



CookBot Cook Book

Layer. Close. Click.

If you can click, you can cook!

OPOS Cookbook Team



One Click Cooking: The CookBot Cookbook

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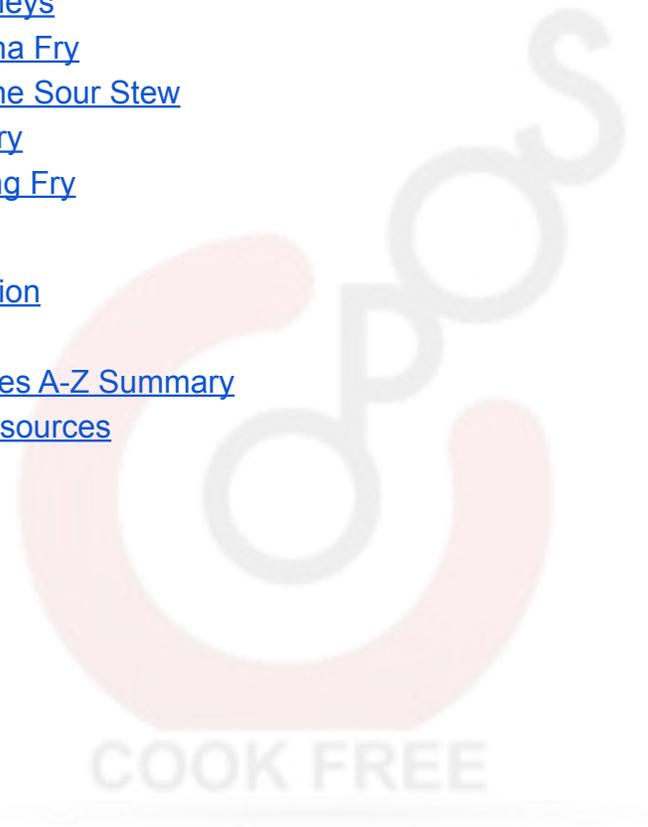
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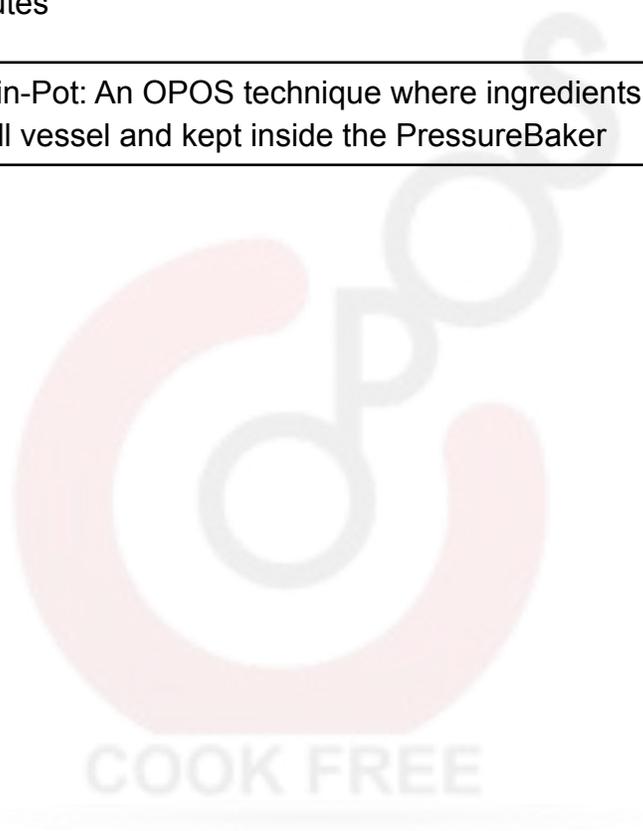
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Abbreviations and Acronyms

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



Book Structure

Introduction to OPOS

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

You need not worry about recipes or cuisines anymore. You transcend them.

OPOS standardises everything - the cooking pot, the heat source, the quantity of ingredients, the order in which they go into the pot, the time in which they get cooked, and the cooking conditions. The only variable are the ingredients themselves. This section teaches you how to handle the variation in ingredients and finetune the recipes to control the colour, texture, flavour and taste.

From the who, the how, the when, where and why, the primer takes you through the evolution and FAQ's of OPOS.

Section 2 - Basic Lessons & Staples

This section presents the most important basic lessons one needs to complete to get comfortable with the techniques involved in OPOS. A few general pointers, do's and don'ts are also covered.

Section 3 - Recipes

This section is a comprehensive list of ~250 recipes. They are categorised under Starches - Breakfast and Lunch/Dinner, Vegetable curries, Meat based dishes, Appetisers, Soups, Drinks, Pickles & Preserves, Scaling up dishes, Desserts, One-Shot Thalys and CPF.

Each dish has the recipe with preparatory steps (if any), a video and a photo to illustrate the same along with replacement options and tips.

Section 4 - Conclusion

Other resources to access more information on OPOS.

Introduction

Module 1 - Welcome!

Hi,

Welcome to the OPOS family. You are now the proud owner of a CookBot. The first OPOS automatic cookware. This bot is designed to make magic in your kitchen, even if you are a complete newbie, who has never cooked before. There is no learning curve. Just follow a few simple instructions and you can cook up almost all CookBot recipes standardized for you by an army of OPOStars. Everything from Biryanis, thalis, curries, snacks and sweets are just a click away. This is the second book for the bot. The first one, The CookBot Primer can be downloaded for free from www.oposkit.com.

Ready to start?

- 1.Plug it in.
- 2.Switch on.
- 3.The bot displays Hi, followed by OPOS. It is now ready to cook.

You can now use it as a OPOS PressureBaker, as a normal pressure cooker or as a kadai.

For use as a OPOS PressureBaker or as a normal pressure cooker, you need to check if your bot gets pressurised.

For the bot to get pressurised, fitting the gasket properly is very important. This is the only skill you have to learn. If the gasket is not fitted properly, you may experience spewing.

Fitting the gasket:

Take the top lid. Pull the silicone nipple to remove the inner plate. Remove and stretch the gasket. Fit it back on the plate. Push the silicone nipple to fit the plate.

In PressureBaking, we cook with little or no water, on high heat, for a short time. We pressurebake everything where colour, texture and flavour is crucial. Vegetables, meats, seafood are always PressureBaked.

In Pressure cooking, we cook with lots of water, on medium or low heat, for a longer time. Rice, millets, larger dals like channa & rajma are usually pressure cooked. Vegetables are never pressure cooked.

Intro to CookBot: <https://youtu.be/VrUvJ3HBnfM>

Display Panel: <https://youtu.be/05CJbYQ0c-4>

Module 2 - The Modes

Preset Menus: <https://youtu.be/8lv2XbmLMLE>

The core promise of OPOS is to make food a non-issue. OPOS relies on standardised equipment and standardised recipes to replace manual skill and experience.

The CookBot completes this promise. We all have the same equipment. We all have the same set of standardised recipes, repeatedly validated and fine tuned. The OPOS promise guarantees they will work for you, exactly the same way it worked for us.

To keep it simple, all standardised CookBot recipes are just a list of ingredients followed by a MODE.

LAYER ingredients - CLOSE - CLICK the appropriate mode. That's it.

Each mode is designed to cook one building block of food perfectly. The quantity does not matter. The CookBot automatically adjusts cooking time when you scale up or down. It can handle any quantity from 250g to over 1.5kg easily. The VEG Mode is an all purpose mode. It is the only mode you will need for most daily recipes.

The most common modes:

VEG mode:

Layer vegetables, masalas. Click VEG mode.

This is the only recipe you will ever need for almost all vegetable based dry curries & gravies, from any cuisine. Different varieties of vegetables can be cooked together using separators, making an One Shot Thali possible.

dVEG mode:

If you feel your vegetables are overcooked in the VEG mode, use the dVEG (Delicate Vegetable) mode instead.

The same logic is extended to non-vegetarian dishes with the ***CHIC*** (Chicken), ***GOAT*** (Mutton), ***FISH*** (and seafood) modes.

RICE mode: This handles all common varieties of white rice. Different varieties of rice can be cooked together using separators.

DAL mode: This is for small dals (Tuvar, Mung, Channa & Masoor). Different varieties of dals can be cooked together using separators.

These are common modes most of you would need for a lifetime of good food.

Other Modes

Once you are comfortable with the basic modes (VEG, dVEG, rICE, dAL, FISH, CHIC, GOAT), you can explore other preset modes below. All modes follow the LAYER-CLOSE- CLICK format.

Always start with standardised recipes. Do not cook too low a quantity (less than 250g) or too high a quantity (filling a pot over 3/4th).

PORR(Porridge mode)

Load Rice, Dal, Additives. Click PORR.

Use for: Kichidis, bise bele bhat, pongal, sambar rice.

gRAI (Grain Mode)

Load soaked & drained millets, water. Click gRAI

Use for all sorts of millets

CARA (Caramelisation Mode)

Load oil, onion/ tomato, additives as given in standardized recipes . Click CARA.

Use for: Caramelised onion, caramelised tomato, mother sauce, masala based curries.

gHEE (GHEE Mode)

Load 500g store bought butter. Click GHEE.

Use for: Store bought butter only. Homemade butter has excess moisture and would cause spewing.

bEAN (BEAN Mode)

Load soaked dal, water. Click bEAN.

Use for: all sorts of large dals like Channa, butter beans, soaked peas etc.

SSH (Sugar Syrup Hack Mode)

Load sugar, water. Click SSH mode.

Use for Single string consistency sugar syrup.

PULA (Pulav Mode)

Load soaked rice, water, additives. Click PULA.
Use for: All kinds of Pulavs.

SOUP (Soup Mode)

Load vegetables/ meats, water additives. Click SOUP.
Use for: All kinds of soups.

PAY (Payesh/ Kheer Mode)

Load milk/ water, additives. Click PAY
Use for: All kinds of Kheers

EGG (Egg Mode)

Load eggs, water. Click EGG
Use for: Soft, medium or hard boiled eggs

The *YOGU (Yogurt mode)* is not working as expected. The *cBIR & mBIR* (Chicken and Mutton Biryani modes) need more validation.

Module 3: Manual Modes

Other Menus & Buttons: <https://youtu.be/oaG1oFXeTI4>

The CookBot is designed to minimise clicks.
Plug in. Switch on.
No need to press any button on the CookBot.
It greets you with the display 'Hi', followed by 'OPOS'. The CookBot is ready for use.
Using Preset Menus.
This is the easiest way to use the bot.

Click Menu. Click + .It displays Veg. Click + again. It moves to the next mode. There are 20 preset modes. Choose the mode you like. The cooking starts automatically once the display stops blinking.

Using manual settings
Press **Menu** (The Hand symbol).
It displays -00-, which is the default mode.
You can now set the heat level and time.

Click **HEAT**. Click + or - to set the desired heat level.

There are 3 Heat levels. LO (Low), SOSO (Medium) and High.

Click **TIME**. Click + or - to set desired time.

The CookBot remembers your last settings. The next time you switch it on, the 00 mode will use the settings you used last. You just need to click Menu and your cooking starts with the last settings you used in the 00 mode.

Once you have entered the settings, The display blinks 10 times, giving you time to change your settings. If you don't change anything, the display stops blinking and the OPOS text under the display lights up. It means heating has started. This text will keep blinking till you hear one beep or three beeps. One beep indicates the bot is pressurised. Once this happens, the lid moves up. You would see a slight gap between the lid and the body. At a glance you know if your bot is under pressure or now.

Three beeps indicate sufficient pressure is not built up. the lid does not move up. There will be no gap between the lid and the body.

After one or three beeps, OPOS text stops blinking. The countdown starts. The display alternates between the mode, heat level and the time .

You can cancel cooking anytime by just pressing the On/ Cancel button.

Personalised Menu Settings

The CookBot can remember 80 personalised settings.

Press Menu (The Hand symbol).

It displays -00-, which is the default mode.

Press -. It displays 80.

Press - again. It displays 79 and so on. You can save your own settings for 80 modes.

Once you choose a mode number, you can set the heat level and time for that number. These values will be remembered.

Start Later Button:

After you choose a mode, press the Start Later button Set time from 30 mins to 24 hours. The cooking will start later as per the time set.

Keep Warm Button:

After you choose a mode, press the Keep Warm button. After cooking is done, the bot will switch over to low heat for the next two hours.

We have minimised the buttons and options to enable one click cooking. In most cases, just choose a mode. The bot handles everything else. It decides whether to keep warm or not, depending on the chosen mode.

For example the keep warm mode is not activated for the Veg mode as it would overcook the vegetables.

The Beeps:

One Beep: All is good. Bot is pressurised.

Three beeps: The bot is not pressurised. You might face charring or undercooking.

Six beeps: Cooking is over. Let pressure settle. Keep Warm mode switched on.

Ten beeps: Cooking is over. Release pressure to avoid overcooking.

Cooking with too little stuff & Gasket Misalignment

<https://youtu.be/5Cpr3tGKFGE>

These account for 99% of the CookBot problems reported so far. When you cook with too little stuff, you may experience charring or pressure release.

The pressure release is like the Gasket release in a manual pressure cooker. The steam inside is vented out. This is perfectly safe.

Gasket misalignment: Always check the gasket before you close the bot. This is slightly different from fixing the gasket in a stovetop pressure cooker. Pull the silicone nipple to remove the plate. Remove the gasket, stretch it and fit it back again. Push the silicone nipple to fit the plate back.

If you cook with a misaligned gasket, you might experience spewing. You might also get moisture in your display. None of these are serious. In both cases, switch off, wipe dry and the bot is ready to be used.

Weights & Valves Maintenance: <https://youtu.be/aJMsLFaaWGI>

OPOS Primer

1. The OPOS Magic:

It took us 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 before the first OPOS book was published in 2018. We made more progress in the last one year than we did in the past 15 years. OPOS became a firm part of thousands of kitchens across the world. It is being shaped and refined by this vast community. 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 makhani, malai kofta to mysorepak, OPOS recipes are easier and faster than cooking instant noodles!

3. The OPOS Promise:

OPOS is a cleaner, greener, healthier, tastier and faster 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 of a 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 developed for OPOS. PressureBaking is an OPOS technique of cooking food in its own juices, over high heat, for a very short time. PressureBaking is very similar to stir frying. It is much faster than normal pressure cooking. PressureBaking combined with other OPOS techniques is responsible for the intense colour, flavour, taste and textures of OPOS dishes.

7. OPOS Techniques:

Attalysis, Bottled tadka, Controlled evaporation, Controlled caramelisation, Cold Pressure Frying, Dum cooking, Emulsification, Hydro distillation, Inner pot cooking, Just Enough Liquid, Key building blocks, Layering, No prep cooking, Oil free cooking, PressureBaking, Queuing, Retained heat, Sugar Syrup hack, Use of staples, Very long marination, Xtra long storage, Yolk colour retention and Zoned PressureBaking are the key OPOS techniques powering all OPOS recipes.

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 standardises 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 is about standardisation. Deskillling comes at a price. For OPOS recipes to work, you need to use standard equipment and standardised recipes.

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.

Protein: Tur dal, mung dal, chana dal, chickpeas, kidney beans, green peas, gram flour, roasted gram, soya chunks, whole mung, sprouts, paneer, mushroom, chicken, mutton, other meats, fish, seafood and eggs.

Micronutrients: Onion, tomato, fresh vegetables, spinach.

Fats: Ghee, virgin oils (sesame, coconut, peanut), mustard oil, refined vegetable oils

Dairy: Butter, cream, milk, yogurt, condensed milk.

12. Shopping List 2:

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

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

Optional: Cheese, almonds, raisins, sesame, saffron, cinnamon, Italian seasoning.

13. 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.

14. Avoid trouble!

Use standard equipment and follow the recipe to the letter.

Never force open a pressurised pot.

If steam leaks or if you smell burning, switch off, check, add water and continue.

Watch videos (search for OPOS videos in Google/YouTube)

Join the OPOS Support Group on Facebook and follow discussions.

Download the OPOS Chef app for more recipes

COOK FREE

Basic Lessons

Pressure Baked Beans

<https://youtu.be/dZGm8h4nty0>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped beans (250g)

Layer 3: 1 slit green chilli, 1/4tsp salt

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open & mix all.

Replace / Supplement:

Beans with favorite juice vegetables (carrots / beetroots / ivy gourd)

Tips:

Can add tadka / grated coconut to convert into SI poriyal

Can add garam masala in Layer 3 to convert to NI subzi



Pressure Baked Raw Banana

<https://youtu.be/VrmoQO-9Q6w>

Recipe:

In the CookBot, layer as below:

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

Layer 2: 2C chopped raw banana

Layer 3: 1/2tsp each (salt, cumin powder, chopped green chillies)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix all. Add 1/4tsp crushed pepper

Replace / Supplement:

Raw banana with Potatoes / Sweet potatoes

Pepper,cumin with favorite spice mix

Tips:

Vary cut size to balance cooking texture



Pressure Baked Cauliflower

<https://youtu.be/L4bFsBI4FWo>

Recipe:

In a CookBot, layer as below:

Layer 1: 2Tbsp oil, 1Tbsp water

Layer 2: 250g medium sized cauliflower florets

Layer 3: 1/4tsp each (salt, chilli powder, coriander powder, garam masala, amchur powder)

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix all.

Replace / Supplement:

Cauliflower with favorite delicate vegetables

Spice powders mentioned with favorite spice mix

Tips:

Skip water for roasted effect

Smaller cauliflower florets can turn mushy

Vary cut size to balance cooking texture



Pressure Baked Soups

https://youtu.be/_VtuKag8D_I

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g chopped mixed vegetables (Carrots, potatoes, sweet corn)

Layer 3: 1/2tsp each (salt, pepper)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, Blend with 2C milk.

Replace / Supplement:

Pepper with favorite spice mix

Milk with Cream/ stock / water

Tips:

Can use vegetables like carrot/ potato/ squash/ broccoli/ tomato/ sweet corn/ mushroom



Boiled Eggs

<https://youtu.be/JzuO9gt2cak>

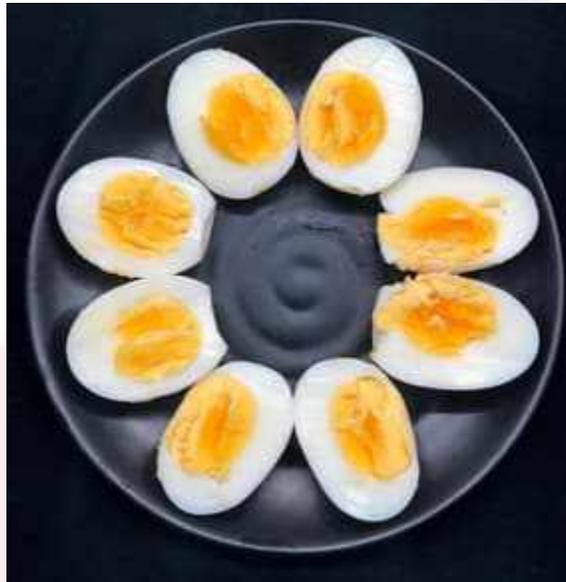
Recipe:

In the CookBot, add 1/2C water, 4-8 eggs.

Close. Click **Menu >> + >> EGG mode**

Once the bot beeps and displays OFF,

- Release pressure for soft boiled eggs
- Let pressure settle for medium boiled eggs
- Allow eggs to cool completely for hard boiled eggs



COOK FREE

Legumes / Large Dals

<https://youtu.be/65dC6O1VVwY>

Prep: Soak 1C (Chana /Rajma) overnight. Drain

Recipe:

In the CookBot, add soaked and drained beans, 1C water (enough to cover)

Close. Click **Menu >> + >> BEAN mode**

Once the bot beeps and displays LO, let pressure settle. Open, drain excess water (if any).

Replace / Supplement:

Channa with Rajma / Desi Chickpeas

Tips:

Tough dals / darker varieties need longer soaking / cooking time



Rice

<https://youtu.be/IKU9soSPfcM>

Recipe:

Soak 1C (raw / boiled / basmati) rice in water for 1 hour. Drain.
In the CookBot, add rice, water (see below).

Close. Click **Menu >> + >> RICE mode**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up.

Water Ratio:

Raw rice: 2.5C water

Parboiled rice: 2.5C water

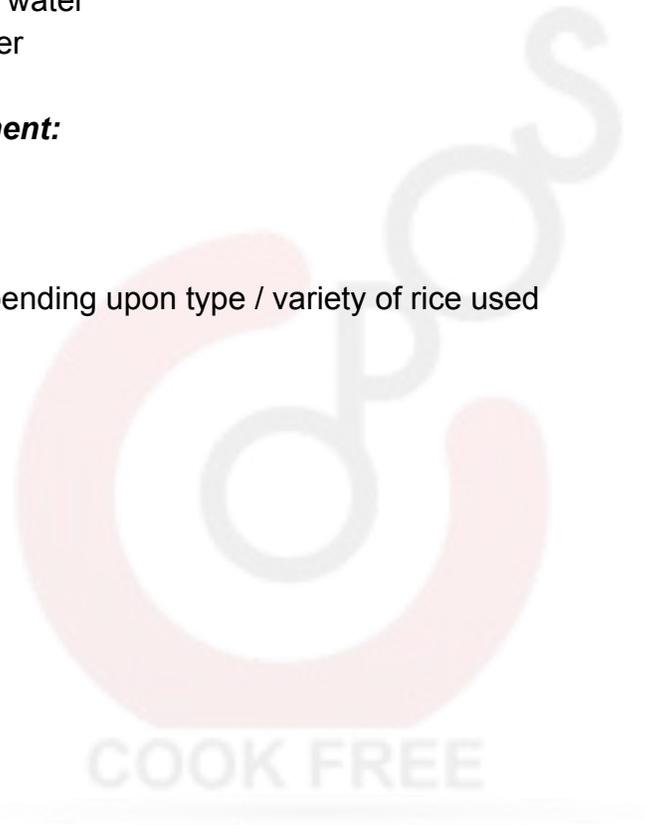
Basmati: 1.25C water

Replace / Supplement:

Rice with millets

Tips:

Vary water ratio depending upon type / variety of rice used



Staples

Bottled Tadka

<https://youtu.be/4nJ5ISjd7Mw>

Recipe:

In the CookBot, add 1C oil.

Close. Click **Menu >> Heat >> + >> HIGH and Timer >> + >> 1minute.**

Once the bot beeps and displays OFF, release pressure (if any) by turning the vent to left or right. Open carefully. Add 1/4C mustard, 1/2C (20g) torn dry red chillies.

Carefully, remove the inner vessel from the bot and transfer the tadka to a clean and dry bowl (to prevent further cooking due to retained heat). Let cool and bottle.

Tips:

Do not change anything the first time.

Exercise caution as this recipe involves use of hot oil



Bottled Tadka with Lentils

<https://youtu.be/GR5gTxTgv7g>

Recipe:

In the CookBot, add 1C oil.

Close. Click **Menu >> + >> Heat >> HIGH and Timer >> + >> 1 minute.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open carefully. Add 1/4C mustard / cumin, 1/2C (20g) torn red chillies.

Replace / Supplement:

Mustard / Cumin with favorite tadka spices

Tips:

Remove the vessel out of the CookBot quickly to prevent ingredients from getting darkened due to retained heat

Let cool and store



Bottled Tadka - Mughlai

https://youtu.be/eV_5CRqxQ4A

Recipe:

In the CookBot, add 1C oil.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 1 minute.**

Once the bot beeps and displays OFF, release pressure carefully by turning the valve to left or right.

Open, mix in 3 bay leaves, 1" cinnamon, 3 cloves, 1 star anise, 2 each (mace, crushed green cardamom, black cardamom), 1Tbsp fennel seeds.



COOK FREE

Caramelised Onions

<https://youtu.be/uism1-NRs2Y>

Recipe:

In the CookBot, add 3Tbsp oil, 250g roughly sliced onions.

Close. Click **Menu >> + >> CARA mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all.



COOK FREE

Caramelised Tomatoes

<https://youtu.be/jZSnp5VN6Dk>

Recipe:

In the CookBot, add 1/4C oil, 500g small whole tomatoes in a single layer.

Close the lid. Keep the **VENT OPEN**

Click **Menu >> + >> Heat >> HIGH and Timer >> 10 minutes.**

Once the bot beeps and displays LO, release pressure by pressing the black button in the center of the lid. Open, drain excess oil, mash all.

Tips:

Blend for a smoother texture.

Can filter if needed.



Cooked Dal

<https://youtu.be/leZUUmKc2s>

Prep: Soak 1C Tuvar Dal in water for at least 1 hour. Drain.

