



# OPOS Cookbook Satvik Vegan

Radhika Thiagarajan  
With Ramakrishnan





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## MY HEARTFELT GRATITUDE

My Guru, for showering his grace and guiding  
me through every moment

Kavi, for teaching me the joy of serving  
RK Sir for the opportunity & support

&

My family, for standing by me

## **Dedicated to**

My daughter Kushali (aka Sahana) and to all  
those who wish to pursue or pursuing Satvik  
lifestyle

# MY JOURNEY TO SATVIK LIFESTYLE

Life after a child brought many changes and challenges. Managing the countless chores, work, commute, cooking, and taking care of the child seemed like moving a big mountain. This resulted in many health issues and imbalance in the body and mind. I was so desperately seeking a solution and that is when Yoga happened in my life! Initially life seemed so green and lush but soon I was going back to the same rut. My body was saying something, my mind was doing another and my life energies was trying to do something completely different. It felt like I needed some extra support to make progress in this journey of inner exploration. That is when I seriously considered switching to the satvik lifestyle. Thanks to the 40 days sadhana during which I consumed plenty of raw food, avoided the negative pranic ingredients, minimized dairy and ate 2 meals a day. My body seemed to be vibrant, light and less fatigued that I decided to continue this and it has been 2 years now. This lifestyle change brought many positive changes including loss of weight, reduction in thyroid levels and I am happier and feel healthier than ever before. This lifestyle change didn't happen so easily. More yoga in life means I have to manage my time very well so that I could still do all that I have to do at home and work. And this wouldn't have been possible without OPOS in my life! Though I have been following this revolutionary cooking method since its inception, only for the last 3 years I have been religiously following it. OPOS saved plenty of time in the kitchen that I could find sometime for myself. When I had to do 4-5 hours of yoga everyday, cook

separate meals for me and the family, OPOS just made the whole process stress free and effortless. The best part of OPOS apart from saving time, fuel and water, it is a sheer joy to see the veggies coming out alive after cooking! The vibrant colors and the juiciness of the veggies simply melts my heart!

# AUTHOR'S NOTE

dIpo bhakShayate dhvAntam kajjalam cha prasUyate |  
yadannam bhakShayennityam jAyate tAdRishI prajaA ||

Lamp eats darkness and produces [black] soot!  
What food (quality) [one] eats daily, so will [one] produce.

(Source: An excerpt from VRIDDHA-CHANAKYA)

***It simply means what we eat we are!*** Following a satvik lifestyle doesn't only mean avoiding certain ingredients but consuming them with great awareness and gratitude. When the food is on our plate one should consume it happily and with a sense of thankfulness to all those beings and creatures who made that meal possible for us.

Through this book I have tried my best to bring to you a plethora of Satvik recipes in its best form. All that you see here is built on the core OPOS techniques like Pressure baking, Controlled caramelization, Pot in Pot, Zoned cooking, Hydrodistillation to name a few. These recipes are inspired by friends, family, colleagues and from all walks of life. My family and I have enjoyed them and I hope you will like it too.

There is a quote which says it is necessary to use the right tools to get the right results. Same way it is important that you understand the OPOS techniques by completing the lessons (1-15) given in this book. Couple of them do not comply with satvik or vegan norms but it is highly recommended to follow it to the T to understand how that technique works. You may replace ingredients if it would make you uncomfortable. As per the OPOS mantra Cook to learn Cook to eat & Cook to Impress. Once you learn the techniques it will be a childs play to tweak /replace ingredients to make it work for you .

Please go through the abbreviations and acronyms to get familiarized as they have been used throughout the book. Each recipe has a replace/tips section which gives insights on recipe variations and helpful tips.

I sincerely wish these recipes help you more than it did for me and help you pursue a Happy Satvik lifestyle through OPOS!

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**Thank you!**

# ABBREVIATION AND ACRONYMS

tsp	Teaspoon
Tbsp	Tablespoon
C	Cup (Standard 1C = 240 ml)
gm	Gram
mins	Minutes
W	Whistles
hr	Hours
PIP	Pot-in-Pot - an OPOS technique, ingredients placed in a small vessel and kept inside the cooker
BT	Bottled tadka (Premade tadka). A tadka is a mixture of spices fried in oil/ghee. It's a staple used in OPOS cooking. Usually tadka is made by heating oil in a pan and frying spices, mustard and/or lentils, curry leaves and red chillies. This is stored in airtight containers and used in dishes as required.
BT1	Tadka made with mustard seeds, cumin seeds, red chili (optional) and curry leaves. You may store red chilis in a separate jar to prevent the spice seep in to the oil.
BT2	Tadka made with Chana dal, Urad dal, curry leaves
BT3	Tadka made with mustard seeds, cumin seeds, fennel seeds,

fenugreek seeds and kalonji

# OPOS PRIMER

## 1. The OPOS Magic:

15 years, 780 blog posts, 26097 volunteers, 52 children, tonnes of provisions, 1208 files, 10411 Facebook posts, 5601 photos, 320 videos, millions of arguments, 1 dictator, 15 comedians, 1 world record, 4 restaurants, 16 chefs, 14 events and 22 corporate demos have gone into creating the OPOS magic. You now hold the key to this magical world!

## 2. What is OPOS?

OPOS (One Pot, One Shot) is a set of scientific cooking techniques designed to unchain you from the kitchen, cut drudgery and empower anyone to cook confidently. All OPOS recipes use One Pot and all cooking is done at One Shot. No steps. No supervision. From pastas to paneer makhni, malai kofta to mysorepak, OPOS recipes are easier and faster than cooking instant noodles!

## 3. The OPOS Promise:

OPOS is the cleanest, greenest, healthiest, tastiest and fastest way to cook just about anything.

OPOS works for anyone, anywhere, anytime.

## 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 and water.  
OPOS is Tasty. Intense flavours.  
OPOS is Transparent. Works for all.  
OPOS is Consistent. Works every time.  
OPOS is Universal. Cooks all cuisines!

## **5. Tried and Tested:**

Every single OPOS recipe is debated, tested, fine tuned and validated hundreds of times by members of OPOS School and OPOS Support Group Facebook groups. The work of this passionate group of doctors, nutritionists, dietitians, bloggers, authors, chefs, food stylists, artists, homemakers, actors, scientists, caterers and many others continues to shape OPOS.

## **6. I was always OPOSing!**

OPOS is not a fancy word for pressure cooking. Very few OPOS recipes follow the "dump all into a cooker" technique. Most OPOS recipes are built on PressureBaking, a brand new cooking technique. PressureBaking, in addition to the techniques listed below is responsible for the intense taste, textures, colours and flavours of OPOSed dishes.

## **7. OPOS Techniques:**

Attalysis, Bottled tadka, Controlled evaporation, Dum cooking, Emulsification, Flash Cooking, Grits, Hydro distillation, Inner pot cooking, Just enough liquid, Key building blocks, Layering, MPOS, No prep, Oil free, Pyrolysis, Queuing, Retained heat, Sugar Syrup hack, Turbo flavours, Use of cooked bases, Very long marination, Waterless cooking, Xtra long storage, Yolk colour retention and Zoned flashing.

## **8. OPOS vs. Tradition:**

Traditional recipes were not designed for today's lifestyle. Many of us lack the time, skill and support to make traditional recipes work. OPOS replaces manual skill with the right equipment and technique. OPOS standardizes cooking conditions to make all recipes work the same way for anyone, anywhere, anytime. Use standardised equipment and follow recipes to experience magic!

## 9. Equipment needed:

OPOS works best with the OPOS kit available at [www.oposkit.com](http://www.oposkit.com). The PressureBaker has been specially designed for OPOS. It is built to cook without water and over high heat. It comes with a silicone gasket to withstand dry heating, a lead free safety valve and precisely calibrated weight set to ensure healthy whistles. It has a set of stainless steel measuring cups, inner vessel with lid, flash separators and flash cards with step by step lessons. Normal pressure cookers are not designed to cook without water or over high heat. The safety valves blow, gasket melts and food burns. The manufacturers insist you never cook without water and never to cook over high heat. However if you know what you are doing, you can use any 2L Indian whistling pressure cooker.

## 10. Measures:

Use standard measuring cups, spoons (1C = 240 ml, 1tsp = 5 ml, 1Tbsp = 15 ml) and a kitchen scale. Use measuring cups for liquids and weighing scale for solids, especially in tricky recipes like sugar syrup.

## 11. Shopping list:

**Starch :** Rice, poha, vermicelli, pasta, noodles, puffed rice, rava, wheat flour, rice flour, millet, oats, sago, Singhare ki atta/water chestnut flour

**Protein :** Tur dal, green mung dal, chana dal, chickpeas, kidney beans, green peas, gram flour, roasted gram, soya chunks, whole moong, sprouts, mushroom, cowpeas, split yellow mung dal, black urad dal, tofu, black eyed peas

**Micronutrients :** Fresh vegetables, spinach/other greens

**Fats** : Virgin oils (sesame, coconut, peanut), mustard oil, refined vegetable oils

**Vegan Dairy** : Vegan Butter, Vegan cheese, Vegan yogurt

## 12. Shopping List 2:

**Spice Box** : Garam masala, chilli, coriander, cumin, turmeric, asafoetida, sambar, pepper powders. Mustard, cumin seed, fenugreek seeds, coriander seeds, fennel seeds. Cardamom, cinnamon, bay leaf, cloves, ginger, kasuri methi, urad dal, dry red chilli.

**Essentials** : Salt, sugar, pickles, papad, tamarind, coconut, chilli, coconut milk, coconut milk powder, cashews, peanuts

**Optional** : Almonds, walnuts, raisins, sesame, saffron, cinnamon, Italian seasoning, sunflower seeds, sun dried tomatoes, black sesame seeds

## 13. Bigger is not better!

The 2L PressureBaker is the best device available today to cook vegetables to perfection. It cooks 500g of almost all vegetables in under 5 minutes. If you need to cook more, do not use a bigger cooker, but go in for more 2L cookers, as bigger cookers invariably overcook vegetables.

A couple of 2L cookers is all you need for a small family. The 2L can cook breakfast/lunch/dinner (pongal/upma/rce, biriyani/pasta/noodles/porridge) for 2, dry or gravy curries and soups for 4, starters (fondue/ stuffed vegetables/ kadai paneer/ pindi chana/ pepper chicken) for 5, Pickles/ jam/ desserts for 10 and hard boiled eggs for 15. The best part is, it can cook all the above in 5 to 10 minutes! The 4.5L OPOS PressureBaker is ideal for rice/ dal/ non-veg recipes.

## 14. About the founder

Ramki passionately believed anyone, anywhere, anytime should be able to cook great food, with great ease. He sold his software company to focus full time on his passion. The one page cookbooks came first. OPOS followed a decade later. He is now a consultant, columnist and CEO of Pizza Republic

and OPOS Kitchen. He still holds the record for cooking solo a 10 course marriage feast for 500 people in 3 hours, using OPOS techniques. He can be reached on [Ramki@PizzaRepublic.in](mailto:Ramki@PizzaRepublic.in)

## 15. OPOS or not?

A recipe that is 'cooked' in one pot, at one shot and lives up to the OPOS promise, is an OPOS recipe. A salad where everything gets mixed in a single bowl is OPOS. A milkshake where everything gets blended at one shot is also OPOS. OPOS recipes need to work exactly the same way for anyone, anywhere, anytime. Else, they lose the OPOS tag.

## 16. Avoid trouble!

1. Start with Lesson #1.
2. Use standard equipment and follow the recipe to the letter.
3. Go by whistles/timing, whichever occurs first.
4. Never force open a cooker.
5. If steam leaks or if you smell burning, switch off, add water and continue.
6. Watch videos (search OPOS videos in Google/YouTube)
7. Join the OPOS Support Group in Facebook and follow discussions.

## 17. FAQ:

Most questions we get translate to: "Can you teach me OPOS with the equipment I have, the way I like, using methods I am comfortable with?"

We can't!

### Q. How to scale up

A: Cook multiple times. Or scale up everything including cooker size. Whistles remain same. Time varies.

Scaling up tips:

- It is easier than you think. Remember to scale up everything proportionately. You need to make sure the quantity you cook matches the cooker size.

- Ensure your cooker is at least 1/4th full and not over 3/4th full.
- In all scaled up recipes, go by whistles. The timing will vary but the number of whistles remains the same.
- Use more water than necessary for the first try. All recipes using water can be scaled up safely.
- No-water recipes are tricky and need monitoring the first time. Watch out for a burnt smell.
- Use the same heat setting as you used when standardising your 2L cooker. Increase heat once you get comfortable.

**Q. Where do I get more recipes?**

See the OPOS Chef channel on YouTube. Join the OPOS Support Group on Facebook. Buy OPOS books from Amazon. Download OPOS Chef app on your phone.

## **18. Top reasons why OPOS recipes fail:**

1. Use of non-standard equipment
2. Not using measuring cups, spoons/ weighing scales
3. Cutting food into big chunks
4. Not tracking time/whistles
5. Adding/ omitting ingredients, or changing quantities
6. Trying to personalise a recipe at the first attempt

In other words, the most common reason for failure is because you have not followed the recipe to the letter. All these can be avoided with a bit of discipline.

The only reason why some recipes might still fail is because the ingredients we use are different. There is no solution for this but to understand the technique and tweak the recipe.

## **19. One step at a time!**

OPOSing requires discipline. Start with lesson 1 and take one step at a time.

- Cook to learn
- Cook to eat

- Cook to feed
- Cook to impress

There are no shortcuts for these stages!

## **20. Scaling up/down:**

Once you understand the basic techniques, you can easily figure out the way to use bigger cookers or scale up. Till then, please stick to the recipes. Cook multiple times instead of scaling up. Scale up everything including the cooker size and go by whistles. The timing varies, but whistles remain the same. Most OPOS recipes have been tested on everything from a tiny 1liter cooker to the giant 250 liter cooker.

## **21: "I was always doing OPOS, without knowing the name!".**

You have been pressure cooking. Welcome to PressureBaking – a whole new technique. Dumping all in a cooker is not OPOS. Be ready to unlearn all you know and start afresh.

## **22. "These fancy short cut techniques can't match the taste of traditional recipes."**

OPOS is not about shortcuts/quick cooking. It is a way to bring the best out of food. We are fortunate that it also works so quickly! Techniques like PressureBaking and layering unlocked a burst of colour, flavour and texture never seen before! Every single OPOS technique added a bit of magic. Now, OPOS not just matches traditional recipes, it far outclasses them in most cases. Many of us suddenly find non-OPOS food tasteless!

## **23: OPOS is universal.**

OPOS works across cuisines. It just teaches you the foolproof way to bring the best out of the building blocks of all cuisines – vegetables, meats and starches. By adding your favourite spices and additives, you can translate

each OPOS theme into any cuisine easily!

## **24: The road ahead:**

The bulk of Indian cuisine has been OPOSed. Popular international recipes like pasta, noodles, soups, fried rice, etc have been OPOSed too. We look forward to your help in OPOSing, standardizing and validating your cuisines.

