amines (HCAs):

HCAs are formed when some food is subjected to very high temperatures. This usually happens during shallow frying/ stir frying / grilling. Even at lower temperatures, they form when cooking time is very long, as in roasting.

Solution: Minimise cooking time. Prevent overheating.

3. Excessive use of resources

Conventional cooking methods demand a lot of fuel, food, labour and water (for both cooking and cleaning),

4. Women chained to the kitchen

Conventional cooking methods chain women to the kitchen.

Of all women across the world, Indian women spend the most time in the kitchen.

Studies show only 6% of Indian men help with kitchen work.

Solution: Use OPOS techniques to dramatically reduce labour, fuel and water wastage. Empower everyone to cook.

OPOS: Core beliefs

1. Cooking is science. Love, Sweat, Devotion etc., does not affect what's happening inside the cooking pot.
2. What happens in my pot has to happen in yours, once our equipment is standardised. Else, there is a problem with the equipment or the recipe. "But it worked/ did not work for me" is an impossible claim.
3. Ingredients should behave exactly the same way every single time. Else, there is a problem with the equipment or the recipe.
4. The differences between ingredients (Ex: different varieties of tomato) is marginal most of the time and does not significantly affect the recipe, except in very rare cases.
5. Taste is inherent in ingredients. As long as we do not overcook/ undercook them, every single ingredient is inherently tasty, even when cooked without salt/ spices.
6. Almost all ingredients can be pressurebaked, barring a handful of exceptions (big chunks, cartilage, big legumes, unsoaked grains & small dals). This means 2C (250g) of almost everything needs to be cooked in around 5 minutes, else they might get overcooked.
7. All cuisines are all alike. Every single one is built from a core set of building blocks. You can easily translate a recipe from one cuisine to another once you learn the building blocks.

8. Basic taste is universal and is hard wired into us. Everyone across the world, (especially babies) will find almost all properly cooked ingredients 'tasty', barring personal preferences. Spices/ other flavourings are a culturally acquired taste.

Moving away from Gloop:

“Heat oil. Add whole spices and fry. Add onion. Stir and cook till it browns. Add ginger-garlic paste. Stir and cook. Add tomato. Stir and cook till tomatoes soften. Add spice powders. Stir and cook till oil separates. Add main ingredient. Stir and cook. Add water. Simmer and cook till done”. Sounds familiar?

This is the standard template of most resto-style Indian curries. Every single ingredient you can think of is cooked with this onion-tomato masala in some form or another. This masala based cooking has taken over our cuisine. North or South, home or restaurants, Indian cuisine has been heavily infiltrated by this masala. We don't eat food anymore. We eat overcooked stuff buried in masala. Very few chefs make a conscious attempt to move away from this gloop.

Was this how traditional Indian food was cooked? No. Onion and garlic was shunned for a long time in Indian cuisine. Tomatoes and chillies came to India in the last 500 years. Many dishes had little or no spice. Our moms & grandmothers did not begin every recipe by sauteing onion and tomato.

Indian cuisine has innovated numerous brilliant themes without the use of masala. This slippery slope of masala based cooking started when restaurants realised this masala can always make food edible, even if the main ingredient has been overcooked to lose its taste, texture, colour and flavour. You don't need to bother about retaining colours, textures or flavours. This masala will bury all your mistakes. It was God's gift to restaurants.

OPOS takes the opposite route. OPOS is about maximising the inherent taste of food, without drowning it in sauces/ spices. Our focus is not secret spice mixes or elaborately cooked masalas. We believe they are completely optional. At best, they can play a supporting role to perfectly cooked ingredients. That said, if you still prefer resto-style/ Dhaba style spicy-masala based cooking, here are a few templates that might help.

<https://youtu.be/Oa-BFTRJiL8>

Sauteed Onion template

<https://youtu.be/TkWAOZ1yail>

Onion-Tomato Mother Sauce

https://youtu.be/xW9V_UjxdoA

N.Indian Curries Template

<https://youtu.be/9LhmhdtPX5Y>

Masala kuruma Template (Without caramelised onions/ tomatoes prepared beforehand)

Why is a Pressure Cooker mandatory?

Can't OPOS techniques work in open pot cooking?

OPOS is about standardisation. But we can't standardise recipes when there is a big variation in atmospheric pressure and ambient temperature. The boiling point of water changes with atmospheric pressure. The cooking time changes with ambient temperature. We eliminate these two variables by using pressure. Inside a pressurised pot, the effect of different atmospheric pressures and different ambient temperatures is almost eliminated. Cooking conditions are similar. Now, recipes can be standardised.

In OPOS, we do not use pressure to cook faster, but to guarantee similar cooking conditions. To guarantee all of us are on the same page. This is the key difference many fail to see. They still see OPOS as pressure cooking. Pressure does not matter in OPOS, as long as it can be standardised across devices. The heat carrying capacity of water dramatically increases with pressure. This is the fact that powers pressure cooking. The heat carrying capacity of steam does not change much with pressure. This is the fact that powers pressure baking.

Why is OPOS limited to 2L & 3L pressure cookers?

The core techniques of OPOS, PressureBaking relies on pumping in a lot of heat into food in the shortest possible time. This is why OPOS cookware are broad and shallow – to keep the surface (heating) area to volume ratio as high as possible. As volume increases, it takes more and more time to pump heat into food. These larger pressure cookers fail to pass lesson 1 and lesson 2 and so become unsuitable for pressurebaking, resulting in overcooked vegetables and seafood.

Extending OPOS to all Pressure Cookers, Electric or Manual.

All Pressure Cookers, Electric or Stovetop, irrespective of the brand, work on the same principle - Pressure Cooking. They all pressurise water to raise its boiling point from 100 degrees (MSL) to around 120 degrees. This higher heat cooks food faster than an open

pot. But many, especially in the West, were spooked by noisy, messy, stovetop pressure cookers. The early ones exploding once in a while gave manual pressure cookers an unsafe reputation that persists to this day. The messiness & noise was eliminated by the Electric Pressure Cookers which have become a cult product in the West, over the last few years.

All pressure cookers from the fanciest ones to the cheapest ones are powered by the same logic of pressure cooking. Food cooks as well in the cheapest pressure cooker as in the fanciest one.