Recipe:

In a CookBot, add dal, water to immerse the dal (1C), 1Tbsp oil.

Close. **Click Menu >> + >> DAL mode.**

Once the bot beeps and displays LO, let pressure settle. Open, mash, let cool & store.

Replace / Supplement:

Tuvar Dal with favorite lentils

Tips:

Can add whole tomatoes, roasted spice powders to convert this into cooked dal bases



Ginger - Garlic Paste

<https://youtu.be/mj2MIQ3AcDQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: 1C (125g) each (chopped ginger, peeled garlic)

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mash all. Let cool and blend to a smooth paste.

Tips:

Refrigerate or freeze for a longer shelf life.

Can add 1/8tsp turmeric powder while cooking

Can blend with 2tsp vinegar



Paneer

<https://youtu.be/J6x9MCiizOo>

Recipe:

In the CookBot, add 500ml full fat milk, 1/4C sour yogurt

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 3 minutes.**

Once the bot beeps and displays OFF, let pressure settle completely.

Open, filter out solids. Place in a colander and keep a weight over it, to let whey water drain away. Will set in an hour.

Replace / Supplement:

Yogurt with lime juice / vinegar / sour buttermilk

Tips:

Can add herbs / spices to make masala paneer

Use the whey in curries / soups for kneading dough

Optionally can knead before moulding paneer. Give a quick pulse in a mixer grinder after draining to distribute moisture uniformly.



Tamarind Paste

<https://youtu.be/xWECVsjEego>

Recipe:

In the CookBot, add 250g deseeded, defibered raw tamarind, 2C water (to cover the tamarind).

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 4 minutes**

Once the bot beeps and displays LO, let pressure settle.

Open, strain, mash, filter, let cool & store.

Tips:

Can mix in spice powders to make spiced tamarind paste



COOK FREE

Ghee

<https://youtu.be/H3b2qB831u8>

Recipe:

In the CookBot, add 500g butter.

Close. Click **Menu >> + >> GHEE mode**

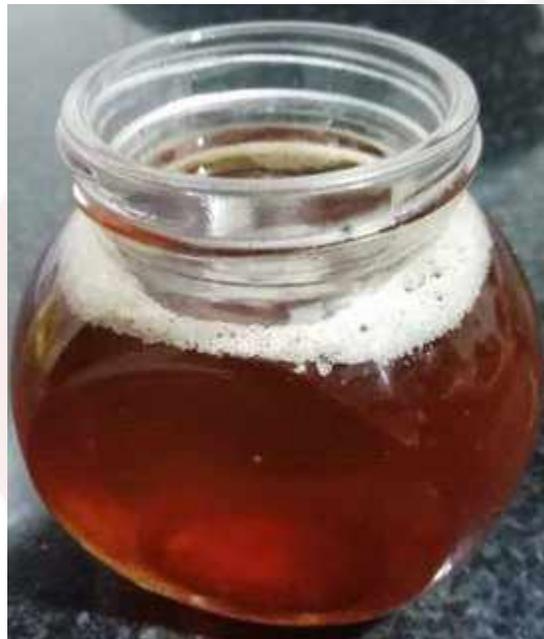
Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open carefully. Let cool and store.

Tips:

Can cook on high for 2 mins to get darker ghee (check video)

Do not stir as stirring in open mode will cause foaming.

Do not use home-made butter.



Milk

<https://youtu.be/Sk2TQ9foZDk>

Recipe:

In the CookBot, add, 500ml milk.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, let pressure settle and Open.

Tips:

Ensure proper placement of Gasket / Lid.

Misalignment of gasket / lid can cause spewing.

In case of spewing, stop cooking.



North Indian Curry Base

<https://youtu.be/h--xNAZjCnU>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/4C each (ginger, garlic), 15 green chillies

Layer 3: 250g onion petals, 250g whole tomato, 1/4C chopped beetroot, 1tsp salt

Ensure the ingredients touch the base as much as possible.

Close the lid. Keep the **VENT OPEN**.

Click **Menu >> + >> CARA mode**.

Once the bot beeps and displays OFF, carefully open, mix & blend.

Bottle & use as curry base.

Replace / Supplement:

Onion petals with shallots

Tips:

If tomatoes are big, half, deseed them and use them as cups.



Attalysis of Non Gluten Flour

https://youtu.be/v_FZl3Z5o_A

Recipe:

In a CookBot, add 2C water, 1/2tsp salt and 2tsp oil.

Close Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, gently release pressure by turning the vent to right or left.

Open, mix in 1C rice/millet flour. Put the inner vessel back again and close the CookBot. Allow to cook in retained heat for 15minutes. Open and knead briefly. Roll into desired shapes for kozhukattai or extrude to make idiyappam.

Tips:

1C non-gluten flours can absorb nearly 1.5C to 2C water

Can use roasted or double roasted and/ steamed flour



Starches

Breakfast / Dinner Recipes



Achari Semiya

<https://youtu.be/vZOtWy8cP6U>

Recipe:

In the CookBot, add 2C (200g) roasted vermicelli, 2Tbsp mango pickle, 1Tbsp oil, 2C water (to cover the vermicelli), 1/4tsp salt (optional). Mix all.

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Mango pickle with your favourite pickle

Vermicelli with Indian pasta

Tips:

Can add your favourite vegetables like potato/ corn/ mushrooms; avoid delicate veggies.

If undercooked, cook longer/ do not release pressure.

Reduce water for a grainier texture. Increase water for a mushier texture.



Idlis

<https://youtu.be/cUTfbegpyTY>

Prep: Grease idli moulds with a drop of oil. Fill in 1Tbsp idli batter in each cavity.

Recipe:

In the CookBot, add 1/2C water. Place idli plates filled with batter.

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, let pressure settle.

Open, remove the plates. Let cool, unmould / scoop the idlis out.

Replace / Supplement:

Idli batter with rava idli batter/ semiya idli batter/ dhokla batter

Tips:

Do not overfill the moulds.

If undercooked, cook longer.



Instant Noodles

<https://youtu.be/TreU6NCeEj8>

Recipe:

In the CookBot, add 2 packs instant noodles, 2C water, tastemaker

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps & displays OFF, release pressure by turning the vent to left or right.

Open, mix all.

Replace / Supplement:

Tastemaker with favorite spice mix

Instant noodles with pasta/ vermicelli

Tips:

Can add more water to convert to soupy consistency



Kanda Batata Poha

<https://youtu.be/YHPDFoTItAI>

Prep: Wash and Drain 2C thick poha.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C chopped onion (hydrated with 2tsp water)

Layer 3: 1C (125g) potato chopped small, 2 chopped green chilli, 1/8tsp turmeric, 1/2tsp salt

Close. Click **Menu >> + >> VEG mode.**

Once the bot beeps & displays OFF, release pressure by turning the vent to left or right. Open, mix in 2C poha, 1tsp lemon juice and 1/4C roasted and crushed peanuts. Keep covered for 5 minutes.

Replace/Supplement:

Rice flakes with other cereal flakes

Onion with shallots

Turmeric with your favourite spice mix

Tips:

Thin poha need not be washed.

Ensure poha is well drained and not clumpy.



Khara Bhath

<https://youtu.be/fWWljSuKLfI>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1/2C (75g) each chopped (onions, deseeded tomatoes) in bull's eye method

Layer 3: 1C (150g) chopped vegetables

Layer 4: 1tsp each (salt, chilli powder, garam masala, coriander powder), 1/4tsp turmeric powder

Layer 5: In an inner vessel, add 3C water

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel, mix in the water from the inner vessel. Gradually mix in 1C double roasted rava, 2Tbsp roasted cashews (optional). Close and let rava cook in retained heat for 10 minutes. Open, mix in 2tsp lemon juice, 1Tbsp each (bottled tadka, chopped cilantro).

Replace / Supplement:

Double roasted rava with very fine wheat rava grits

Garam masala / coriander powder with vangi bath powder / favorite spice mix

Tips:

Can add a dash of ghee for extra flavor



Kothu Parotta

<https://youtu.be/NyunsiAhsVE>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C (125g) each roughly chopped (onion, tomato) arranged in bull's eye method

Layer 3: 6 curry leaves, 1tsp each (ginger- garlic paste, salt, garam masala, chilli powder).

Close the lid. Keep the **Vent OPEN**.

Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 1minute.**

Once the bot beeps and displays OFF, open, mix all with 2C (150g) finely chopped parota.

Replace / Supplement:

Parotta with bread/ chapati /poha / puffed rice

Garam masala with favourite spices

Onion with Shallots

Tips:

Can mix in nuts/ chips

Can increase/ decrease spices as per preference

Can use any ready to eat starch



Millet Semiya

<https://youtu.be/gvVRJIEWnBY>

Recipe:

In the CookBot, layer as below:

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

Layer 2: 2C (250g) chopped mixed vegetables

Layer 3: Washed & drained 180g millet semiya (Soak briefly if needed)

Layer 4: 1tsp each (salt, curry powder, chopped green chillies)

Close. Click, **Menu >> + >> VEG mode**

Once the bot beeps & displays OFF, release pressure by turning the vent to right or left.

Open, mix all, fluff up.

Replace / Supplement:

Curry powder with favorite spice mix

Millet semiya with instant rice vermicelli / quick cooking oats / instant noodles / poha

Tips:

Thick varieties of starches might need to be briefly (10-15mins) soaked in water and drained



Oats Pulav

<https://youtu.be/WmDFODUKY3I>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C (250g) chopped mixed vegetables

Layer 3: 2 chopped green chillies, 1tsp Ginger-Garlic paste, 1/2tsp salt, 1/4tsp turmeric powder

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1C quick cooking oats, 1tsp bottled tadka. Let sit in retained heat for 10 minutes. No further heating required.

Replace/Supplement:

Oil with butter/ ghee

Oats with other cereal flakes

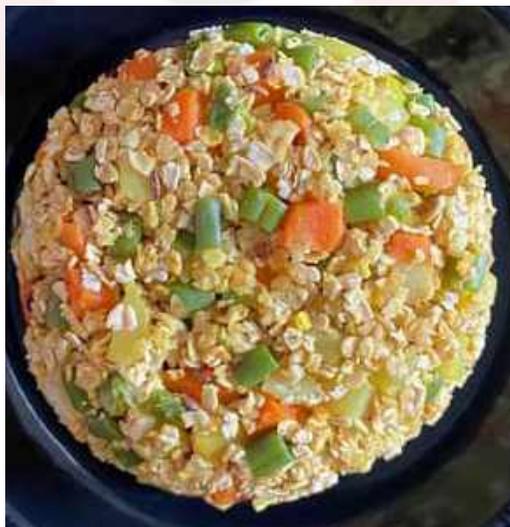
Peas with sprouts/ paneer/ tofu

Tips:

Can use roasted quick cooking oats for a nuttier flavor.

Can increase water for a mushier texture.

Wash and drain oats for softer texture



Rava Pongal

https://youtu.be/zRku_yDKwnw

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

Recipe:

In a CookBot, add 2C water, mung dal, 1Tbsp ghee, 1tsp each (salt, crushed pepper, cumin, chopped ginger), 1/8tsp turmeric.

Close. Click **Menu >> + >> DAL mode**.

Once the bot beeps and displays LO, release pressure gently, by pressing the center black button. Open, gradually mix in 1/2C double roasted rava. Close and let rest for 15 minutes (No further heating needed).

Replace/Supplement:

Rava with other similar sized grain grits
Mung dal with soaked tuvar/masoor dal
Raw dal with roasted dal

Tips:

Vary quantity of water to vary texture.

If you don't get pre roasted rava, dry roast the rava. Let cool. Roast again.

Can add chopped vegetables.



Rava Upma

<https://youtu.be/tNRUjtPTK9s>

Recipe:

In the CookBot, add 1Tbsp ghee, 1tsp each (salt, chopped ginger), 2 chopped green chillies, 15 curry leaves, 3C water.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, gently release pressure by turning the valve to left or right. Open, mix in 1/2C double roasted rava. Close and let rava cook in retained heat for 15 minutes. Keep the bot closed. No further heating needed.

Open, mix all and serve. Can add bottled tadka.

Replace / Supplement:

Double roasted rava with very fine wheat rava grits

Green chilli with red chilli

Tips:

Increase or decrease water to achieve desired texture.

The ratio can vary from 1:2 to 1:7 for rava : water



Vermicelli Idli, Rava Idli, Dhokla

<https://youtu.be/3yhe-AuKpQs>

Prep:

Dhokla batter: In a bowl add 1C each (gram flour, yogurt), 1/4C roasted rava, 1.5tsp salt, 1tsp each (sugar, ginger powder, lemon juice), 1/4tsp turmeric with 1/2C buttermilk. After letting it rest for 20mins, add 1 packet fruit salt (5g). Mix well till it becomes foamy.

Vermicelli idli batter: In a bowl add 1C each (roasted vermicelli, yogurt), 1/2C roasted rava, 1.5tsp salt, 1/2tsp baking soda (optional), 1/4tsp turmeric with 1/2C water. Mix well and after resting the batter for 20mins, add 1/4C tadka (made of mustard, curry leaf, chilli, lentils, peanut)

Rava idli batter: In a bowl add 1C each (roasted rava, yogurt), 1Tbsp peppercorn, 1tsp salt, 1/2tsp baking soda (optional), 1/4C tadka (made of mustard, curry leaf, chilli, lentils, peanut) with 1Tbsp water for 20mins.

In the CookBot,

Add 1/2C water, place greased idli mould with dhokla batter, vermicelli idli batter, rava idli batter.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays LO, let pressure settle. Open, remove idli stand. After cooling, unmould, and serve.

Replace / Supplement:

Gram flour with any lentil flour

Fruit salt with baking powder

Tadka with bottled tadka of choice

Vermicelli, rava with any grain-lentil batter

Tips:

Use coloured eno for coloured dhokla

Make sure batter is neither too thick nor thin

If batter is too thick add more water, if too thin add more flour to adjust consistency



Uggani

<https://youtu.be/vPV8cmzaYpk>

Puffed Rice Upma

Prep: Wash 4C puffed rice and squeeze the water immediately. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C chopped onions, 1/2C deseeded tomatoes arranged in bull's eye method

Layer 3: 2tsp chopped green chillies, 1/2tsp each (Ginger-Garlic Paste, salt), 1/4tsp turmeric, 5 curry leaves

Close. Manually set, **Menu >> + >> High >> Heat and Timer >> + >> 1 min.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open. Add 3Tbsp roasted gram (pottukadalai) powder, drained puffed rice, 1/4C each (roasted peanuts, chopped coriander leaves). Add 1tsp each (lemon juice, bottle tadka).

Replace / Supplement:

Green chillies with red chilli powder

Fried gram powder with spiced lentil powder

Can add 1/4tsp tamarind paste on layering instead of lemon juice

Tips:

Use thick variety puffed rice and not the thin/ flaky variety puffed rice

Can add a Tbsp grated coconut for additional flavour.



Ven Pongal

<https://youtu.be/JoAmCEyDrOw>

Prep: Soak 1C raw rice, 1/2C mung dal in water for 1 hour. Drain.

Recipe:

In the CookBot, add 4C water, 2Tbsp each (ghee, cashews), rice, dal, 10 curry leaves, 2tsp each (salt, chopped ginger, cumin, crushed pepper).

Close. Click **Menu >> + >> PORR mode**

Once the bot beeps, and displays LO, let pressure settle. Open, mash all.

Replace / Supplement:

Mung dal with favorite lentils

Tips:

Can increase water or mix in more water to dilute to desired consistency

Can add more ghee for extra flavor

Can roast rice, dal, cashews for nuttier flavor



Vermicelli Upma

<https://youtu.be/wBlqhh94ZU>

Recipe:

In the CookBot, add the following:

2C each (Roasted vermicelli, water), 2 slit chillies, 1/4tsp turmeric powder, 1/2tsp each (salt, chopped ginger)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps & displays OFF, release pressure by turning the vent to left or right.

Open, mix with 1Tbsp bottled tadka (optional)

Replace / Supplement:

Green chillies, ginger with favorite spices

Tips:

Use roasted vermicelli. Unroasted / thin vermicelli can go mushy



Lunch / Meals

Corn Methi Pulav

<https://youtu.be/U52dIRh8-jc>

Prep: Soak 1C Basmati rice in water for 1hour. Drain.

Recipe:

In the CookBot, add 1Tbsp each (oil, ghee), 1.5C water, 1/2C each (corn, chopped tomato), 1tsp OPOS Ginger-Garlic paste, 1/4C caramelised onions, 1tsp each (red chilli powder, garam masala), 1/8tsp turmeric powder, 1.5tsp salt, 1Tbsp kasuri methi. Gently mix.

Close. Click **Menu >> PULA (pulav mode)**

Once the bot beeps and displays OFF, let pressure settle.

Open, fluff up.

Replace / Supplement:

Corn with sprouts

Garam masala with favorite spice mix

Caramelised onion with fried onions

Kasuri methi with favorite dried herbs

Tips:

Do not mix vigorously when rice is hot. This can make long rice grains break apart.



Dum Noodles

<https://youtu.be/ciNCPgG8Cjw>

Prep: Crush, wash & drain, 100g normal noodles. Mix with 1tsp each (soy sauce, chilli sauce, vinegar, ketchup)

Recipe:

In the CookBot, layer as below:

Layer 1: 1/2C water

Layer 2: 1/2C each (carrot, beans)

Layer 3: Noodles

Layer 4: 1C (125g) chopped vegetables

Close. Click **MENU >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix all and fluff up.

Replace / Supplement:

Carrot, beans with favorite vegetables

Sauces mentioned with favorite spice mix

Tips:

Some varieties of noodles may need to be briefly soaked in water (10-15mins) and drained before layering



Empty Biryani

<https://youtu.be/DeJZLUYUjjM>

Prep: Soak 500g basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add 1/2C oil, 2.5C water, 1/4C each (caramelised tomato, caramelised onion, mint), 3Tbsp biryani masala, 2Tbsp Ginger-Garlic paste, 6 green chilli, 1Tbsp salt, Soaked rice.

Close. Click **Menu >> + >> PULA mode**

Once the bot beeps and displays LO, let pressure settle. Open after 10mins, fluff up, add 2Tbsp ghee and serve

Replace / Supplement:

Biryani masala with favourite spice mix

Tips:

Can vary spices and additives for different kinds of biryani
Water ratio slightly varies with quality of rice used



Ghee Rice

<https://youtu.be/vnNnEj0GBcc>

Prep: Soak 1.5C Basmati Rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add 2Tbsp ghee, 2.25C water, 1Tbsp Mughlai Tadka, 1tsp OPOS Ginger-Garlic Paste, 1/4tsp garam masala (optional), 5 mint leaves, 1 Pandan leaf (optional), rice, 1.25tsp salt, 1Tbsp each (fried onions, chopped coriander leaves). Mix gently.

Close. Click **Menu >> + >> PULA mode**

Once the bot beeps and displays LO, let pressure settle.

Replace / Supplement:

Mint/ Pandan leaf with favorite herbs
Mughlai Tadka with favorite tadka
Garam masala with favorite spice mix
Fried onions with caramelised onions

Tips:

Do not mix vigorously when the rice is hot. Long rice strands can break.



Jeera Methi Pulav

<https://youtu.be/xZILqHd55VQ>

Prep: Soak 1C Basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, 1C water, 1Tbsp ghee, 1tsp each (salt, cumin), 1/4tsp each (crushed pepper, turmeric), 2Tbsp kasuri methi, 2tsp OPOS Ginger-Garlic paste, 1 slit green chilli.

Close. Click **Menu >> + >> RICE mode**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Kasuri methi with favorite dried herbs

Spices mentioned with favorite spices

Tips:

Water ratio may vary with different brands / types of rice



Mac n Cheese

<https://youtu.be/FpZYsC7yP2A>

Recipe:

In the CookBot, add 1C pasta, 1C water just enough to cover the pasta, 1/4tsp salt

Close. Click **Menu >> + >> RICE mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, mix all with 3Tbsp cheese, 1/2tsp oregano and serve

Replace / Supplement:

Oregano with favorite seasoning

Tips:

Indian pasta cooks faster.

Hard / durum wheat pasta needs to be soaked briefly in water (10-15minutes)



Millet Biryani

<https://youtu.be/wyk8YQK6X8k>

Prep: Mix 500g chopped mixed vegetables (soaked and drained soya chunks, raw jackfruit, corn, baby potatoes, sprouts), 1C yogurt, 1/4C each (chopped mint, caramelised onions), 1.5Tbsp biryani masala, 1.5tsp salt, 2tsp Ginger-garlic paste, 2 slit green chillies, 1/4tsp Kashmiri chilli powder
Soak 1.5C millets in water for 30 minutes. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil, 1.25C water

Layer 2: 1/2C (125g) chopped tomato

Layer 3: Half the marinade

Layer 4: Millets

Layer 5: Remaining marinade to cover millets completely

Close. Manually set, **Menu >> + >> High and Timer >> + >> 10 minutes.**

Once the bot beeps and displays OFF, let pressure settle. Open, fluff up and serve.

Replace/Supplement:

Biryani masala with your favourite spice mix

Yogurt with coconut milk

Tips:

The soaking time varies with the millet used.

COOK FREE



Millet Pongal

<https://youtu.be/-LG8LXK3QUs>

Prep:

Soak 1C millet, 1/2C mung dal in water for 30 minutes. Drain.

Recipe:

In the CookBot, add millet, mung dal, 2tsp each (crushed pepper, cumin), 1tsp chopped ginger, 10 curry leaves, 1.25tsp salt, 2C water.

Close. Click **Menu >> + >> PORR mode.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1C milk / water, 1Tbsp ghee.

Replace / Supplement:

Millet with favorite grains

Mung dal with favorite lentils

Tips:

Increase water to preferred consistency

Can garnish with ghee roasted nuts



Millet Rasam Saadham

<https://youtu.be/h3umZJo4uiE>

Prep: Soak 1C millets, 1/4C tuvar dal in water for 1 hour. Drain.

Recipe:

In the CookBot, add millets, dal, 2.5C water, 1C chopped tomatoes, 2tsp each (rasam powder, OPOS Tamarind paste), 1tsp salt, 5 curry leaves, 1/4tsp each (turmeric, asafoetida), 1Tbsp ghee

Close. Click **Menu >> + >> GRAI (grain mode)**

Once the bot beeps and displays LO, let pressure settle. Open, mix all. Optionally mash, add tadka and garnish with 2tsp chopped cilantro

Replace / Supplement:

Rasam powder with favorite spice mix

Tuvar dal with favorite lentils

Tips:

Can mix in extra water after cooking to desired consistency



Morekali

<https://youtu.be/2MxhnzdJgak>

Rice flour - yogurt batter cake

Prep: In a bowl, add 1C each (rice flour, thick yogurt), 1/2C water and whisk well without lumps. Add 1tsp salt, 1 chopped green chilli, 2 torn yogurt chillies, 4-5 curry leaves, 1Tbsp sesame oil.

Recipe:

In the CookBot, add 1.5C water. Place a greased inner vessel and add the batter into it. Close the inner vessel with a lid.

Close. Manually set, **MENU >> + >> Heat >> HIGH and Timer >> 20 minutes.**

Once the bot beeps and displays LO, let pressure settle.

Open, remove lid. Unmould / Mix. Mix 1Tbsp bottled tadka and serve as a fudge or thick porridge.

Replace / Supplement:

Rice flour with millet flour

Tips:

Cook longer for firmer fudge

Sour yogurt is preferred



Mushroom Biryani

<https://youtu.be/H0K1IkaZzqM>

Prep: Soak 2C (400g) basmati rice in water for 30 mins. Drain.

Mix 550g mushroom, 1/2C yogurt (130g), 3Tbsp Biryani masala (30g), 2Tbsp OPOS Ginger-Garlic paste (50g), 1/4C each (mint (20g), caramelised onions(60g)), 1tsp salt, 4 green chillies.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/2C tomato, 1C water

Layer 3: Half the spiced mushroom

Layer 4: Drained basmati rice mixed with 1tsp salt

Layer 5: Spiced mushroom to cover rice completely

Close. Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 15 minutes.**

Once the bot beeps and displays LO, Let pressure settle. Open, fluff up, garnish with 1Tbsp ghee and serve.

Replace/Supplement:

Oil with ghee

Biryani masala with favorite spice mix

Mushroom with Tomatoes

Tips:

Do not use delicate vegetables (like carrots, beans, peas, cauliflower etc...), as they overcook.

Can increase water quantity if you like your rice softer.