## **25. OPOS is protected:**

The OPOS logo, the terms OPOS, One Pot One Shot, Flash and PressureBaking are registered and cannot be used without permission. OPOS is free for personal, non-commercial use.

# GENERAL POINTERS - DOS AND DON'TS

- All recipes in this book have been done using standardised equipment. Whenever, the recipe mentions “HIGH”, it refers to this setting. This will vary depending on the heat source. So, please complete Lesson 1, to ascertain the “HIGH” setting for your equipment, Lesson 2, to understand PressureBaking - the core technique upon which all other OPOS techniques are built, followed by the other lessons under “Section 6” of this book, before proceeding further.
- When a recipe calls for (X)Wh or (Y)mins, whichever happens first is considered.
- While layering, always spread the ingredients evenly.
- Do not try to scale up recipes without understanding the concept of pressure baking and the science behind it. Scaling up would require a few tweaks to the measure of ingredients and hence is not recommended if you are new to OPOS. Until you are comfortable with the techniques, please repeat the dishes as many times as needed.
- Any recipe that calls for more than 1/2C of water while layering, becomes a dump-all-in-a-cooker recipe, frowned upon in OPOS.
- Whenever a recipe calls for Retained Heat Cooking (like Kesari, Upma), ensure the ingredients are swiftly mixed in and the PressureBaker is closed immediately to ensure maximum heat retention.
- Whenever water is mentioned, it is water at room temperature.
- It is recommended to soak and drain the legumes/lentils and discard the soaked/drained water before cooking them.
- The recipes listed here are dumbed down versions of recipes we actually use. Once you gain confidence, you can increase the heat and

reduce water to unlock the full power of PressureBaking

## **Prevention of Burning**

### **Buffer Layer**

In OPOS, most dishes are cooked in high heat for a short period of time, hence there is a possibility of burning if not done right. To mitigate this, a buffer, mostly water/oil is used as Layer 1.

In OPOS, ingredients are cooked in their own juices. The water measure mentioned are for fresh vegetables. If vegetables are dry/old/refrigerated/not tender, an extra bit of water needs to be added to the buffer layer. (For instance, refrigerated cut vegetables dry out as the refrigerator acts as a dehydrator. These need extra water in Layer 1).

### **Layering done right**

Whenever a recipe calls for layering of spice powders/pastes, ensure they are layered over the vegetables/starches/meat, as a top layer. This will prevent them from seeping down/touching the PressureBaker base and burning. If the spice pastes turn out to be runny, place a small cup on the top layer and add the spice paste to it.

### **No-water Recipes**

Understand and get comfortable with recipes that use water in Layer 1 before attempting no-water recipes.

#### **Detect Burning**

At the faintest smell of burning or sight of white smoke, turn the heat source off and release pressure if any. Transfer the contents. Do not scrape/consume the black/charred bits if any. This will not affect the flavor of the output.

### **Avoiding Overcooking and Undercooking**

If vegetables are overcooked, try the following steps to avoid it the next time:

1. Reduce the cooking time (by cooking them for one whistle less)
2. Cut them thicker.
3. Release pressure after cooking if you had let pressure settle

If vegetables are undercooked, try the following suggestions:

1. Increase the cooking time (by cooking them for one whistle more) and release pressure.
2. Cut them thinner.

3. Mix and keep closed in the retained heat, after releasing pressure.

### **While doing One Shot Thalis:**

1. Balance cooking time by choosing the right vegetables.
2. Avoid pairing watery vegetables with starchy ones in different zones, since they need different types of buffer.
3. Avoid vegetables like okra/eggplant/cauliflower/spinach along with legumes or meat in one shot thalis.
4. Avoid cooking vegetables along with tough meats like beef/mutton/pork.
5. To avoid overcooking, use seafood in PIP when pairing with other meats.
6. Use smaller chunks of meat. Marinate longer/ preferably overnight to tenderize the meat. This also enhances the flavor.
7. Pat dry the meat/seafood to avoid water leakage or refrigerate it uncovered overnight to minimise water leakage.
8. Do not overfill the pot. Its not advisable to fill the pot with more than 4C of vegetables (including the spice pastes). This can lead to extended cooking time of over 5 minutes which overcooks vegetables.
9. Adjust buffer according to the dishes chosen. If the actual recipe calls for onions and tomatoes in buffer layer, while the other two dishes need water as buffer, it would be better to use caramelized bases instead of layering onions-tomatoes along with water.
10. Use appropriate cut-size variation of vegetables to balance their cooking time.

# OPOS LESSON 1: STANDARDISATION

<https://youtu.be/1X6RI1mT7U4>

**Check equipment and heat source.**

In a 2L pressure cooker, add 1/4C (60ml) water. Close and fix weight. Cook on the highest heat setting of your heat source. Note time for the first whistle. (The hiss with which steam exits from a pressure cooker is called as the ‘whistle’). Switch off stove.

If you get the first whistle in less than 1 minute, decrease heat and try again. If the first whistle takes longer than 2 minutes, increase heat and repeat. Adjust heat to get the first whistle between 1 and 2 minutes. Remember this setting. This is your ‘High’ setting.

## **Note:**

1. This exercise is essential before you move to the next lesson.
2. Electric/ceramic/glass top stoves are sluggish. They need to be preheated for 5 to 15 minutes before you place the cooker over them.
3. On gas stoves, the flame should cover the bottom of the cooker without coming up the sides.
4. On induction, the high heat setting is around 1200W.
5. Most OPOS recipes call for high heat. Medium heat is half the high heat level. Low heat is half the level of medium heat.
6. Some gas burners are designed for a wok. The flames heat the sides and not the bottom. These might not work for OPOS recipes.
7. If you are OPOSing for the first time, go for a timing close to 2 minutes. Once you gain confidence, you can increase heat to give you a timing close to one minute.
8. Gas and induction stoves are preferred for OPOS. Induction is

foolproof. If you have trouble with a gas stove, try getting burners cleaned.

9. If your handles get heated up or you get a burnt smell, it means your cooker is being heated from the sides and not from the bottom. Change burner/heat source and try again.

10. Do not heat beyond 2 minutes. You risk melting the safety valve.

11. Wait till your cooker and heat source cool down before repeating the experiment.

12. Your cooker might carry warning stickers like “Do not cook on high flame”. “Do not cook without water”. You need not worry about it as long as you follow the recipes here without any change.

13. Every time you face problems, repeat this exercise to check equipment condition.

14. Try keeping all parameters uniform. Do not use ice cold water/ hot water.

15. This exercise is designed only for a 2L cooker.

# OPOS LESSON 2: PRESSURE BAKING

<https://youtu.be/j2TpLCVYJK4>

**Pressure cook food in its own juices at high heat for a short time.**

Pressure Baking/ Flash is the OPOS technique of cooking food in its own juices at high heat for a short time, under pressure. Pressure Baking intensifies the natural colour, texture, flavour and taste. It is the most nutritious way to cook vegetables.

In a 2L pressure cooker, add 1/4C water, 1tsp oil, 2C chopped beans (250g), 1/4tsp salt, 1/4tsp chilli powder. Do not mix. Close and fix weight. Cook on high heat for 2 whistles/5 minutes (whatever happens first). Switch off stove. Release pressure. Remove cooker from stove. Marvel at the colour. Mix all.

Undercooked? Do not release pressure.

Overcooked? Cook for just one whistle.

Excess water? Reduce water and try again.

## Note:

1. The bright colour might fool you into thinking beans are undercooked. They are not. Almost all varieties of beans (and almost all vegetables) cook perfectly in 2 whistles.
2. Resist the urge to cook further to evaporate excess water. Just drain it or mix in grated coconut/ cooked dal to absorb it.
3. Elders used to overcooked vegetables might not like the bright colour and crisp textures of flashed vegetables. It is an acquired taste.
4. Do not use too less/too much beans. Too less might burn and too much might overcook.

5. Do not attempt this lesson with other vegetables.
6. You will find most children love flashed vegetables.
7. Cut beans long and you can serve flashed beans as an appetizer, with a dip.
8. If you face any problem in this lesson, please repeat lesson 1 again to check equipment condition.
9. Do not change anything in the recipe the first time. Follow it to the letter. Every word in the recipe is crucial.
10. This is probably one of the most validated recipes in OPOS history, having been validated thousands of times, in kitchens all over the world. Completing this lesson is mandatory before you move to other recipes
11. Pressure baking is the best way to cook all vegetables. Watch [https://youtu.be/1rZQN\\_KZ0k0](https://youtu.be/1rZQN_KZ0k0) to see how to extend this technique.

OPOS SATVIK STAPLES

## PRE ROASTED DALS

Roast 1C each separately (Chana dal, Urad dal, Split Yellow mung, Horsegram) until golden brown. Cool and Store in airtight jar. Grind Horsegram coarsely into grits and store.

## PRE ROASTED SPICES

Roast 1C each separately (Coriander seeds, Fennel seeds, Cumin seeds, Peppercorns, Fenugreek seeds, Red chili) on a low flame until they change in color and release aroma. Cool and Store in airtight jar.

At this point you may cool them and make individual spice powders with half the portion.

If you are roasting spice powders, roast it on a lowest heat for 1 minute or until you can smell the aroma of spices

# PRE ROASTED NUTS AND SEEDS

Roast 1C each individually (Walnuts, Almonds, Cashews) for 1 minute. Cool and store in the refrigerator

Roast 1C Black Sesame seeds until it starts popping. Cool, Grind and store in the refrigerator.

Roast 3C Peanuts until it changes color and skin starts peeling out. Cool and Store.

# ROASTED COCONUT

Dry roast shredded coconut until golden brown. Cool and refrigerate in airtight container. Shelf life: 2 Weeks when refrigerated

# BISI BELE BATH POWDER

Roast 25gm Poppy seeds/Khuskhus, 3gm Cinnamon, 10 Cloves, 12 Red Chili, 2 Marati Mokku. Allow it to cool and Grind with 5tsp pre roasted Coriander seeds, 1tsp each pre roasted (Chana dal, Urad dal), 1/4tsp each pre roasted (Fenugreek seeds, Cumin seeds). Cool and Store in airtight jar.

Replace/Substitute:

1. Replace Red chili with 1tsp Pepper

# JYOTHI'S CHUTNEY POWDER

Grind 4Tbsp pre roasted Urad dal, 2Tbsp each pre roasted (coriander, cumin).  
Cool and Store in airtight jar.

# BOTTLED TADKA (HOT OIL INFUSION)

BT1 - 1C oil, 1/4C each (mustard seeds, cumin seeds, curry leaves)

BT2 - 1C oil, 1/2C each(Chana Dal, Urad dal)

BT3 - 1C oil, 3Tbsp each(Mustard seeds, cumin seeds, fennel seeds), 1Tbsp kalonji, 2tsp fenugreek seeds

## Replace/Supplement:

Sesame/Peanut oil with Coconut, Avocado, Mustard, Sunflower oil

## Tips:

- Check [Lesson 12 Cold Pressure Frying: Bottled Tadka](#)
- Shelf life: Stays well on the counter top for several months, if not comfortable, then refrigerate

# CHETTINAD SPICE POWDER

Roast and blend-1tsp each(coriander seeds, pepper), 1/4 inch cinnamon,1/4tsp each(cumin seeds, fennel seeds),1 red chili (optional), 3 cloves

# UDUPI SARU POWDER

Roast 20 Bydagi Chili, 10 curry leaves in 2tsp Coconut oil. Cool and grind with 4Tbsp roasted coriander seeds, 5tsp roasted cumin, 3tsp roasted fenugreek seeds .

# SATVIK SAMBAR POWDER

Grind 3Tbsp roasted coriander seeds, 1Tbsp roasted (Urad dal, chana dal),  
1/2tsp roasted (Cumin seeds, pepper), 1/4tsp roasted fenugreek seeds

Tips: Can add roasted Red chili

# COOKED DAL

Prep: Soak 1C toor dal for 2hrs.

Recipe: In a 2L Pressure baker, layer as below

Layer 1: 1/4C water

Layer 2: Soaked dal

Layer 3: 1tsp oil, 1/4tsp turmeric powder

Cook on high for 4W/5min. Allow pressure to settle. Open and Mash.

Refrigerate or freeze in small portions

## Tips:

- Check the [Lesson 11. Pressure baking Dal](#)
- Shelf life: 1 week if refrigerated. 1 month in the freezer

# COOKED LEGUMES

Prep: Soak 1C chickpeas overnight

Recipe: In a 2L Pressure baker, layer as below

Layer 1: 1/4C water

Layer 2: Soaked chickpeas

Layer 3: 1tsp oil, 1/2tsp salt

Cook on high for 5W/5min. Allow pressure to settle. Open. Refrigerate or freeze in small portions.

## Tips:

- Shelf life: 1 week if refrigerated. 2 months in the freezer

# CASHEW PASTE

Soak 100gm Cashewnuts for 4hrs. Blend adding 4Tbsp water. Add a couple Tbsp more water if needed. Divide in 1tsp measure and freeze

## Tips:

- Shelf life: 1 week if refrigerated. 2 months in the freezer

# CURRIES

# 3 IN 1 PRESSURE BAKED CURRIES

(3 Dry curries in One shot)

*Video link: <https://youtu.be/KpMVYMoWlOI>*



## ***Recipe:***

In a 2L pressure baker, layer as below:

Layer 1: 3Tbsp water

Layer 2: Use the separators

Zone 1: 1Tbsp oil, 1C Sweet potato, 1/2tsp chili powder, 1/4tsp salt, PIP 1/2C spinach

Zone 2: 1/2C (Carrot, Beans), 1 torn red chili, 1/4tsp salt

Zone 3: 1C cubed bottled gourd, 1Tbsp crushed peanuts, 1/4tsp (chili powder, salt, [chutney powder](#))

Close and cook on high for 2W/5mins. Release pressure and open.

**Zone 1/Sweet potato Kara kari** - Scoop out and mix with 1/2tsp [BT1](#) tadka

**Zone 2/Carrot Beans thoran** - Scoop out and mix with 3Tbsp grated coconut, 1/4tsp ([BT1,BT2](#)) tadka

**Zone 3/Lauki Subzi** - Scoop out and mix with 1/2tsp [BT1](#) tadka

***Replace/Supplement:***

- Your choice of veggies
- Your choice of spices

***Tips:***

- Can add finely chopped spinach after cooking and let it cook in retained heat.
- Use cut size variation to match the cooking time
- This demonstrates cooking four type of veggies in one shot - Juicy, Starchy, Watery and Green leaves
- Can do just one at a time. Double the quantity mentioned in the respective zone.