How fast a pressure cooker can cook depends only on two factors:

How fast can it be heated up and how much pressure it can hold.

Stovetop pressure cookers can be heated up much faster (1 minute to reach full pressure) and hold more pressure (15psi) than electrical pressure cookers.

Stovetop pressure cookers are very fast, but they are also noisy, messy, need baby sitting and are not smart. Electric pressure cookers offer an array of features that makes them easier and safer to use.

This was the reality of the pressure cooking scene, till OPOS entered the space.

OPOS made pressure cookers do things that were not possible before.

1. It made food come alive. Cooked Vegetables came out brighter than raw.
2. It brought the cooking time of many dishes down to under 5 minutes, from a cold start.
3. It filled food with colours, flavours, tastes and textures not seen earlier.
4. It made pressure frying possible in a domestic pressure cooker.
5. It made it possible to cook rice, pasta & noodles without any added water.
6. It condensed almost all recipes, from starters to desserts, into one single step.
7. It eliminated spewing by cutting out water.

How did this happen? With a bunch of new techniques.

All pressure cooking recipes as of now fall into two categories.

1. Multi step recipes

Sautee first & pressure cook. This requires skill. A child cannot be taught to do this easily.

2. Single step recipes

Dump all, add water & pressure cook. These are relatively deskilled. A child can be taught to do these.

OPOS marries the complexity of multi step recipes with the ease of single step recipes.

All OPOS recipes have one cooking step. All OPOS recipes can be casually cooked by children. In many Indian households, OPOS has actually empowered children to cook. Children have been teaching their dads, their grandmas, their teachers to OPOS.

(<https://youtu.be/oqjrJ12ebvY>)

How did we manage to redefine pressure cooking, of all places, in India? India owns pressure cooking. Indians believe they know everything there is to know about pressure cooking. It has the highest number of pressure cookers per capita in the world. Every morning, India wakes up to the symphony of whistles from stovetop pressure cookers.

India manufactures over 20 million pressure cookers every year. Almost every Indian household owns one, as against one in 10 houses in the US. Ever since their introduction in the 1950s, Indians have been buying stovetop pressure cookers. The Big three - TTK Prestige, Hawkins and Butterfly dominate the Indian market.

Now imagine telling Indian moms and grandmoms they have been using it wrong all these years.

Imagine telling the top manufacturers their equipment needs to be redesigned. That's exactly what we did.

Every single Indian stovetop pressure cooker comes with large warning stickers that scream "Never use without water". "Never cook on High heat". Now comes OPOS and said "Always cook on the highest heat, with no water".

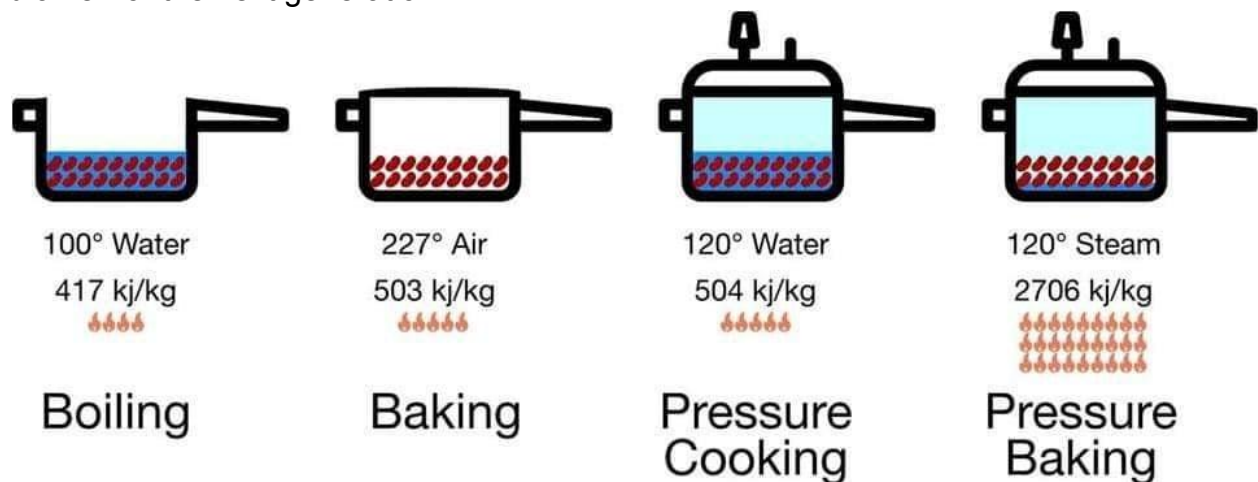
We showed how this is the key to unlock the maximum goodness from food. We showed how traditional pressure cooking kills vegetables and how OPOS brings it to life.

We went to Butterfly and TTK Prestige and showed their top management comparative demos. We convinced them to redesign cookware to OPOS standards. Cookware that can be used on high heat. To cook without water. Later, we did the same for the Electric pressure cooker, with the CookBot.

We did not want to get into manufacturing cookware. We neither had the muscle or the interest. But we were forced to do so as none of the cookware in the market would meet OPOS specifications.

This book is also a call for Pressure Cooker manufacturers and users worldwide. It shows how you can supercharge your pressure cooker. How you can make it cook greener, healthier, tastier and much faster.

We hope you use the OPOS principles explained here to ensure cooking becomes a no brainer for the next generation.



Guidelines for using non-OPOS cookware

You can use any 2L/ 3L pressure cooker, either stovetop or electric, for basic OPOS recipes. As these are not designed to be used without water, caramelisation will not happen. So you either need to caramelize ingredients first or add caramelised ingredients. In electric pressure cookers, at least 1/2C of water is needed to prevent the BURN message. In manual pressure cookers, add 1/2C to 1C water based on the recipes to account for evaporation. Some recipes using advanced OPOS techniques cannot be cooked in normal pressure cookers.

For the best results using non-OPOS cookware, the selection criteria is given below:

Electric Pressure Cookers:

1. Choose a 3l/ 3Q model (Larger ones overcook vegetables & seafood)
2. Choose one which has the highest rated wattage.
3. Choose a model in which the vent can be kept open while cooking.
4. Prefer those with stainless steel inner vessels.