No Water Pasta Arrabiata

<https://youtu.be/Tn36Q7f-NqA>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 12 garlic cloves, 2C sliced tomatoes

Layer 3: 2C Pasta

Layer 4: 1Tbsp each (Kashmiri chilli powder, salt)

Layer 5: 2C sliced tomatoes to cover pasta

Close. Click **Mode >> + >> RICE mode**

Once the bot beeps and displays LO, let pressure settle.

Open. Mix all.

Replace / Supplement:

Tomatoes with Mushrooms

Kashmiri chilli powder with favorite spice mix

Tips:

Can add dried herbs / Italian seasoning

Some varieties / Italian Pasta needs to be soaked briefly in water and drained



Papad Pickle Pulav

https://youtu.be/QU83bT4r_Os

Prep: Soak 1C Basmati rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, 1/4C each (pickle, torn raw papad), 1/2tsp (optional) salt. Add 1.25C water.

Close. Click **Menu >> + >> PULA (pulav mode)**.

Once the bot beeps and displays LO, let pressure settle.

Open after pressure settles, fluff up and serve.

Replace / Supplement:

Rice with soaked millets/ oats/ grits

Papad with soya chunks/ paneer/ sprouts/ bhujia

Tips:

Ideal as travel/ camping food

Remember pickles can be used as concentrated spice pastes.



Potato and Chana Biryani

<https://youtu.be/0sAqXQobD6A>

Prep:

Wash and soak 1.5C basmati rice in water for half an hour. Drain

Take 225g soaked Kabuli Chana, 275g sliced baby potatoes. Marinate with 1/2C yogurt, 1/4C each (caramelised onions, mint leaves), 2tsp each (biryani masala, Ginger-Garlic Paste), 2 slit green chillies, 1.5tsp salt, 1/2tsp Kashmiri red chilli powder. Mix well.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee, 1.5C water

Layer 2 1/2C chopped tomatoes

Layer 3: Half the marinade

Layer 4: Rice

Layer 5: Remaining marinade

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 15 minutes.**

Once the bot beeps and displays LO, let pressure settle.

Open. Transfer the biryani to a broad container and fluff it up gently.

Add 2Tbsp fried onions (optional) and 1Tbsp chopped coriander leaves.

Replace / Supplement:

Kabuli chana with Black Chana

Baby potatoes with regular potatoes

Biryani masala with any other spice powders of your choice

Tips:

Can add roasted nuts for additional flavour

Serve with raita and papad



Ragi Mudde

Finger Millet flour balls

https://youtu.be/asut_IFoxZY

Recipe:

In the CookBot, add 2C water, 1/2tsp salt, 2tsp oil.

Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to right or left. Open, mix in 1C ragi flour. Mix well without lumps or dry flour. Keep closed for 5 minutes. Open, add 1 tsp oil. Mix well and shape into small balls/ mudde.

Replace / Supplement:

Ragi with other non gluten flours.

Tips:

Water ratio varies with flour. Fresh flours give better results.



Rice

<https://youtu.be/IKU9soSPfcM>

Prep:

Soak 1C (raw / boiled / basmati) rice in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, water (see below).

Close. Click **Menu >> + >> RICE mode**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up.

Water Ratio:

Raw rice: 2.5C water

Parboiled rice: 2.5C water

Basmati: 1.25C water

Replace / Supplement:

Rice with millets

Tips:

Vary water ratio depending upon type / variety of rice used



Sambar Rice

<https://youtu.be/rCtiOA8VOsE>

Prep: Soak 1C boiled rice, 1/2C tuvar dal in water for 1 hour. Drain.

Recipe:

In the CookBot, add rice, dal, 4C water, 1/2C chopped tomatoes, 1/4C caramelised onions/ shallots, 1/2tsp turmeric powder, 1Tbsp sambar powder, 1/2Tbsp salt, 1/4tsp asafoetida, 5 curry leaves, 2 green chillies, 2tsp OPOS tamarind paste.

Close. Click **Menu >> + >> PORR mode**

Once the bot beeps, displays LO, let pressure settle.

Open, mash with 1/2C water. Optionally, add tadka.

Replace / Supplement:

Sambar powder with favorite spice mix

Tamarind paste with favorite souring agent

Tips:

Vary water ratio after cooking to vary texture

Adjust water after cooking to bring it to desired consistency



Seeraka Samba Chicken Biryani

<https://youtu.be/G7kKmUo-rhI>

Prep: Soak 2C (400g) Seeraka samba rice for 1 hour. Drain.

Mix 500g chicken cut big, 1/2C curd, 1/4C each (caramelised onions, chopped mint leaves), 3Tbsp biryani masala, 2Tbsp GG Paste, 1tsp salt, 4 green chillies.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C tomato, 2.5C water

Layer 3: Half the spiced chicken covering base

Layer 4: Rice mixed with 1.5tsp salt

Layer 5: Spiced chicken to cover rice.

Close. Manually set, **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 20 minutes**. Once the bot beeps and displays LO, let pressure settle. Open after 1 hour. Garnish with 1Tbsp ghee, fluff up and serve.

Replace / Supplement:

Oil with ghee

Biryani masala with favourite spice mix

Caramelised onions with fried onions

Chicken / Mutton with favourite meats

Water with stock

Tips:

Can slightly vary water ratio depending on type of rice used



Semiya Dum Biryani

<https://youtu.be/UM0o2lqi5No>

Soya mushroom Vermicelli biryani

Prep: Soak 1/2C Soya chunks for 30 mins. Squeeze & drain. Mix 1C sliced mushroom, 1/2C each (yogurt, caramelised onion), 3Tbsp biryani masala, 2Tbsp Ginger-Garlic paste, 4 whole green chillies, 1/4C chopped mint leaves, 1.5Tbsp salt

Recipe:

In a CookBot, layer as below:

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

Layer 2: 1C tomato

Layer 3: Half the Soya mushroom marinade

Layer 4: 3C roasted semiya

Layer 5: Soya mix to cover vermicelli

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> 15minutes**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 2Tbsp ghee & fluff up

Replace / Supplement:

Soya chunks with raw tender jackfruit / potatoes / corn

Mint with favorite herbs

Biryani masala with favorite spice mix

Yogurt with coconut milk

Tips:

Do not use delicate, soft vegetables like carrots, beans, peas, cauliflower etc...

COOK FREE



Vangi Bhath

<https://youtu.be/JeskrDRCRG0>

Prep: Roast and blend 1/4C coconut, 1tsp each (poppy seeds, fenugreek), 1Tbsp each (chana dal, coriander seeds, urad dal), 10 dry red chillies, 2" cinnamon, 4 each (cardamom, cloves) to a powder. Mix with 500g eggplants chopped big with the spice powder, 1/4C each (yogurt, roasted peanuts, chopped mint, caramelised onions), 6 green chillies, 1tsp each (turmeric, salt).

Soak 2C Basmati Rice in water for 1 hour. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C chopped tomato, 2.5C water

Layer 3: Half the spiced eggplants

Layer 4: Rice

Layer 5: Remaining spiced eggplants

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 15minutes.**

Once the bot beeps and displays LO, let pressure settle.

Open, fluff up.

Replace / Supplement:

Eggplants with Ivy Gourd / Potatoes / Tender Raw Jackfruit / Soya Chunks

Tips:

Can garnish with 2Tbsp ghee.

Let cool and fluff up

COOK FREE



Vegetable Biryani

<https://youtu.be/IDFeJ4mhBMM>

Prep: Mix 500g chopped mixed vegetables (mushrooms, soaked & drained soya chunks, corn, baby potatoes), 1C yogurt, 1/4C each (chopped mint, caramelised onions), 1.5Tbsp biryani masala, 1.5tsp salt, 2tsp Ginger-garlic paste, 2 slit green chillies, 1/4tsp Kashmiri chilli powder
Soak 1.5C rice (350g) in water for 30 minutes. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil, 1.25C water

Layer 2: 1/2C (125g) sliced tomato

Layer 3: Half the marinade

Layer 4: Rice

Layer 5: Remaining marinade to cover rice completely

Close. Manually set, **Menu >> + >> Heat >> High and Timer >> + >> 15 minutes.**

Once the bot beeps and displays LO, let pressure settle. Open, fluff up and serve.

Replace / Supplement:

Biryani masala with favourite spice mix

Yogurt with coconut milk

Tips:

Do not use delicate vegetables like carrot, beans, cauliflower, peas, capsicum etc... as they tend to get overcooked when cooked along with grains.

Do not mix vigorously when the rice is warm.

COOK FREE



COOK FREE

Veg Curries

Aloo Gobhi Masala

https://youtu.be/sbas_9EpjX8

Potato - Cauliflower Curry

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C (125g) chopped onion, 1/2C (100g) chopped tomatoes arranged in bull's eye method

Layer 3: 1C (180g) chopped potato

Layer 4: 1C (140g) cauliflower medium sized florets

Layer 5: 1tsp chilli powder, 1/2tsp each (salt, coriander, cumin), 1/8tsp turmeric powder

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Potatoes with other yam/ raw banana/ vegetables

Cauliflower with broccoli

Tips:

Can dilute with water/ cream



Aloo Matar

https://youtu.be/bpCeAKfl_e0

Potato green peas curry

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C Water

Layer 2: 2C (250g) potato chopped small

Layer 3: 1C (125g) fresh peas

Layer 4: 2Tbsp caramelised onion, 1/2tsp each (ginger-garlic paste, salt, kasuri methi, chilli, coriander, cumin, garam masala powders).

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Potatoes with other yam/ raw banana/ vegetables

Peas with capsicum

Garam masala with any other spice powder

Tips:

Can dilute with water/ cream for thin stew



Aviyal

<https://youtu.be/5a5zbVRIG00>

Prep: Blend 1/2C grated coconut with 1/2tsp cumin, 1 green chilli, 2Tbsp water to a thick (CCC) paste.

Recipe:

In the CookBot, layer as below:

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

Layer 2: 2C - 4C (250g-400g) mixed vegetables cut into thick sticks

Layer 3: 1/2C - 1C CCC Paste, 1/2tsp salt, 5 curry leaves

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix 1/2C-1C yogurt.

Replace / Supplement:

Coconut oil with favorite oil

Yogurt with coconut milk

Tips:

Can add 1tsp OPOS tamarind paste, 1/8tsp turmeric to convert to Aviyal Kuzhambu

Can add poppy seeds to convert to the Bengali Shukto version

Can add muthiya for Undhiyu version



Baby Corn Sabji

<https://youtu.be/8MRSYVI2li8>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C chopped onions, 1/2C chopped deseeded tomatoes, 1/4tsp salt

Layer 3: In an inner vessel add 175g sliced baby corn, 75g sliced capsicum, 1/2tsp each (coriander powder, red chilli powder, garam masala), 1/4tsp salt, 1/8tsp turmeric

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open. Remove the inner vessel. Mash the onion tomato mixture. Add the PIP and mix well with 1Tbsp chopped coriander leaves.

Replace / Supplement:

Oil with butter

Garam masala with other spice powder of your choice

Tips:

Can add different colours of capsicums if required.

Can blend the onion tomato mixture for smooth texture



Baby Potato Kaara Kari

<https://youtu.be/vvm4gmEX26Y>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g halved / quartered baby potatoes

Layer 3: 1/4tsp salt, PIP - 1tsp sambar powder, 1/2tsp each (coriander powder, chilli powder), 1Tbsp oil

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove PIP, drain excess oil (if any). Mix in the spices. Add 2tsp tadka.

Replace / Supplement:

Baby potatoes with favorite starchy vegetables

Spice powders mentioned with favorite spice mix

Tips:

Prick the baby potatoes and marinate, if using them as whole.



Baingan Bharta

<https://youtu.be/TDlcJeXCPko>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C (75g) chopped onion, 1/4C (50g) chopped tomatoes, 2 green chillies, 200g chopped eggplant

Layer 3: 1tsp chilli powder, 1/2tsp each (salt, OPOS Ginger-Garlic paste, cumin powder), 1/8tsp turmeric powder

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix/ mash coarsely. Add 1Tbsp lime juice.

Replace / Supplement:

Chilli powder with favorite spice mix

Tips:

Can garnish with chopped onions/ cilantro



Beetroot Thuruval

<https://youtu.be/-t54PsNzzyM>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water

Layer 2: 2C (350g) grated beetroots

Layer 3: 2Tbsp grated coconut, 1 slit green chilli, 1/4tsp salt

Close. Click **Menu >> + >> dVEG mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all. Add 2tsp tadka and serve.

Replace / Supplement:

Beetroots with other favorite grated vegetables

Green chilli with red chilli

Grated coconut with CCC Paste

Tips:

Increase water if beetroots are dry



Bhindi Fry

<https://youtu.be/0K48ZsqPU5A>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 250g (3C) okra cut into 1" size

Layer 3: 1/2tsp salt

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps (thrice) and displays OFF, release pressure by turning the valve to left or right. Open, mix all. Drain excess oil (if any)

Replace / Supplement:

Okra with eggplant

Tips:

Pat dry okra pieces before loading to avoid sliminess

Chopping okra smaller can lead to sliminess



Bombay Chutney

<https://youtu.be/ArbO1VV2dfc>

Prep:

In an inner vessel, add 2Tbsp gram flour (besan), 1/4tsp red chilli powder, 1/8tsp each (asafoetida, turmeric), 1/2C water whisk well without any lumps.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C each chopped (onions, deseeded tomatoes) arranged in bulls eye method

Layer 3: 1/2tsp salt, 2 slit green chillies

Layer 4: Place the PIP

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open. Remove the inner vessel. Add 1/2C water to dilute and whisk well.

Mash the onion tomato mixture. Add the contents of the PIP (inner vessel) and mix well with 1Tbsp chopped coriander leaves and 1tsp bottled tadka.

Replace / Supplement:

Red chilli powder with other spice powders of your choice

Tips:

Can skip onions for satvik version.

Can adjust the water according to required consistency.



Brinjal Podi Kari

Tamil vegetable curry with spiced lentil powder

<https://youtu.be/aR9B3FD-o4s>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp sesame oil

Layer 2: 2C chopped eggplant (250g) hydrated

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

Close. **Click Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1/4C spiced lentil powder (OPOS Podi) / Thenga molagapodi.

Replace/Supplement:

Eggplant with other non-watery vegetables.

Sesame oil with your favourite oil.

Tips:

Can use any spiced lentil powder (Paruppu podi (lentils), poondu podi (garlic), Thenga molaga podi.(Coconut) etc.



Chana Masala

<https://youtu.be/OvwEyemQp9E>

Prep: Soak 1C Chickpeas overnight in water and drain

Recipe:

In the CookBot, add 1/2C water, Chickpeas, 1 chopped green chilli, 1tsp each (salt, chilli powder, garam masala, OPOS Ginger-Garlic paste), 1/2tsp coriander powder, 1/2C each caramelised (onion, tomato)

Close. Click **Menu >> + >> BEAN mode**

Once the bot beeps and displays LO, let pressure settle.

Open, coarsely mash. Mix all.

Replace / Supplement:

Chickpeas with favorite legumes

Garam masala with favorite spice mix

Tips:

Can add water/ stock after cooking to dilute to desired consistency

Can garnish with julienne ginger, chopped cilantro, squeeze lemon juice for extra flavor



Dahi Baingan

<https://youtu.be/FZv5y7ov160>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g eggplant wedges (quartered)

Layer 3: 1tsp chilli powder, 1/2tsp each (salt, garam masala, cumin), 1/8tsp turmeric powder

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all with 1C whisked curd.

Replace / Supplement:

Keeping the eggplant wedges immersed in water after chopping prevents discoloration and also hydrates them. Drain the water completely before layering.

Tips:

Can dilute with water/ cream



Dal Makhni

https://youtu.be/N93fb_G21dc

Prep: Soak 1C (200g) whole urad dal, 20 numbers (15-20g) kidney beans (rajma) overnight or until they double in weight. Drain.

Recipe:

In the CookBot, 1C water, legumes 1C (200g) sliced/ whole tomatoes, 1tsp each (salt, OPOS Ginger-Garlic paste), 1.5tsp each (chilli powder, coriander powder), 1tsp each (garam masala, cumin, powders), 1/4C caramelised onions.

Close. Click **Menu >> + >> Bean mode**

Once the bot beeps and displays LO, let pressure settle.

Mash or coarsely blend by adding 2-3Tbsp butter, 1/4C-1/2C cream.

Replace / Supplement:

Butter with oil or ghee

Urad dal with other whole legumes Kidney beans (Rajma) / Chickpeas (Chana)

Spices powders mentioned with favorite spice mix

Tips:

Can add more cream/ butter

Can add more caramelised onion

Can increase/ reduce the spices as per preference.

Can mash coarsely for a thicker gravy



Dal Tadka

<https://youtu.be/RFeljEnR80M>

Prep: Soak 1C mung dal in water for 1hr or till it doubles in volume. Drain

Recipe:

In the CookBot add, dal, 1C water, 1 sliced tomato, 2 garlic cloves, 1tsp each (salt, cumin), 1 green chilli, 1tsp oil, 1/8tsp turmeric

Close, click **Menu >> DAL mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1.5C water, 1Tbsp bottled tadka and serve

Replace / Supplement:

Mung dal with favorite lentils

Cumin, turmeric with favorite spice mix

Tips:

Can add more water to dilute to desired consistency

Can squeeze in a wedge of lime



Dum Aloo

https://youtu.be/KZsKE_FHzsE

Recipe:

In the CookBot, add 2Tbsp oil, 1C chopped onion, 3 small whole tomato, 250g pricked baby potato touching the base of the CookBot, 3 each (cashews, garlic cloves), 1Tbsp chopped ginger, 2 tsp kasuri methi.

Place an inner vessel with 1/2tsp each (salt, sugar, chilli powder, garam masala, cumin powder, coriander powder) mixed with 2tsp oil.

Close. Click **Menu >> + >> CARA mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel and the potatoes. Mix in the spice paste, 1/4C cream and blend into a smooth gravy. Mix in potatoes & serve.

Replace / Supplement:

Shallots with onion

Baby potato with potato

Spices with any fav spice powders

Tips:

Can use halved baby potatoes/ chopped potatoes

Can add more cream while blending



Enna Kathrikkai Kuzhambu

<https://youtu.be/8nLfszHWIVE>

Prep: Blend 2Tbsp each caramelised (onion, tomato, OPOS tamarind paste), 1/4C each (coconut, sambar powder), 1Tbsp jaggery. Slit 250g eggplants into 4, such that they remain attached at the base. Smear paste inside. Wipe the surface of every eggplant clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil

Layer 2: 1/2C whole shallots (80g), 2 small whole tomatoes, 6 green chillies, 8 garlic cloves, 1/4C curry leaves, stuffed eggplant

Layer 3: PIP- Spice paste, 1tsp salt

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel and eggplants. Mix the spice paste. Mash/ blend base with 1/2C water. Add 1Tbsp bottled tadka. Mix all with eggplants.

Replace / Supplement:

Shallots with diced onions

Whole tomatoes with deseeded tomato cups

Caramelized onion, tomato with lentil based stuffing (paruppu podi/ thenga molagapodi)

Tips:

Ensure the stuffing is not watery.

COOK FREE



Erissery

<https://youtu.be/u6bWPnW56XM>

Prep: Blend 1/4C grated coconut, 1 green chilli, 1/2tsp salt, 1/4tsp asafoetida, 1/8tsp turmeric powder, 1tsp coconut oil to a smooth paste

Recipe:

In the CookBot, layer as below:

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

Layer 2: 250g chopped yellow pumpkin

Layer 3: Coconut paste

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, dilute with 1/4C water and mix all with 1/4C thenga molagapodi, 2tsp bottled tadka.

Replace / Supplement:

Pumpkin with yam/ raw banana

Thenga molagapodi with roasted coconut

Tips:

Ensure the coconut paste is not watery



Ghugni

<https://youtu.be/jecj6vF1ulc>

Prep: Soak 1C (200g) dried peas in water overnight. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/2C water

Layer 2: Peas

Layer 3: 1/2C (125g) sliced tomatoes

Layer 4: 2Tbsp caramelised onions, 2tsp OPOS Ginger-Garlic Paste, 1tsp each (salt, chilli powder), 1/2tsp each (cumin, coriander, garam masala powders), 1/4tsp turmeric powder

Close. Click **Menu >> + >> BEAN mode**

Once the bot beeps and displays LO, let pressure settle. Open, mash coarsely for a thick gravy. Dilute with 1/2C water.

Replace / Supplement:

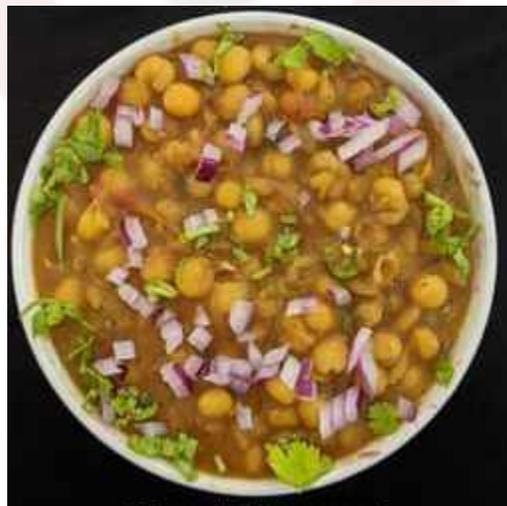
Dried peas with favorite soaked and drained legumes

Spices mentioned with favorite spice mix

Tips:

Can add 1Tbsp OPOS Mughlai Tadka for extra flavor

Can garnish with chopped cilantro



Horsegram Dal Makhani

<https://youtu.be/VDqvOO-WhJM>

Prep: Soak 1C Horse gram overnight. (It becomes 2.5C after soaking).

Recipe:

In the CookBot, add soaked Horse gram, 1C water, 2 whole tomatoes, 10 small green chilli, 1Tbsp each (butter, garam masala, Kashmiri chilli powder, coriander powder, salt), 1tsp each (turmeric, sugar), 1/2C caramelised onion

Close. Click **Menu >> + >> BEAN mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1/4C each (cream, chopped cilantro)

Replace / Supplement:

Horse gram with favourite gram/ pulses

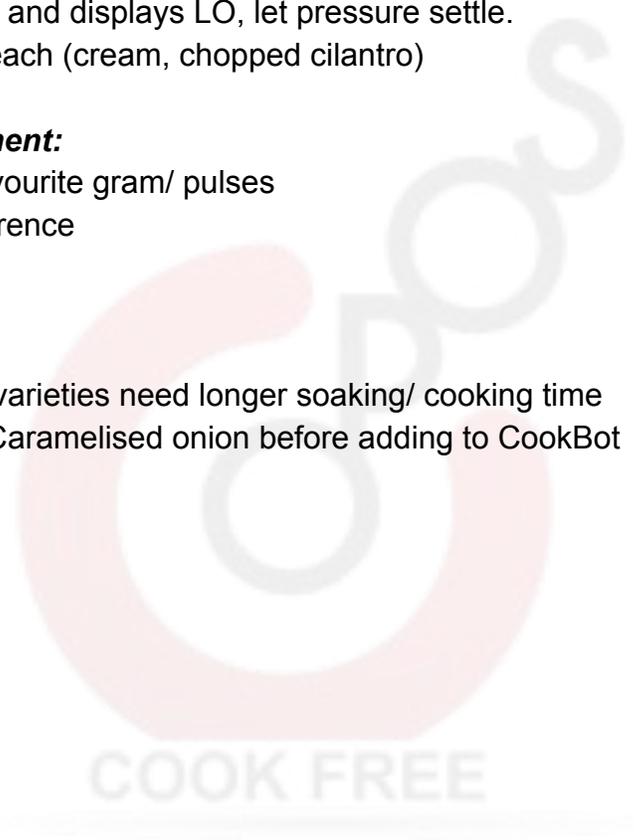
Spices as per preference

Cream with milk

Tips:

Tough dals/ darker varieties need longer soaking/ cooking time

Mix all spices with Caramelised onion before adding to CookBot



Jalfrezi

<https://youtu.be/AaU1FJHZBSk>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C (75g) each chopped (onion, tomato) arranged in bull's eye method, 1 slit green chilli

Layer 3: 2C bite sized mixed vegetables mixed with 1tsp each (OPOS Ginger-Garlic paste, Kashmiri chilli powder), 1/2tsp each (cumin, coriander powder, garam masala, salt), 1/8tsp turmeric powder

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Oil with butter

Garam masala with any spice mix

Tips:

Can add more onions/ tomatoes for masala



Kadala Kari

<https://youtu.be/GFusmiEyGI>

Prep: Soak 1C desi chickpeas overnight. Drain.