# KADAMBA SAMBAR

(Mix Veg Lentil stew)

*Video link:* <https://youtu.be/uXMttuDOMn8>



***Recipe:***

**Prep :** Grind 1.5Tbsp grated coconut, 1tsp red chili powder (optional)

Mix 1/2C [cooked toor dal](#) , 1Tbsp [Satvik sambar powder](#) (SSP), 1tsp salt, 1/2tsp (pepper powder, jaggery), coconut mix from above and make a patty

In a 2L Pressure Baker, layer as below:

Layer 1: 2Tbsp water, 6 curry leaves

Layer 2: 1/2C sliced tomatoes, 1Tbsp cilantro stalks

Layer 3: 1/4C each (Bottle gourd, Chayote, Carrots, Beans)

Layer 4: Sambar patty

Close and cook on high for 3W/5mins. Release pressure and open. Mix in 1/2C water, 1Tbsp cilantro, 1tsp [BT1](#) tadka. Allow it to rest for a few minutes for flavors to mingle.

***Replace/Supplement:***

- Toor dal with other dals
- Your favorite spice mix instead of SSP
- Favorite vegetables
- Pepper powder with chili powder
- Coconut powder instead of grated coconut

***Tips:***

- Can skip Coconut paste while making patty
- Add coconut cumin chili paste instead of SSP for Kootu/dal/pappu
- Can add 1tsp tamarind paste and reduce tomatoes

# COIMBATORE THAKKALI KUZHAMBU

(Spicy Tomato stew)

*Video link:* <https://youtu.be/zQ2wUCe84Xo>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp sesame oil, 1 clove, 1/4 inch cinnamon, 2 curry leaves (optional)

Layer 2: 1tsp finely chopped ginger, 250gm sliced tomatoes

Layer 3: PIP – 50gm (1/2C) grated coconut, 1tsp Coriander powder, 1/2tsp each (Jaggery, Salt, Cumin powder, Pepper powder, red chili powder), 1/8tsp fennel powder

Close and Cook on high for 6-10W or until you smell caramelization. Release pressure and open. Blend with 1C water. Add 2Tbsp cilantro, 1tsp [BT1](#)

***Replace/Supplement:***

- Grated coconut with coconut milk (add after opening)
- Garam masala instead of whole spices (clove, cinnamon)
- Sambar powder instead of (Coriander, Cumin, Chili) powder

***Tips :***

- Add 4 cashew / 1Tbsp roasted gram dal for creamy gravy
- Adjust chili powder per your preference

# MASALEWALI DAL

(Spiced Split Yellow Mung bean soup)

*Video link:* <https://youtu.be/gwtJfp12a1Y>



***Recipe:***

**Prep :** Soak 1/3C yellow mung dal for 3hrs.

In a 2L PressureBaker, layer as below:

Layer 1: 1/4C water, 1tsp finely chopped ginger, 1 bay leaf, 1/4 inch cinnamon

Layer 2: Soaked mung dal, 1tsp castor oil

Layer 3: 1 ripe small tomato (100gm) or cut in half and scoop out seeds touching the cooker base

Layer 4: 1tsp salt, 1/2tsp coriander powder, 1/4tsp each (cumin powder, chili powder), 1/8tsp turmeric powder

Close and cook on high for 4W/4mins. Allow Pressure to settle. Open and add 2Tbsp cilantro, 1/2tsp [BT3](#) tadka, 1/4tsp jaggery. Add 3/4C water to dilute. Please note dal thickens on cooling.

***Replace/Supplement:***

- Yellow Mung with other dals
- Castor oil with favorite oil
- Chopped ginger with ginger paste
- [BT1](#).tadka instead of panch phoran/BT3 tadka

***Tips:***

- Longer soaking time? Use less water. Shorter soaking time? Use more water
- Dal uncooked ? Add 1/4C more water and cook 2-3 whistles more
- Stop cooking if you smell a bottom burn
- Squeeze 1tsp lemon juice for flavor burst depending on the tang of tomatoes
- Serves 3
- This can be served as a soup or serve with rice or flatbread
- If using semi ripe/large tomatoes cut them in half

# BHAJJI KUDIKIRI

(Fenugreek leaves Stew)

Video link: <https://youtu.be/-GU0CbQuPRc>



## **Recipe:**

**Prep :** Blend 2Tbsp grated coconut, 1tsp Chili powder, 3/4tsp himalayan salt, 1/2tsp cumin, 1/4tsp each (fennel, roasted coriander seeds) with 3Tbsp water

In a 2L Pressure baker, layer as below:

Layer 1: 1tbsp oil

Layer 2: 1/4C tomatoes,

Layer 3: 2C chopped fenugreek leaves, 5 curry leaves

Layer 4: 1/2C cooked toor dal , spice paste from above

Close and Cook on high for 2W/4mins. Release pressure and open. Add 1/2tsp BT1 tadka

***Replace/Supplement:***

- Toor dal with Split moong/Yellow moong/Masoor/Channa dal
- Methi with other greens or Vegetables
- Your favorite spice mix

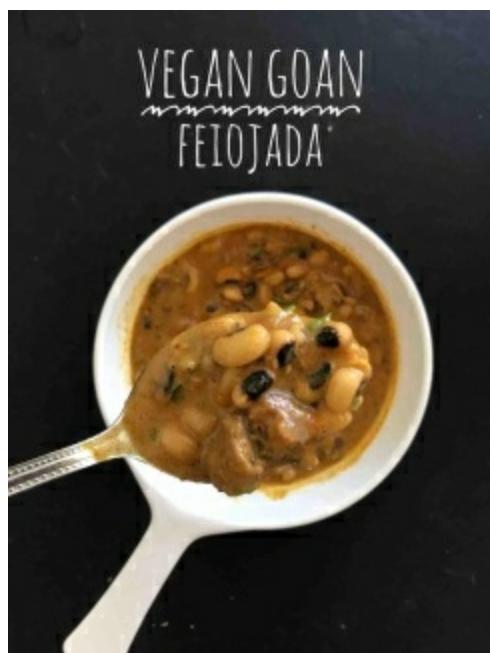
***Tips:***

- To skip Pre cooked toor dal, you can soak yellow mung/masoor dal for 6 hrs and layer it in between fenugreek leaves like a sandwich.
- Add 1/8tsp turmeric powder if not added already in dal

# FEIOJADA

(Goan Black eyed pea stew)

*Video link:* [https://youtu.be/Z\\_ePjTUPa\\_o](https://youtu.be/Z_ePjTUPa_o)



## ***Recipe:***

### **Prep :**

1. Soak 1/2C Black eyed peas overnight or 6 hrs
2. Wash and soak 1/4C mini soya granules for 10 minutes. Drain water.  
No need to squeeze.
3. Marinade: Mix soaked soya chunks, 3 Kokum petals, 1tsp each (Red Chili powder, Salt), 1/2tsp each (Cumin, Pepper, Jaggery, Garam masala), 1/4tsp turmeric powder

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp oil, 1tsp grated ginger

Layer 2: 3/4C chopped tomatoes

Layer 3: Soaked and drained Black eyed peas

Layer 4: PIP soya chunks marinade

Close and cook on high for 7mins (ignore whistles) or until you smell caramelization. Allow pressure to settle and open. Slightly mash the beans, Add the pip bowl content and 1/2C coconut milk, 2Tbsp cilantro

***Replace/Supplement:***

- Kokum with 1/4tsp tamarind paste or 2gm tamarind pulp / 2tsp lemon juice or other souring agent
- Soya chunks with potatoes/tofu/seitan
- Your favorite spice mix
- Black eyed pea with other legumes
- Red chili powder with pepper powder
- Garam masala with chettinad spice powder

***Tips:***

- Serves 4
- Can use sprouted legumes
- Use herbs like kasuri methi for greater flavor

# PAV BHAJI

(Vegan Sloppy Joe)

Video link: <https://youtu.be/yrUdtbsBGd8>



## ***Recipe :***

In a 2L PressureBaker, layer as below:

Layer 1. 3Tbsp oil, 2tsp grated ginger

Layer 2. 1C chopped tomatoes (deseeded)

Layer 3. 1C potato, 1/2C carrot, 1/4C each (peas, cauliflower, bell pepper),  
2Tbsp chopped beetroot

Layer 4. 1Tbsp Pav bhaji masala, 3/4tsp each (himalayan salt, Chat masala,  
chili powder), 1/4tsp dry mango powder

Close and Cook on high for 3W/5mins. Release pressure, open and mash (use  
hand blender if needed). Add 2tsp lemon juice, 2Tbsp cilantro.

***Replace/Supplement:***

- Your choice of veggies
- 1/2Tbsp Garam masala instead of Pav bhaji masala.

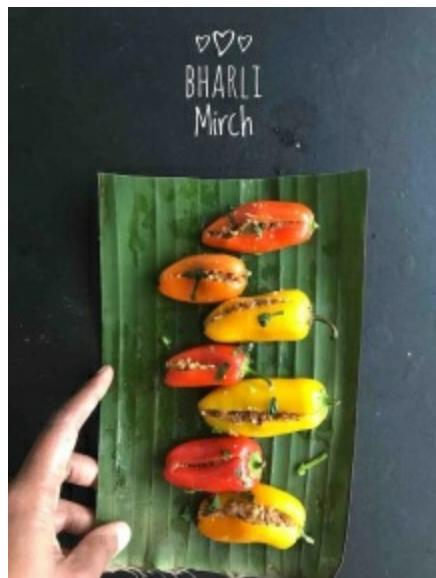
***Tips:***

- Can add caramelized tomatoes for greater flavor

# BHARLI MIRCH

(Maharashtrian stuffed peppers)

Video link: <https://youtu.be/LL8J1dRlun8>



## **Recipe:**

**Prep :** Grind 8Tbsp roasted peanuts, 2Tbsp Chickpea flour, 1Tbsp flaxseeds, 3/4tsp red chili or pepper powder, 1/2tsp each(Cumin, Coriander, Fennel powder, Salt).

Mix 2-3Tbsp lemon juice, 2Tbsp each (grated raw mango (optional), roasted coconut , finely chopped cilantro leaves), 1/2tsp BT1 tadka.

Slit 10-12 Sweet Peppers and stuff the stuffing mix from above

In a 2L PressureBaker layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2: Add peppers slit side up

Close and cook on high for 2W/4mins. Release Pressure and Open.

**Replace/Supplement:**

- Sweet peppers with Okra, Bittergourd, Bottle gourd, Ridgegourd
- Roasted coconut with Fresh coconut or kopra
- Spices of your choice
- Grated raw mango with Dry mango powder/Pomegranate seeds powder/Chat masala

**Tips:**

- Massage the slit pepper with Salt and let it sit for 15 minutes before stuffing with Masala
- Use roasted chickpea flour if you find it raw
- Undercooked? Cook for 3 Whistles. Burnt? Add 1Tbsp more water
- Charring or well roasted pepper is desired as it gives a smoky flavor to the peppers. To achieve that reduce water in the buffer layer to 1 to 1.5Tbsp
- This stuffing mix will be sufficient to make 1lb/450gm sweet peppers

# TOFU BHURJI

## (Scrambled Tofu)

*Video link:* <https://youtu.be/E-M3BPTSZDA>



### ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp oil, 2tsp grated ginger, 1/4tsp cumin seeds

Layer 2: 1/2C tomatoes deseeded and chopped

Layer 3: 200gm drained and crumbled tofu

Layer 4: 1/2tsp each (salt, red chili powder), 1/4tsp each (pepper, chat masala) powder

Layer 5: 1/8tsp each (fennel, garam masala, turmeric)

Layer 6: PIP 1/4C bell peppers tiny chunks

Close and cook on high for 3W/4mins. Release pressure, open and mix in pip contents, 2tsp lemon juice, 2Tbsp chopped cilantro

### ***Replace/Supplement:***

- Use favorite spices

***Tips:***

- Serve it as it is or as a filling in lettuce wraps / Taco / chappati/ Sandwich or parathas/spring roll
- Sprinkle chili flakes for a bite
- Can add finely chopped bell peppers after opening and let it cook in retained heat

# MAHARASHTRIAN KAIRICHI AAMTI

(Raw mango stew)

*Video link:* <https://youtu.be/CTinosthVFE>



## *Recipe:*

**Prep :** Grind 1/4C [roasted coconut](#) , 1tsp each (roasted coriander seeds, Salt, Jaggery), 1/2tsp each roasted (urad dal, cumin seeds, oil), 1/4tsp turmeric powder, 8 each (peppercorn,fenugreek seeds), 2 red chili, 3Tbsp water

In a 2L PressureBaker, layer as below,

- Layer 1: 1/4C water, 1tsp oil
- Layer 2: 250gm Raw Mango chunks
- Layer 3: Spice paste from above
- Layer 4: PIP: 1C water

Close and cook on high 2W/5mins. Release pressure and open. Mix in water from PIP.

Add 1tsp [BT1](#) tadka, 1Tbsp chopped cilantro. Mix. Allow it to rest for a few minutes for flavors to mingle.

***Replace/Supplement:***

- Whole spices with spice powders
- Roasted coconut with fresh coconut or Kopra
- Red Chili with Pepper powder
- Raw mango with other veggies

***Tips :***

- Serve with rice/roti/quinoa/millets
- If the spice paste is runny then keep them in PIP to prevent burning

# VELLA POOSINI PAAL KOOTU

(Winter Melon Coconut milk stew)

*Video link:* <https://youtu.be/kS1tkBvRqms>



## ***Recipe:***

**Prep :** Soak 2Tbsp yellow split mung dal for 4 hrs

In a 2L PressureBaker, layer as below:

Layer 1: 3Tbsp water, 1/2tsp Coconut oil, 6 curry leaves

Layer 2: Soaked dal on one half and 2C cubed white pumpkin (200gms) on other half

Layer 3: 1/2tsp salt, 1/4tsp each roasted(cumin powder, pepper powder), 1/8tsp turmeric powder

Layer 4: 3 Red chili torn

Close and cook on high for 3W/4mins. Release pressure and open. Mix in 1/2tsp (coconut oil, [BT1](#) tadka), 1/4C coconut milk

***Replace/Supplement:***

- Yellow split mung dal with your favorite dal / sprouts
- White pumpkin with yellow pumpkin/Squash
- Pepper powder with whole red chili
- Coconut milk with Nut milk

***Tips:***

- Use cut size variation technique to match cooking time of dal and winter melon. Chop the winter melon slightly thicker if you prefer it crunchy and vice versa for softer texture

# LEMONY ROASTED BRUSSELS SPROUTS

*Video link:* [https://youtu.be/x\\_EtTg-OwfU](https://youtu.be/x_EtTg-OwfU)



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp Oil, 1tsp water

Layer 2: 10-12 Brussels sprouts cut in half to cover the base

Layer 3: PIP 1/2tsp salt, 1/4tsp Sambal Oelek/Red chili sauce

Close and cook on high for 3 minutes(Ignore whistles) Release pressure and open. Mix all. Add 2-3tsp lemon juice

## ***Replace/Supplement:***

- Sambal Oelek with Red chili paste/Chili flakes/pepper powder

***Tips:***

- Adjust lemon juice as per your taste
- Stop before 3 minutes if you smell burning. This could happen if sprouts are dehydrated

# CHUTNEYS & DIPS

# LEMON GINGER DRESSING

*Video link:* <https://youtu.be/bg-FAHmax3k>



## ***Recipe:***

Blend/Whisk 1/4C Lemon juice, 2Tbsp each (jaggery, olive oil), 3/4tsp salt, 1/2tsp each (pepper, ginger), 1/4tsp cumin powder

## ***Replace/Supplement:***

- Lemon with lime/orange juice
- Jaggery with favorite sweetener
- Spices of your choice

## ***Tips:***

- Refrigerate in an airtight jar

- Goes well with Veggies or Kale/Spinach salads

# AVOCADO MAYO

*Video link:* <https://youtu.be/uAv9nDl7AKY>



## **Recipe:**

Blend 1C Avocado, 1/4C cilantro, 3Tbsp each (olive oil, lemon juice), 1tsp salt, 1/2tsp pepper powder and blend until smooth and fluffy. Dilute with 1/4C water if needed.