Stovetop pressure cookers:

1. Choose a 2L / 3L model ((Larger ones overcook vegetables & seafood)
2. Choose short & wide designs. Avoid the tall and narrow designs.
3. Prefer those with silicone gaskets and lead free safety valves
4. Prefer stainless steel or hard anodised cookware.
5. Prefer those that whistle.

Please note normal Pressure cookers are not designed to be used without water. They are not designed to be used over high heat. They are not designed for pressure frying. Avoid trying out advanced OPOS techniques in them. For safety and guaranteed results, use OPOS cookware for advanced OPOS techniques like waterless cooking, cold pressure frying and sugar syrup.

What will happen if I use non-OPOS cookware for advanced OPOS recipes?

Minor issues like gasket damage, safety valve melting, bottom charring are very likely. These can be easily fixed. More serious issues are metal fatigue, risk of hot oil sprays and permanent deformation, which can cause serious accidents. We strongly suggest you avoid taking any such risk. If in doubt, don't do it! Safety first!

Spice levels

The standard quantities of spices we will be using for almost all recipes are listed below. The quantities of building blocks (CO, CT, cooked dal, coconut, etc) are your choice. Mix and match as desired.

The quantity of salt mentioned is for dry curries. Diluted curries will need extra salt & spices.

Quantities needed for 500g ingredients:

Buffer : 2-3 Tbsp oil/ Water

Basic Spices:

1/2tsp salt

1tsp chilli powder or 2tsp Kashmiri chilli powder/ 1tsp chopped green chillies

1/2tsp Ginger paste

1/2tsp Garlic paste

1/2tsp garam masala

1/2tsp coriander powder

1/2tsp cumin powder

1/2tsp fennel powder

1/2tsp pepper powder

Strong Spices:

1/4tsp turmeric

1/4tsp asafoetida

1/4tsp fenugreek powder

Ready Masala Powders: sambar masala, chole masala, pav bhaaji masala, chicken masala etc. - 1tsp.

Standard templates:

2 Lessons and 8 templates cover every single recipe listed in this book.

Most recipes use variations of the Lesson 2 (pressure baking) template below:

L1: 2Tbsp oil/ water/ no buffer

L2: 250g ingredients.

L3: Pot In Pot/ Trivet Pot In Pot: Other ingredients/ spice pastes

OPOS Pressure Baker (Neo): Cook on high for around 3 whistles/ 5 minutes . Release Pressure/ Let pressure settle.

OPOS Electric Pressure Cooker (CookBot): Not recommended for small quantities. If you still want to use it, use the VEG mode. RP.

Normal pressure cookers: Saute if using an oil buffer. Add 1/2C water. Cook on high for around 3 whistles/ 5 minutes . Release Pressure/ Let pressure settle.

Other Electric pressure cookers: Saute if using an oil buffer. Add 1/2C water. Set 0 min on high. Release Pressure/ Let pressure settle.

Scaling up:

L1: 3Tbsp oil/ water

L2: 500g ingredients.

L3: Pot In Pot/ Trivet Pot In Pot: Other ingredients/ spice pastes

Neo: Around 7min on high.

CookBot: VEG mode.

Other Electric pressure cookers: Saute if using an oil buffer. Add 1/2C water. Set 0 min on high. RP.

Normal pressure cookers: Saute if using an oil buffer. Add 1/2C water. Cook for 3W on high. RP.

Dilution:

Depending on the curry paste used, dilute after cooking with enough liquid to the consistency you prefer. In almost all pressure baked recipes we cook up a concentrate and then dilute it after cooking. Lentil water, vegetable stock, plain water, yogurt, coconut milk can all be used for diluting based on the recipe. You can also choose to saute/ simmer briefly at the very end to finetune consistency/ salt/ spices to your taste.

List of Standardised templates:

Template 1: Lesson 2 (With water buffer, oil buffer, no buffer). RP/LPS.

Template 2: Lesson 2 with direct layering.

Template 3: Lesson 2 with PIP/ Trivet PIP

Template 4: SSH (Sugar Syrup Hack)

Template 5: Red meat template

Template 6: CPF

Template 7: Pressure Cooking

Template 8: Milk reduction template

Templates 1,2,3 (Lesson 2 based templates):

Heat level: High

Cooking time: around 5 mins for 250g

Buffer: Max 1/4C water or 3Tbsp oil.

LPS mandatory if ingredients used in PIP (except water/ cooked ingredients)

Template 4: SSH :

Heat level: High

Qty: 200g Sugar/ jaggery & 1/4C water,

Cooking time: 3-6mins

Template 5: Red meat template:

Heat: Low.

Qty: 500g-1Kg.

Cooking time: Time 30 min to 2 hours.

Buffer: Max 3Tbsp oil.

Template 6: CPF:

Qty of ingredients: 200g-500g.

Oil qty: To cover ingredients completely

Heat: High

Cooking time: 3 mins to 15 mins.

Template 7: Pressure cooking:

Water qty (atleast 1/2C)

Heat level/ cooking time does not matter.

Template 8: Milk reduction template:

Qty: 500ml milk.

Heat level : Low.

Cooking Time : 30min - 1 hour.

Template 8: Milk reduction template:

Qty: 500ml milk.

Heat level : Low.

Cooking Time : 30min - 1 hour.

Lesson 2 (Pressure Baking) based Templates:

Lesson 2 can handle almost everything. All vegetables, Most meats, almost all seafood, sprouts, eggs & sausages. It is the only template you need for most of your cooking.

A few exceptions like milk, sugar, large beans and bone in meats are covered in other templates.

In Lesson 2, we cook ingredients with a water buffer, oil buffer, a combination of both or with no buffer.

Other ingredients/ additives/ curry pastes can be layered directly over the ingredients or placed in an inner vessel (PIP : Pot in Pot).

Pressure can be released or let to settle.

A. Vary Buffer

1. Oil buffer
2. Water buffer
3. Both oil & water buffer
4. No buffer.

B. Inner vessel variations:

1. No inner vessel (Layer ingredients directly)
2. Use an inner vessel (Pot In Pot),
3. Use an inner vessel with a Trivet. (Trivet PIP)

C: Pressure variations :

1. Release Pressure after cooking (RP)
2. Let pressure settle after cooking (LPS)

We thus have 24 variations of lesson 2. We choose what variation to use depending on the output we need. Each of these combinations yield a different cooking result. You will encounter these variations in the exercises that follow.