Blend 1C grated coconut with 2-3 dry red chillies, 1tsp each (salt, garam masala), 2tsp each (coriander powder, OPOS Ginger-Garlic paste), 1/4tsp turmeric powder, 1tsp coconut oil, 1/4C water to a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/2C water, 2tsp coconut oil

Layer 2: Chickpeas

Layer 3: 1/2C (125g) sliced tomatoes, 1/4C caramelised onion

Layer 4: Coconut paste

Close. Click **Menu >> + >> Bean mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1/2C each (coconut milk, water). Mash coarsely for a thick gravy.

Replace / Supplement:

Desi chickpeas with favorite legumes

Spice powders mentioned with favorite spice mix

Caramelised onions, tomatoes with Onion-Tomato Mother sauce

Tips:

Can add 1/2C cubed potatoes

Can use 1/4C Thenga molagapodi in spice paste

COOK FREE



Karuveppilai Kuzhambu

<https://youtu.be/5Tyu2UPgbvM>

Prep: Spiced lentil powder: Roast and grind 2tsp each (pepper, coriander seeds), 1tsp each (tuvar dal, cumin), 3 dry red chillies to a powder

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp sesame oil, 1Tbsp water

Layer 2: 1C (50g) packed curry leaves

Layer 3: 1/4C deseeded, raw tamarind

Layer 4: Place an inner vessel with spiced lentil powder, 1tsp salt, 1/4tsp each (turmeric powder, asafoetida), 1/2C water.

Close, click **Menu >>>> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, blend all.

Replace / Supplement:

Curry leaves with favorite herbs

Spice mix mentioned 1Tbsp Paruppu podi/idli podi, 2tsp each (pepper powder, cumin powder, coriander powder), 1tsp red chilli powder).

Sesame oil with favorite oil

Raw tamarind with OPOS tamarind paste

Tips:

Can mix in more water to dilute to desired consistency

Can add tadka

COOK FREE



Keerai Masiyal

<https://youtu.be/ndED1APhvtQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C (300g) chopped spinach (edible greens)

Layer 3: 1 slit green chilli, 1/4tsp salt, 1/2tsp cumin powder

Close. Click **Menu >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, mash all. Mix in 2tsp bottled tadka

Replace / Supplement:

Spinach with vegetables

Cumin powder with any other spices

Tips:

Can mix in CCC Paste + Cooked dal to make keerai kootu

Can mix in cooked dal + 2tsp sambar powder to make keerai sambar



Kofta Kadhi

<https://youtu.be/Qh--Pwvgz8g>

Prep: Mix 3Tbsp roasted gram flour (besan) with 1C buttermilk, 1/2tsp each (salt, chilli powder), 1/8tsp each (turmeric powder, fenugreek powder)

Recipe:

In the CookBot add 1C thin buttermilk.
Place the vessel with gram flour mix.

Close. Manually set, **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 5 minutes**.
Once the bot beeps and displays OFF, let pressure settle. Mix all with 1Tbsp bottled tadka, 1/2C readymade pakodi/ vada/ boondi. Let sit for 10 minutes.

Replace / Supplement:

Chilli powder with favorite spice mix

Tips:

To make thin buttermilk mix 1 part curd with 10 parts water
Using thick buttermilk can lead to burning
Can use onions / tomatoes in base with 2Tbsp oil as a buffer for another variation



Kootu

<https://youtu.be/cJN3Bdn5Dgl>

Recipe:

In the CookBot, layer as below:

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

Layer 2: 2C (250g) chopped chow chow (chayote)

Layer 3: 1/4C each (CCC Paste, cooked dal)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, mix in 1/4C water/ stock, 2tsp tadka.

Replace / Supplement:

Chow chow with favorite vegetables

Tips:

Can add 2tsp tamarind paste for pulippu kootu



Kumbakonam Kadappa

<https://youtu.be/GXDBcj8so6Y>

Prep: Blend 1/4C chopped coconut with 2 green chilli, 1tsp each (salt, cumin, spiced lentil powder), 1/4tsp each (garam masala, turmeric powder, fennel) into a thick paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp coconut oil

Layer 2: 1/2C each (sliced shallots (80g), chopped tomatoes (75g))

Layer 3: 1/2C each chopped (potato, carrots, beans)

Layer 4: 1/4C cooked dal

Layer 5: Spiced coconut paste

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, mix all with 1/2C water, 1/4C coconut milk.

Replace / Supplement:

Shallots with onions

Vegetables with any other fav vegetables

Spiced lentil powder with favorite roasted lentils

Tips:

Can dilute with consistency needed

COOK FREE



Kuruma

<https://youtu.be/k53TcXS3lCo>

Prep: Blend 1/4C grated coconut, 1Tbsp roasted gram, 1tsp each (chilli powder, Ginger- Garlic paste, salt), 1/2tsp each (fennel seeds, coriander powder, garam masala, cumin powder), 1/8tsp turmeric powder, 2Tbsp coriander leaves to a fine paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C (80g) each chopped (onions, deseeded, chopped tomatoes) in bull's eye method

Layer 3: 250g chopped vegetables (carrot, beans, potatoes, cauliflower), 10 curry leaves

Layer 4: PIP - Spice paste

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix the spice paste with the vegetables. Adjust consistency with milk/ coconut milk/ water. Garnish with coriander leaves.

Replace / Supplement:

Vegetables mentioned with favorite vegetables

Roasted gram with favorite nuts

Tips:

Add big florets of cauliflower to avoid overcooking or add small florets in PIP

COOK FREE



Lauki ki Sabji

https://youtu.be/7NvgYQN_WvY

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2: 250g chopped bottle gourd

Layer 3: 1/4tsp each (red chilli powder, salt, cumin powder), 1/8tsp turmeric powder

Close. Click **Menu >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all with 2tsp bottled tadka.

Replace / Supplement:

Bottle gourd with favorite watery vegetable

Tips:

Chop the vegetables into thicker chunks



Maanga Pachadi

<https://youtu.be/VU6fqpyCd2Q>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C sliced raw mangoes

Layer 3: PIP - 100g powdered jaggery, 2tsp water, 1/4tsp chilli powder, 1/8tsp salt

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove PIP. Mix in the jaggery. Add 1Tbsp bottled tadka.

Replace / Supplement:

Raw mango with favorite semi ripe fruits/ sour vegetables

Tips:

Vary jaggery measured based on sweetness

Thickens up on cooling

Can add 1/8tsp neem flower/ dry powder for festive variant



Mapillai Sodhi

https://youtu.be/RS30_Nnvrj8

Recipe:

In the CookBot, layer as below:

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

Layer 2: 250g chopped mixed vegetables (carrot, potato, beans)

Layer 3: 2 slit chillies, 1/4tsp garam masala, 1/2tsp cumin powder, 1tsp salt, 5 curry leaves, 1/8tsp turmeric

Layer 4: PIP - 1/2C chopped capsicum

Close, Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1/2C each (coconut milk, water). Add 2tsp lemon juice. Optionally, mash coarsely to thicken.

Replace / Supplement:

Garam masala with your favourite spice mix.

Chillies with chilli paste.

Coconut milk with nut paste/cream.

Capsicum with favorite delicate vegetables (cauliflower, peas...) in PIP

Tips:

Can mix in 1tsp lemon juice after cooking.

COOK FREE



Menthi Kura Pappu

<https://youtu.be/e7F0CuTEC8s>

Fenugreek leaves Dal

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C chopped fenugreek leaves

Layer 3: 1 slit green chilli, 1/2tsp salt, 1/4tsp each (red chilli powder, OPOS Tamarind Paste), 1/8tsp each (turmeric, asafoetida)

Layer 4: 1C cooked tuvar dal

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open. Mix well. Add 1tsp bottle tadka.

Replace / Supplement:

Fenugreek leaves with other greens of your choice

Red chilli powder with other spice powders of your choice

Tips:

Can dilute with water if required



Methi Matar Malai

<https://youtu.be/On9rczqqCo0>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C fresh / frozen peas

Layer 3: 2 slit green chillies, 1/2tsp each (salt, garam masala), 1/4tsp OPOS Ginger-Garlic Paste

Layer 4: 1C (50g) tightly packed fresh methi leaves

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1/2C cream. Mash coarsely for a thicker consistency

Replace / Supplement:

Methi with favorite edible greens

Garam masala with favorite spice mix

Peas with Corn

Cream with milk

Tips:

Can mix in paneer



Malai Kofta

https://youtu.be/jyhJ5l_vJp4

Prep: Mix 100g grated paneer, 50g grated potato, 2Tbsp grated carrots, 1/4tsp each (salt, garam masala, red chilli powder, coriander powder). Coarsely pulse in a mixer and shape into small balls (koftas).

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee smeared over the base

Layer 2: 1C diced onions, 2 whole tomatoes

Layer 3: 2Tbsp nut powder, 1/2tsp each (red chilli powder, cumin powder, coriander powder), 1/4tsp each (garam masala, salt), 1/8tsp turmeric powder

Layer 4: In an inner vessel, add the koftas

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel. Blend the base with 2Tbsp cream and dilute with 1/4C milk (optional). Add the koftas back.

Replace / Supplement:

Potato with any favorite starchy vegetable

Spices mentioned with favorite spice mix

Ghee with oil/ butter

Tips:

Dilute to desired consistency

Can stuff in dry fruits / nuts in koftas for richer taste

COOK FREE



Misal

<https://youtu.be/6TECmG4sgk0>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp peanut oil

Layer 2: 1/2C (75g) chopped onion, 1C (125g) chopped deseeded tomato arranged in bull's eye method

Layer 3: 1C (125g) sprouts, 1tsp OPOS Ginger-Garlic paste

Layer 4: 1/2tsp each (salt, chilli powder, jaggery, goda masala), 1/4tsp each (asafoetida, turmeric powder)

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, Coarsely mash. Add 1/4C bhujia/ farsan and 1/2C water. Mix all to make Misal

Replace / Supplement:

Goda Masala with favorite Spice Mix

Jaggery with sugar

Tips:

Can add potatoes to make a whole meal



More Kuzhambu

<https://youtu.be/DpfK6ECggGE>

Prep: Blend 1/2C grated coconut with 2 green chillies, 1/2tsp each (salt, cumin), 1tsp coriander powder, 1/4tsp turmeric powder, 1/8tsp asafoetida, 2tsp spiced lentil powder (optional), 1/4C water into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped ash gourd (white pumpkin)

Layer 3: Spiced coconut paste, 1/2tsp salt

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all with 1C whisked yogurt, 2tsp tadka

Replace / Supplement:

Ash gourd with favorite vegetables

Green chillies with red chillies

Tips:

Vegetables like okra when cooked with water can turn slimy



Navaratan Korma

https://youtu.be/ZAM8J_kLGPw

Prep: Blend 1/4C Cashews, 2Tbsp caramelised onions, 1tsp each (ghee, salt), 1/2tsp garam masala, 1/2tsp poppy seeds, 2 green chilli into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped mixed vegetables and fruits (carrots, beans, potatoes, pineapples, dates, raisins)

Layer 3: PIP - 1C chopped mixed delicate vegetables (peas, capsicum)

Layer 4: Nut Paste

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mix all with 1/4C each (cream, milk).

Replace / Supplement:

Vegetables mentioned with favorite vegetables

Milk with stock/ water

Tips:

Can add cauliflower/ broccoli in PIP

Can dilute as per needed consistency



North Indian Shahi Veg Korma

<https://youtu.be/9BcJTUoqe0I>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C (75g) each chopped (onion, tomato) arranged in Bull's eye

Layer 3: 2C (200g) chopped mixed vegetables

Layer 4: In an inner vessel, add (1/2C (75g) diced capsicum, 1/4c peas)

Layer 5: 1tsp each (chilli powder, coriander powder), 1/2tsp each (OPOS Ginger-Garlic paste, garam masala, kasuri methi), 1/4tsp cumin powder, 2Tbsp nut paste

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1/4C each (water, cream)

Replace / Supplement:

Nut paste with nut powder

Capsicum / Peas with favorite delicate vegetables

Cream with milk /plant based milk/cream for vegan version

Tips:

Dilute to desired consistency



Onion Tomato Chutney

<https://youtu.be/2lvJNCcPAPM>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C (125g) coarsely chopped onion, 1tsp chopped ginger, 1 garlic clove, 2 red chillies, 1C chopped tomato

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

Close the lid. Keep the **VENT OPEN**.

Manually set, **MENU >> + >> HEAT >> HIGH and Timer >> + >> 1 minute**.

Once the bot beeps and displays OFF, release pressure (if any) by pressing the black button in the center of the lid.

Open, mix all. Blend to a smooth dip. Add 2tsp bottled tadka.

Replace / Supplement:

Red chillies with green chillies

Tips:

Can mix in water and dilute to desired consistency



Paal Kootu

https://youtu.be/BNel_QipoTE

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water, 1tsp coconut oil

Layer 2: 2C chopped squash, 2 slit green chillies, 5 curry leaves

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

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mash coarsely with 1C milk.

Replace / Supplement:

Squash with favorite vegetable

Green chillies with red chillies

Tips:

Can use CCC paste in layer 3



Palak Paneer

<https://youtu.be/i4vXJPI08vc>

Prep: Mix 1C (125g) chopped paneer with 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (coriander, cumin powder, garam masala), 1/4tsp salt

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 4C (400g) chopped spinach, 2 slit green chilli, 1tsp kasuri methi, 1/4tsp salt

Layer 3: PIP - Spiced paneer

Close .Click **Menu >> + >> dVeg mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel. Blend the base with 1Tbsp butter, 2Tbsp cream (optional). Mix in paneer and serve.

Replace / Supplement:

Garam masala with your favourite spice mix

Spinach with your favourite edible greens

Paneer with tofu

Tips:

Can garnish with cream

Blending dulls colours. Mashing does not



Paneer Aloo Bhurji

<https://youtu.be/M5eIgR7osk8>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C (125g) roughly chopped onion (hydrated with 2tsp water)

Layer 3: 1.5C (200g) potatoes chopped small (hydrated)

Layer 4: Place a trivet. In a PIP - 1C (100g) crumbled paneer mixed with 1/2tsp each (salt, chilli, pepper powders), 1/4tsp garam masala

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove PIP and trivet. Mix in the spiced paneer and serve.

Replace/Supplement:

Potato with other starchy vegetables

Paneer with tofu/ shredded soya chunks/ minced meat

Garam masala with your favourite spice mix

Tips:

Can be eaten by itself as a balanced meal/ be served with roti/ rice.

Can be used as sandwich filling/ burrito filling.

Can be shaped into patties and shallow fried into tikkis/ cutlets.

If potatoes are mushy, cut them into bigger chunks. If they are undercooked, cut them into smaller chunks.



Paneer Butter Masala

<https://youtu.be/wXmdPvE5pxY>

Prep: Mix in 1C paneer cubes with 1/4tsp each (salt, chilli powder, garam masala, cumin powder, coriander powder, kasuri methi, OPOS Ginger-Garlic Paste), 1/8tsp turmeric

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp butter

Layer 2: 1C chopped onions

Layer 3: 200g deseeded tomato cups filled with 1/2tsp each (salt, chilli powder, garam masala, cumin powder, coriander powder, kasuri methi, OPOS Ginger-Garlic Paste)

Layer 4: PIP - 1C spiced paneer

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Remove PIP. Blend the base gravy with 2Tbsp cream. Mix in the spiced paneer.

Replace / Supplement:

Butter with oil/ ghee

Garam masala with favourite spice mix

Onion with shallots

Paneer with tofu/ soya

Tips:

Replace paneer with vegetables/ meats for more variations.

COOK FREE



Paneer Makhani

<https://youtu.be/sjkhtw8wpjc>

Prep: Mix 1C chopped paneer, 1tsp each (Kashmiri chilli powder, Ginger-Garlic paste), 1/2tsp (sugar, garam masala, salt)

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C butter smeared over the base

Layer 2: 250g small whole tomatoes, 1 slit green chilli

Layer 3: In an inner vessel, add the Spiced paneer

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel. Blend the tomatoes to a smooth gravy and mix in paneer.

Replace / Supplement

Paneer with tofu/ soya/ favourite vegetables

Tips

Use butter in room temperature



Paruppu Urundai Kuzhambu

<https://youtu.be/xrv3JL5Tq2s>

Prep:

Lentil balls: Soak 1/4C each (chana dal, tuvar dal), 2 dry red chilli in water for 1 hour. Drain. Blend to a coarse paste with 1Tbsp grated coconut, 1/2tsp salt, 1/4tsp asafoetida.

Shape into loose marble sized balls

Recipe:

In the CookBot layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C chopped onion, 1/2C chopped tomato

Layer 3: 1tsp each (OPOS ginger-garlic paste, sambar powder, OPOS tamarind paste), 1/2tsp salt

Layer 4: Place the spiced lentil balls in a broad inner vessel

Close, Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by changing the vent to right or left. Open, remove the inner vessel. Blend the base with 1/2C water. Mix in lentil balls. Optionally can add 2tsp bottled tadka & serve.

Replace / Supplement:

Sambar powder with equal chilli-coriander powders/ any spice powders

Chana/ tuvar dal with any other dal

Tamarind paste with raw mango/ any other souring agent

Water with coconut milk to dilute

Tips:

Can dilute to desired consistency if needed



Paruppu Usili #1

<https://youtu.be/f2dYIRCgMuM>

Prep: Soak 1/2C chana dal in water for 1 hour. Drain. Blend with 2 dry red chillies, 1/8tsp each (turmeric ,asafoetida), 1/2tsp salt, 4 curry leaves into a coarse paste, without adding water. Shape into small thin patties.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped beans

Layer 3: Spice patties

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove patties, let cool and crumble. Drain excess water (if any). Mix all, add 2tsp tadka and serve.

Replace / Supplement:

Beans with broad beans/ favorite vegetables

Chana dal with favorite lentils

Dry red chillies with green chillies

Freshly ground lentil patties with crushed masala vada

Tips:

Can use crushed papad, paruppu podi for instant usili mix



Paruppu Usili #2

https://youtu.be/_bozQuN5dmU `

Banana Stem in Spiced lentil crumble

Prep: Soak 1/4C tuvar dal, 3Tbsp chana dal in water for 2 hours. Drain. Blend with 3 dry red chillies, 1/8tsp each (turmeric, asafoetida) to a coarse paste. Shape into small thin patties.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water, 2tsp oil

Layer 2: 400g chopped banana stem

Layer 3: 1/2tsp salt

Layer 4: Arrange the patties in a single layer

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove patties, let cool and crumble. Mix all, add 2tsp tadka and serve.

Replace / Supplement:

Banana stem with other non-watery vegetables of your choice

Tips:

Can vary the proportions of tuvar dal and chana dal according to preference.

Can adjust the red chillies according to preference.

Can blend the dal with few curry leaves for additional flavour.



Pav Bhaji

<https://youtu.be/KOdcmnOHIYU>

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1C each chopped (onions, tomato) in bull's eye method

Layer 3: 2C (250g) chopped mixed vegetables (carrots, beans, potatoes), 1tsp pav bhaji masala, 1/2tsp each (garam masala, OPOS Ginger-Garlic paste)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, Mash well.

Replace / Supplement:

Vegetables mentioned with favorite vegetables

Pav Bhaji masala with favorite spice mix

Tips:

Can blend for a smoother texture



Pepper Soya

https://youtu.be/_r3xK0rSY88

Prep: Soak 1C (75g) soya chunks in water for 30 mins. Drain and squeeze out the water.

Spiced soya: Mix 2Tbsp tomato ketchup, 2tsp pepper powder, 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (salt, garam masala), 1/4tsp fennel powder, 1/8tsp turmeric

Recipe:

In the CookBot. layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1.5C (180g) sliced onion, 10 curry leaves

Layer 3: Spiced soya

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1Tbsp chopped cilantro and serve.

Replace / Supplement:

Soya with chicken

Tomato ketchup with OPOS caramelised tomatoes

Garam masala/ fennel powder with favorite spice mix

Tips:

Can hydrate onions with 1-2tsp water before layering (if onions are too dry) to avoid charring.

COOK FREE



Pitlai

<https://youtu.be/UwOkvrYYJp0>
Bitter gourd Eggplant Lentil Stew

Prep: Blend 1/4C grated coconut, 1Tbsp spiced lentil powder, 1/4tsp each (pepper powder, fenugreek powder), 3 dry red chillies to a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 1/4C peanuts, 1C each chopped (bitter gourd, eggplant)

Layer 3: 2tsp OPOS Tamarind Paste, 1tsp salt, 1/4tsp turmeric, 1/8tsp asafoetida

Layer 4: Spice Paste

Layer 5: 1/2C cooked tuvar dal

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open. Add 1C water, 1tsp bottled tadka and mix well.

Replace / Supplement:

Spiced lentil powder with sambar powder or any other spice powder of your choice

Brinjals with Pumpkin or Chayote

Peanuts with favorite sprouts

Tips:

Can vary the red chillies according to preference.

Can adjust the water according to preference

COOK FREE

Potato Masaal

<https://youtu.be/wUIG0rd3yjc>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped potatoes

Layer 3: 1 green chilli, 1Tbsp chopped ginger, 1/2tsp salt, 1/4tsp turmeric powder

Layer 4: In an inner vessel, add 1/4c peas

Close. Click **Menu >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all. Mash coarsely with 1/2C water. Add 1Tbsp bottled tadka.

Replace / Supplement:

Potatoes with favorite starchy vegetables

Peas with favorite delicate vegetable

Tips:

Dilute to desired consistency

Can mix in caramelised onions, tomatoes with extra flavor



Rasvangi

<https://youtu.be/2fe0o-AfT20>

Prep: Mix 1Tbsp each (spiced lentil powder (paruppu podi), spiced coconut powder (thenga molagapodi), OPOS Tamarind Paste), 2tsp each (jaggery, coriander powder), 1tsp each (salt, chilli powder), 1/4tsp each (turmeric powder, asafoetida) into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1Tbsp sesame oil

Layer 2: 250g chopped eggplant

Layer 3: 1/2C cooked tuvar dal

Layer 4: Spice paste

Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1/2C water. Add 2tsp tadka.

Replace /Supplement:

Tuvar dal with mung dal.

Eggplant with other vegetables.

Coriander powder, chilli powder with sambar powder/ favourite spiced mixes.

Water with lentil stock to dilute

Tips:

Spiced lentil powder (paruppu podi), spiced coconut powder (Thenga molaga podi) are readily available.

COOK FREE



Raw Banana Pepper Fry

<https://youtu.be/x-WLYdgplBk>

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 275g chopped raw banana

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

Close. Click **Menu >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, drain excess oil. Mix all with 1tsp lemon juice and 2tsp bottled tadka.

Replace / Supplement:

Raw banana with favorite starchy vegetable

Pepper / cumin with favorite spice mix

Tips:

Can mash for a podimas texture



Saagu

<https://youtu.be/bitQDxheMW4>

Prep: Grind 1/4C coriander leaves, 8 cashews, 2Tbsp (coconut, roasted gram), 1" ginger, 6 peppercorns, 2 green chillies with 2Tbsp water to make a paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water

Layer 2: 2C chopped mixed vegetables (potatoes, carrot, beans, chayote), 1/2tsp salt

Layer 3: PIP - 1/4C frozen peas, spice paste.

Close, click **Menu >> + >> VEG mode**

Once the bot beeps and displays "OFF" displayed, release pressure by turning the vent to right or left. Open. Mix in the peas and the spice paste. Dilute with 1C water, add 2tsp bottled tadka.

Replace / Supplement:

Cashews with almonds/ peanuts

Coriander with favorite herbs

Peas with cauliflower/ capsicum/ favorite delicate vegetables

Tips:

Can dilute as per needed consistency.



Salna

<https://youtu.be/DAptZcU8mj8>

Prep: Blend 1/4C grated coconut, 1/2tsp each (salt, red chilli powder, coriander powder), 1/8tsp turmeric powder with 2Tbsp water into a paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C each chopped (onions, tomatoes)

Layer 3: PIP - Spiced coconut paste

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, blend smooth/ coarsely with 1/2C water.

Replace / Supplement:

Red chilli powder with pepper/ green chillies

Coriander/ chilli powder with favorite spice mix

Tips:

Can be served with roti/ chapati/ paratha/ rice/ idiyappam/ akki roti

Can dilute as per needed consistency



Sambar

<https://youtu.be/vtL5Zu8yY2o>

Recipe:

In the CookBot, layer as below:

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

Layer 2: 2C chopped mixed vegetables (carrot, eggplant, pumpkin, tomato, ivy gourd, beans)

Layer 3: 1C cooked tuvar dal

Layer 4: 2tsp each (salt, sambar powder, OPOS tamarind paste), 1/4tsp each (turmeric, asafoetida)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1C water, 2tsp tadka.