## **Tips:**

- Refrigerate in an airtight jar upto a week
- Can add Jalapeno or chili flakes for heat
- Serve with cut veggies or toss it in Salads, pasta or slather it on top of breads, rotis or serve with chips
- Can add mangoes for Avocado Mango Mayo

# SUNFLOWER SEEDS RANCH

*Video link:* <https://youtu.be/CTBKc4cgYu4>



***Recipe:***

**Prep :** Soak 1/4C sunflower seeds for 5hrs with a 1/4tsp salt

Blend Soaked sunflower seeds, 3Tbsp each (orange juice, olive oil), 2Tbsp lemon juice, 1Tbsp maple syrup, 1/4tsp each (pepper powder, salt), 1/8tsp each (turmeric, cumin powder) with 3Tbsp water. Dilute as needed.

***Replace/Supplement:***

- Maple syrup with other sweeteners

***Tips:***

- Add herbs like Cilantro, Mint, Dill, Parsley while blending
- Serve with falafel or Raw/Pressure baked veggies/salad dressing

- Adjust salt/pepper as per taste

# GREEN GODDESS PESTO

## (Avocado & Basil Vegan pesto)

*Video link:* [https://youtu.be/i6\\_XM06sCFs](https://youtu.be/i6_XM06sCFs)



### ***Recipe:***

Blend 150gm Avocado, 25 Basil leaves, 15 Cashews, 1/4C olive oil, 3Tbsp lime juice, 1tsp raw sugar, 1/2tsp each(salt, pepper), 1/4tsp cumin powder

### ***Replace/Supplement:***

- Cashews with nuts of your choice
- Basil with Kale/Spinach

### ***Tips:***

- Adjust salt as per your preference
- Refrigerate and use within 4 days
- Can add nutritional yeast for the umami flavor

- Toss it with pasta/use as a dip/sandwich spread/pizza spread or as dip for veggies
- Coarsely grind the cashews before mixing in other ingredients. Can add oil while blending

# KAVITHA'S HARISSA

(North African hot chili Dip)

*Video link:* <https://youtu.be/JXJOqhtBcbQ>



***Recipe:***

**Prep :** Coarsely grind 1tsp each roasted (coriander, cumin) seeds, 1/2tsp roasted fennel seeds

In a 2L PressureBaker, layer as below:

Layer 1: 4Tbsp oil

Layer 2: 200gm Red bell pepper skin side down

Layer 3: 10gm/2Tbsp sundried tomato, 6 red chili, 6gm/2Tbsp cilantro

Layer 4: 1tsp raw sugar, 3/4tsp salt

Close and cook on high for 2W/4mins. Release pressure, open and blend with

2tsp lemon juice. Mix in the spice powder.

***Replace/Supplement:***

- Cilantro with favorite herbs
- Favorite spice mix

**Tips:**

- Can add couple more chilis for the heat
- Can use it as a dip for veggies or slather in top of the bread or roti, toss it in pasta or with cooked veggies

# SATVIK TOMATO CHUTNEY

*Video link:* <https://youtu.be/lrcE7eCLi1w>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1Tbsp oil

Layer 2: 400 gm sliced tomatoes

Layer 3: 1 tsp jaggery sprinkled all over

Layer 4: 1tsp Red chili powder, 3/4tsp Himalayan salt, 1/8tsp turmeric powder

Cook 15W/5mins on high or until you smell caramelization, whichever is earlier. Release pressure, open and blend with 2Tbsp chopped mint, 1/2tsp each ([black sesame powder](#), [chutney powder](#)).

Add 1/2tsp [BT1](#) tadka

**Replace/Supplement:**

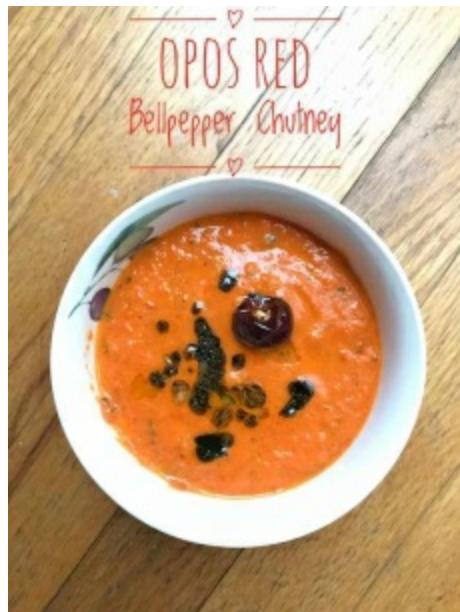
- Black sesame with white sesame powder
- Chutney powder with favorite spice mix or (Coriander, cumin) powder
- Mint with cilantro or favorite herb
- Jaggery with raw/palm sugar

**Tips:**

- Adjust salt, chili as per your taste
- Serves 4
- Pay attention to caramelization aroma and adjust cooking time as the water content in tomato plays a vital role here and differs from place to place. This is based on the controlled caramelization technique
- This recipe can be extended to make **North Indian or South Indian kuruma base, Marinara sauce, tomato thokku** by adding additional layers (like nut paste) /altering spices.

# RED BELL PEPPER CHUTNEY

*Video link:* <https://youtu.be/Fwh3mZNUZZI>



## ***Recipe:***

In 2L PressureBaker, layer as below:

Layer 1. 1Tbsp water, 2tsp oil

Layer 2. 200gm red bell pepper, 1/2 tomato scooped (25gm)

Layer 3. Fill tomato with 1/2tsp each (salt, chili powder, jaggery), 1tsp chutney powder

Close and cook on high for 2W/4mins. Release pressure, open and blend and add BT1 tadka

***Replace/Supplement:***

- Chutney powder with coriander powder + cumin powder + crushed roasted urad dal Or favorite spice mix
- Jaggery with favorite sweetener

***Tips:***

- Charring is not desired. But if you like you may reduce water
- Blend with 6 mint leaves or 2Tbsp cilantro
- Blend with 3Tbsp shredded coconut or peanuts
- Adjust spices and salt as needed
- Serves 3

# VANITHA AMMA'S PUDHINA THOGAYAL

(Spicy Mint dip)

*Video link:* <https://youtu.be/oQB6svg7AIY>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp water, 1tsp sesame oil

Layer 2: 40gm/1C Mint packed, 8gm/2Tbsp cilantro chopped

Layer 3: 1tsp each (tamarind (4gm), ginger)

Layer 4: 2Tbsp grated coconut

Layer 5: 3 red chili torn, 1tsp jaggery, 1/2tsp salt, 1/8tsp turmeric

Close and Cook on high for 2W/4mins. Switch off. Release pressure, open and

blend with 2tsp crushed roasted urad dal. Add 3-4Tbsp water to dilute.

## **Replace/Supplement:**

- Mint with favorite herb
- Tamarind with lemon juice
- Jaggery with favorite sweetener

***Tips:***

- Add more red chili as per your preference or use Bydagi chili for less heat
- Serves 3
- Weigh Mint and Cilantro before washing
- Reduce tamarind for less tanginess
- If you are using Indian mixie allow it to cool before grinding

# VIJAYA AKKA'S CHOW CHOW THOGAYAL

(Spicy Chayote dip)

*Video link:* <https://youtu.be/5QOrx6KDxLI>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1Tbsp water, 2tsp oil

Layer 2: 2Tbsp ginger, 4 curry leaves (optional)

Layer 3: 250gm chopped Chayote / Chow chow

Layer 4: 3 Red Chili torn, 2gm Tamarind, 1tsp Jaggery, 1/2tsp Salt

Close and cook on high for 2W/4mins. Release pressure, open and blend with 1Tbsp crushed roasted urad dal, 1/4C Grated coconut (25 gm). Add

1/2tsp [BT1](#) tadka.

***Replace/Supplement:***

- Chayote with favorite vegetable
- Tamarind with Amchur powder or lemon juice
- Jaggery with favorite sweetener

**Tips:**

- Serves 3
- Add 2 Tbsp Mint/Cilantro for greater flavor
- You can reduce ginger as per your preference

# AMMA'S CORIANDER THOKKU

(Spicy Cilantro Dip)

*Video link:* <https://youtu.be/stncu7aZGtg>



## ***Recipe:***

Prep: Grind 25gm roasted red chili, 5gm roasted (fenugreek, cumin) seeds into a fine powder

In a 2L PressureBaker, layer as below:

Layer 1: 1tbsp water, 3tbsp oil

Layer 2: 100gm Cilantro

Layer 3: 10gm tamarind, 1/2Tbsp Jaggery, 15gm/2tsp Himalyan salt

Layer 4: Spice powder from above

Close and Cook on high for 2W/4mins. Release pressure, open and blend

***Replace/Supplement:***

- Coriander with other herbs/greens or veggies
- Red chili with Pepper or Chili powder
- Tamarind with lemon juice/other souring agents
- Spice powder variation: Mix 5gm roasted (cumin, fenugreek) powder, 2tsp red chili powder. Yields milder pickle

***Tips:***

- Pre Roast fenugreek, cumin and stock. If needed you can grind freshly
- Add 1-2Tbsp oil to coat the jar and on top of the thokku to prevent drying
- Adjust spices to your taste
- Treat like pickles. Refrigerate and always use a dry spoon.
- Can keep spices in PIP
- Add more water and reduce oil in Layer 1

# DRINKS

# SUKKU KAAPI

(Dry ginger and Coriander Coffee)

*Video link:* <https://youtu.be/d7fkVvghMR0>



***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1.25C water, 1 cardamom peeled, 3/4tsp ginger powder, 1/2tsp roasted coriander powder, 1/16tsp pepper powder

Close and cook on high for 3W/5mins. Allow pressure to settle. Open and stir 2Tbsp powdered jaggery until combined. Serve hot.

***Replace/Supplement:***

- Jaggery with Palm jaggery

***Tips:***

- Serves 2
- You may use store bought sukku kaapi powder instead of the spice mix above. Will need 3/4tsp-1tsp sukku kaapi powder for 2 servings
- Adjust jaggery as per your taste
- To prevent spewing, keep the layer 1 contents in PIP adding 1/2C water in the cooker

# DIGESTIVE & DETOX TEA

*Video link:* <https://youtu.be/PCQUBjQrV-A>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 3C water, 1tsp each (Cumin seeds, Fennel seeds, Coriander seeds)

Close and cook on high for 10W/12mins. Allow pressure to settle. Strain and serve hot/warm

## ***Tips:***

- Can mix in jaggery/maple syrup while serving

# PANAKAM

(Ginger and Jaggery drink)

*Video link:* [https://youtu.be/5H34\\_z-7-6Y](https://youtu.be/5H34_z-7-6Y)



***Recipe:***

Mix 2C water, 6Tbsp powdered jaggery, 1Tbsp lemon juice, 1/8tsp each (dry ginger powder, salt, pepper powder), 5 mint/tulsi leaves, 1 cardamom crushed, mustard size edible camphor (optional). Serve chilled or warm

***Tips:***

1. Can add more or less lemon juice as per choice
2. Can add palm Jaggery

# GRAINS

# MILLET AND BARLEY BISI BELE BATH

(Karnataka style Millet, Barley lentil Risotto)

*Video link:* <https://youtu.be/whSR775lkwI>



## ***Recipe:***

**Prep :** Soak 1/2C (little millet, toor dal), 1/4C barley for 3hours.

Layer 1: 1Tbsp sesame oil, 1tsp castor oil, 2C water, 1C chopped tomatoes, 10 curry leaves

Layer 2: Soaked millet, barley & dal

Layer 3: 3Tbsp [roasted coconut](#) , 1Tbsp [bisi bele bath powder](#) , 1.5tsp Himalayan salt, 1tsp jaggery, 1/4tsp each (turmeric powder, chili powder)  
Layer 4: 1/2C drumsticks (optional)

Close and cook on high for 2W/9mins. Allow pressure to settle, open and add

2tsp [BT1](#) tadka. Add 1/2C water if needed.

***Replace/Supplement:***

- Barley with equal measure of little millet
- Little millet with other Millets/Quinoa/Rice
- Toor dal with Masoor dal/Split yellow mung or a combination. Try this variation: 6Tbsp Toor dal and 2Tbsp masoor dal instead of 1/2C toor dal
- Roasted coconut with grated kopra
- Spice powders of your choice

***Tips :***

- Use the cut size variation technique to control the overcooking of veggies. Cut them in larger chunks so that it can match with the cooking time of millet/dal
- You can also pressure bake 1.5C veggies separately and add it later
- Soak Barley longer for soft grains
- You can add a Tbsp or two more oil.
- Add fried cashews/peanuts
- If tomatoes are very juicy you can reduce water to 1.75C

# ARISI PARUPPU SADAM (

## THOR BELLO BATH)

(Sourashtrian Rice and lentil risotto)

*Video link:* <https://youtu.be/YGHG-7iTLOc>



### ***Recipe:***

**Prep :** Soak 1/2C each (parboiled rice and Toor dal) for 2hrs

In a 2L PressureBaker, layers as below:

Layer 1: 3Tbsp Oil, 1tsp each (Castor Oil, ginger julienned)

Layer 2: 2C water

Layer 3: Rice, Dal

Layer 4: 1tsp salt, 1/8tsp Turmeric powder

Close and cook on high for 4W/6mins. Allow pressure to settle, open and

mash. Dilute if needed. Add 2Tbsp coconut oil.