How do you decide the buffer to be used?

When ingredients need a roasted effect/ browning/ caramelisation, we usually use an oil buffer.

Oil buffer is mandatory for onion (to ensure caramelisation) and for okra (to prevent sliminess)

Watery ingredients can usually be cooked with no buffer.

How do you decide when to use an inner vessel/ trivet?

Inner vessel is used to create two cooking zones inside the same pot. This allows us to balance cooking times, avoid charring and isolate cooking inhibitors. A trivet is sometimes used to avoid the inner vessel pressing down on the ingredients below, causing them to burn.

How do you decide when to let pressure settle (LPS) or to release pressure (RP)?

Delicate foods need to have pressure released. Else they lose colour, texture and flavour. For other ingredients, you can choose to let pressure settle or release pressure based on the recipe used. RP is recommended for Okra, Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, delicate Leafy Greens, Long Beans & Broad beans.

Other ingredients can use RP or LPS based on the cut size, recipe and the texture you require.

Template 1: Lesson 2 with water buffer

Exercise:

In a Neo, add 1/4C water, 2C chopped beans mixed with 1/2tsp salt.

Cook on high for 3W/5 mins.

Release pressure. Mix all. Mix in garnish (optional).

Overcooked? Reduce time.

Excess water? Reduce water.

The focus of these exercises is not on masala but on cooking ingredients right. In almost all cases, masala/ spice paste is omitted or minimised. So what to do with cooked ingredients?

1. Mix with gravies
2. Mix in readymade sauces (Chilli sauce, soya sauce, tomato ketchup etc)
3. Mix in salad dressings, salad ingredients & serve as salad.

Repeat with other ingredients listed below:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) , Small dals (mung, masoor, tuvar, channa), rice, millets, pasta, noodles etc. do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Asparagus, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bittergourd, Bok Choy , Bottlegourd, Broad beans, Broccoli, Brussels Sprouts, Burdock , Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Chayote Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites Lemon, Lime, Long Beans, Lotus roots, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Peas, Pineapple, Potatoes, Radish Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini.

Vegetables not to be used with this template:

Okra , Onion, Shallots, Garlic, Eggplant, Mushrooms

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.

List of delicate vegetables (Do not let pressure settle).

Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, Leafy Greens, Long Beans, Broad beans, Green peas.

Template 1.1

Lesson 2 with oil buffer. RP/ LPS.

Layer as below:

Layer 1: 2Tbsp oil

Layer 2: 2C chopped beans mixed with 1/2tsp salt.

Neo: Cook on high for 3W/5 mins.

Release pressure. Mix all.

Excess oil? Reduce oil/ Drain oil/ Use a kitchen towel to absorb oil.

Repeat with other ingredients listed below:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) , Small dals (mung, masoor, tuvar, channa), rice, millets, pasta, noodles etc. do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Asparagus, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bitter melon, Bok Choy , Bottlegourd, Broad beans, Broccoli, Brussels Sprouts, Burdock , Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Chayote Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites Lemon, Lime, Long Beans, Lotus roots, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Peas, Pineapple, Potatoes, Radish, Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny melon, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini, Okra , Onion, Shallots, Garlic, Eggplant, Mushrooms.

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.

List of delicate vegetables (Do not let pressure settle).

Okra, Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, Leafy Greens, Long Beans, Broad beans, Green peas.

Template 1.2:

Lesson 2 (With oil & water buffer) RP/ LPS.

In a Neo, layer as below:

L1: 2Tbsp oil, 2Tbsp water

L2: 2C chopped beans mixed with 1/4tsp salt

Cook on 'high' for 3W/5mins. Release pressure. Mix all.

Repeat with other ingredients listed below:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) , Small dals (mung, masoor, tuvar, channa), rice, millets, pasta, noodles etc. do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Asparagus, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bittergourd, Bok Choy , Bottlegourd, Broad beans, Broccoli, Brussels Sprouts, Burdock , Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Chayote Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites Lemon, Lime, Long Beans, Lotus roots, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Peas, Pineapple, Potatoes, Radish, Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini.

Vegetables that do not fit into this template: Okra , Onion, Shallots, Garlic, Eggplant, Mushrooms.

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.

List of delicate vegetables (Do not let pressure settle).

Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, Leafy Greens, Long Beans, Broad beans, Green peas.

Template 1.3:

Lesson 2 (With no buffer). RP/ LPS.

Mix 2C beans with 1/2tsp salt. Let rest 10 mins, till it feels wet.

In a Neo, layer as below:

L1: Beans mixed with 1/4tsp salt

Cook on 'high' for 3W/5mins. Release pressure. Mix all.

If the vegetable is not too fresh/ does not feel wet, sprinkle some water before loading it.

Watch out for a burnt smell/ white smoke which indicate burning.

Repeat with other ingredients listed below:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) , Small dals (mung, masoor, tuvar, channa), rice, millets, pasta, noodles etc. do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Banana stem, Beetroot, Berries, Bittergourd, Bok Choy, Bottlegourd, Broad beans, Cabbage, Capsicum, Carrot, Celeriac, Chayote, Chillies, Cluster Beans, Cucumber, Daikon, Endive, Fennel, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites, Lemon, Lime, Long Beans, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Pineapple, Potatoes, Radish, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Squash, Tinda, Tomatillo, Tomatoes, Turnip, Watermelon rind, White Pumpkin, Zucchini, eggplant, mushrooms

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.

List of delicate vegetables (Do not let pressure settle).

Green Beans, Capsicum, Cabbage, Leafy Greens, Long Beans, Broad beans.

How to use the cooked ingredients?

Mix in additives (tadka, grated coconut, crushed peanuts, fried onion, spiced lentil powder etc) and serve as dry curry. Or mix with gravies.

Undercooked?

Simmer/ saute briefly.

Raw smell?

Always use roasted spice powders. Else saute/ simmer briefly after cooking.

Underspiced?