Replace / Supplement:

Vegetables mentioned with favorite vegetables

Tuvar Dal with favorite cooked lentils

Sambar powder with favorite spice mix

Tips:

Can mix in freshly ground spice powders along with CCC paste for arachuvitta sambar

Vary ratio of spice powders to create variations of sambars



Senai Kizhangu Masiyal

https://youtu.be/OQp_1qjYCHU

Prep: Soak 1/2C tuvar dal (100g) for 1 hour. Drain.

Recipe:

In the CookBot, layer as below:

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

Layer 2: Soaked tuvar dal

Layer 3: 500g yam

Layer 4: 1/4C green chilli, 1/4C curry leaves, 1Tbsp tamarind, 1/4tsp each (turmeric powder, asafoetida), 1tsp salt

Close. Click **Menu >> + >> DAL mode**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open. Mash. Mix in 1C water, 2Tbsp bottled tadka.

Replace / Supplement:

Yam with favorite starchy tubers

Tuvar dal with favorite lentils

Tips:

Can mix in water to dilute to desired consistency

Can squeeze in 2tsp lemon juice for extra tanginess

Soaking yam in tamarind water and turmeric helps reduce the itchiness



Shahi Paneer

<https://youtu.be/8XFCi3MK3Bg>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee smeared over the base

Layer 2: 150g diced onion, 2 slit green chillies, 10 cashews

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

Layer 4: In an inner vessel, add 150g chopped paneer

Close. Click **Menu >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel. Blend the base with 1/4C cream. Add the paneer back.

Replace / Supplement:

Cashews with favorite nuts

Cumin, pepper with favorite spice mix

Tips:

Dilute to desired consistency

Can add 1tsp ghee to garnish for extra flavor



Shallots Vathakuzhambu

<https://youtu.be/LzP2JjgutUo>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil

Layer 2: 250g shallots

Layer 3: 3 dry red chillies

Layer 4: In an inner vessel, add 1/4C each (OPOS tamarind paste, sambar powder, water), 1tsp turmeric powder, 1Tbsp each (salt, jaggery)

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all with 2Tbsp bottled tadka.

Replace / Supplement:

Sambar powder with any other spices

Tips:

Can add garlic cloves along with shallots for extra flavor

Can add 1-2 small whole tomatoes for puli kuzhambu/ kaara kuzhambu variant

Can mix in water to dilute to desired consistency

Stores well for days together



Thoran

https://youtu.be/D_J3i_2B3ZA

Prep: Blend 1/4C grated coconut with 1 green chilli to a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water, 1tsp

Layer 2: 1C chopped snake gourd

Layer 3: 1C chopped cabbage

Layer 4: Coconut paste, 1/8tsp turmeric, 1/4tsp salt

Close. Click **Menu >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all with 1tsp bottled tadka.

Replace / Supplement:

Snake gourd with favorite watery vegetable

Cabbage with favorite delicate vegetable

Tips:

If vegetables are very juicy/ fresh, can reduce water

Can add 1Tbsp soaked and drained mung dal in Layer 4



Udupi Rasam

<https://youtu.be/nG21in3hzRA>

Prep: Soak 1/4C tuvar dal for 1 hour. Drain.

Recipe:

In the CookBot, layer as below:

Layer 1: 1tsp coconut oil

Layer 2: Drained dal, 5 curry leaves

Layer 3: 1C chopped tomatoes

Layer 4: 2 slit green chillies, 2Tbsp saaru pudi, 1Tbsp salt, 2tsp OPOS Tamarind Paste, 1tsp jaggery powder, 1/4tsp each (turmeric, asafoetida)

Layer 5: 1.5C water

Close. Click **Menu >> + >> DAL**

Once the bot beeps and displays LO, let pressure settle.

Open. Add 2C hot water, 1Tbsp each (chopped coriander leaves, bottled tadka)

Replace / Supplement:

Coconut oil with ghee

Saaru pudi with Rasam powder

Jaggery powder with sugar

Tips:

Can add a Tbsp of grated coconut for additional flavour.



Vadakari

https://youtu.be/-zUQaAz0q_s

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C each chopped (onion, deseeded tomatoes) arranged in bull's eye method

Layer 3: 3 chopped green chillies, 1tsp each (OPOS Ginger-Garlic paste, coriander powder, salt), 1/2tsp each (garam masala, fennel powder), 1/8tsp turmeric powder

Layer 4: 6-8 nos crushed masala vada (fried lentil fritters)

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mash coarsely. Add 1/2C water to dilute to desired consistency.

Replace / Supplement:

Onions with shallots

Garam masala with your favourite spice mix

Vada with falafel/ pakodi/ soaked and ground spiced dal

Tips:

Can dilute with coconut milk/ water.

You can enrich the curry by mixing in seed paste (Khus khus) / nut paste / coconut paste / dairy (milk, cream), coconut milk etc.

Can mix in leftover kurma/ salna.



Vellai Kuruma

<https://youtu.be/YsOv2ST3MZQ>

Prep: Blend 1/4C grated coconut, 1Tbsp roasted gram, 1tsp each (chilli powder, ginger garlic paste, salt), 1/2tsp each (fennel seeds, coriander powder, garam masala, cumin powder), 1/8tsp turmeric powder, 2Tbsp coriander leaves to a fine paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 10 curry leaves, 1/2C each chopped (onions, deseeded tomatoes) arranged in bull's eye method

Layer 3: 250g chopped vegetables (carrot, beans, potatoes, cauliflower).

Layer 4: In an inner vessel, add the Spice paste

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix the spice paste with the vegetables. Dilute with 1/2C milk. Garnish with coriander leaves.

Replace / Supplement:

Carrot/ beans with any other vegetables

Roasted gram with cashews/ almonds/ any nuts/ seeds

Spices with any fav spices

Milk with stock/ coconut milk/ cream to dilute

Tips:

Add big florets of cauliflower to avoid overcooking or add small florets in PIP

COOK FREE



Vendakkai Moru Kari / More Kuzhambu

<https://youtu.be/kmO-a5djnig>

Prep: Blend 1/4C chopped coconut, 2 green chillies, 1tsp each (chana dal, cumin), 1/4tsp turmeric into a smooth paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g chopped okra (1" pieces), 1/2tsp salt

Layer 3: In an inner vessel, add the Spiced coconut paste

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps (three beeps) and displays OFF, release pressure by turning the valve to left or right. Open, remove the inner vessel. Mix all with 1C whisked yogurt, 2tsp tadka. Can dilute further with 1/4C water.

Replace / Supplement:

Okra with favorite vegetables

Green chillies with red chillies

Tips:

Can add 1/2tsp OPOS tamarind paste if yogurt is not sour

Can increase coconut to 1/2C to stretch the curry

Dilute further to desired consistency.



Zunka

<https://youtu.be/4xXxCloOtEI>

Prep: Mix 1/2C roasted besan, 1/2tsp each (red chilli powder, salt, cumin powder), 1/8tsp each (turmeric, asafoetida)

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Layer 2 250g chopped (cabbage, carrot)

Layer 3: Spiced besan

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open. Mix well. Add 1tsp bottle tadka.

Replace / Supplement:

Cabbage & carrots with other non-delicate vegetables of your choice

Red chilli powder with other spice powders

Tips:

Can add 1Tbsp chopped coriander leaves for additional flavour.



3 Dry Veg Curries in One Shot

<https://youtu.be/d-inrLzDTK8>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Place the separators and divide into 3 zones

Zone 1: Beans dry curry

Layer 2: 1C chopped beans

Layer 3: 1 chopped green chilli, 1/4tsp salt

Zone 2: Sweet corn dry curry

Layer 2: 1C sweet corn

Layer 3: 1/2tsp chilli powder, 1/4tsp salt

Zone 3: Carrot dry curry

Layer 2: 1C chopped carrot

Layer 3: 1 chopped green chilli, 1/4tsp salt

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix in 1/4C grated coconut, 1Tbsp bottled tadka and serve as Beans Dry Curry

Remove zone 2, mix in 1Tbsp bottled tadka and serve as Sweet Corn Dry Curry

Remove zone 3, mix in 1Tbsp bottled tadka and serve as Carrot Dry Curry

Replace / Supplement:

Chilli powder with sambar powder

Beans, carrot with favourite vegetable

Sweet corn with favourite starchy vegetables

Tips:

Mix and match any additive with any vegetables to make infinite dry curries

Can use water / stock / cream / milk for diluting curries



Meat Based Dishes

Achari Murgh

<https://youtu.be/qm0GgKPMWjo>

Pickled chicken curry

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 250g chopped chicken with bones

Layer 3: 2Tbsp mango pickle, 1tsp each (OPOS Ginger-Garlic paste, coriander powder), 1/4tsp each (garam masala, chilli powders).

Close. Click **Menu >> + >> CHIC mode**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mix all.

Replace / Supplement:

Chicken with your favourite marinated meats/ soya/ mushroom

Mango pickle with favourite pickle

Garam masala with favourite spice mix

Oil with ghee/ butter

Tips:

If overcooked, release pressure/ use larger pieces.

If undercooked, cook longer/ use smaller pieces/ allow pressure to settle.

Can marinate overnight for a deeper flavour.

COOK FREE



Aloo Murgh

<https://youtu.be/Zd5FVJPxRSI>

Prep: Marinate 250g chopped chicken with 1tsp each (red chilli powder, coriander powder, cumin powder), 1/2tsp each (salt, garam masala, OPOS Ginger-Garlic paste), 1/4tsp turmeric powder

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C chopped each (onions, tomatoes), spice chicken arranged side by side

Layer 3: 200g potatoes chopped big, marinated with 1/2tsp red chilli powder, 1/4tsp salt

Close. Click **Menu >> CHIC mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix all. Dilute with 1/2C water if needed.

Replace / Supplement:

Potatoes with favorite starchy vegetables

Spice mix with favorite spices

Tips:

Can mix in cream / milk for extra flavor



Beef Masala

<https://youtu.be/k-3MFN2aybo>

Prep: Mix 300g chopped beef, 1tsp each (OPOS Ginger-Garlic Paste, Salt), 2tsp each (red chilli powder, coriander powder), 1tsp pepper powder, 1/2tsp garam masala, 1 slit green chilli, 1/4tsp turmeric powder, 10 curry leaves.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/4tsp peppercorns, 3 dry red chillies, 1C each sliced (onions, tomatoes) arranged in bull's eye method

Layer 3: Spiced beef

Close. Manually set **MENU >> + >> HEAT >> HIGH** and **Timer >> + >> 15minutes**.

Once the bot beeps and displays LO, let pressure settle.

Open and mix all.

Replace / Supplement:

Beef with any favorite red meat

Spices mentioned with favorite spice mix

Tips:

Can mix in coconut milk / cream for extra flavor.



Butter Chicken

<https://youtu.be/j2SY5GThKDo>

Prep: Mix 250-300g chopped chicken, 2tsp Kashmiri red chilli powder, 1tsp (OPOS Ginger-Garlic paste, kasuri methi), 1/2tsp each (cumin powder, salt, garam masala), 1/8tsp turmeric powder

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp butter to smear the base completely

Layer 2: 2 small whole tomatoes, Spiced chicken touching the base

Layer 3: 2Tbsp nut powder, 1/2tsp salt

Close. Click **Menu >> + >> CHIC mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the tomatoes and nut powder. Blend with 1/4C cream, 1tsp butter to a smooth sauce. Mix in the chicken.

Replace / Supplement:

Nut powder with nut paste

Chicken with favorite meat

Tips:

Dilute to desired consistency



Chicken Chettinad

<https://youtu.be/TgQOCCd60Cw>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C each chopped (onion, tomato) arranged in bull's eye method

Layer 3: 250g chopped chicken mixed with 1/2tsp each (garam masala, chilli, fennel, coriander powders), 1 tsp salt, 2tsp each (OPOS Ginger-Garlic paste, chopped mint), 2 chopped green chillies.

Layer 4: 1/4C coconut paste (Blend coconut with water to smooth paste).

Close. Click **Menu >> + >> CHIC mode**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, mash/ blend all except chicken.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Garam masala with your favourite spice mix

Sesame oil with your favourite oil.

Tips:

Use marinated chicken for deeper flavor.

Sear chicken before adding for more flavour.



Chicken Ishtu

<https://youtu.be/cYTSQKWnJbo>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp coconut oil

Layer 2: 1/2tsp chopped ginger, 2 slit green chillies

Layer 3: 1/2C (75g) chopped onions, 250g chopped chicken mixed with 1/2tsp each (OPOS Ginger-Garlic paste, salt), 1tsp each pepper powder

Layer 4: 1/2C potatoes chopped big, 5 curry leaves

Layer 5: In an inner vessel, add 1/2C diced carrots, 1/4C peas

Close. Click **Menu >> + >> CHIC mode**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, remove the inner vessel. Mix all with 1/2C coconut milk.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Pepper powder with your favourite spice mix

Coconut oil with your favourite oil.

Tips:

Use marinated chicken for deeper flavor.

Sear chicken before adding for more flavour.



Chicken Salna

<https://youtu.be/k4DY8fYUINE>

Prep: Blend 1/4C each (coconut, peanuts), 2dry red chillies, 1/4tsp salt, 1tsp oil to a smooth paste. Mix 250g sliced chicken with 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (salt, red chilli powder, coriander powder, cumin powder, garam masala), 1/4tsp turmeric powder.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C chopped onions, Spiced chicken

Layer 3: Spiced coconut paste

Close. Click **Menu >> CHIC mode**

Once the bot beeps and displays LO, release pressure by turning the valve to left or right. Open, dilute with 1/2C water.

Replace / Supplement:

Chicken with other protein (Soya chunks/ Mutton mince)

Peanuts with other favorite nuts

Spices mentioned with favorite spice mix

Tips:

Can mix in coconut milk / cream for extra flavor



Crab Curry

<https://youtu.be/HBUqgXW5zww>

Prep: Blend 1/4C coconut, 1Tbsp each (cashew, chilli powder, coriander powder, OPOS Ginger-Garlic paste), 1tsp each (poppy seed, fennel, pepper), 1/2tsp turmeric, 1" bit cinnamon, 6 green chilli with 1/4C water to paste

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/4C each chopped (tomato, onion)

Layer 3: 500g chopped crab

Layer 4: Spice paste, 1Tbsp salt

Layer 5: Optional - Can add the remaining spice paste (if any) in an inner vessel

Close. Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, let pressure settle. Open, mix all. Garnish with 1/4C chopped cilantro.

Replace / Supplement:

Crab with prawns /seafood varieties

Spice paste with favorite spice mix

Tips:

Can mix in coconut milk for extra flavor



Dry Fish Curry

<https://youtu.be/uUNXFRt1J-Y>

Prep: Soak 1C dry fish in water for 30 minutes. Rinse multiple times to remove the sand particles. Drain. Mix 2Tbsp fish masala with 1C washed dry fish

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C each chopped (onion, tomatoes) arranged side by side, 1/4C chopped coconut touching base, 6 slit green chilli, 1/4C curry leaves

Layer 3: Spiced dry fish, 1/2tsp salt, , 2Tbsp OPOS Ginger-Garlic paste

Close. Manually set, **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 15 minutes**. Once the bot beeps and displays LO, release pressure by turning the vent to left or right. Open, mix all and serve.

Replace / Supplement:

Fish with prawns/ seafood varieties

Fish masala with favorite spice mix

Tips:

Remove the fish. Mash/ blend the base and add the fish back.

Can dilute with water if needed



Egg Masala

<https://youtu.be/FwBHm-znEOQ>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1C sliced onions, 1/2C chopped tomatoes arranged in bull's eye method

Layer 3: 1tsp red chilli powder, 1/2tsp each (salt, pepper powder), 1/4tsp garam masala, 1/8tsp turmeric

Layer 4: 3 well washed eggs

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, remove eggs and peel. Mix all.

Replace / Supplement:

Chicken eggs with Quail eggs

Garam masala with favorite spice mix

Tips:

Release pressure for soft boiled eggs

Let pressure settle for medium boiled eggs

Allow eggs to cool completely for hard boiled eggs



Fish Masala

<https://youtu.be/Fn10afwpBFA>

Prep: Spice paste: Grind 1/2C chopped coconut, 2Tbsp fish masala, 1Tbsp OPOS tamarind paste, 10 shallots, 1" ginger, 2 garlic cloves to smooth paste

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: 500g chopped fish mixed with 1/2tsp each (salt, chilli powder), 1/4tsp turmeric

Layer 3: PIP- Spice paste

Close. Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, release pressure by turning the vent left or right. Open and mix all with 1/2C water (optional).

Replace / Supplement:

Fish with prawns/ seafood varieties

Fish masala with favorite spice mix

Water with coconut milk

Tips:

Remove the fish. Mix/ mash/ blend the base and add the fish back.



Fish Moilee

<https://youtu.be/IYsfPSMPvTA>

Prep: Mix 250g chopped fish with 1tsp OPOS Ginger-Garlic paste, 1/2tsp each (pepper powder, salt), 1/4tsp turmeric powder, 10 curry leaves

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil, 10 curry leaves

Layer 2: 1/2C chopped onions

Layer 3: Spiced Fish, 1 whole tomato

Close. Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, release pressure by turning the vent left or right.

Open and remove the fish pieces and blend the rest. Add back the fish and mix in 1C coconut milk and 1Tbsp bottled tadka.

Replace / Supplement:

Fish with prawns/ seafood varieties

Fish masala with favorite spice mix

Tips:

Remove the fish. Mix/ mash/ blend the base and add the fish back.



Murg Mussallam

https://youtu.be/Qwdwp_8FdTA

Prep: 1.2 kg chicken slit and smeared with 1/4C chicken masala, 1Tbsp OPOS Ginger-Garlic paste, 2tsp salt, 2Tbsp oil

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C whole shallots, 5 green chilli, 5 whole tomatoes

Layer 3: Spiced whole chicken

Close. Click **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 20 minutes**.

Once the bot beeps and displays LO, let pressure settle. Open, remove chicken. Mash/blend the base for gravy. Pour over the chicken and serve

Replace / Supplement:

Chicken with whole Quail/ Country Chicken

Chicken masala with favorite spice mix

Shallots with onions

Tips:

Serve as dry chicken or chicken gravy

Can chop the chicken while serving if needed

COOK FREE

Mutton Dalcha

<https://youtu.be/CM1or9SLm-w>

Prep: Soak 1/4c each (tuvar, chana dal) for 30 mins. Drain.

Recipe:

In a CookBot, add 2C water, Soaked Dal, 250g chopped tender mutton with bones and fat, 250g eggplant chopped big, 1/4tsp turmeric, 1/2tsp garam masala, 2Tbsp mutton masala, 1Tbsp OPOS Ginger-Garlic paste, 1tsp each (OPOS Tamarind paste, salt), 5 green chillies, 1/2C tomato, 1/4C (caramelised onion, mint).

Close, Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Mutton with favorite red meat

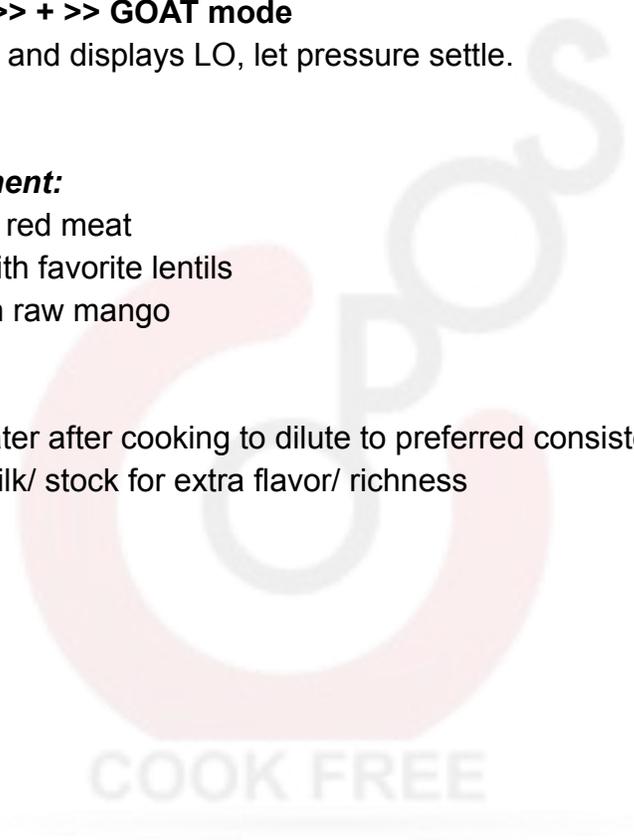
Tuvar/ Chana dal with favorite lentils

Tamarind paste with raw mango

Tips:

Can mix in more water after cooking to dilute to preferred consistency

Can add coconut milk/ stock for extra flavor/ richness



Mutton Chukka

<https://youtu.be/GDcZG398ivY>

Recipe:

In the CookBot, Layer as below:

Layer 1: 1/4C coconut oil,

Layer 2: 1C whole shallots, 1/4C each (whole garlic cloves, curry leaves), 1Tbsp chopped ginger, 10 dry red chilli,

Layer 3: 500g chopped tender mutton, 1tsp salt, 1/2tsp turmeric

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps, displays LO, let pressure settle. Open, mix all and serve.

Replace / Supplement:

Coconut oil with any favourite oil

Mutton with other favorite red meat

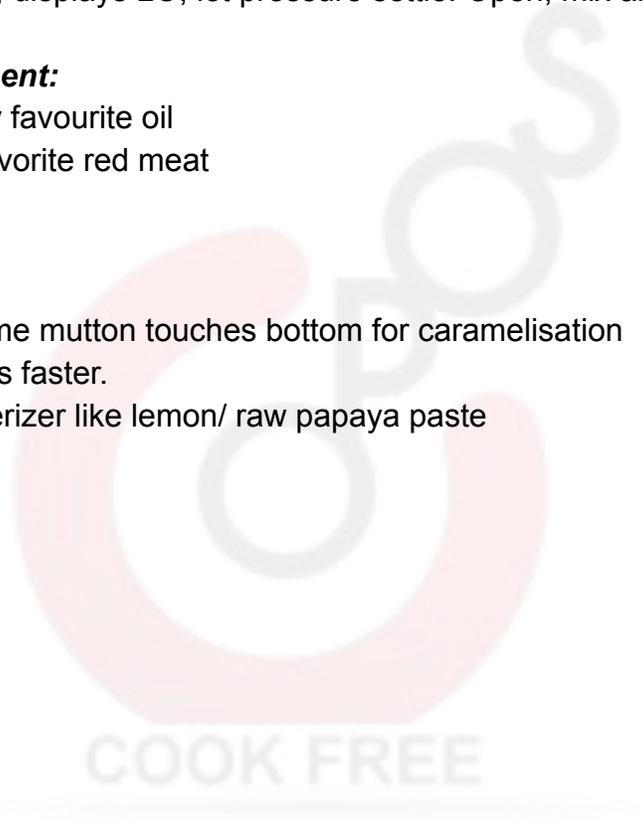
Shallots with onions

Tips:

Can ensure that some mutton touches bottom for caramelisation

Tender mutton cooks faster.

Can use meat tenderizer like lemon/ raw papaya paste



Mutton Ghee Roast

https://youtu.be/IZJaGmfFP_E

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C ghee

Layer 2: 1/4C curry leaves

Layer 3: 500g chopped tender mutton

Layer 4: 1tsp each (turmeric, salt)

Layer 5: 1/4C each (caramelised onion, mutton masala), 2Tbsp OPOS Ginger-Garlic paste

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open & mix all.

Replace / Supplement:

Mutton with favorite red meat

Mutton masala with favorite spice mix

Tips:

Tender mutton cooks faster.

Can use meat tenderizer like lemon/ raw papaya paste



Mutton Rogan Josh

<https://youtu.be/9h717jb1h9k>

Prep: Mix 500g tender mutton chopped small, 1/2C hung yogurt, 1Tbsp OPOS Ginger-Garlic paste, 2tsp garam masala, 2Tbsp caramelised onion, 1Tbsp each (coriander powder, Kashmiri chilli powder, mint), 1/2Tbsp cumin powder, 1tsp (salt, fennel powder, ginger powder)

Recipe:

In a CookBot, Layer as below:

Layer 1: 1/4C each (ghee, water)

Layer 2: Spiced mutton

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, Mix all.