***Replace/Supplement:***

- Parboiled rice with raw rice or millets
- Toor dal with Yellow mung or green mung dal
- Coconut oil with sesame oil

***Tips :***

- Traditionally it is served with ghee, can replace coconut oil for non vegan version
- Serves 3
- Serve it hot with a dollop of Coconut oil and Satvik Tomato Chutney

# LITTLE MILLET / SAMAI VEN PONGAL

(Millet and Lentil porridge)

*Video link:* [https://youtu.be/MxLBNY6C\\_iQ](https://youtu.be/MxLBNY6C_iQ)



## ***Recipe:***

**Prep :** Soak 1/2C Little millet 1/4C split yellow mung dal for 1hr.

In a 2L PressureBaker, layer as below:

Layer 1: 2C water, 10 curry leaves

Layer 2: 4Tbsp oil, 1tsp castor oil (optional)

Layer 3: Soaked millet and dal

Layer 4: 2tsp each (pepper, cumin seeds, minced ginger), 1tsp salt

Layer 5: 1Tbsp cashew paste (optional)

Close and cook on high for 3W/6mins. Allow pressure to settle, open and add

15 roasted cashews. Mix 1/2C water

***Replace/Supplement:***

- Little millet with rice/oats/favorite millet
- Minced ginger with OPOS ginger paste
- Crushed pepper & cumin instead of Whole pepper & cumin

**Tips :**

- Use Roasted yellow mung for nuttier flavor
- Can add coconut oil after opening for added flavor. Ghee if Non-Vegan
- Dilute with water or nut milk for porridge consistency

# HABALA PETHI AGGALA

(Srilankan Red Rice flakes laddoo)

Video link: <https://youtu.be/6X310-jlW9c>



## **Recipe:**

### **Prep:**

Thick variety Red rice poha: Rinse 1/2C red rice flakes soak with just enough water to cover for 30 minutes. Drain completely using a colander/strainer for 10mins

Thin variety red rice poha: Rinse 1/2C red rice flakes soak with just enough water to cover for 5mins. Drain completely. Allow it to rest for 20mins.

Grind soaked 1/2C red rice flakes, 6Tbsp powdered jaggery, 3Tbsp roasted coconut, 1/16tsp (dry ginger powder, salt),

3 each roasted (cashew, almonds, walnuts), 1 (cardamom, dates chopped).

Take a small portion of the mix and shape it into laddoos by pressing them between palm and fingers

***Replace/Supplement:***

- Red rice with white/millet flakes
- Dates with Figs
- Nuts of your choice or you can skip all together
- Jaggery with Kithul jaggery/Palm jaggery/Raw sugar
- Dry ginger with Cinnamon, Vanilla, nutmeg
- Roasted Coconut with fresh/dessicated coconut

***Tips:***

- Dry fruits are optional
- You can also make jaggery syrup and mix the contents
- While using white poha varieties, do not soak, wash thoroughly and drain. Let it sit for 20 minutes
- Makes 6 laddoos

# GUJARATHI KICHADI

(Spiced Veggie rice lentil risotto)

*Video link:* [https://youtu.be/x\\_EtTg-OwfU](https://youtu.be/x_EtTg-OwfU)



## **Recipe:**

**Prep :** Soak 1/2C Basmati rice, 1/4C split green mung and 1Tbsp split yellow mung for 1hr

In a 2L PressureBaker, layer as below:

Layer 1: 1.5C water, 1Tbsp peanut oil, 1/2tsp castor oil

Layer 2: 1 bay leaf, 1/2tsp cumin, 1/2 inch cinnamon

Layer 3: Drained rice and dal

Layer 4: 1tsp each (minced ginger, salt)

Layer 5: 1/2tsp each (garam masala, jaggery)

Layer 6: 1/4tsp each (Cumin, pepper, coriander, turmeric) powder

Layer 7: 1Tbsp peanuts

Layer 8: PIP 3/4C carrots (big chunks), 1/4C green peas

Close and cook on high for 3W/6mins. Allow pressure to settle and open.

Remove the PIP. Mash and add 3Tbsp cilantro, 1tsp (lemon juice, [BT1](#) tadka) 1/4C baby spinach leaves finely chopped (optional). Add PIP veggies. Dilute with water if needed. Allow it to rest for 5mins.

***Replace/Supplement:***

- Basmati rice with other rice/millets. Adjust water accordingly
- Use seasonal vegetables
- Split green mung with sprouted mung bean
- Split yellow mung with toor/masoor/chana dal
- [Chettinad spice powder](#) instead of garam masala

***Tips:***

- Serves 3
- Pressure bake veggies separately and add it to cooked khichadi
- Add 2Tbsp grated coconut/kopra for added flavor
- Serve with pickle/pappad or chutney

# AMARANTH PUTTU

(Steamed Millet flour)

*Video link:* [https://youtu.be/hUtQ\\_uYZ\\_BI](https://youtu.be/hUtQ_uYZ_BI)



## ***Recipe:***

### **Prep**

Mix 1C Amaranth flour adding 3-4Tbsp water. It should resemble wet sand consistency and should hold shape when pressed together and crumble on further pressure.

In a PIP bowl layer as below - 1/4C coconut, the flour mix from above followed by 1/4C coconut to cover the flour

In a 2L Pressure baker, layer as below:

Layer 1: 1/2C water

Layer 2: PIP bowl from above. Make small holes for steam to circulate

Close and cook on high for 8W/6mins. Allow pressure to settle and open.

**Savory version :** Mix in and serve with a curry ([Feijoada](#) or any legume based curry)

**Sweet version :** Mix 5Tbsp Raw sugar and serve with banana

***Replace/Supplement:***

- Amaranth with Ragi/rice/oats/wheat/other flours
- Jaggery or palm sugar instead of Raw Sugar

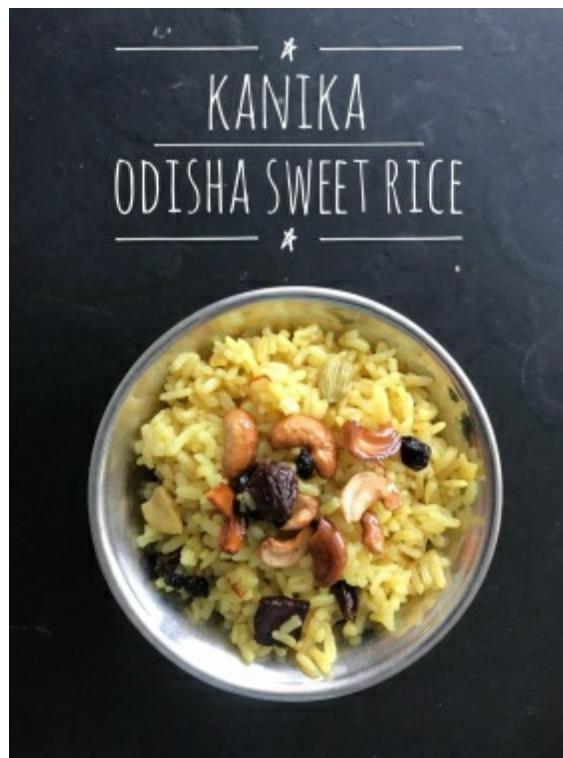
***Tips:***

1. *Serves 2*

# OPOS KANIKA

(Puri Jagannath temple sweet & fragrant rice)

*Video link:* <https://youtu.be/DfkkmOxLjEQ>



***Recipe:***

**Prep :** 1/2C Basmati rice soaked for 1 hr

In 2L PressureBaker, layer as below:

Layer 1: 1C water, 1Tbsp coconut oil

Layer 2: 1Tbsp each (cashew, raisins), 4 clove, 2 cardamom, 1 bay leaf,  $\frac{1}{2}$  inch cinnamon

Layer 3: drained rice

Layer 4: 5 saffron strands, 1/4tsp Salt, 1/8tsp turmeric powder

Layer 5: 3Tbsp Raw sugar

Close and cook on high for 6W/6mins. Allow pressure to settle, open and add roasted cashew, currants and raisins (if desired), pinch of edible camphor (optional), 1/4tsp Coconut oil. Mix.

***Replace/Supplement:***

- Basmati with any other fragrant rice like Govind bhog.
- Coconut oil with Ghee (non vegan) or any other oil
- Vary spices per your choice
- Raw sugar with Jaggery / Coconut sugar / Palm Jaggery

***Tips:***

- Serves 4-6

# CHETTINAD CASHEW VEG BIRIYANI

(Satvik Vegetable Biriyani with Chettinad flavors)

*Video link:* <https://youtu.be/0XIC6lQLemw>



## ***Recipe:***

### **Prep :**

1. Cashew Milk: Mix 4tsp [Cashew paste](#) with 1/2C water
2. 1C basmati rice soaked for an hour. Drain well and mix with 1/4C chopped mint packed (10gm), 1.5tsp salt.
3. Mix 1/2C each (Carrot, Beans, Peas, Potato), 1tsp each ([Chettinad spice powder](#), oil), 1/2tsp chili powder, 1/4tsp each (turmeric, cumin, pepper) powder

In a 2l PressureBaker layer as below

Layer 1: 2Tbsp oil, 1/2C Cashew milk, 1/2C water  
Layer 2: 1/2C chopped tomato  
Layer 3: 1 each (bay leaf, cardamom), 1/2 inch cinnamon  
Layer 4: 2tsp grated ginger  
Layer 5: 1/2 of spiced veggies  
Layer 6: Rice  
Layer 7: Remaining spiced veggies

Cook 2W/7mins on high. Allow pressure to settle, open and fluff. Mix 2Tbsp (cilantro, roasted cashews)

***Replace/Supplement:***

- Cashew milk with Almond/Coconut milk/water
- Use your favorite spices
- Chettinad spice powder with Garam masala/Biryani masala
- Favorite vegetables or mushroom

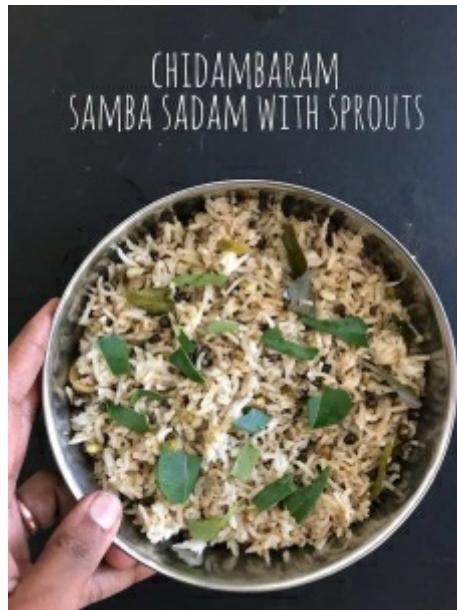
***Tips:***

- Adjust Chili powder to taste
- Serves 3
- Add 2tsp lemon juice for added flavor
- To prevent burn/char make sure the veggies are fresh and juicy. Add couple Tbsp more water if needed as some varieties of basmati rice needs little more hydration than others or soak the rice longer
- If adding mushrooms, you may reduce water in buffer layer to 1/4C
- Can marinate veggies ahead of time

# CHIDAMBARAM SAMBA SADAM WITH SPROUTS

(Pepper and Cumin rice served in Chidambaram temple with a healthy twist by adding sprouts)

*Video link:* <https://youtu.be/9bNJBM6gLQ4>



**Recipe:**

**Prep:**

1. 1C basmati rice soaked for 1hr
2. Mix 3/4C mixed sprouts (Green mung bean, Black urad dal) with 1tsp salt
3. Crush 1.5tsp roasted pepper, 1tsp roasted cumin to coarse powder

In 2l pressure baker, layer as below:

Layer 1: 1.25C water, 1Tbsp sesame oil

Layer 2: Rice

Layer 3: sprouts mix, 5 curry leaves torn.

Layer 4: PIP (1Tbsp oil, 15 cashews, pepper-cumin powder, 5 curry leaves torn) closed with lid or aluminium foil

Close and cook on high for 3W/6mins. Allow pressure to settle, open and fluff.

***Replace/Supplement:***

- Green Mung/Black urad with your favorite sprouts
- Cashews with Peanuts
- Basmati rice with favorite rice. Change the water measurement as needed for the rice

***Tips:***

- Pairs well with [Vella pooshini Paal Kootu](#) or similar coconut based stew, pickle/thokku/chutney, pappad
- Serves 3

# OPOS SABUDHANA KHICHDI

(Tapioca pearls pulav)

*Video link:* [https://youtu.be/5eem\\_RLYbhM](https://youtu.be/5eem_RLYbhM)



## ***Recipe:***

### **Prep :**

1. Rinse and Soak 1C sabudhana with 1/2C + 2 Tbsp water (an inch above the pearls) overnight or 8 hrs. Water will be absorbed and the pearls will look separate the next day.
2. Grind coarsely 6Tbsp roasted peanuts, 1/2tsp each ( cumin powder, salt, jaggery), 1/4tsp pepper powder. Mix drained Sabudhana, 1Tbsp (grated coconut, water), 1tsp finely chopped ginger, 1 red chili (optional), 1/2tsp roasted cumin seeds

In a 2L PressureBaker, layer as below:

Layer 1: 1/2C water

Layer 2: PIP : Grease bowl with 1Tbsp peanut oil, Sabudhana Peanut mixture, make 6-8 holes in the bowl for steam to circulate

Close and cook on high for 5W/5mins. Release pressure, open and add 2-3tsp lemon juice, 1Tbsp chopped cilantro. Mix.

Can remove the water, add the pip contents and allow it to rest for 10mins in retained heat.

***Replace/Supplement:***

- Fresh ginger with OPOS ginger paste
- Roasted Peanuts with other roasted nuts
- Roasted cumin seed with Cumin Tadka
- Favorite oil
- Pepper powder with Green/red chili
- Jaggery with favorite sweetener

***Tips:***

- Undercooked? Allow pressure to settle
- Overcooked? Avoid retained heat cooking
- Adding few Tbsp Mung sprouts will transform it to a high protein breakfast or snack
- Serves 3

# OPOS SAMBA RAVA KHARA BHAT

(Karnataka style Broken wheat Porridge)

Video link: <https://youtu.be/nfahRivHMK0>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1.25C water

Layer 2: 1C mix vegetables (Carrots, Beans, Corn, Peas), 1/4C each (Chayote/Chow chow, Tomato) diced

Layer 3: 1Tbsp (coconut oil, chopped cilantro), 7 (mint leaves chopped, curry leaves)

Layer 4: 1tsp ([Bisi belle bath powder](#), salt, grated coconut), 1/2tsp chopped ginger, 1/4tsp each (jaggery, turmeric powder)

Close and cook on high for 1W/6mins. Release pressure. Add 1/2C double roasted samba rava. Allow it to cook in retained heat for 20 minutes. Add 1Tbsp chopped cilantro, 1tsp (lemon juice, [BT1](#), [BT2](#)) tadka.

***Replace/Supplement:***

- Coconut oil with favorite oil
- Kopra instead of coconut
- Samba rava with Fine broken wheat Dalia / Rava(Sooji)

***Tips:***

- Double roasting: Roast Samba rava on medium heat. Allow it to cool. Roast again. Cool and Store
- Can roast coconut for nuttier flavor
- Serves 2
- Serve with [Pudina thogayal](#), [Tomato chutney](#) or [Coriander thokku](#)

# KANJI (PORRIDGES)

# KOLLU KANJI

(Horsegram porridge)

*Video link:* <https://youtu.be/qH6Hj7QKSiw>



***Recipe:***

**Prep :** Soak 1/4C Millets, 2Tbsp roasted Horsegram grits for 1hr

In a 2L PressureBaker, layer as below:

Layer 1: Add 1C water

Layer 2: Soaked millets and horsegram grits

Layer 3: 1tsp oil, 3/4tsp salt

Close and cook on high for 4W/5mins. Allow pressure to settle, open and mix 1C water.