Add more salt/ spice powder. Saute/ simmer briefly.

Template 2:

Lesson 2 with direct layering. RP/ LPS.

Blend 1/4C coconut, 5 cashews, 1/2tsp salt, 1Tbsp green chillies, 1/2tsp garam masala to a THICK paste.

In a Neo, layer as below:

L1: 1/4C water

L2: 1C chopped carrot, 1C chopped beans mixed with 1/2tsp salt, 1/4tsp turmeric

L3: Blended paste spread out in a thin layer

Cook on 'high' for 3W/5mins. Release pressure. Mix all with 1/4C coconut milk/ milk.

Simmer/ Sauté (optional)

Repeat with other ingredients/ readymade curry pastes.

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) , Small dals (mung, masoor, tuvar, channa), rice, millets, pasta, noodles etc. do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Asparagus, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bittergourd, Bok Choy, Bottlegourd, Broad beans, Broccoli, Brussels Sprouts, Burdock , Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Chayote Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites Lemon, Lime, Long Beans, Lotus roots, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Peas, Pineapple, Potatoes, Radish Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini

Vegetables not to be used with this template:

Okra , Onion, Shallots, Garlic, Eggplant, Mushrooms

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.

List of delicate vegetables (Do not let pressure settle).

Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, Leafy Greens, Long Beans, Broad beans, Green peas.

Undercooked?

Simmer/ saute briefly.

Raw smell?

Always use roasted spice powders. Else sauté/ simmer briefly after cooking.

Underspiced?

Add more salt/ spices. Sauté/ simmer briefly.

Template 3:

Lesson 2 with PIP. LPS.

Lesson 2 (water & oil buffer) with Trivet PIP. LPS.

Soak 1/2C (100g) mung dal for 2 hours. Drain.

Soak 1C basmathi for 30 mins. Drain

Dal Chawal:

In a Neo, layer as below:

L1: 2Tbsp oil, 1/4C water

L2: Soaked dal, 2 slit green chillies, 1C chopped tomato, 1tsp salt.

L3: Trivet PIP: Soaked rice, 1C water.

Cook on 'high' for 5W/6mins. Let pressure settle. Remove & fluff up rice. Mash dal.

Repeat with other ingredients listed below:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bitter melon, Bottlegourd, Brussels Sprouts, Burdock, Carrot, Celeriac, Chayote, Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks, Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leek Whites, Lemon, Lime, Lotus roots, Mangalore Cucumber, Mango, Mango ginger, Parsnip, Parwal, Pineapple, Potatoes, Radish, Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo, Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini

Vegetables not to be used in this template:

1. Those that need oil buffer (Okra, Onion, Shallots, Garlic, Eggplant, Mushrooms).

2. Delicate vegetables (Green Beans, Capsicum, Cabbage, Cauliflower, Broccoli, Leafy Greens, Long Beans, Broad beans, Green peas).

How to determine if you should LPS (Let pressure settle) / RP (Release Pressure) ?

1. Delicate vegetables need to have pressure released. Else they lose colour, texture and flavour. For other vegetables , you can choose to let pressure settle or release pressure based on the recipe used.
2. When tough ingredients like rice/ dal/ pasta is used in PIP, you need to let pressure settle. This also means they cannot be paired with delicate vegetables.

When to use a trivet?

1. When the PIP contents are heavy and put pressure on the bottom layer
2. When you fear the base might char due to added pressure

Undercooked? Simmer/ saute briefly.

Raw smell? Always use roasted spice powders. Else sauté/ simmer briefly after cooking.

Underspiced? Add more salt/ spices. Sauté/ simmer briefly.

Template 3: Lesson 2 (oil buffer) with Trivet PIP. RP.

1. Lesson 2 with Water buffer/ oil buffer/ no buffer.
2. PIP / Trivet PIP
3. RP/ LPS

Mix Veg Masala

In a Neo, layer as below:

L1: 2Tbsp oil

L2: 1C chopped onions, 2 crushed garlic cloves, 1Tbsp chopped ginger, 2 whole green chillies, 1 deseeded tomato cut into wedges

L3: Trivet PIP: 1C vegetables, 1/2tsp salt

Cook on 'high' for 5W/6mins. Let pressure settle. Remove PIP. Saute (optional). Mash base. Mix all.

Repeat with other ingredients in PIP:

Lesson 2 ingredients: All vegetables, all fruits, all seafood, all eggs, broiler chicken, all thinly sliced red meats, all minced meats, all sausages, most organ meats (brain, liver, kidney, heart, blood).

Note: Thick meat chunks, large dals (channa/ rajma) do not fit into this template.

Repeat lesson with any of the fruits/ vegetables below:

Apple, Artichoke Hearts, Asparagus, Bamboo shoots, Banana flower, Banana stem, Beetroot, Berries, Bittergourd, Bok Choy, Bottlegourd, Broad beans, Broccoli, Brussels Sprouts, Burdock, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Chayote Chillies, Cluster Beans, Colocasia, Cucumber, Daikon, Drumsticks Endive, Fennel, Fresh legumes, Ginger, Gooseberries, Green Beans, Green tomatoes, Ivy Gourd, Jackfruit seeds, Jicama, Knol khol, Kohlrabi, Kumquat, Leafy Greens, Leek Greens, Leek Whites Lemon, Lime, Long Beans, Lotus roots, Mangalore Cucumber, Mango ginger, Parsnip, Parwal, Peas, Pineapple, Potatoes, Radish Raw Banana, Raw Jackfruit, Raw Mango, Raw Papaya, Red Pumpkin, Ridge Gourd, Snake Gourd, Spiny gourd, Sprouts, Squash, Sweet Corn, Sweet Potatoes, Tapioca, Tinda, Tomatillo Tomatoes, Turnip, Watermelon rind, White Pumpkin, Yam, Zucchini

Vegetables not to be used with this template:

Okra, Onion, Shallots, Garlic, Eggplant, Mushrooms

When to use a trivet?

When the PIP contents are heavy.

When the base has onions or non-watery ingredients

Undercooked? Not caramelised?

Saute briefly.

Raw smell?

Always use roasted spice powders. Else sauté/ simmer briefly after cooking.

Underspiced?

Add more salt/ spices. Sauté/ simmer briefly.