Replace / Supplement:

Mutton with favorite red meat

Spice powders mentioned with favorite spice mix

Tips:

Can mix in water to dilute to desired consistency

Strain the regular yogurt overnight to make hung curd



Mutton Vindaloo

<https://youtu.be/uvsrnwq2SE8>

Prep: Blend to a paste: 6 Dry red Chilies, 1tsp each (cumin, coriander seeds, poppy seeds, ginger, pepper, OPOS tamarind paste, jaggery), 5 garlic cloves, 3 cloves, 2" bit cinnamon, 2 cardamom, 1/4tsp turmeric powder, 1Tbsp vinegar, 1/4C caramelised onion, 1.5tsp salt. Mix with 500g chopped tender mutton

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C each (oil, water)

Layer 2: Spiced mutton

Layer 3: 1/4C caramelised onion, 1Tbsp Kashmiri chilli powder

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.



Prawn Dopiazza

https://youtu.be/JbCF_3_rnQg

Prep: Spiced Prawn: Mix 250g cleaned and deveined prawns with 1Tbsp OPOS
Ginger-Garlic paste, 1tsp chilli powder, 1/2tsp each (salt, garam masala, cumin powder)

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C chopped onions

Layer 3: Spiced prawns

Layer 4: 3Tbsp caramelised onion

Cose. Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 2Tbsp whisked yogurt.

Replace / Supplement:

Prawn with any favourite seafood/ chicken/ soaked soya/ red meat

Garam masala with any favourite spice mix

Yogurt with cream/ any nut powder

Tips:

Can dilute if needed



Sura Puttu

<https://youtu.be/yxD6n5ancks>

Tamil fish scramble

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1.5C onion, 1/4C green chilli, 2Tbsp each (ginger, garlic), 20 curry leaves

Layer 3: 650g cleaned and chopped shark

Layer 4: 2tsp salt, 1tsp turmeric

Close. Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, (optionally can strain liquid), flake fish, mix all.

Replace / Supplement:

Onion with shallots

Spices as per preference

Shark with favourite fish

Tips:

Can serve strained liquid as soup

If undercooked, cut smaller/ cook longer.

Can mix in 1/4C grated coconut if needed.

Use very fresh fish.

If possible, get the fish deskinning.

COOK FREE

Thala Kari

<https://youtu.be/l7-BNcpUejl>

1.25 kg *Thalakari* for 6

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C each (oil, water)

Layer 2: 1/2C green chillies, 1/4C curry leaves

Layer 3: 1 goat head chopped (900g)

Layer 4: 2Tbsp OPOS Ginger-Garlic paste, 1Tbsp pepper

Layer 5: 1/2C caramelised onion, 1tsp turmeric, 1.5tsp salt

Layer 6: 1/2C grated coconut

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Oil with coconut oil/ sesame oil

Ginger-Garlic paste with chopped ginger/ garlic

Chopped head with meat with bones/ paya (trotters)

Tips:

Can dilute with water/ coconut milk if needed

COOK FREE

Appetizers

Bharwan Bhindi

<https://youtu.be/iWzTsX8pGmk>

Prep: Slit 150g okra on one side to make a pocket. Stuff in spice mix (3Tbsp crumbled paneer, 1Tbsp puliogare powder). Wipe the surface clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp Oil

Layer 2: Stuffed Okra placed in a single layer

Close. Click **Menu >> + >> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, drain excess oil (if any) and serve.

Replace / Supplement:

Spice mix mentioned with cheese/ tofu/ any favorite spice mix

Okra with ivy gourd, brinjal, snake gourd, bitter gourd/ hollow veggies

Tips:

Okra needs to be completely dry

Ensure the spice powders do not touch the base of the CookBot



Bharwan Shimla Mirch (Stuffed Bell Peppers)

<https://youtu.be/SWcvYz7tzuU>

Prep:

Mix 100g grated paneer, 2Tbsp (grated carrots, peas, corn), 1/4tsp salt, 1/2tsp (chilli, coriander, cumin, garam masala powders). Cut open the top portion of 250g whole bell peppers. Hollow them and stuff the spiced paneer. Optionally, add 1-2Tbsp shredded/ crumbled cheese in each bell pepper.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil, 2tsp water (optional)

Layer 2: Stuffed Bell peppers

Close. Click **Menu >>>> dVEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, remove the peppers and serve.



Cheesy Garlic Mushrooms

<https://youtu.be/WpWgpCdjFWY>

In the CookBot, layer as below:

Layer 1: 2Tbsp butter,

Layer 2: 15 garlic cloves, 6 green chilli

Layer 3: 200g whole mushrooms.

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, mash garlic, mix in 2Tbsp cream cheese.

Replace / Supplement:

Mushroom with baby corn /corn kernels /favourite vegetable

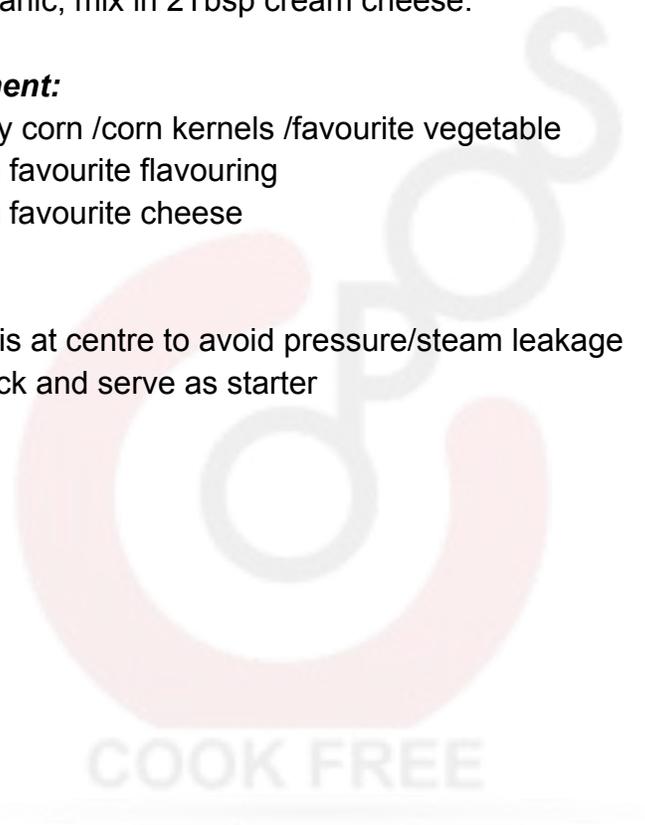
Garlic and chilli with favourite flavouring

Cheese spread with favourite cheese

Tips:

Make sure the vent is at centre to avoid pressure/steam leakage

Skewer with toothpick and serve as starter



Corn on the Cob

https://youtu.be/_VI0QpbvuF8

Recipe:

In the CookBot, add

Layer 1: 1/4C water

Layer 2: 500g corn on the cob, cut into 3" pieces.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, drain excess water (if any) and serve.

Replace / Supplement:

Corn with thick chunks of starchy vegetables of choice

Water with a combination of butter and water

Tips:

Can garnish with favorite seasoning/ shredded cheese

Can squeeze in a wedge of lemon

Can mix in roasted spices/ pepper while serving



Chilli Mushrooms

<https://youtu.be/LGcfV-eBmd4>

Recipe:

In the CookBot, layer as below:

Layer 1: 1Tbsp oil (spread the oil evenly in the base)

Layer 2: 1/2C diced onions

Layer 3: 200g whole mushrooms

Layer 4: 1/2tsp red chilli flakes, 1/4tsp salt, 1Tbsp chopped garlic

Layer 5: PIP: 1/2C diced capsicum

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays LO, release pressure by turning the vent to left or right. Open, mix all with 1Tbsp each (tomato sauce, soy sauce), 1/4tsp pepper powder

Replace / Supplement:

Mushroom with baby corn/ corn kernels/ favourite vegetable

Garlic and chilli with favourite flavouring

Soy sauce with favourite sauce

Tips:

Make sure the vent is at centre to avoid pressure/ steam leakage

Skewer with toothpick and serve as starter



Dhokla

<https://youtu.be/yhARC3se54Q>

Prep: Dhokla batter: In a bowl add 1C gram flour, 2Tbsp sooji/ rava, 1Tbsp each (sugar, oil), 2tsp lemon juice, 1tsp salt, 1/2tsp turmeric, 1/4tsp asafoetida with 1/2C water. After letting it rest for 10mins, add 1 packet fruit salt (5g). Mix well till frothy and transfer batter to a greased bowl.

Spiced water: Add 1/2C grated coconut, 2Tbsp bottled tadka, 1tsp sugar to 1/4C hot water

Recipe:

In the CookBot, add 1.5C water, place a greased bowl with dhokla batter. Close with lid. Close. Click **Menu >> Heat >> + >> HIGH and Timer >> + >> 20 minutes.**

Once the beeps and displays LO, let pressure settle.

Open, remove the inner vessel. After cooling, unmould, cut, pour spiced water and serve.

Replace / Supplement:

Gram flour with any lentil flour

Fruit salt with baking powder

Tips:

Can use coloured eno for coloured dhokla

Use wide vessel so that batter cooks evenly

Can add tadka if needed



Gutti Vankaya Kura

https://youtu.be/0-iWOhc_cqQ

Prep: Mix 1/4C spiced lentil powder (paruppu podi), 1tsp each (OPOS tamarind paste, OPOS Ginger-Garlic paste), 1/4tsp each (sambar powder, salt), 1/8tsp turmeric powder. Slit 250g eggplants into four so that they still remained joined at the base. Stuff spice mix tightly into eggplant. Wipe eggplant surface clean.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp each (oil, water)

Layer 2: Stuffed eggplants

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to right or left. Open and serve.

Replace / Supplement:

Spice mix for stuffing with crumbled or grated paneer/ thenga molagapodi/ paruppu podi/ puliyogare powder

Tips:

Choose small baby eggplants. Thick ones take longer time to cook
Tender eggplants cook faster.



Kadai Paneer

<https://youtu.be/h2Wk83BWGI8>

Prep: Mix 100g each (chopped paneer, capsicum) with 1tsp Kashmiri red chilli powder, 1/2tsp each (cumin, garam masala, salt), 1/4tsp OPOS Ginger-Garlic paste, 1/8tsp turmeric powder.

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp oil

Layer 2: 1/2C diced onions

Layer 3: PIP- Spiced paneer, 1/4C diced deseeded tomatoes.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to right or left. Open, mix all with 1Tbsp kasuri methi

Replace / Supplement:

Paneer with tofu

Garam masala with any spice powder

Tips:

Can add cream/ milk to dilute if needed



Paneer Ghee Roast

<https://youtu.be/Zy7MrDDy6no>

Prep: Mix 200g chopped paneer with 1/2tsp Kashmiri red chilli powder, 1/4tsp each (cumin, garam masala, salt), 1/8tspeach (OPOS Ginger-Garlic paste, turmeric powder).

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee (smear well to coat the base completely)

Layer 2: 1C diced onions, 1/8tsp salt, 10 curry leaves

Layer 3: PIP- Spiced paneer

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to right or left. Open, mix all.

Replace / Supplement:

Ghee with butter

Garam masala with any fav spice mix

Curry leaf with any other herbs

Tips:

Can also use caramelised onions



Stuffed Ivy Gourd

<https://youtu.be/jRsgpnSWhPs>

Prep: Blend 1/4C copra, 1Tbsp Paruppu podi (spiced lentil powder), 1tsp sesame, 1/2tsp each (cumin, pepper, salt), 2dry red chillies, 1/4tsp turmeric into a thick paste. Mix in 2Tbsp copra (desiccated coconut).

Take 250g ivy gourd and slit open into 4, so that they are joint at the base. Stuff the spice paste. Wipe the surface clean to avoid spices touching the base.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil

Layer 2: Ivy gourds touching the base

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, remove the stuffed ivy gourds and serve.

Replace / Supplement:

Ivy gourds with bitter gourd

Spice mix with favorite stuffing

Tips:

Choose tender vegetables



Sundal

<https://youtu.be/dWHgeUm-pJ0>

Prep: Soak 1C Desi chana overnight. Drain

Recipe:

In a CookBot, layer as below:

Layer 1: 1/2C water

Layer 2: Soaked and drained desi chana

Layer 3: 1tsp salt

Close, Click **Menu >> + >> Bean mode**

Once the bot beeps and displays LO, let pressure settle.

Open, drain excess water if any. Mix in 1Tbsp bottled tadka, 1/4C grated coconut.

Replace / Supplement:

Desi Chickpeas with favorite legumes

Tips:

Can mix in grated carrots, raw mango, salad vegetables for extra flavor



Soups

Carrot Soup

<https://youtu.be/-bNwMTjtqxY>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C chopped carrots (250g)

Layer 3: 1 slit green chilli, 1/2tsp each (salt, garam masala)

Close. **Click Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, blend all to a smooth liquid or mash well for a chunky soup with 1Tbsp butter, 1.5C water/ stock.

Replace / Supplement:

Carrots with favorite vegetables

Garam masala with favorite spice mix

Tips:

Can add 2Tbsp cream/ butter while blending.



Creamy Tomato Soup

<https://youtu.be/uZHxkmHtZhE>

Recipe:

In a CookBot, layer as below

Layer 1: 1/4C butter

Layer 2: 6 garlic cloves, 3 green chillies

Layer 3: 500g whole tomatoes

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, blend all with 1Tbsp each (salt, sugar), mix in 200ml cream.

Replace / Supplement:

Garlic with ginger

Butter with oil

Cream with stock/ water

Tips:

Can dilute as per the needed consistency



Cream of Mushroom Soup

<https://youtu.be/MNOQMsD6cWs>

Recipe:

In the CookBot, add 1/4C butter, 5 each (green chilli, garlic clove), 600g oyster mushroom, 1Tbsp salt, 1tsp pepper

Close. Click **Menu >> + >> SOUP mode**

Once the bot beeps and displays LO, release pressure by turning the vent to left or right. Open, blend all with 1/2C cream, 3C water. Mix and serve.

Replace / Supplement:

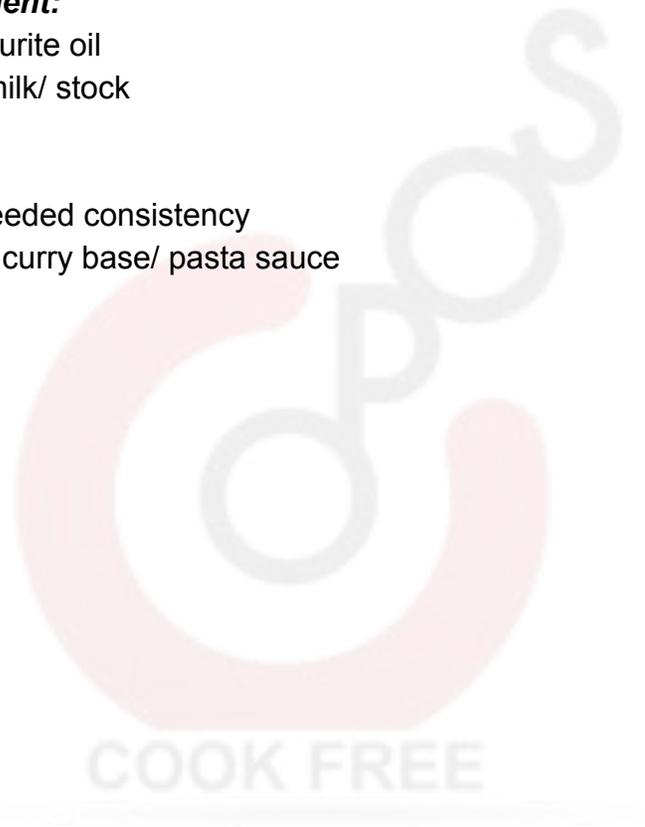
Butter with any favourite oil

Water, cream with milk/ stock

Tips:

Can dilute as per needed consistency

Can serve as soup/ curry base/ pasta sauce



Dal shorba

<https://youtu.be/qXokzMsadBE>

Prep: Soak 1/2C mung dal for 2 hours. Drain

Recipe:

In the CookBot, add 1C water, soaked mung, 2Tbsp (caramelised onion, chopped tomatoes), 1tsp OPOS ginger garlic paste, 1/2tsp (salt, red chili powder, coriander powder), 1/4tsp garam masala, 2 slit chillies, 5 mint leaves.

Close, click **Menu >> + >> DAL mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open. Add 1Tbsp ghee, 1C water to dilute. Can mash/ blend dal to get smoother consistency.

Replace / Supplement:

1. Moong dal with masoor dal
2. Chopped tomatoes with caramelised tomatoes
3. Water with coconut milk to dilute

Tips:

Can dilute as per needed consistency



Minestrone

Italian Big Soup

<https://youtu.be/6FMUZ42qtWA>

Recipe:

In the CookBot, add 2C water, 1Tbsp butter, 1 chopped garlic clove, 1C chopped tomato, 1/4C pasta, 1/2C each (sliced mushrooms, corn), 1tsp each (salt, pizza seasoning, pepper)

Close. Click **Menu >> + >> SOUP mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1/4C each (grated cheese, chopped cilantro), 1tsp garlic infused olive oil.

Replace / Supplement:

Pepper with your favourite spice/ spice mix

Water with stock/ milk/ cream

Garlic infused olive oil with olive oil/ butter/ ghee/ other flavoured oil

Tips:

Can mix in grated cheese.



Mutton Bone Soup

<https://youtu.be/GI7clg8h9oA>

Prep: Coarsely grind 2tsp coriander seeds, 1/2tsp peppercorns, 1/4tsp cumin, 1 dry red chilli, 15 curry leaves

Recipe:

In the CookBot, add 300g mutton bone, crushed spice mix, 1L water, 1tsp salt, 1/4tsp turmeric. Mix

Close. Manually set, **Menu >> Heat >> + >> MEDIUM** and **Timer >> + >> 25 minutes**
Once the bot beeps and displays LO, let pressure settle.

Open after 1hour. Serve warm

Replace / Supplement:

Mutton bones with any red meat bones

Spice mix with any other spices

Tips:

Can add chopped coriander leaves/ mint leaves/ lime juice while serving

Can add more pepper/ dry red chilli for more spiciness



Room Freshener Rasam

<https://youtu.be/Xm4L7UKwKdw>

Recipe:

In the CookBot, add 1tsp ghee, 5g raw deseeded tamarind, 1tsp each (chopped ginger, crushed cumin, crushed pepper, salt), 1Tbsp each (mint, coriander leaves), 1/8tsp each (turmeric, asafoetida), 2C water.

Close. Manually set, **Menu >> + >> HEAT >> MEDIUM** and **Timer >> + >> 5minutes**

Once the bot beeps and displays LO, let pressure settle.

Open, mix in 1tsp bottled tadka.

Replace / Supplement:

Mint/ cilantro with favorite herbs

Ginger with Garlic

Tips:

Can mix in lentil stock



Drinks

Aam Panna

<https://youtu.be/FcqA3fSjp0w>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 2C raw mango

Layer 3: 1C Sugar

Layer 4: 2tsp cumin powder, 1tsp salt, 1/4tsp cardamom powder

Close, Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open and blend all.

Replace / Supplement:

Mango with grapes/ grapes/ apples

Sugar with jaggery

Tips:

Can refrigerate for a month if stored in a clean container



Corona Coffee

<https://youtu.be/SbHxat1ZhqQ>

Prep: Roast and blend 1/4C each (coriander seeds, wheat), 1tsp each (pepper, cumin), 10 Nos each (cardamom, long pepper, clove), 10g dry ginger, 2" bit cinnamon

Recipe:

In the CookBot, add 1.5L water, 250g jaggery, 1/4C spice mix (35g), 1Tbsp ginger

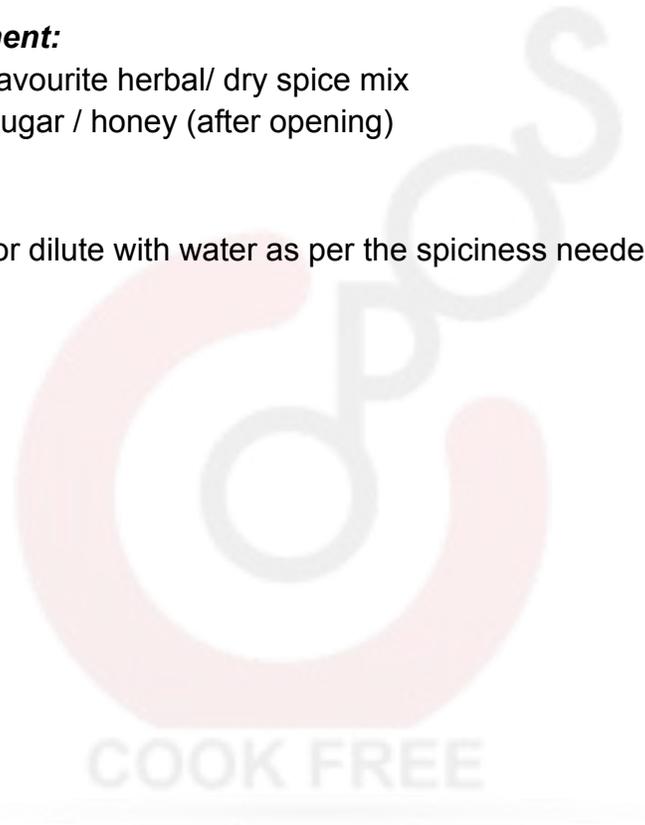
Close. Manually set **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 10 minutes**.
Once the bot beeps and displays LO, let pressure settle. Open, filter and serve

Replace / Supplement:

Spice powder with favourite herbal/ dry spice mix
Jaggery with palm sugar / honey (after opening)

Tips:

Can serve as such or dilute with water as per the spiciness needed



Frooti

<https://youtu.be/0JEoA60avEQ>

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 1C each (raw mango, ripe mango)

Layer 3: 1/2C Sugar

Close, Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open and blend all.

To make Juice from this concentrate, mix 1 part of this concentrate with 3 parts water.

Replace / Supplement:

Mango with grapes/ grapes/ apples

Sugar with jaggery

Tips:

Can refrigerate for a month if stored in a clean container



Sharbat

<https://youtu.be/vTg1b5lqfDw>

Recipe:

In the CookBot, add 2C sugar, 2C water, 1C chopped fruits (raw mango, gooseberry, pineapple, falsa, peach, sour apples, ..)

Close. Manually set **Menu >> Heat >> + >> HIGH** and **Timer >> + >> 4 minutes**.

Once the bot beeps and displays OFF, let pressure settle.

Open, strain and bottle. Can blend fruits optionally and mix in.

Serving tips:

Can pour over ice cream or fruit salad as a garnish.

Can blend with milk into a milkshake

Can mix in soaked Basil seeds for texture

Can mix in black salt, roasted cumin powder

Can mix in chilled water/ carbonated water/ fruit juice

Can replace sugar with jaggery

Extending Sharbat:

Mix in alcohol with sharbat to make liqueur

Mix in instant coffee powder to make infused decoctions/ coffee liqueurs

Mix in heavy cream & whiskey to make Irish Cream

Mix in chocolate sauce & alcohol to make chocolate liqueur



Lemon Squash

<https://youtu.be/Gha-EAuMSvc>

Recipe:

In the CookBot, add 1C each (sugar, water)

Close. Click **Menu >> + >> SSH mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, add 1/2C freshly squeezed lemon juice. Mix, let cool and store.

Replace / Supplement:

Lemon juice with any citrus fruit concentrate

Tips:

Can add additives like cinnamon, mint leaves etc



Pickles and Preserves

Brinjal Thokku

<https://youtu.be/RmQCP9-3wRs>

Recipe:

In the CookBot , layer as below:

Layer 1: 3Tbsp oil

Layer 2: 1/2C each chopped (onions, deseeded tomatoes) arranged in bull's eye method

Layer 3: 250g chopped brinjal

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

Close, click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix and mash if needed. Add 1tsp bottled tadka.

Replace / Supplement:

Brinjal with any other vegetable

Chilli/ coriander powders with any other spices/ pickle mix

Tips:

Can blend for smoother consistency



Chicken Thokku

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

1.5Kg Chicken thokku

Prep: Spice powder: Roast & grind 1Tbsp each (fenugreek, cumin, fennel)

Chilli paste: Blend 110g each (dry red chilli, vinegar).

Mix 1tsp turmeric powder with 900g chicken.

Recipe:

In a CookBot, layer as below:

Layer 1: 1C sesame oil

Layer 2: 1/4C curry leaves, Chicken

Layer 3: 1/4C Ginger-Garlic paste, 1/2C tamarind paste, 3Tbsp roasted spice powder, 1tsp asafoetida, 2Tbsp salt

Layer 4: 1C chilli paste.

Close, click **Menu >> + >> CHIC mode**.

Once the bot beeps and displays LO, let pressure settle.

Open. Mix all with 1/4C tadka. Check salt & add more if needed.