***Tips:***

- Adjust water as per your choice
- Serve with [Pudina thogayal/ Chow Chow thogayal](#) or [Coriander thokku](#)

# KAMBU KANJI

(Pearl millet porridge)

*Video link:* [https://youtu.be/2WoqBKQIk\\_o](https://youtu.be/2WoqBKQIk_o)



**Recipe:**

**Prep :** Soak 1/4C Bajra/Pearl millet Dalia/grits, 2Tbsp split green mung dal for 2hrs

In a 2L PressureBaker, layer as below:

Layer 1: Add 3/4C water

Layer 2: Soaked bajra dalia and green mung

Layer 3: 1/2tsp salt, 1/8tsp (pepper, cumin, turmeric) powders

Layer 4: 1tsp sesame oil

Close and cook on high 5W/5mins. Allow pressure to settle. Mix 1C water.

***Replace/Supplement:***

- Cumin powder with Garam masala or spice of your choice

***Tips:***

- Adjust water as per your choice
- Serve with [Pudina thogayal/ Chow Chow thogayal](#) or [Coriander thokku](#)
- Bajra grits: Wash whole Bajra, dry and pulse it in the mixer grinder. Store it in airtight container
- Can keep water in PIP

# MILLET KANJI

(Little millet porridge)

*Video link:* <https://youtu.be/yrUdtbsBGd8>



**Recipe:**

**Prep :** Soak 1/4C little millet, 2tsp split mung dal for 1hr

In a 2L PressureBaker, layer as below:

Layer 1: Soaked millets, dal

Layer 2: Add 3/4C water

Layer 3: 1/2tsp salt, 1/4tsp cumin seeds, 1/8tsp pepper powder

Layer 4: 1tsp sesame oil

Close and cook on high 3W/4mins. Allow pressure to settle. Mash and Mix 1C water.

***Replace/Supplement:***

- Millets with rice
- Split mung dal with other lentils/sprouts

***Tips:***

- Dilute as needed
- Can blend for smooth porridge
- Can add small bite size pressure baked veggies  
(carrots/peas/corn/beans) after blending or keep veggies in PIP

# GREEN GRAM KANJI

(Mung bean lentil porridge)

*Video link:* <https://youtu.be/GvK3a8zU8MM>



***Recipe:***

**Prep :** Soak 1/4C rice for 2hrs

In a 2L Pressure baker, layer as below:

Layer 1: 3/4C water, 1/2tsp oil

Layer 2: Soaked rice, 3Tbsp sprouted mung beans

Layer 3: 1tsp minced ginger, 3/4tsp Salt, 1/4tsp cumin powder, 1/8tsp pepper powder, 1/16tsp turmeric powder

Close and cook on high for 3W/4mins. Allow pressure to settle. Mash and Mix 1C water. Add 1Tbsp grated coconut (optional)

***Replace/Supplement:***

- Rice with millets. Adjust water accordingly
- Sprouted mung bean with soaked split/whole mung bean
- Use favorite spice mix
- Ginger with dry ginger powder

**Tips:**

- Variation: For Sourashtrian *Kenni Paes*: Add 1Tbsp roasted urad dal instead of sprouted mung beans. After cooking mix in 1/2C thin coconut milk
- Can add 2Tbsp coconut milk for rich porridge
- Can blend for smoother porridge
- Can keep 1C water in PIP and mix in hot water
- Serve it with chutney or pickle

# 2 IN 1 SATHUMAVU KANJI & COWPEAS SUNDAL

(Multigrain Millets porridge)

*Video link:* <https://youtu.be/GvK3a8zU8MM>



## ***Recipe:***

**Prep:** Soak 1/2C cowpeas overnight

In a 2L PressureBaker, layer as below:

Layer1: 1C water

Layer2: PIP: Whisk 4Tbsp sathumavu powder, 1C water, 1tsp sesame oil without any lumps

Layer 3: 1C soaked cowpeas on the sides of the PIP, 1/2tsp (salt, castor oil)

Close and cook on high for 5W/5mins. Allow pressure to settle.

**Sathumavu:** Open, add 2Tbsp jaggery and whisk well to remove any lumps.

**Sundal:** Strain water, mix cowpeas with 1tsp [BT1](#) tadka, 2Tbsp grated coconut, 2tsp chopped cilantro, 1/4tsp [chutney powder](#) (optional)

**Replace/Supplement:**

- Water with nut milk
- Jaggery with favorite sweetener
- Cowpeas with other legumes

**Tips:**

- Whisk well to prevent lumps. You can also blend sathumavu kanji for a smoother texture.
- Mix in nut milk for richer kanji
- Can use Sanjeevani/Manna brand Sathu mavu powder or you can make it at home from scratch
- If you are making sathumavu kanji alone then add 1/2C water in Layer 1 and skip Layer 3
- Adjust salt and spices as per your taste in Sundal

# ULUNDU KANJI

(Roasted Urad dal porridge)

*Video link:* [https://youtu.be/2WoqBKQIk\\_o](https://youtu.be/2WoqBKQIk_o)



***Recipe:***

In a 2L PressureBaker, layer as below:

Layer1: 1/2C water

Layer2: PIP: Whisk 2Tbsp roasted urad dal powder, 1.5C water, 1tsp sesame oil without any lumps

Close and Cook on high 6W/5mins. Allow pressure to settle, open and add 2Tbsp jaggery. Whisk well to remove any lumps.

***Replace/Supplement:***

- Water with nut milk
- Jaggery with favorite sweetener

- Roasted urad dal powder with Roasted ragi/finger millet flour or bajra/pearl millet flour

***Tips:***

- Whisk well to prevent lumps. You can also blend Ulundu kanji for smoother texture
- Mix in nut milk for richer kanji
- Can reduce water for thicker porridge

# SALADS

# TEMPLE FRUIT SALAD

*Video link: <https://youtu.be/w8QxJbgfpi0>*



## ***Recipe:***

Mix

1C each (apples cubed, grapes and banana sliced), 2 dates chopped, 2tsp each (Jaggery, grated coconut), 1/4tsp cardamom, mustard size edible camphor crushed(optional).

## ***Replace/Supplement:***

- Fruits of your choice
- Jaggery with favorite sweetener

## ***Tips:***

- Add honey for non vegan version
- Can add rock sugar, nuts, raisins

- Mash the bananas for creamier salad
- Refrigerate if not using immediately

# ROJA'S DONDAKAYA MAMIDIKAYA PACHADI

(Raw Ivy gourd Mango Dip)

*Video link:* <https://youtu.be/K6UVCD2AQxk>



## ***Recipe:***

### **Prep:**

Blend coarsely 1/4C grated coconut, 2Tbsp chopped raw mango, 1 red chili, 1/2tsp each (Cumin powder, salt), 1/4tsp Jaggery, 2-3Tbsp water

Mix 125gm / 1C finely chopped Kovakkai/Ivy gourd, 1/4C finely chopped Raw mango, 2tsp Cilantro, 1/4tsp [BT1](#) tadka with paste from above

### ***Replace/Supplement:***

- Red chili with 1/2tsp pepper powder

- Jaggery with favorite sweetener
- Ivy gourd with cucumber, zucchini

*Tips:*

- Use raw mango, it will be nice if it is slightly sour and sweet
- Serve with Sambar, Rasam or with Roti or as a dip for chips or simply eat it raw like a salad
- Add 1/2tbsp water at a time while grinding to make sure the paste doesn't become runny

# PEAR ZUCCHINI SALAD

*Video link:* [https://youtu.be/pWpFiHw\\_aSk](https://youtu.be/pWpFiHw_aSk)



## ***Recipe:***

Mix in 1C pear, 1/3C Zucchini, 1/4C each (Bell pepper, Mung Sprouts), 2Tbsp Pomegranate, 2tsp lemon juice, 1tsp jaggery, 1/2tsp [BT1](#) tadka, 1/4tsp each (salt, pepper)

## ***Replace/Supplement:***

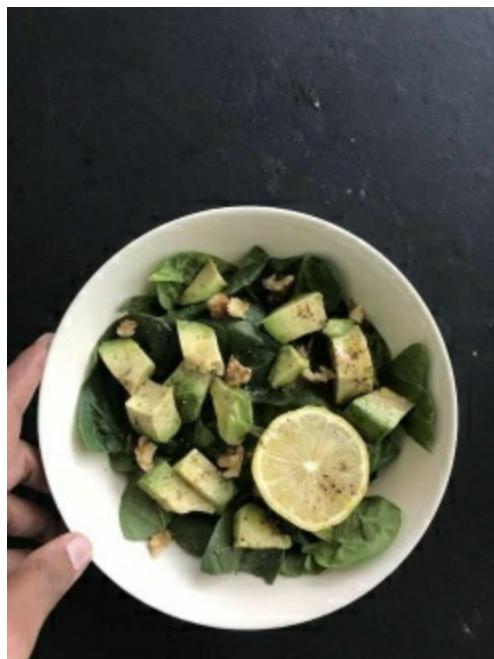
- Pear with any fruits
- Zucchini with Cucumber
- Lemon juice with orange juice or favorite dressing
- Mung Sprouts with favorite sprouts/soaked peanuts
- Jaggery with maple syrup/honey (non vegan)

*Tips:*

- Chop pears, zucchini in small cubes

# SPINACH AVOCADO WALNUT SALAD

*Video link:* <https://youtu.be/rXcw-14OSxo>



***Recipe:***

**Prep:**

**Salad dressing:** Whisk 2Tbsp orange juice, 1tsp olive oil, 1/4tsp each(salt,pepper) to combine well.

Combine 1C spinach, 1/2C Avocado, 1/4C chopped apples/pears, 2Tbsp soaked walnut and mix salad dressing as desired

***Replace/Supplement:***

- Spinach with other greens
- Orange juice with Lemon/Pineapple juice or favorite dressing

*Tips:*

- If replacing it with kale, massage it with olive oil, and a pinch of salt to soften

# KHAKDI CHI KOSHIMBIR

## (Maharashtrian Cucumber Peanut Salad)

*Video link:* [https://youtu.be/CoijIqR\\_O6Q](https://youtu.be/CoijIqR_O6Q)



### **Recipe:**

**Prep:** Coarsely grind 1Tbsp each (roasted peanuts, grated coconut), 1/2tsp jaggery, 1/4tsp each (pepper, salt)

Combine 1C chopped cucumber, 1/2C soaked peanuts, 1/4C each (Bell pepper, Avocado), 2Tbsp cubed raw mango, 1Tbsp cilantro, 2tsp lemon juice, crushed peanut mix from above. Add 1tsp [BT1](#) tadka.

### **Replace/Supplement:**

- Use favorite salad vegetables

- Cilantro with favorite herb

***Tips:***

- Add crushed peanuts for garnish
- Avocado, Raw mango is optional. If skipping raw mango add extra lemon juice

# BEETS MUNG SPROUTS SALAD

*Video link:* [https://youtu.be/B\\_5r9ACYTys](https://youtu.be/B_5r9ACYTys)



***Recipe:***

**Prep:**

**Salad dressing:** Whisk 1tbsp each (maple syrup, lemon juice), 1/2tsp [BT1](#) tadka, 1/4tsp each (salt, pepper,cumin) powders.

Combine 1C grated beetroot, 1/4C each (soaked Mung sprouts, cubed winter melon, bell pepper), 2Tbsp currants/raisins. Mix in salad dressing as desired

***Replace/Supplement:***

- Beetroot, winter melon , bell pepper with other veggies
- Maple syrup with Jaggery/favorite sweetener
- Use favorite salad dressing

***Tips:***

- Use fresh vegetables
- You may rehydrate the refrigerated sprouts by soaking it in water for few minutes

# MOROCCAN CARROT SALAD

*Video link:* <https://youtu.be/1HXhb3NIUWs>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1Tbsp water, 1tsp olive oil

Layer 2: 2C sliced carrots

Layer 3: 1/2tsp salt, 1/4tsp each (Paprika, pepper powder) 1/8tsp cumin powder

Close and cook on high for 1W/4mins. Release pressure, open and mix in 1tsp each (parsley, lemon juice)

## ***Replace/Supplement:***

- Carrots with other veggies
- Favorite spices

- Parsley with cilantro/other herbs

*Tips:*

- Add 2tsp Harissa for greater flavors
- Garnish with pomegranate arils
- Dribble olive oil
- Add it to the salads

# **WATERMELON PICO DE GALLO**

(Mexican dip/salsa)

*Video link:* <https://youtu.be/QzmCUDzOJBI>



***Recipe:***

Combine 2C watermelon, 6Tbsp chopped bell pepper, 1/4C cucumber, 1/2C apple, 3Tbsp each (chopped cilantro, lemon juice), 1tsp each finely chopped (ginger, jalapeno(optional)), 1/2tsp salt, 1/4tsp pepper powder.

***Replace/Supplement:***

- Use any favorite fruit
- Lemon with lime

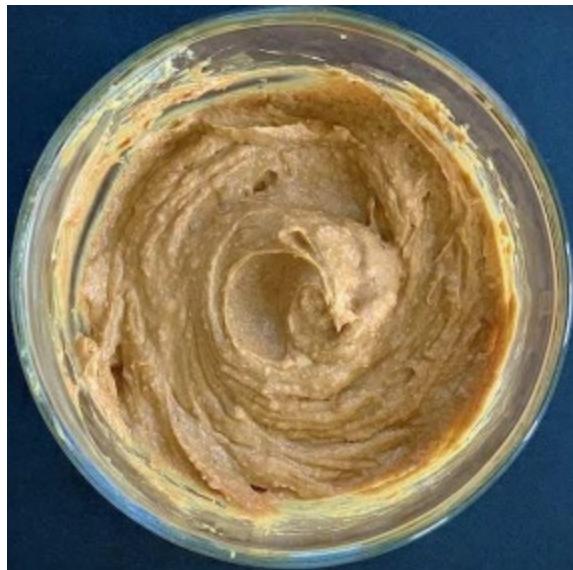
***Tips:***

- Use colored bell peppers and green apple for a flavor twist
- Adjust salt, pepper and lemon juice per taste
- Serve as a salad or as a dip for tortilla chips/pappad/tacos

# PINEAPPLE URAD DAL SPROUTS SALAD WITH THAI PEANUT SAUCE

*Video link:* <https://youtu.be/ugmfqyl5cI>

*Recipe:*



**Thai Peanut Sauce:** Blend/Mix 1/2C peanut butter, 2Tbsp lemon juice, 1Tbsp each (jaggery, sesame oil), 2tsp each (Soy sauce, chili paste, chopped ginger) with 3Tbsp coconut milk/water.



Combine 3/4C pineapple, 1/2C each (Cucumber, Cabbage, Julienned Carrots), 1/4C Black urad dal sprouts with 3Tbsp Thai peanut sauce diluting with 3-4tsp water. Add salt, pepper and squeeze some lemon if desired.