Template 4: SSH (Sugar Syrup Hack)

Rava Burfi

Prep: Grease a shallow bowl with ghee. Add 130g double roasted rava.

In a Neo, add 200g sugar, 60g water. Mix well. Cook on 'High' for 4W/ 4mins. Release pressure. Pour syrup over rava & mix well without lumps. Cut into squares while warm.

Repeat with other dry powders. .

Repeat with jaggery.

Try varying the strength of syrup by varying cooking time.

Template 5: Red meat template

L1: 2Tbsp oil, 1 chopped green chilli, 4 garlic cloves

L2: 500g bone in mutton

(Mutton/ beef/ pork) mixed with 1/2tsp salt. 1tsp GG paste.

Cook on low heat (300W in induction/ Lowest heat on gas stove) for 45 mins. LPS.

Remove meat. Blend/ mash the rest to a sauce. pour over meat.

Repeat with other red meats/ country chicken.

Template 6: CPF

Qty of ingredients: 200g-500g.

Oil qty: To cover ingredients completely

Heat: High

Cooking time : 3 mins to 15 mins.

Fried cashew

Add 200g whole cashew. Cover with oil (300g). Cook on high for 3:30-4:00 mins. Switch off.

Release pressure. Drain oil.

Template 7: Pressure cooking

Water qty: Atleast 1/2C

Heat level/ cooking time: Does not matter.

Soak 1/2C rice, 1/4C mung dal for 1 hour. Drain.

Add 2Tbsp ghee, soaked rice & dal, 3C water, 1Tbsp crushed pepper, 1Tbsp chopped ginger, 1tsp crushed cumin, curry leaves.

Cook on medium heat for 3W/12min. Let pressure settle. Mix all & mash coarsely.

Template 8: Milk reduction template

Qty: 500ml milk.

Heat level : Low.

Cooking Time : 30min - 1 hour.

Zaffrani Kheer

Add 1L full fat milk, 1/4C basmati rice, 30 strands saffron.

Cook on low for 30 min. Let pressure settle. Mix in 1/4C powdered sugar.

Easy Menus:

Periodic planning & Cooking ahead are two most common menu planning strategies. If they work for you, fine. If they don't, the likely reasons are listed below.

A. **Weekly/ Monthly Menu Planning**

Cons:

1. What to buy?
2. What to stock?
3. What to cook?

Many find this planning and decision making tougher than cooking. This decision fatigue is real and can be a big stumbling block.

B. **Cook ahead and store**

Cons:

1. Cost: All storage costs money. The less you store, the more you save.
2. Wastage: A part of all stored stuff invariably gets wasted.
3. Loss of nutrients: Most foodstuffs lose nutrients in storage. There is another round of nutrient loss when food is reheated.
4. Organising: You need to have enough fridge/ freezer space and containers.
5. Risk of spoilage: A long power outage can wipe out all storage.
6. Fuel cost: Freezing & Reheating nearly triples the fuel cost and effort as compared to cooking and eating fresh.

C. **Just in Time, No Recipe Cooking:**

This is the strategy we prefer in OPOS. We believe the best planning is no planning at all. The strategy is simple. "Pick up what you like. Pressure bake with your favourite flavouring/ additives. Pair with starch to make a meal"

A few tips:

1. Buy whatever is seasonal and fresh. They are usually the cheapest.
2. Get out of the Roti-dal/ Idli-sambar/ Rice-curry rut. Stop thinking in terms of Breakfast, Lunch and Dinner. Stop naming your dishes. Think in terms of carb-protein-fat-micronutrients. Pick and choose from these groups based on your diet.
3. Keep a simple pantry, with minimal need for refrigeration.

Starch: Rice flakes, Puffed rice, Khakra, Croutons, Sandwich bread, Semi cooked chappatis, Oats, instant noodles, Hakka noodles, vermicelli, pasta, Potatoes, rava, corn flakes, wheat flour, rice.

Protein: Soy chunks, Eggs, Dals, peanuts, almonds, unsweetened milk powder, whey powder, sun dried fish/ meat.

Fat: Oils, ghee

Flavouring: Garam masala, Sambar powder, Chilli powder, Coriander powder, Turmeric powder, ginger, garlic, kasuri methi, bottled tadka, salt, sugar.

Sauces: Ketchup, mustard, Chilli sauce, Soy sauce, Mayonnaise.

Micronutrients: Any fresh, seasonal vegetable/ fruit, long life veggies (Onion, potato, colocasia, sweet potato etc).

The only thing you need to remember is Lesson 2. Pick what you like. Mindlessly Pressure bake with your favourite flavouring/ additives. Pair with starch to make a meal. The final strategy you choose to follow can be any of these or any combination of these. Choose what works for you!

Special notes:

- Roasted spice powders are preferred for extra flavour. They also need little or no cooking and can be mixed in even after cooking.
- The most common universal tadjas are listed below.
 - a. S.Indian bottled tadka (Mustard, curry leaves, dry red chillies & asafoetida fried in oil)
 - b. N.Indian bottled tadka (Cumin, ginger, green chillies fried in oil)
 - c. Moghul bottled tadka(Bay leaf, cinnamon, cardamom, cloves fried in oil)
 - c. Panch phoran bottled tadka: (Fenugreek seed, black cumin, cumin seed, black mustard seed and fennel seeds fried in oil).
 - The 'Rogan ' or a layer of coloured oil over curries can be achieved by adding Chilli powder/ other spice powders to bottled tadka and mixing it in after cooking.
- Commercially available fried onions can be used as it is or soaked and used as a substitute for caramelised onions.