Replace / Supplement:

Chicken with fish/ any other meat

Roasted Spice powders with any other spice mix

Chilli paste with red chilli powder

Tips:

Can be stored as a pickle if refrigerated properly

Can dilute with water for gravy

COOK FREE

Fish Thokku

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

Prep: Mix 250g sliced fish with 3/4tsp salt, 1Tbsp (fish masala, OPOS Tamarind paste), 1tsp each (pepper powder, red chilli powder), 10 curry leaves, 1tsp oil,

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp oil, 10 curry leaves, 1/4tsp each(peppercorns, fenugreek seeds)

Layer 2: 1C chopped onions, 1/2C chopped tomato (arranged in bull's eye)

Layer 3: PIP: Spiced Fish

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the vent left or right. Open and remove PIP and mash or blend coarsely the base. Add back the fish and mix gently.

Replace / Supplement:

Fish with prawns /seafood varieties

Fish masala with favorite spice mix

Tips:

Can be stored as a pickle if refrigerated properly

Can dilute with water for gravy

COOK FREE

Garlic Pickle

<https://youtu.be/zlgHmBwbkE>

Recipe:

In a CookBot, layer as below

Layer 1: 1.5C sesame oil

Layer 2: 500g garlic cloves

Layer 3: 1.25C dry red chilli-vinegar paste

Layer 4: 1Tbsp each roasted (mustard, fenugreek powder), 1tsp turmeric, 1Tbsp asafoetida, 1/4C salt.

Close, Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, mix in 1/4C bottled tadka.

Replace / Supplement:

Garlic with shallots/ any vegetables

Red chilli-vinegar paste with red chilli powder-vinegar

Tips:

Let cool completely and bottle

Always use dry spoons

Refrigerate for longer shelf life

Can add extra oil as a sealant

Can add jaggery for sweet version



Inji Puli

<https://youtu.be/Tcf2N7B04AE>

Recipe:

In the CookBot layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 1C chopped ginger

Layer 3: 2C chopped/ whole green chillies

Layer 4: 1/4C tamarind

Layer 5 : 2Tbsp Jaggery, 1Tbsp salt, 1tsp each (asafoetida, turmeric)

Close, Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, coarsely blend/ mash. Mix in 1/4C bottled tadka.

Replace / Supplement:

Ginger with Garlic

Green chillies with Red chillies

Tamarind with OPOS tamarind paste

Sesame oil with any other oil

Tip:

Can blend well for smooth dip

Do not add water while blending after cooking.



Jam

<https://youtu.be/bi-qUzuK4xA>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C water

Layer 2: 250g chopped (non citrus) fruits

Layer 3: 125g sugar

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 2minutes**.

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, mix/ mash all, let cool and bottle.

Replace / Supplement:

Sugar with jaggery

Tips:

Can add cinnamon/ cloves/ nutmeg / favorite sweet spices for extra flavor



Mango Thokku

<https://youtu.be/fXGOKDE77dg>

Recipe:

In the CookBot inner vessel, layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 500g chopped raw mango

Layer 3: 2Tbsp each (salt, chilli powder), 1Tbsp coriander powder, 1/4tsp each (turmeric powder, fenugreek powder), 1/8tsp asafoetida

Close, Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mash the mangoes. Add 1Tbsp bottled tadka. Let cool and bottle it.

Replace / Supplement:

Sesame oil with any oil of choice

Raw Mangoes with any semi ripe sour fruit/ vegetable of choice

Spice powders mentioned with any pickle mix

Tips:

Can add extra oil while bottling as a sealant

Always use dry spoon and refrigerate for longer shelf life



Karuvaattu Thokku

<https://youtu.be/FcLK-nATLZw>

Dry fish thokku

Prep: Soak 250g dry fish in hot water mixed with 1/4C vinegar.
Rinse and remove sand. Drain.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/2C sesame oil

Layer 2: 1/4C curry leaves

Layer 3: 250g dry fish

Layer 4: 1/4C OPOS tamarind paste

Layer 5: 75g dry red chillies blended with 75g vinegar

Layer 6: 1Tbsp each roasted (fennel, cumin, fenugreek) blended to a powder, 1tsp turmeric, 1/2tsp salt, 1tsp asafoetida

Close, Click **Menu >> + >> FISH mode**.

Once the bot beeps and displays OFF, let pressure settle.

Open, mix in 2Tbsp bottled tadka

Replace / Supplement:

Sesame oil with favorite oil

Spice mix with favorite pickle mix

Red chilli-vinegar paste with red chilli powder-vinegar

COOK FREE

Pepper Mutton Thokku

<https://youtu.be/4ltc2WBbqOo>

Prep: Blend 1/2C vinegar, 1/4C each (cashew, roasted pepper), 2Tbsp OPOS Ginger-Garlic paste, 1Tbsp each (poppy seeds, roasted gram, coriander powder), 1/2Tbsp fennel, 4 Nos each (cardamom, clove), 2" cinnamon to paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/2C coconut oil

Layer 2: 2 green chilli, 1/4C curry leaves, 1kg tender mutton chopped small

Layer 3: Spice paste, 1Tbsp salt

Layer 4: In an inner vessel add 1/4C vinegar with remaining spice paste

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

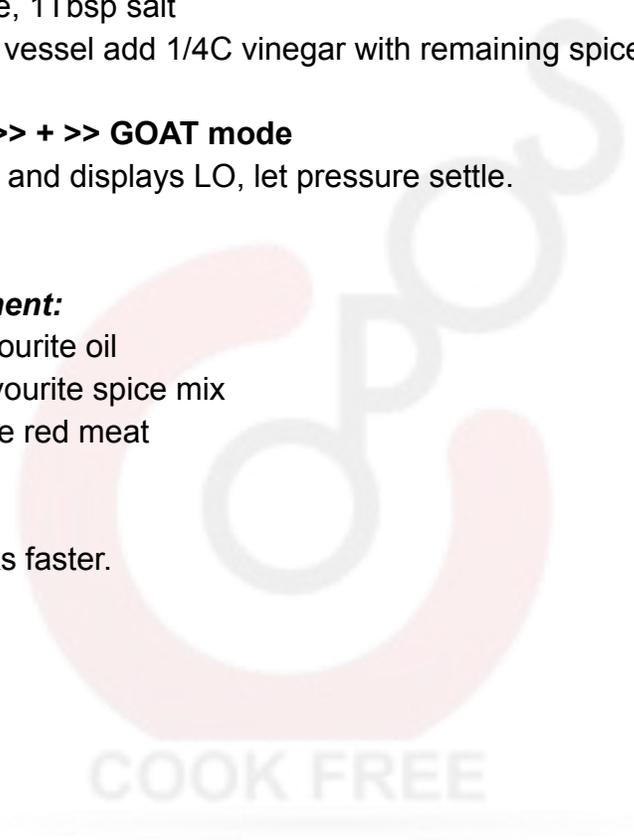
Coconut oil with favourite oil

Spice paste with favourite spice mix

Mutton with favourite red meat

Tips:

Tender mutton cooks faster.



Prawn Thokku

<https://youtu.be/NvomCeG9FIE>

Prep:

1. Roast & grind 1Tbsp each (fenugreek, cumin, fennel) - Spice mix
2. Blend 65g each (dry red chilli, vinegar)
3. Mix 1tsp turmeric powder with 600g cleaned and deveined prawns

Recipe:

In the CookBot, layer as below:

Layer 1: 3/4C sesame oil

Layer 2: 1/4C each (garlic cloves , ginger, curry leaves), 10 green chillies

Layer 3: Prawns

Layer 4: 2Tbsp salt, 1tsp asafoetida, 3Tbsp roasted spice mix

Close, Click **Menu >> + >> FISH mode**.

Once the bot beeps and displays OFF, let pressure settle.

Open. Mix all with 1/4C each (tadka, roasted mustard powder), 2Tbsp pepper powder.

Replace / Supplement:

Sesame oil with favorite oil



Mint Thokku

<https://youtu.be/jKxKeCoXTMY>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil, 2Tbsp water

Layer 2: 4C tightly packed mint leaves

Layer 3: 20 dry red chillies, 1tsp salt, 1/2tsp each (OPOS Tamarind Paste, jaggery), 1/4tsp asafoetida

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, let cool. Blend the contents to a thick paste.

Replace / Supplement:

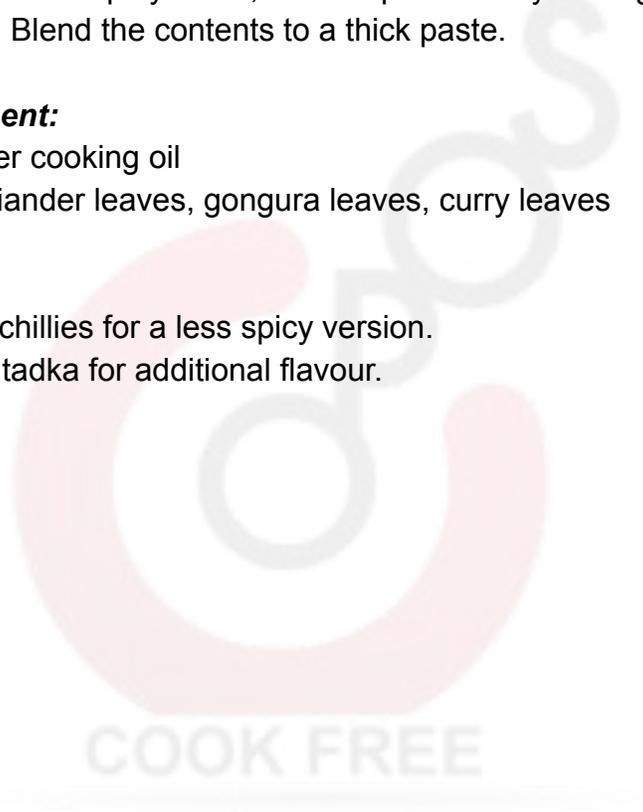
Sesame oil with other cooking oil

Mint leaves with coriander leaves, gongura leaves, curry leaves

Tips:

Can reduce the red chillies for a less spicy version.

Can add 1tsp bottle tadka for additional flavour.



Pulikaichal

<https://youtu.be/AYXzBoMi9sY>

Prep: Roast & blend 20 dry red chillies, 2Tbsp chana dal, 1Tbsp coriander seeds, 1Tbsp fenugreek to a coarse powder.

Recipe:

In the CookBot, add 1/2C sesame oil, 1C water, 1C deseeded, fiber removed tamarind, 1/4C roasted peanuts, 1tsp turmeric powder, 1Tbsp jaggery, 1.5Tbsp salt.

In an inner vessel, add 1C water, blended spice powder.

Close, Click **Menu >> + >> DAL mode**

Once the bot beeps and displays LO, release pressure gently by turning the valve to left or right. Open, mix all with 1/4C each (roasted sesame seed powder, bottled tadka)

Replace / Supplement:

Spice mix mentioned with favorite spice mix

Peanuts with favorite nuts

Tips:

Mix with 2kg rice, 1C sesame oil to make puliyodharai for 15 people



Tomato Thokku

<https://youtu.be/XL4Rs8KSH74>

Prep: Spice paste: Mix 1/4C each (OPOS tamarind paste, chilli powder), 1Tbsp each (jaggery, salt), 1tsp each roasted (mustard, cumin, fenugreek) with 1/4C sesame oil

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C sesame oil,

Layer 2: 500g whole tomato,

Layer 3: In an inner vessel, add the Spice paste

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to left or right. Open, remove the inner vessel and mix in the spice paste. Mash tomatoes. Add 1/4C bottled tadka and mix all.

Replace / Supplement:

Sesame oil with favourite oil

Spice mix with favourite spice mix

Tips:

Store in a clean and sterile jar



Scaling up

Veg Curries

Biryani Brinjal Gravy

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

Prep: Blend 1/2C (roasted peanuts, OPOS tamarind paste), 1/4C black sesame seeds, 2Tbsp each (chilli powder, OPOS Ginger-Garlic paste), 1Tbsp cumin, salt), 1/2Tbsp pepper, 1tsp turmeric with 1/2C water

Recipe:

In the CookBot, add 1/2C oil, 750g chopped eggplant, 1/4C caramelised onion, spice paste, 750g eggplant, In pip - 1/4C remaining spiced mixed with water

Close. Click **Menu >> + >> CARA mode**

Once the bot beeps and displays LO, let pressure settle. Open, mix all with 1C water, 1/4C cilantro.

Replace / Supplement:

Spice paste with spices of choice

Tips:

To reduce bitterness in brinjal, Chop 1.5kg eggplant, mix in 1/4C salt. Let rest for 30 mins. Wash and drain.

Some varieties of eggplant/ mature ones taste bitter. Simmer longer if needed to reduce bitterness.

Yields 2kg with 15 portions



Rasam

<https://youtu.be/Hu308OocTHc>

2.5Kg Rasam for 25 adults

Prep: Soak 1/2C tuvar dal for 1 hour. Drain.

Recipe:

In a CookBot add Dal, 250g chopped tomato, 1/4C Rasam powder, 1tsp each (asafoetida, turmeric), 1Tbsp salt, 1/4C OPOS tamarind paste, 3C water

Close, Click **Menu >> + >> DAL mode**.

Once the bot beeps and displays LO, let pressure settle.

Open, mash with 5C hot water, 1Tbsp salt, 1/4C each (cilantro, bottled tadka)

Replace / Supplement:

Tuvar dal with favorite lentils

Rasam powder with favorite spice mix

Tips:

Increase or decrease hot water to dilute to preferred consistency



Dum tea

<https://youtu.be/AHnj-Yjoq4Q>

Recipe:

In the CookBot, add 500ml each (unboiled milk, water), 2Tbsp tea powder, 1Tbsp each (dum tea masala, chopped ginger)

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, filter and serve.

Replace / Supplement:

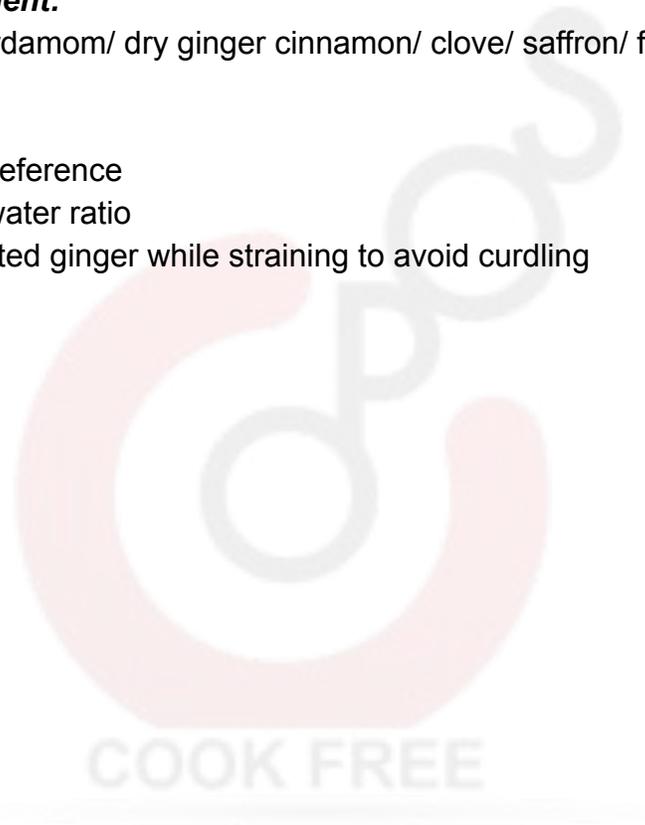
Tea masala with cardamom/ dry ginger cinnamon/ clove/ saffron/ favorite flavoring

Tips:

Add sugar as per preference

Can vary milk and water ratio

Can add freshly grated ginger while straining to avoid curdling



Mix Veg Kuruma for 10 adults

<https://youtu.be/qrCK0qHjPi8>

Prep: Blend 1C grated coconut, 4 small tomatoes, 1/4C roasted gram, OPOS Ginger-Garlic paste, 1/2C masala powder (any masala powder), 1Tbsp poppy seeds, 1tsp fennel, 10 small green chillies, 1C water to a THICK, smooth paste.
Soak 1C soya in water for 30min. Squeeze and drain.

Recipe:

In the CookBot, layer as below:

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

Layer 2: 250g sliced mushroom, 1/4C curry leaf

Layer 3: 1C chopped potato

Layer 4: 1/4C caramelised onion

Layer 5: Soaked and drained soya

Layer 6: Spice paste (750g)

Close. Click **Menu >> + >> VEG mode.**

Once the Bot beeps and displays OFF, let pressure settle.

Open, mix in 1.5Tbsp salt, 1/2C cilantro, 4C hot water.

Replace / Supplement:

Potato with starchy vegetables

Soya chunks with tender raw jackfruit

Mushrooms with tomatoes

Roasted gram with cashews/ almonds/ favorite nuts

Tips:

Can add cream/ coconut milk while diluting for extra flavor

Do not use delicate vegetables while scaling up.



Non Veg Curries

Boiled Eggs

https://youtu.be/lu_iv-L-SiQ

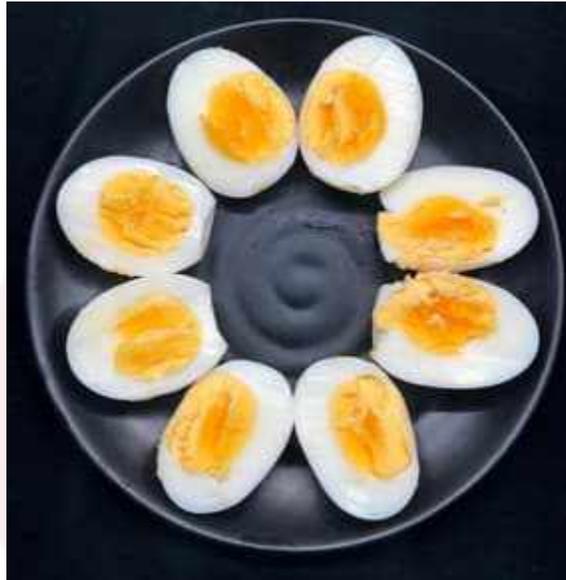
Recipe:

In the CookBot, add 1C water, 23 eggs.

Close. Click **Menu >> + >> EGG mode**

After the beep and displays OFF,

- Release pressure for soft boiled eggs
- Let pressure settle for medium boiled eggs
- Allow eggs to cool completely for hard boiled eggs



COOK FREE

Chicken Gravy for 10 adults

<https://youtu.be/jzNHZEXiRaw>

Prep: Blend 1C coconut, 1/2C chicken masala, 1C caramelised onion, 1/4C caramelised garlic, 1/4C chopped ginger, 1C water to a paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil, 10 green chillies

Layer 2: 1C chopped tomato, 1/4C curry leaves

Layer 3: 1kg chopped chicken

Layer 4: 1tsp turmeric, 2Tbsp salt

Layer 6: 1/4C caramelised onion, Coconut spice paste

Close. Click **Menu >> + >> CHIC mode.**

Once the bot beeps and displays LO, let pressure settle.

Open and mix in 4C hot water, 1/2C cilantro, 1Tbsp salt.

Replace / Supplement:

Chicken Masala with favorite spice mix

Caramelised Ginger/ Garlic with OPOS Ginger-Garlic Paste

Tips:

Can mix in stock/ cream/ coconut milk to dilute.



Fish Gravy for 10

https://youtu.be/Mj_v6fY_vzg

3kg Fish Kulambu

Prep: Blend 1C caramelised onions, 1/2C caramelised tomato, 1C chopped coconut, 1/2C OPOS tamarind paste, 1C fish masala powder, 6 cloves caramelised garlic, 1Tbsp ginger, 1C water.

Recipe:

In a CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1/4C garlic cloves

Layer 3: 1kg chopped fish

Layer 4: 1/2C caramelised shallots

Layer 5: 2Tbsp salt, Coconut spice paste, 1/2C bottled tadka

Close, Click **Menu >> + >> FISH mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, remove fish pieces. Mix gravy with 4C hot water, 1/2C cilantro and add the fish back.

Replace / Supplement:

Garlic with ginger

Fish with prawns

Caramelized shallots with caramelised onion

Tips:

Can use mustard- fenugreek, green chilli, dry red chilli, curry leaves-sesame oil tadka

COOK FREE

Mutton Kulambu for 15

<https://youtu.be/vTob4wrSxps>

Prep: Curry paste - Blend 1.5C caramelised shallots, 1C each (grated coconut, mutton masala, caramelised tomato), 1/4C OPOS Ginger-Garlic paste with 1C water

Recipe:

In the CookBot, add 2Tbsp oil, 1C water, 1/4C curry leaves, 1kg chopped tender mutton, 2tsp salt, 1tsp turmeric, Spice paste

Close. Click **Menu >> + >> GOAT mode**

Once the bot beeps and displays LO, let pressure settle.

Open, add 4C hot water, 3tsp salt, 1/4C cilantro

Replace / Supplement:

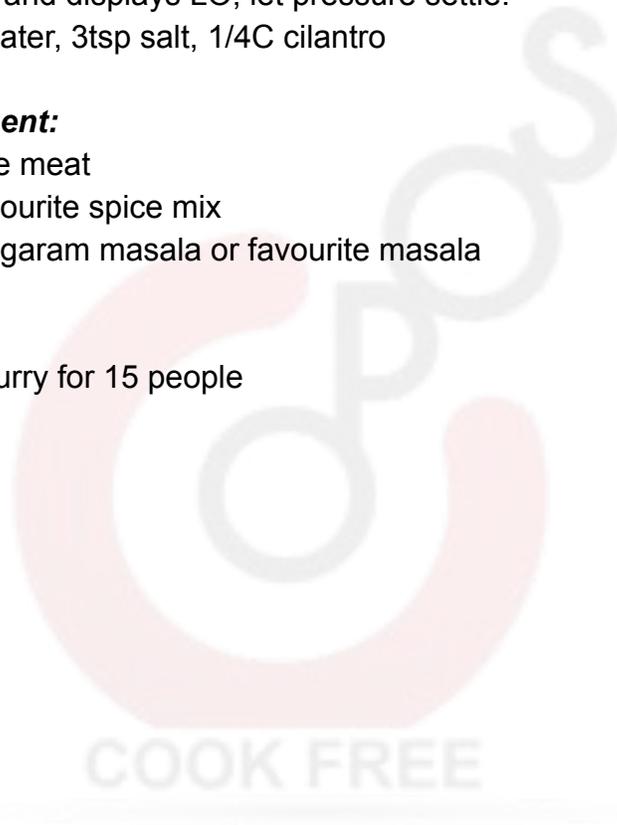
Mutton with favourite meat

Spice paste with favourite spice mix

Mutton masala with garam masala or favourite masala

Tips:

Yields 3kg mutton curry for 15 people



Mutton Dalcha

<https://youtu.be/OdZ2VwiMvzA>

Prep: Soak 1/2C each (tuvar, chana dal) in water for 2 hours. Drain.

Recipe:

In a CookBot, add 1/4C oil, 1C water, 20 curry leaves, Dal, 500g tender mutton chopped small, 250g eggplant chopped big, 1tsp turmeric, 1/4C green chillies, 1Tbsp each (Garam masala, salt), 1/4C mutton masala, 2Tbsp each (OPOS Ginger-Garlic paste, OPOS Tamarind paste), 1C chopped tomato, 1/2C caramelised onion.

Close, Click **Menu >> + >> GOAT mode.**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all.

Replace / Supplement:

Mutton with favorite red meat

Tuvar/ Chana dal with favorite lentils

Tamarind paste with chopped raw mango/ any other souring agent

Tips:

Can mix in more water after cooking to dilute to preferred consistency

Can add coconut milk richness

Chop eggplants big and add on top of meat pieces.

COOK FREE

Pepper Chicken Masala

<https://youtu.be/AK9LuA8JVHE>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C oil

Layer 2: 1C tomato wedges

Layer 3: 1.75kg chopped chicken

Layer 4: 1/2C chicken masala

Layer 5: 1/4C each (OPOS Ginger-Garlic paste, caramelised onion, curry leaves),
2Tbsp pepper, 1Tbsp salt, 1tsp turmeric

Close. Click **Menu >> + >> CHIC mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mix all with 1/4C cilantro

Replace / Supplement:

Chicken masala with any favourite spice powder

Caramelised onions with fried onions

Tips:

Can also mix chicken with all the spices

Can dilute with water/ coconut milk if needed



Desserts

Agar Pudding

https://youtu.be/jrPcm4hN_34

Recipe:

In the CookBot, add 7g soaked and drained Agar Agar strands, 1C water, 1/2C sugar. Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix in 1C milk, 1C chopped mango, 1/4C fresh cream. Pour into moulds. Let set (15-30minutes). Unmould and serve.