***Replace/Supplement:***

- Sesame oil with favorite oil
- Soy sauce with Tamari
- Chili paste with pepper powder/chili flakes/chopped Thai chilis
- Favorite veggies and fruits in salad

***Tips:***

- Refrigerate Thai peanut sauce
- Can serve the sauce with fresh vegetable sticks or mix it in pasta/noodles or as a sandwich spread or as a dip with the [Tofu bhurji](#) wrap

# PEANUT SUNDAL

*Video link:* <https://youtu.be/nfahRivHMK0>



## *Recipe:*

**Prep :** Soak 1C peanuts overnight/8hrs. Yields 1.75C soaked peanuts

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp water, 1tsp coconut oil

Layer 2: Soaked Peanuts

Layer 3: 1/2tsp each (salt, [chutney powder](#) ), 1/4tsp pepper powder

Close and cook on high for 2W/4mins. Release Pressure, open and mix 1tsp [BT1](#) tadka, 1/4C grated coconut.

## *Replace/Supplement:*

- Peanuts with Soaked (Chana dal, Mung dal / Sprouts / other lentils)
- Chutney powder with favorite spice mix

- Pepper powder with Red chili or Chili powder

***Tips:***

- Add 1tsp lemon juice for added flavors
- Add grated carrots, cucumber, beets, raw mango

# SOUPS

# UDUPI RED LENTIL SOUP

## (Masoor dal and Potato Soup)

*Video link:* [https://youtu.be/dCTAE4H4\\_Qo](https://youtu.be/dCTAE4H4_Qo)



### ***Recipe:***

**Prep :** Soak 1/2C Whole Masoor/Red lentil for 1 hr

In a 2L PressureBaker, layer as below:

Layer 1: 1/2C Water, 1tsp castor oil

Layer 2: Soaked Whole Masoor

Layer 3: 1/2C cubed deskkined potato (optional)

Layer 4: 75gm scooped tomato touching the base filled with 1tsp each ([Udupi Saru powder](#) , Salt, Jaggery, chopped ginger), 1/4tsp pepper powder, 1/8tsp turmeric powder

Layer 5: PIP 1C water (optional)

Close and cook on high for 5W/6mins whichever is earlier. Do not cook

beyond 6 minutes. Allow pressure to settle, open and mash tomato, dal, add 2Tbsp cilantro and mix well.

***Replace/Supplement:***

- Udupi saru powder with rasam powder / bisi bele bath powder / garam masala
- Jaggery with your favorite sweetener
- Potato with any vegetable. Keep in PIP
- Castor oil with any oil

***Tips:***

- Serve hot with roasted vegetables, bread or as a side for roti
- If needed take 1/ 4portion of soup blend it using a blender and mix
- Serves 2
- Drizzle tadka, chili flakes/pepper powder while serving

# CHETTINAD PUMPKIN SOUP

*Video link:* <https://youtu.be/4ZYY15v8llM>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 1Tbsp water, 2tsp oil, 1/4 inch cinnamon, 1 cardamom

Layer 2: 500gm Pumpkin small cubes, deskinned

Layer 3: 25gm or 1/4C carrot chopped

Layer 4: 25gm or 1/2 tomato scooped

Layer 5: Fill tomato with 1tsp Himalayan salt, 1/2tsp each (minced ginger, Chettinad spice powder, red chili powder)

Close and cook on high for 3W/6mins. Release pressure, open and blend with 1/2C coconut milk. Add 2tsp lime juice, 2Tbsp chopped cilantro.

***Replace/Supplement:***

- Substitute with your favorite veggie
- Coconut milk with Rice/flax/Almond/Cashew milk
- Cilantro with your favorite herb
- Chettinad spice mix with your favorite spice powder
- Red chili powder with Pepper powder/Chili flakes

***Tips:***

- Serve hot with bread
- Adjust spices according to your taste buds. Don't add too much though.
- Pre roast spices and stock.
- Serves 2.
- Dilute as per your preference
- Sprinkle Pepper powder/chili flakes while serving

# CHERRY RASAM

(Hot and Sour cherry soup)

*Video link:* <https://youtu.be/KWHDbGBi8Y0>



## ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp water, 2tsp sesame oil

Layer 2: 25 deseeded cherries

Layer 3: 1 Tomato (seeds scooped out), fill it with 2tsp [udupi saru powder](#) ,  
1/4tsp pepper, 1/8tsp turmeric, 1.25tsp salt

Layer 4: 2Tbsp cilantro, 4 mint leaves

Close and cook on high for 2W/4mins. Release pressure, open and blend  
adding 1.5C water. Add 10 curry leaves torn, 1tsp [BT1](#) tadka

## ***Replace/Supplement:***

- Udupi saru powder with Rasam powder, Pepper+cumin powder,  
lentil powder

- Cherries with favorite fruit or tomatoes

*Tips:*

- Serves 3
- Pair it with [Pudina Thogayal](#) and pressure baked veggies
- Add 1tsp tamarind paste and reduce tomatoes

# SWEET CRAVINGS

# VEGAN CARROT HALWA

## (Sweet Carrot pudding)

*Video link:* <https://youtu.be/B8DFgf3FFvg>



### ***Recipe:***

In a 2L PressureBaker, layer as below:

Layer 1: 3Tbsp Avocado Oil

Layer 2: 300gm grated carrot

Layer 3: 150gm raw sugar

Layer 4: 1/2C Almond meal/powder, 2 Cardamom crushed, 1/8tsp salt

Close and cook on high for 8-12W/7mins or until you smell caramelization. Release pressure, open and mix all. Add roasted nuts, raisins.

### ***Replace/Supplement:***

- Avocado Oil with your favorite oil
- Almond meal with powdered Almonds/cashews or mix of both.
- Raw sugar with your fav sweetener

*Tips:*

- Not caramelized? Cook longer. Overcooked? Do the reverse
- Burnt? Add 3Tbsp water in Layer 1
- Serves 4
- Reduce sugar as per taste

# SINGHARE KI HALWA

(Water Chestnut flour fudge)

Video link:<https://youtu.be/yktSfIVs7Xs>



***Recipe:***

In a 2L PressureBaker, layer as below:

1C water, 6Tbsp raw sugar, 2Tbsp coconut oil, 1/4tsp cardamom powder, 1/8tsp each (salt, nutmeg powder, cinnamon powder), 5 saffron strands

Close and cook on high for 1W/4mins. Release pressure. Whisk 1/2C roasted Singhare ki atta/Water chestnut flour, 2Tbsp coconut oil. Stir well to combine without any lumps. Close the lid and let it cook in retain heat for 20 minutes. Garnish with roasted cashew nuts, raisins

***Replace/Supplement:***

- Coconut oil with other fats
- Raw sugar with Jaggery/Palm jaggery/ Coconut sugar

***Tips:***

- Use well roasted water chestnut flour. If you are roasting it at home you can add a cashew while roasting. When it turns golden brown roasting is done. Also Singhare releases very nice aroma while roasting and turns dark tan.
- Serves 5-6

# DRY FRUIT LADDOO

(Dry fruit energy bites)

Video link: <https://youtu.be/uYQ4xANXIic>



***Recipe:***

**Prep :** Chop 130gm almonds

Grind 2Tbsp Flax seeds, 30gm walnuts, 300gm seedless dates, 100gm figs, 2tsp coconut oil, 2 peeled cardamom until it comes together. Mix in chopped nuts and knead. Make small balls. Store in airtight container.

***Replace/Supplement:***

- Coconut oil with favorite oil or ghee (non vegan)
- Favorite nuts
- flax seeds with chia seeds

***Tips :***

- If needed coarsely chop figs and dates before grinding. Do it in

batches as some mixer grinders would choke up

- Can use [roasted nuts](#)
- Give a whirl in blender to chop nuts or put them in a ziploc and crush it using the rolling pin
- You can roll into a ball and flatten between the palms to make burfi or make a log and cut them into slices with greased knife

# VEGAN SAPPOTA KESARI

(Semolina Chikku pudding)

*Video link: <https://youtu.be/DuF63lbSmGg>*



## ***Recipe:***

In a 2L PressureBaker, layer as below

Layer1: 1C water, 1C Sapotta/Chikku puree, 1/4C oil

Layer2: 3/4C raw sugar, 2 cardamom crushed, 1/8tsp salt

Close and cook on high for 1W/6mins. Release pressure, open and mix in 1/2C double roasted rava. Stir, close the cooker lid and let it sit for 15 minutes. Add roasted raisins and nuts, edible camphor (optional)

## ***Replace/Supplement:***

- Sapotta/Chikku with other fruits
- Raw sugar with favorite sweetener. Adjust the quantity if needed

- Oil with other fats

# CARAMELIZED BEETROOT KHEER

(Beetroot nuts pudding)

*Video link:* <https://youtu.be/4ti4OQJJY1M>



***Recipe:***

**Prep :** Soak 3Tbsp split yellow mung dal for 3hrs.

In a 2L PressureBaker, layer as below:

Layer 1: 3Tbsp water, 1Tbsp Coconut oil

Layer 2: 1.5C grated beetroot (150gm)

Layer 3: 1/2C Raw Sugar

Layer 4: 4Tbsp Almond meal, 8 Cashews

Layer 5: Soaked dal

Layer 6: 1 crushed cardamom

Close and cook on high 13W/7mins or until you smell caramelization.  
Release pressure, open and blend with 1/2C coconut milk and 1C water. Add  
roasted nuts and raisins

***Replace/Supplement:***

- Water with Nut/seed milk/coconut milk
- Beetroot with other veggies
- Raw sugar with other sweeteners
- Use Favorite dals
- Coconut oil with other fats

***Tips :***

- Add roasted coconut pieces
- Use high speed blender for smooth puree else strain after blending

# SAKKARAI PONGAL

(Sweet Rice and Lentil pudding)

Video link:<https://youtu.be/-aoN3QaEAus>



## *Recipe:*

Soak 1/2C Sona masoori rice, 2Tbsp split yellow mung dal for 1hr.

In 2L PressureBaker, layer as below:

Layer 1: 4Tbsp oil, 1.5C water

Layer 2: Soaked rice, dal

Layer 3: 1/2tsp cardamom powder

Layer 4: PIP: 1C powdered jaggery, 2tsp water. Cover with a lid

Close and cook on high for 3W/6mins. Allow pressure to settle, open and mash. Add mustard size crushed edible camphor, 2Tbsp roasted each (raisins,cashews), 1tbsp ([Cashew paste](#) (optional), coconut oil)

***Replace/Supplement:***

- Rice with Millets
- Jaggery with favorite sweetener
- Split mung dal with favorite dal
- Coconut oil with other fats

***Tips :***

- Use roasted split mung dal for nutty flavor
- Dilute with water/coconut milk or Nut milk as desired. Later adds richness to the dish
- Use Ghee for Non vegan version
- To minimize spewing soak longer and reduce water to 1.25C

# BLACK SESAME & NUTS LADDOO

*Video link:* <https://youtu.be/XRT2SWD6Cho>



## *Recipe:*

Blend 1/4C each [roasted \(Almonds, Walnuts, Peanuts\)](#) , 3 cardamom pods, 1C [roasted black sesame seeds](#) , 1C powdered jaggery (give it a couple pulse if there are any lumps). Mix. It will resemble wet sand. Combine together and make laddoos. (take a hand full of the sesame nuts mixture and start rolling it into a ball by gently pressing it between your palm and fingers)

## *Replace/Supplement:*

- Black sesame seeds with white sesame seeds
- Favorite nuts
- Jaggery with favorite sweetener or dates/figs

## *Tips :*

- If the laddoos don't hold shape can add couple tsp lukewarm water or nut milk little by little at a time
- Grind it in batches if needed - Roasted nuts, cardamom, sesame

seeds, jaggery in that order

# MEAL PLANNING



Wondering what to cook and how to eat a balanced meal? Here is a simple formula that you could use. Divide the plate into 4-5 parts. You may use a thali/partitioned plate to make sure you are aware how much you would be eating. The platter can have the following, please remember it is flexible and do whatever works for you and is needed for your body and mind to be at optimal level.

- Cooked Grains
- Cooked Veggies
- Raw Veggie Salad/Cut Veggies
- Fruits
- Sundals/Soaked Nuts/Dal/Lentil or legume based curries/soup or Sprouts
- Dessert (Optional)

Below are a few ideas that I have put together for you. As I mentioned before do not stress over the menu as such. Keep it simple. Try to include atleast 30-

50% raw food in a meal in terms of fruits, vegetables, nuts, sprouts, nut/seeds spreads, hummus etc. If you are not able to make a salad, just a whole fruit, soaked nuts or sprouts and a few sliced veggies will go a long way. When you are lost what you can cook for the day, just pressure bake veggies by varying spices. Eat it as is or mix it with starches like Poha, Rice, Pasta and call it a day. OPOS makes the whole process so effortless that eating a wholesome balanced meal is just a couple whistles away and under 5 minutes.