- Different oils are used for different cuisines. Mustard oil for East Indian dishes (Bengal, Bihar), Sesame oil for South Indian dishes, Coconut oil for Kerala & the West coast is preferred. Refined vegetable oils are commonly used across the country.
- In many recipes raw spice powders are stir fried along with onions-tomatoes so that they lose their raw taste. In OPOS, we use roasted spice powders which eliminates the stir frying step. If using raw powders, a brief saute/ simmer at the end can also be done.
- Undercooking can be easily fixed by a brief simmer. Overcooking cannot be fixed. Though OPOS recipes err on the side of safety for meat based dishes, you might want to check doneness with a meat thermometer to be totally safe.
- The exact quantities are not specified in the recipes. Please see the section : Pressure Baking Templates for suggested quantities of all recipes. Start with them and then feel free to personalise the spice, salt & additive quantities to your taste.
- Flour/ starch based thickeners in the original recipe are likely to have been skipped in the rewrites. They are almost always used for stretching food, and end up diluting taste. They are avoided as much as possible in OPOS recipes.
- In OPOS, we prefer to roast and grind all spices, for various reasons. It improves their flavour, and increases shelf life. It also permits them to be mixed in after cooking is done, in case you want to personalise spice levels for different people. Salt & roasted spice powders can be mixed in after cooking and rested for a while / briefly simmered/ stir fried for faster infusion. In many recipes, spice powders are mixed along with the curry paste and kept in PIP (Pot in Pot). They can be optionally stir fried after cooking.

Making Sauces:

Lesson 2 plus a variety of sauces opens the door to a huge range of recipes. Think of the sauce as a kind of chutney. You don't refer to a recipe while making a simple chutney. Because the recipe is so flexible and impossible to go wrong unless you add too much salt.

Similarly, think of all other sauces as chutney variants. Don't be bogged down by an exact recipe. Pressurebake your favourite sauces with your favourite ingredients, dilute with hot water/ stock as per your choice and you have infinite combinations ready in an instant.

Using Sauces

The Sauce is used in many ways.

1. Layered over the ingredients.

This is usually done when the paste is thick and will not seep to the bottom and cause burning.

2. Added in an inner vessel and placed over the ingredients.

Done when the paste is thin and ingredients are watery.

3. Added in an inner vessel/ plate and placed on a trivet over the ingredients.

Done when the ingredients at the bottom are susceptible to burning due to the weight over them.

4. Mixed along with the ingredients.

Done when both the paste and ingredients are watery and have little chance of burning.

5. Mixed after cooking.

Done when the sauce requires little or no cooking.

6. Created while cooking

In some recipes, the building blocks of sauces are arranged so that they can be turned into a sauce after mashing/ blending.

In all these cases, mixing everything and letting them rest ensures the ingredients absorb the sauce. Simmering everything together is optional as this absorption needs time and not heat. Heat can however slightly speed up the process. Let's see this logic in action in the recipes that follow. Here's an example:

Curry Paste : Mix 1/4C each (CO, CT), 1tsp each (GG paste, chilli powder), 1/2tsp each (coriander powder, cumin powder, garam masala, salt), 1/4tsp turmeric powder.

Layer as below:

L1 : 1Tbsp each (oil, water)

L2 : 500g chopped vegetables mixed with 1/2tsp salt and 1/4tsp turmeric powder

L3 : Curry paste

Neo: Cook on high for 3 whistles/ 7 minutes.

CookBot: Set VEG mode.

2L Pressure cooker: Add 1/2C water. Cook on high for 4 whistles.

Other 3L Electric pressure cookers: Add 1/2C water. Cook on High for 3 minutes.

Release pressure. Mix all. Garnish with cilantro.

Learning to rewrite recipes into OPOS

In traditional cooking, you rarely measure or time anything. There is no need to, as you watch, tweak and correct every now and then. It is like driving a car. OPOS is a balancing game. You need to know exactly how different ingredients cook over time. OPOS is like programming a self-driving car.

- The onion caramelisation module shows you how onions behave. (Onions start burning in 4 minutes. Topped and tailed whole onions roast and cook to a mush if you let pressure settle)
- The tomato caramelisation module shows you how chopped tomatoes, deseeded tomatoes and whole tomatoes behave (deseeded tomatoes/ whole tomatoes can delay the burning of onions by a couple of minutes).
- The sauteed onion template shows how shallots and different cuts of onions caramelize perfectly in around 4 minutes, with a crunch, with just 1Tbsp oil.
- The Rice module shows how rice fits into lesson 2 (1C soaked rice in PIP cooks perfectly in 7 mins with just 1/4C water at base, without spewing)
- Lesson 2 (Pressure baking) module shows how 2C (250g) of all vegetables, chicken, most seafood, minced red meats & eggs cook perfectly in around 5 mins with little or no buffer.
- The dal module shows how soaked small dals (mung, tuvar, masoor, channa) cook directly with just 1/4C water as a buffer or in PIP with no water at all.

You can invoke dozens of modules like this, and balance each other in building your own recipe or rewriting any recipe you like.

Complex resto style/ dhaba style recipes like Dum aloo rely on caramelised onion-tomato masala. They can be easily rewritten in OPOS as we can balance onion caramelisation time, tomato caramelisation time, potato roasting time and curry paste cooking times together.

In traditional cooking you have the luxury of not internalising cooking times. The price you pay is constant monitoring and uncertain results. Once you internalise cooking times, you can easily visualise recipes in your head and ensure consistent results every single time.

In traditional cooking, it would be a miracle if different people got the same result. In OPOS it will be a miracle if they do not get the same result.

All this is important only if you plan to create your own recipes. Else, you just need to follow the standardised recipes with standard equipment and watch the magic unfold!

You become an OPOStar when you can completely visualise a recipe in your head. This will happen once you internalise how various ingredients behave on cooking. This is why OPOStars extensively use measuring cups, measuring spoons, thermometers, weighing scales and stopwatches.

Rewriting recipes is like learning a new language. Take it slow. Learn it well. Practice. The only way to learn to rewrite is to start doing it. The more you do, the better you get at it. Remember the core rules.

1. The focus is always on cooking the main ingredient perfectly and not on masala/ spice mixes.
2. Avoid or minimise water as much as possible.
3. Use staples only when absolutely necessary.
4. Avoid specially roasted and blended spices/ spice mixes. Replace them with roasted spice powders.
6. Refer to standardised recipes. Build on them. Reinvent the wheel only when absolutely necessary. Even when changing something, change just one thing at a time.
7. Avoid cooking delicate vegetables/ seafood beyond five minutes. This means you never cook them with rice or dal.
8. If using mixed vegetables, use PIP or cut size variation to ensure all cook perfectly.
9. Stick to standard templates. Do not invent your own rules.
10. Stay true to the spirit of the recipe.

You need to understand the basics of caramelisation, the cooking times of various ingredients and how they vary under different conditions. You need to master OPOS

techniques, templates and use the appropriate mix of techniques & templates for each recipe. You need to practise - repeatedly.

Rewriting is an art. But these steps are firmly rooted in science. There are many ways to rewrite a recipe. Learn to rewrite and you won't need recipes again.

OPOS Vs Celebrity Chef recipes:

Will these OPOS recipes come out as good as celebrity chef recipes?

It will be a big surprise if they don't. Even in the rare case they don't, we keep working on it. We repeatedly refine the recipe till we are completely satisfied. A huge community is involved in doing this every single day. Which is why we are always open to blind taste tests and nutrition tests. It does not matter whether we win or lose the first time - the OPOS framework ensures we can continuously improve and win eventually.

The key fact to remember is that Chefs need to get it right every single time. We only need to get it right once. After that standardisation is done, the recipe is unlocked for anyone, anywhere, anytime.

Other OPOS resources

- OPOS Cookbook: **5 Minute Magic** published in 2018 was an international best-seller on Amazon. **The Story of India through food**, published in 2019 won Amazon's Pen to Publish Contest. The first physical cookbook, **The Complete OPOS Cookbook** was published by Harper Collins in 2021.
- Nearly 100 OPOS cookbooks, co-authored by OPOStars, are available on Amazon. All these are constantly updated to conform to the latest OPOS guidelines.
- The OPOSChef App, available on both Android and iOS platforms is a treasure house for OPOS. Thousands of live videos, validations, recipes are added on a regular basis. It remains our central repository of updated, standardised recipes.
- The OPOS Support Group on FaceBook is an interactive forum, providing 24x7 support for all queries related to OPOS recipes and equipment.
- www.oposkit.com houses all products released under the OPOS Banner.
- OPOSChef YouTube channel has hundreds of free OPOS Videos.
- <https://oposkit.com/downloads/> archives free cookbooks & OPOS magazines.

List of celebrity chef cookbooks rewritten in OPOS

1. March 2022: Yotam Ottolenghi's '**Plenty**'
2. April 2022: Camelia Panjabi's '**50 Great Indian curries**'
3. May 2022: Meenakshi Ammal's '**Samaithu paar**' (Tamil Brahmin Bible)
4. June 2022: Umami Abdullah's '**Malabar cuisine**' (Moplah Muslim Bible)
5. July 2022: '**Rasachandrika**' by Ambabi Samshi (Saraswat Bible)
6. Aug 2022: '**The Complete Gujarati cookbook**' by Tarla Dalal
7. Sep 2022: '**Kashmiri cooking**' by Krishna Prasad Dar
8. Oct 2022: '**30 min curries**' by Atul Kochhar
9. Nov 2022: '**The Yellow chilli cookbook**' by Sanjeev Kapoor
10. Dec 2022: '**Moti Mahal cookbook**' by Monish Gujral
11. Jan 2023: '**Oh Calcutta!**' by Anjan Chattarjee.
12. Feb 2023: '**The Indian cookery course**' by Monisha Bharadwaj
13. March 2023: '**Great Indian cooking**' by Nita Mehta
14. April 2023: '**On the Kebab trail**' by Monish Gujral
15. May 2023: '**Chef in every home**' by Kunal Kapoor
16. June 2023: '**The Andhra Cookbook**' by Komala Sista Rao

Upcoming Projects

Dozens of cookbooks, rewrites of classic cookbooks and celebrity chef recipes, industrial sized OPOS cookware are all in the pipeline. Our aim is to make food a non-issue to everyone across the world!

Thank You!

Thanks to OPOSchool students for this set of recipes. Over time, each of these recipes will be repeatedly cooked, tweaked further if needed and updated in the app with a new video.

Each of these videos has been checked by the app team for conformance to OPOS standards. Once approved, the videos appear in the OPOSChef app. Old videos constantly keep getting deleted once we figure out a better way of doing things.

Special thanks to Alpana Keertikar, Roopa Ragav, Tazin Faiz and the app team for helping build up the largest live recipe archive with over 7000 carefully handpicked videos. They have set the bar high, emphasising live unedited videos with stopwatches, weighing scales, measuring cups and thermometers, leaving nothing to chance or imagination. Only a fraction of the live videos meeting these rigorous standards get accepted to the OPOSChef app. OPOStars from OPOSchool tirelessly add hundreds of new videos every month to this already massive archive.

OPOS techniques are continuously evolving. The cookbooks & videos are continuously updated to reflect the same. Latest, updated recipes with live videos can be found on OPOSChef App (available both on Android and iOS platforms).

Join Us!

Liked the book? Do you share our belief that it is easy for anyone to cook great food with great ease? Do you want to deskill & demystify your cuisine, unlocking it for everyone? Join the OPOS movement.

With OPOS, we have taken the first steps in solving cooking by using standard equipment and standardised recipes. We see each recipe as a problem and figure out better and better ways of solving it.

Biryani is a problem. Sambar is a problem. Kaju Katli is a problem. Kuruma is a problem. Paneer Butter Masala is a problem. French Fries are a problem. Cooking without tomatoes is now a problem.

We already have powerful solutions for these problems and thousands more, all recorded in the OPOSChef app, backed by live videos.

A complete novice can cook all these as perfectly as a seasoned chef by using standardised equipment and by following standardised recipes.

These solutions get more elegant over time, as we keep refining them. OPOS lets us build on each other's work, making the recipes become more powerful and trouble free. We now have the templates for a vast majority of ingredients, from different cuisines.

We have OPOSed the bulk of Indian cuisine and have laid the framework for OPOSing any cuisine.

There is just no reason why cooking good, healthy food should be a problem to anyone. OPOS is freely available to all. With OPOS, you can cook almost anything, in just minutes, with guaranteed results.

The only block to doing so is the mental block. You have to take the first step. You have to forget all you know about cooking and start with an open mind.

Once you do so, we are here to handhold you. We promise nothing short of magic in your kitchen. Cooking at home is the best way to ensure your family's health. OPOS empowers you to do so painlessly. We hope you would help us take it to as many people as possible.

Annadata Sukhi Bhava!

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