# BRUNCH

## Week 1:

Monday	Horsegram Kanji, Chow Chow thogayal, Temple Fruit Salad, Sliced cucumbers
Tuesday	Ven Pongal, Satvik Tomato Chutney, Peanut Sundal, Seasonal fruits, Sukku kaapi
Wednesday	Kambu Kanji, Vanitha Amma's pudina thogayal, Pear Zucchini Salad, Seasonal fruits
Thursday	Chettinad Cashew Veg Biriyani, Watermelonn Pico de gallo, Cut veggies with Avocado Mayo
Friday	Gujarathi Khichdi, Amma's coriander thokku, Khakdi chi koshimbir, Seasonal Fruits
Saturday	Chidambaram Samba Sadam, Vella pooshini paal kootu, Soaked nuts, Coriander thokku, Seasonal fruit
Sunday	Rice, Cherry Rasam, Dondakkaya Mamidikaya pachadi, Pressure baked veggies, Soaked Nuts

## Week 2:

Monday	Rice, Kadamba Sambar, 3in1 Pressure baked veggies, Sliced veggies with sunflower seed ranch, Seasonal fruits
Tuesday	Millet Kanji, Pickle, Roasted Brussels sprouts, Temple fruit salad, Dry fruit laddoo

<i>Wednesday</i>	Thor bello Bath, Satvik Tomato chutney, Sliced Vegetables, Seasonal fruits
<i>Thursday</i>	Idli/Idiyappam/Roti, Coimbatore thakkali Kuzhambu, Khakdi chi Koshimbir, Seasonal Fruits
<i>Friday</i>	Sabudhana Khichdi, Pineapple Sprouts Salad, Sliced veggies with sunflower seed ranch, Seasonal fruits
<i>Saturday</i>	Green Gram Kanji, Pickle, Sliced veggies with Harissa, Sprouts, Seasonal fruits
<i>Sunday</i>	Rice, Bhajji Kudiri, Kadamba sambar or rasam, Beets Sprouts salad, Seasonal fruit



# DINNER

## Week 1:

<i>Monday</i>	Chettinad Pumpkin Soup, Tofu Bhurji, Seasonal Fruits (2 servings)
<i>Tuesday</i>	Sathumavu Kanji, Sundal, Moroccan Carrot Salad, Temple fruit Salad
<i>Wednesday</i>	Roti, Masalewali Dal, Seasonal fruits (2 servings)
<i>Thursday</i>	Pasta tossed with Harissa and Pressure baked veggies, Seasonal fruits
<i>Friday</i>	Ulundu Kanji, Sundal, Seasonal fruits, Pressure baked veggies
<i>Saturday</i>	Roti, Kairichi Amti, Seasonal fruits (2 servings)
<i>Sunday</i>	Millet and Barley Bisi Bele Bath, Pressure baked veggies, Seasonal fruits

## Week 2:

<i>Monday</i>	Sathumavu Kanji, Sundal, Temple fruit Salad (2 servings)
<i>Tuesday</i>	Roti, Feijoada, Seasonal fruits (2 serving)
<i>Wednesday</i>	Puttu, Sundal, Temple fruit salad
<i>Thursday</i>	Idli/Dosa, Red Bell pepper Chutney, Seasonal fruits (2 serving)

<i>Friday</i>	Samba Rava Khara Bhat, Amma's Coriander Thokku, Seasonal fruits
<i>Saturday</i>	Udupi Red Lentil Soup, Pressure baked veggies, Seasonal fruits
<i>Sunday</i>	Pressure baked veggies with spices and mix with Poha/Rice flakes, Seasonal fruits, Sliced veggies with Avocado Mayo or Harissa

# TIPS FOR MEAL PLANNING

1. In the beginning of the week:
  - Make 1 or 2 types of sprouts. Refrigerate once the legumes are sprouted
  - Soak peanuts/almonds/walnuts, drain and refrigerate or soak them previous night
  - Make [Salad dressings, chutneys or dips](#) needed for the week
  - Prepare the staples needed
2. Buy fruits and veggies that are needed for that week. Clean, wash and prep (chop, grate) and store them in individual containers. Can label it by weekday
3. If you buy any veggies in bulk, make sure you have at least two meals spread across the week so that you can finish it up before it becomes stale
4. Plan meals in a way so that there are minimal or no leftovers
5. Keep it SIMPLE. Quick sathumavu kanji, a bowl of fruits, Pressure baked or raw veggies and some dry fruits is as good as an elaborate meal in terms of nutrition. Work around your meals depending on the time you have in your hand

# MIX & MATCH SALADS TEMPLATE



Mix and match the ingredients from below and mix in your favorite dressing to create innumerable salad combinations. To make dressings whisk/blend the ingredients as per your liking.



<b>Vegetables</b>	<b>Fruits</b>	<b>Sprouts/Legumes/other protein</b>	<b>Add ons</b>	<b>Grains</b>	<b>Dressing</b>
Cucumbers	Apples	Mung bean sprouts	Soaked nuts	Quinoa	Lemon, Olive oil, Salt, Pepper
Bell peppers	Grapes	Urad dal sprouts	Roasted nuts	Millets	Lemon, Olive oil, Salt, Pepper, Jaggery/maple syrup
Carrots	Pears	Horsegram sprouts	Dates	Barley	Pineapple, Salt, pepper, cumin, olive oil
Beetroot	Banana	CPF* Tofu	Olives	Brown rice	Carrot, ginger, olive oil, salt, pepper
Radish	Raw papaya	Roasted Tofu	Raisins	Wild rice	Soy sauce, sesame oil, salt, chili flakes, brown sugar
Spinach	Raw mango	Chickpeas	Currants	Red rice	Balsamic vinegar, olive oil, Salt, pepper, currants
Kale	Ripe papaya	Kidney beans	Tortilla chips	Pasta	Dijon mustard, lemon, salt, pepper
Broccoli	Ripe mango	Pinto beans	Pappads	Couscous	Dijon mustard, jaggery, salt, chili flakes, olive oil
Wintermelon	Pomegranate	Cannellini beans	Khakra	Farro	Mango, Salt, pepper, olive oil, apple cider vinegar
Ivygourd	Cantaloupe	Black eyed peas	Basil		Basil/cilantro, olive oil, salt, pepper, brown sugar

Snakegourd	Watermelon	Green peas	Mint		<a href="#">Thai peanut sauce</a>
Pressure baked vegetables	Honeydew melon	CPF Seitan	Cilantro		Hummus
Roasted Mushrooms	Plums	Red lentils	Bottled tadka		Pineapple, Tahini, Salt pepper, Olive oil
Cauliflower	Cherry	Black lentils	Hummus		<a href="#">Avocado n</a>
CPF* Mushrooms	Strawberry	Cowpeas	Tahini		<a href="#">Lemon gin dressing</a>
Cabbage	Orange	Horsegram	Chat masala		<a href="#">Sunflower seeds ranch</a>
Lettuce	Figs	Brown chickpeas	Zaatar		Bottled tad
Tomato	Persimmon	Soya chunks	Sunflower seeds		Coconut milk, apple cider vinegar, Salt, pepper, brc sugar, cilar
Avocado	Pineapple	Adzuki beans	Pumpkin seeds		Coconut cream, raw sugar, lemon, vanilla extract (For fruit salads ambrosia smoothies)
Zucchini	Apricot	Black beans	Sev/Crunchy noodles		
Tender Snap peas	Grapefruit	Tempeh	Dill leaves		
Tender Snow peas	Peaches	Edamame	Shredded coconut		
Corn	Guava	Split mung dal			
Argula	Blueberry	Fenugreek sprouts			
Brussels sprouts	Blackberry	White peas			

Radicchio	Raspberry	Moth beans			
Escarole	Kiwis				
Endives					
Mesclun					
Watercress					
Collard greens					
Celery					

\*CPF - Cold pressure frying is an OPOS technique

# **OPOS CORE LESSONS (CONTINUED)**

# **LESSON 3.**

## **PRESSUREBAKING**

### **MEALS: TAVA PULAV**

PressureBake and mix in starch

In a 2L PressureBaker, add 1/4C water, 1tsp oil, 2 chopped green chillies, 1C each (beans, carrot) chopped small, 1/2tsp each (salt, garam masala). Close, fix weight and switch on the stove.

Cook on high for 2 Whistles or 4 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Mix all. Mix in 3C starch (cooked & cooled rice/ chopped roti/ cooked pasta / washed & drained poha/ puffed rice/ Chopped bread)

# **LESSON 4.**

## **PRESSUREBAKING**

### **SOUPS: CARROT SOUP**

PressureBake and blend.

In a 2L PressureBaker, 2Tbsp water, 1Tbsp butter, 2 chopped green chillies, 2C finely chopped carrot, 1/2tsp each (salt, garam masala, pepper powder).

Close, fix weight and switch on the stove. Cook on high for 2 Whistles or 4 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Add 2C hot water. Blend all to a smooth liquid with a stick blender.

# **LESSON 5.**

## **PRESSUREBAKING**

### **MASHES: PAV BHANJI**

PressureBake mixed vegetables and mash.

In a 2L PressureBaker, add 1/4C water, 1Tbsp butter, 2 chopped green chillies, 1C each (potato, beans, carrots) chopped small, 1/4C finely chopped beetroot, 1/2tsp each (salt, garam masala).

Close, fix weight and switch on the stove. Cook on high for 3 Whistles or 5 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Mash all to a coarse paste. Serve with toasted bread/ pav.

# **LESSON 6.**

## **PRESSUREBAKING**

### **GRAVIES: KURUMA**

PressureBake with a curry paste layer.

Blend 10 cashew nuts, 3 chopped green chillies, 1/2tsp each (salt, garam masala), 1tsp oil, 1/4C water to a thick paste. Add to a small cup.

In a 2L PressureBaker, layer as below:

Layer 1: 1/4C water, 1Tbsp ghee

Layer 2: 1C each (potato, beans, carrots) chopped small.

Layer 3: Place the cup with curry paste over the vegetables. Fit in two well washed eggs over the vegetables (optional).

Close, fix weight and switch on the stove. Cook on high for 3 Whistles or 5 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Remove eggs. Mix spice paste with vegetables. Mix in 1/4C milk or coconut milk to dilute. Let eggs cool. Peel and halve. Add to gravy.

# **Lesson 7. PressureBaking Curry bases: Onion-Tomato mother sauce.**

Controlled caramelisation.

In a 2L PressureBaker, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C chopped onion (125g), 5 whole small tomatoes (125g), 5 whole peeled garlic cloves, 2Tbsp chopped ginger, 5 whole green chillies.

Close, fix weight and switch on the stove. Cook on high for 5 Whistles or 4 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Add 1tsp Kashmiri chilli powder, 1/2tsp garam masala, 1/2tsp salt. Mash all. Bottle.

## **Tips:**

- Cook longer if you need more caramelisation.
- If using big tomatoes, cut them in half and scoop out the seeds.
- Sliced onions caramelise faster.
- Ensure tomato and garlic touch the base so that they caramelise.
- If onions are too watery, slice, mix in 1/4tsp salt and squeeze them to remove excess water before adding.
- Can drain excess oil on opening.

# **LESSON 8:**

## **PRESSUREBAKING**

### **MEATS - MUTTON**

### **SUKKA**

In a 2L PressureBaker, layer as below

Layer 1: 2Tbsp oil

Layer 2: 1/2C whole, peeled shallots, 250g boneless mutton chopped small

Layer 3: 1/2tsp each (Salt, chilli powder, garam masala, pepper), 1tsp ginger-garlic paste, 1/8tsp turmeric powder

Close, fix weight and switch on the stove. Cook on high for 25 Whistles or 8 minutes, whichever is earlier. Switch off the stove. Let pressure settle. Open. Mix all.

Tips:

- Overcooked? Reduce cooking time/ cut bigger.
- Undercooked? Increase cooking time, cut smaller, use younger meat.

# **LESSON 9:**

## **PRESSUREBAKING**

### **THALIS – ONE SHOT**

### **THALI**

#### **Zoned PressureBaking**

In a 2L PressureBaker, add 1/4C water. Place separators to divide it into three zones.

In zone 1, add 1C chopped beans, 1/4tsp salt, 1tsp chopped chilli

In zone 2, add 1C potato chopped small, 1 scooped tomato filled with 1/2tsp each salt, chilli powder, ginger-garlic paste)

In zone 3 add 2C finely chopped spinach, 1 chopped green chilli, 1/2tsp salt, 1/2C cooked dal.

Close, fix weight and switch on the stove. Cook on high for 2 Whistles or 5 minutes, whichever is earlier. Switch off the stove. Release pressure.

Remove beans. Mix well. Serve as dry curry.

Remove tomato. Mash with 1/2C water. Mix in potatoes. Serve as gravy.

Remove dal & spinach. Mash with 1/4C water. Serve as gravy.

#### **Tips :**

- Can use vegetables, curry pastes of your choice

# **LESSON 10:**

## **PRESSUREBAKING**

### **STARCHES - NO WATER**

### **MUSHROOM BIRIYANI**

Mix 4C chopped mushroom, 1/2C caramelised onion, 1/4C yogurt, 2 slit green chilli, 1Tbsp each (garam masala, mint), 1tsp salt.  
Soak 1C basmati rice in water for 30 mins. Drain.

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp ghee

Layer 2: 1C chopped tomatoes

Layer 3: 2C mushroom

Layer 4: Soaked rice

Layer 5: 2C mushroom

Close, fix weight and switch on the stove. Cook on high for 4 Whistles or 10 minutes, whichever is earlier. Switch off the stove. Let pressure settle. Open, mix all. Fluff up and serve.

#### **Tips:**

- 1C rice needs around 400g mushroom to cook well.
- Ensure top layer of rice is completely covered to avoid drying out.

# **LESSON 11.**

## **PRESSUREBAKING DAL**

Soak 1C Tuvar dal for 2 hours. Drain.

In a 2L PressureBaker, layer as below:

Layer 1: 2Tbsp ghee

Layer 2: 1/4C water

Layer 3: Dal, 1/4tsp turmeric powder

Close, fix weight and switch on the stove. Cook on high for 2 Whistles or 5 minutes, whichever is earlier. Switch off the stove. Let pressure settle. Open, mix all. Mash if needed.

### **Tips:**

- Can use Masoor/ Mung/ Chana dal
- Ensure dal doubles in weight after soaking
- Cook for a whistle longer if you face undercooking.

# **LESSON 12: COLD PRESSURE FRYING: BOTTLED TADKA**

In a 2L PressureBaker, add 1C refined oil, 1/4C split urad dal, 1/4C chana dal.

Close, fix weight and switch on the stove. Cook on high for 3 minutes. Switch off. Release pressure. Add 1/4C mustard or 1/4C Cumin, 1/4C broken dry red chillies. Close. Let cool and bottle.

## **Tips:**

- Preferably use an induction stove.
- Never leave the stove unattended.
- Always use a timer

# **LESSON 13.**

## **PRESSUREBAKING**

### **BUTTER INTO GHEE**

In a 2L PressureBaker, add 250g butter.

Close, fix weight and cook on high. Note the time gap between the Whistles . Switch off once the gap doubles or there are no Whistles for over 15 seconds. Release pressure. Filter. Bottle when cool to touch.

#### **Tips:**

- Do not use homemade butter till you understand the technique.
- Do not use over 250g butter.
- Watch out for the crackling sound which indicates ghee is ready.
- Preferably use an induction stove

# **LESSON 14. SUGAR SYRUP HACK: RAVA BURFI**

In a greased bowl, add 130g of double roasted rava.

In a 2L PressureBaker, add 200g sugar, 60ml water. Mix well. Close, fix weight and cook on high for 4 Whistles . Release pressure. Pour sugar syrup over rava. Mix well. Let set.

## **Tips:**

- Increase Whistles to make a stronger syrup.
- Ensure sugar is not wet.
- Weigh all ingredients

# **LESSON 15. SCALING UP: KURUMA FOR 8 ADULTS**

PressureBake with heavily spiced curry paste and dilute.

Blend 20 cashew nuts, 10 chopped green chillies, 1.5tsp each (salt, garam masala), 1tsp oil, 1/2C water to a thick paste. Add to an inner vessel

In a 2L PressureBaker, layer as below:

Layer 1: 1/4C water, 1Tbsp ghee

Layer 2: 1C each (potato, beans, carrots) chopped small.

Layer 3: Place the cup with curry paste over the vegetables. Fit in four well washed eggs over the vegetables (optional).

Close, fix weight and switch on the stove. Cook on high for 3 Whistles or 5 minutes, whichever is earlier. Switch off the stove. Release pressure by gently lifting the weight. Open. Remove eggs. Mix spice paste with vegetables. Mix in 1C milk/ coconut milk, 1C hot water. Let eggs cool. Peel and halve. Add to gravy.



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# THANK YOU!

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Thank you very much! Happy OPOS'ng!