Replace / Supplement:

Milk with coconut/ nut milk

Agar Agar strands with agar agar powder/gelatin. Cooking time and measures may vary

Mango with any non-citrus fruit

Tips:

Can soak Agar Agar in water for at least 10 minutes.

Strain the syrup before letting it to set for smooth texture

Setting time may vary between 15-30 minutes depending upon the quality of Agar Agar strand used



Almond Katli

<https://youtu.be/tRyIRQoaXMQ>

Prep: Mix 150g almond powder, 30g milk powder in a wide bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 2Tbsp ghee.

Close. Click **Menu >> + >> SSH mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix the sugar syrup with the nut powder in the bowl and mix in to a dough. Spread the dough on a greased platform. Roll into desired thickness. Cut into desired shapes/ sizes.

Replace / Supplement:

Almond powder with favorite nut powder

Tips:

Reduce ghee for firmer texture. Increase ghee for softer texture.

If the mixture turns dry / crumbly, add 1Tbsp ghee / milk and mix

Use a weighing scale to measure ingredients.

Can skip milk powder

Can add few strands of saffron



Arisi Thengai Payasam

<https://youtu.be/EsoWC-C3qRM>

Prep:

Soak 2Tbsp raw rice for 1 hour. Drain. Blend (drained) raw rice, 1C grated coconut to a coarse paste with 1.25C water.

Recipe:

In the CookBot, layer as below:

Layer 1: 1/2C water

Layer 2: 1C jaggery powder, 1/8tsp cardamom powder

Layer 3: PIP- Rice-coconut coarse paste.

Close. Click **Menu >> + >> PAY mode**

Once the bot beeps and displays LO, let pressure settle.

Open. Mix the PIP into the jaggery syrup. Mix well without lumps.

Add 1Tbsp roasted cashew nuts.

Replace / Supplement:

Grated coconut with desiccated coconut

Cashews with other nuts

Tips:

Can vary the jaggery quantity according to its sweetness.

If jaggery has impurities can dissolve the jaggery in water filter and use before cooking



Badam Halwa

<https://youtu.be/ZeZUwKffdro>

Prep: Soak and deskin 150g almonds. Dry thoroughly and powder.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1Tbsp ghee, 2 saffron strands
Close. Click **Menu >> + >> SSH mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix the sugar syrup with the nut powder in the bowl and mix in 2Tbsp ghee.

Replace / Supplement:

Almond powder with favorite nut powder

Tips:

If the mixture turns dry / crumbly, add 1Tbsp ghee / milk and mix
Use a weighing scale to measure ingredients.



Bhapa Doi

Bengali cheesecake

<https://youtu.be/2nr6uBMgdiM>

Prep:

Mix 1C each (hung yogurt, sweet condensed milk), 1/8tsp cardamom powder. Pour in a greased vessel.

Recipe:

In the CookBot add 1C water. Place the vessel over a trivet.

Close. Manually set, **Menu >> + >> Heat >> + >> HIGH and Timer >> 10 minutes .**

Once the bot beeps and displays LO, let pressure settle.

Open, unmould after it cools down. (15-30 mins)

Replace / Supplement:

Cardamom powder with favorite sweet spices

Tips:

Can add nut slivers/ fruit pieces to garnish

Can mix in fruit puree for fruit flavored version

Can strain the regular yogurt overnight for hung yogurt



Carrot Halwa

<https://youtu.be/wo8noMzyrRc>

Recipe:

In the CookBot, layer as below:

Layer 1: 1/4C milk

Layer 2: 250g grated carrots

Layer 3: 125g sugar

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 2 minutes.**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, mix in 1Tbsp ghee.

Replace / Supplement:

Carrot with beetroot

Milk with water

Tips:

Can garnish with roasted nuts / raisins

Can also add milk powder as the top layer

Can add grated khoya/ condensed milk after cooking



Carrot Kheer

<https://youtu.be/MJe-wuWZV0M>

Carrot milk pudding

Recipe:

In the CookBot, layer as below:

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

Layer 2: 1C (150g) carrot chopped small, 1/8tsp cardamom powder

Close. Click **Menu >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, blend with 1C milk, 1/4C sugar, 1Tbsp DDL/ condensed milk, 1tsp ghee. Optionally, garnish with ghee roasted nuts.

Replace / Supplement:

Carrot with Potato/ sweet potato/ bottle gourd/ beetroot etc...

Vegetables with Fruits

Cardamom powder with favorite sweet spices

Tips:

Avoid strongly flavored veggies like okra, eggplant, Bitter gourd, drumstick etc.



Chakkara Pongal

<https://youtu.be/elvrZw14WnA>

Prep: Soak 1C rice, 1/4C mung dal for 1hr. Drain

Recipe:

In the CookBot, add 4C water, 1Tbsp ghee, Rice, Dal, 2 crushed cardamoms, 1/8tsp salt, 1/4C each (cashew, raisins)

Close. Click **Menu >> + >> PORR mode**

Once the bot beeps and displays LO, let pressure settle.

Open, mash with 1.5C jaggery, 1/2C milk

Replace / Supplement:

Cardamom with favorite sweet spices

Cashews/ Raisins with favorite nuts/ dry fruits

Jaggery with sugar

Milk with water

Tips:

Can increase or decrease addition of water/ milk after cooking to vary consistency

Can add more ghee for extra flavor



Choco Barfi

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

Prep: Mix 100g unsweetened milk powder with 30g cocoa powder in a bowl and sieve them. Grease a plate or tray with 2tsp ghee.

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, pour the sugar syrup into the choco-milk powder mixture bowl and mix well to make a smooth dough. Mix in 1tsp ghee. Spread it on a greased tray/ plate. Let it cool for 5 mins (or until its set), cut into desired shapes and serve.

Replace / Supplement:

Unsweetened milk powder with sweetened milk powder

Cocoa powder with flavored edible powders

Tips:

Always use measuring scale when doing Sugar syrup hack

Can add few tsp ghee/ warm milk if the dough becomes very dry/ crumbly



Chikki

<https://youtu.be/qSRY2n4wNf4>

Prep: in a bowl take 120g of peanuts and 180g of mixed dried fruits like cashews, almonds, dates, peanuts, walnuts and also fried gram

Recipe:

In the CookBot add 200g Jaggery powder, 60ml water, 1/4tsp cardamom powder, 1/8tsp dried ginger powder

Mix well.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 10 minutes.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the nuts to the jaggery syrup. Mix quickly and thoroughly so that the jaggery syrup coats well. Transfer the mixture into a greased plate and spread well. Let it set for 10 minutes.

Slowly remove the chikki from the plate and make pieces on cooling.

Replace / Supplement:

Mixed nuts with cashew

Cardamom powder with favourite sweet spice

Tips:

Use 24 mantra organic jaggery powder for the same results. Other jaggery powder may vary depending on its water content.

We can stuff the slightly hot mixture in a greased cone for Paruppu Thengai display.

Can be shaped into balls instead of chikkis.

Chikkis will be soft when hot and will become crunchy on cooling.



Coconut Barfi

<https://youtu.be/WikTiZzT1Yw>

Prep: Keep 130g desiccated coconut powder in a wide bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1tsp ghee, 1/4tsp cardamom powder.

Close. Click **Menu >> + >> SSH mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, mix the sugar syrup into the coconut powder bowl.

Spread the dough on a tray. Let set and cut into desired shapes/ sizes.

Replace / Supplement:

Desiccated Coconut powder with milk powder

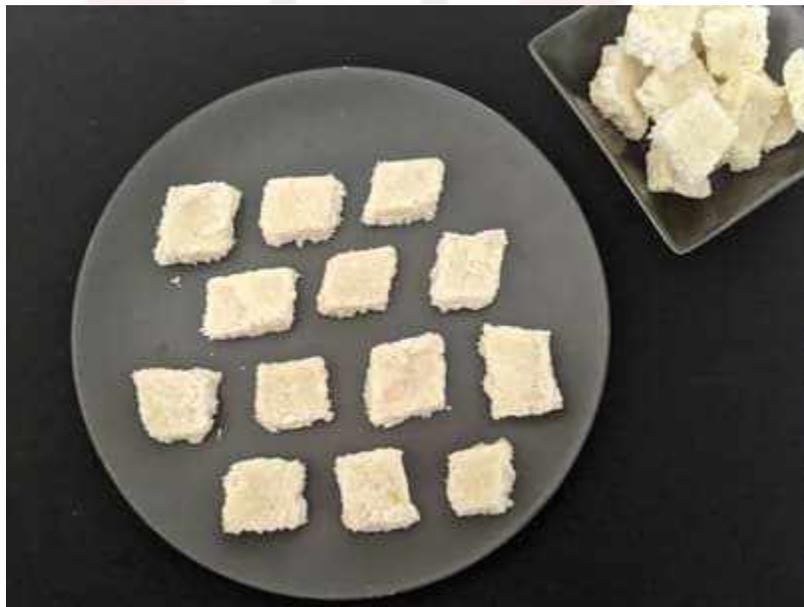
Cardamom powder with any other sweet spice

Tips:

Do not replace desiccated coconut powder with fresh grated coconut

Reduce ghee for firmer texture. Increase ghee for softer texture.

Use a weighing scale to measure ingredients while doing the Sugar syrup hack.



Fruit Kesari

<https://youtu.be/445XwqBhP34>

Recipe:

In the CookBot, add 1C each (water, fruit puree), 1/2C sugar, 2 crushed cardamom, 1/16tsp food color.

Close. Click **Menu >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, mix in 1/2C double roasted rava, 2Tbsp each (ghee, roasted (cashews, raisins)). Close, turn the vent to an airtight position and let sit in retained heat for 10 minutes. Open & serve.

Replace / Supplement:

Fruit puree with milk for **Milk Kesari**

Double roasted rava with very fine wheat rava grits

Tips:

Can garnish with ghee roasted nuts / dry fruits



Jeedipappu Paakam

<https://youtu.be/RMvmR9bqVxc>

Cashew nut Chikki

Prep: Take 300g cashew nuts in a bowl

Recipe:

In the CookBot add 200g Jaggery powder, 60ml water, 1/8tsp cardamom powder
Mix well.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 10 minutes.**
Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the cashew nuts to the jaggery syrup. Mix quickly and thoroughly so that the jaggery syrup coats well and transfer it to a broad container. Keep mixing.
Transfer the mixture into a greased plate and spread well. Let it set for 10 minutes.
Slowly remove the chikki from the plate and make pieces on cooling.

Replace / Supplement:

Cashew Nuts with roasted peanuts or mixed nuts
Cardamom powder with dry ginger powder/ other sweet spice

Tips:

Use 24 mantra organic jaggery powder for the same results. Other jaggery powder may vary depending on its water content.

We can stuff the slightly hot mixture in a greased cone for Paruppu Thengai display.

Can be shaped into balls instead of chikkis.

Chikkis will be soft when hot and will become crunchy on cooling.



Kadalai Urundai

<https://youtu.be/sFs7PHIsV0k>

Peanut - Jaggery Balls

Prep: Take 300g unsalted roasted peanuts (without skin) in a bowl.

Recipe:

In the CookBot, add 200g Jaggery powder, 60ml water, 1/8tsp cardamom powder, 1/16tsp dry ginger powder. Mix well.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 10 minutes.** Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the peanuts to the jaggery syrup. Mix quickly and thoroughly so that the jaggery syrup coats well and transfer it to a broad container. Keep mixing. When the mixture is slightly warm make small rough balls by applying a dash of ghee. Finally tighten the balls to a proper shape.

Replace / Supplement:

Roasted peanuts with puffed rice or roasted fried gram dhal or any other nuts

Tips:

Use 24 mantra organic jaggery powder for the same results. Other jaggery powder may vary depending on its water content.

We can stuff the slightly hot mixture in a greased cone for Paruppu Thengai display. We need to make balls when the mixture is slightly hot, if the mixture becomes cool balls cannot be made.

The mixture can be set in a greased plate and can be made as chikkis instead of balls. Kadalai urundai will be soft when hot and will become crunchy on cooling.



Kaju Katli

<https://youtu.be/-oPbMc2oT3U>

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> + >> SSH mode.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right.

Open, mix the sugar syrup with 180g cashew powder, 2Tbsp ghee and knead to form a dough.

Spread the dough on a greased platform. Roll into desired thickness.

Cut into desired shapes/ sizes.

Replace / Supplement:

Powdered cashews with favorite nut powder

Tips:

Reduce ghee for firmer texture. Increase ghee for softer texture.

If the mixture turns dry/ crumbly, add 1Tbsp ghee/ milk and mix

Use a weighing scale to measure ingredients.

Can add milk powder

Can add few strands of saffron



Milk Peda

<https://youtu.be/F2JiKol66W0>

Prep: Take 130g milk powder, 40g unsweetened khoya in a broad bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 2Tbsp ghee. Mix all.

Close. Click **Menu >> + >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the sugar syrup to the bowl containing the milk powder-khoya mixture. Add 1Tbsp ghee and mix well to make a soft dough.

When the dough is warm, make small balls and shape it to make pedas.

Garnish with sliced almonds.

Replace / Supplement:

Sliced almonds with cashews/ pistas or any nuts

Tips:

Can add a few strands of saffron to the sugar syrup.

Weighing the dry ingredients is important while doing sugar syrup hack

Mix the sugar syrup nicely so that there are no dry flours left on the sides

Can shape with a Peda mould / cutter



Mysorepak

<https://youtu.be/mvyV7dVZ30w>

Prep: Take 100g roasted besan in a broad bowl.

Recipe:

In the CookBot, add 200g sugar, 60ml water, 1Tbsp ghee. Mix all.

Close. Click **Menu >> + >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the sugar syrup to the bowl containing besan. Add 3Tbsp ghee and mix well and pour into a greased plate. Make cuts when still warm.

Replace / Supplement:

Gram flour with other roasted seed / nut flours /Sattu flour

Besan with roasted chickpeas freshly blended to a flour

Tips:

Vary cooking time to vary texture.

Use a weighing scale to measure ingredients. Cup measures can be tricky.

Can mix in 1/2tsp baking powder for a porous texture.

Can add more ghee for softer fudge.

Roast gram flour multiple times on low heat. Roast, let cool and roast again. Repeat until it loses all raw taste. There would be a mild colour change with repeating roasting of the flour (besan)

Can use a mixture of flours for an interesting flavour.

Can layer different coloured fudges to make a multi layer cake.

Can add cardamom powder or other sweet spices for flavour.



Obbattu /Poli Stuffing

<https://youtu.be/URu-WaOoY-w>

Prep: Soak 1/2C chana dal in water for 2 hours. Drain.

Recipe:

In the CookBot, add 1/2C water, chana dal.

Close. Click **Menu >> + >> DAL mode.**

Once the bot beeps and displays OFF, let pressure settle.

Open. Drain water. Mash.

Mix in 1/4C grated coconut, 1/2C grated jaggery, 1/4tsp cardamom powder.

Tips:

Use only 1/4C water for a tighter texture

Mix in grated coconut.

Stuffing for puran poli (15-20 polis)



Paal Paayasam

<https://youtu.be/jlJguYQ4QYQ>

Prep: Soak 1/4C basmati rice in water for 30 minutes. Drain.

Recipe:

In the CookBot, add 500 ml milk, soaked and drained basmati rice, 1/2C sugar, 1 cardamom, 4 saffron strands

Close, click **Menu >> + >> PAY mode**.

Once the bot beeps and displays LO, let pressure settle.

Open, add 2Tbsp fried/ roasted cashews or raisins (optional), 1Tbsp ghee.

Replace / Supplement:

Basmati rice with other aromatic rices

Sugar with jaggery (add jaggery after the payasam cools to keep the milk from splitting)

Whole cardamom with 1/8tsp cardamom powder/ other sweet spice

Tips:

Can leave in LO mode for a longer time for thicker payasam

Can dilute with more milk after opening (adjust sugar accordingly)



Palada Pradhaman

<https://youtu.be/prd7UPLewuA>

Prep: Soak 1/2C (75g) Rice ada in water for 30 minutes. Drain.

Recipe:

In the CookBot, add 1C water, rice ada. Place an inner vessel, with 1/2C powdered jaggery, 2Tbsp water, 1tsp ghee.

Close. Click **Menu >> RICE mode**.

Once the bot beeps and displays LO, let pressure settle.

Open, remove the inner vessel and mix in jaggery syrup. Add in 1/2C coconut milk, 1/8tsp each (cardamom powder, roasted cumin powder, dry ginger powder).

Replace / Supplement:

Rice ada with pasta, rice

Coconut milk with milk

Tips:

Can garnish with 2Tbsp ghee roasted coconut slivers.



Paruppu Pradhaman

Sweet lentil - milk pudding

<https://youtu.be/in7XFjc-7v0>

Prep: Soak 1/2C mung / chana dal in water for 4 hours. Drain.

Recipe:

In the CookBot, 1C water, 1Tbsp ghee, lentils. In an inner vessel, add 1C jaggery, 1/4C water.

Click **Menu >> + >> DAL mode.**

Once the bot beeps and displays LO, Let Pressure settle.

Open, remove PIP. Mash the dals well and mix jaggery from PIP. Add 1/4C each (coconut milk, water), 1/4tsp each (cardamom powder, dry ginger powder, cumin powder).

Replace / Supplement:

Mung / chana dal with favorite lentils

Coconut milk with plain milk/ nut milk

Can add a pinch of edible camphor

Tips:

Can go for one or more varieties of lentils

Mash lentils before mixing in jaggery

If jaggery has impurities, dissolve in water, filter and add jaggery water in PIP



Pori Urundai

<https://youtu.be/WYAXd1WBiww>

Puffed Rice Balls

Prep: Take 100g puffed rice and 30g roasted peanuts in a bowl.

Recipe:

In the CookBot, add 200g Jaggery powder, 60ml water , 1/4tsp cardamom powder, 1/8tsp dry ginger powder. Mix well.

Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 10 minutes.** Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Add the measured puffed rice mixture to the jaggery syrup. Mix quickly and thoroughly so that the jaggery syrup coats well.

Transfer the mixture into a broad plate and mix well.

When the mixture is slightly hot make small rough balls by applying a dash of ghee.

Finally tighten the balls to a proper shape.

Replace / Supplement:

Arisi Pori with Aval pori or Nel pori

Tips:

Use 24 mantra organic jaggery powder for the same results. Other jaggery powder may vary depending on its water content.

We can stuff the slightly hot mixture in a greased cone for Paruppu Thengai display.

We need to make balls when the mixture is slightly hot, if the mixture becomes cool balls cannot be made.

Can apply rice flour on palms to withstand the heat while making balls.



Pudding

<https://youtu.be/MYS3j5biwc4>

Prep: Crack 3 large eggs into a bowl and whisk well. Mix 1/2C sugar until it dissolves completely. Mix in 1C thick milk, 1/4C cream, 1/2tsp vanilla extract. And pour into a greased bowl.

Recipe:

In the CookBot, add 1C water and place a trivet. Place the PIP vessel and close it. Close. Manually set, **Menu >> + >> Heat >> HIGH and Timer >> + >> 10 minutes.** Once the bot beeps and displays OFF, let pressure settle. Open and allow to cool down completely. Unmould. Drizzle favourite sauce.

Replace / Supplement:

Sugar with jaggery/ 100m condensed milk
Vanilla with any other flavouring

Tips:

Can increase/ decrease sweetness as per needed
Can cook longer if it is undercooked



Rava Barfi

https://youtu.be/YAIRwB_bw28

Recipe:

In the CookBot add 200g sugar, 60ml water, 1Tbsp ghee, 1/4tsp cardamom powder

Click >> **Menu** >> + >> **SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the vent to right or left. Open, pour the sugar syrup to 130g roasted rava/ sooji

Mix well until the sooji is nicely soaked in the syrup. Pour on a greased tray and cut into desired shapes. Optionally, garnish with nuts.

Replace / Supplement:

Rava/ sooji with Milk powder

Cardamom powder with favorite sweet spice powders

Tips:

Can use a mix of milk-powder and sooji

Can add more ghee for softer texture



Rava Coconut Laddoo

<https://youtu.be/tl4doRIFOdQ>

Prep: In a bowl, take 50g each (roasted rava / sooji, desiccated coconut), 30g milk powder. Divide the mixture into 2 equal (65g each) parts (to make two differently flavored laddoos in one shot)

Recipe:

In the CookBot, 200g sugar, 60ml water, 1Tbsp ghee, 1/4tsp cardamom powder
Close. Click **Menu >> + >> SSH mode**

Once bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix 115g sugar syrup to one bowl (containing 65g rava coconut mixture) and remaining syrup to the other bowl.

To one bowl, add 1Tbsp rose flavored essence. Mix well and shape into laddoos of desired size. To the other bowl, add 1Tbsp ghee and shape into laddoos of desired size.

Replace / Supplement:

Rose flavoring with favorite flavoring

Tips:

Do not use freshly grated coconut

Use a weighing scale to measure every ingredient.

Shape the laddoos when the mixture is warm enough to handle.

Can roll the laddoos in desiccated coconut flour or powdered sugar for extra richness

COOK FREE



Sakkare Achu

<https://youtu.be/2z2IEEO6Q38>

Recipe:

In the CookBot, add 200g sugar, 60ml water. Mix well.

Close. Manually set, **Menu >> + >> Heat >> High and Timer >> 3mins.**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open and stir well until the bubbles disappear, continue to mix well till the liquid starts to turn opaque (2- 3 minutes - Please refer video). Pour into moulds and let set for 5-10 minutes. Carefully un mould on cooling.

Tips:

Use a weighing scale to measure ingredients while using Sugar syrup hack.

May take upto 10 mins to set. Will be firm to hold but melt in the mouth too.

If syrup overdone, achu (candy) will set into crystalline golden brown.

If the syrup is underdone, it will not set into a solid.

Use silicon moulds. Works equally well with traditional wooden moulds too.

Can add in food colors/ food essence for color and flavour.

Mix in 1/4tsp Baking soda on opening and Pour as small flat rounds to make Battassu/ Batashe.

Also known as Panchadara Chilakalu in Andhra, Khilone/ Patashe in North India, batasha/ kadma/n akuldana/ math in Bengal.



Sago Payasam

<https://youtu.be/jdBmz3pT9nM>

Prep: Soak 1/2C (100g) sago in water for 2-3hours or until they double in volume and become soft (squished when pressed). Drain.

Recipe:

In the CookBot, add 500ml milk, 1C water, sago, 1/2C sugar, 1/8tsp cardamom powder, 1Tbsp ghee

Close. Click **Menu >> + >> PAY mode**

Once bot beeps and displays LO, let pressure settle.

Open, mix and serve. Can garnish with roasted / slivered nuts.

Replace / Supplement:

Sago with Poha

Cardamom with favorite sweet spices

Tips:

Open only after pressure is completely settled.

Will thicken upon cooling



Semiya Kesari

<https://youtu.be/SI0DYco3tH8>

Recipe:

In the CookBot, layer as below:

Layer 1: 2Tbsp ghee

Layer 2: 1C roasted vermicelli

Layer 3: 2C water

Layer 4: 1C sugar, 1/4tsp cardamom powder, 1/4C roasted nuts

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, let pressure settle.

Open, mix all.

Replace / Supplement:

Cardamom powder with favorite sweet spices

Tips:

Can mix in chopped fruits/ fruit puree



Semiya Payasam

<https://youtu.be/OcV3J6I3zUs>

Recipe:

In the CookBot, add 500ml milk, 1C water, 1/2C each (sugar, poha), 1/4C roasted vermicelli, 1tsp rose water, 1/2tsp kewra water (optional), 1Tbsp ghee

Close. Click **Menu >> + >> PAY mode**

Once bot beeps and displays LO, let pressure settle.

Open, mix and serve. Can garnish with roasted / slivered nuts.

Replace / Supplement:

Poha with 1/4C sago

Rose water/ kewra with favorite flavoring

Tips:

Open only after pressure is completely settled.



Shahi Tukda

<https://youtu.be/AmqO9mpvHGE>

Recipe:

In the CookBot, add 200g sugar, 1/2C water, 3 cardamom pods, 1" cinnamon bit, 1Tbsp ghee.

Close. Click **Menu >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, soak 100g rusk pieces (4-5 nos) in the sugar syrup until they become soft and remove. Garnish with slivered nuts.

Replace / Supplement:

Cardamom, cinnamon with favorite sweet spices

Tips:

Can mix in 50g powdered rusk to the hot sugar syrup and let sit in retained heat for 15 minutes to make **Double ka meetha**. Coarsely mash, mix and serve.



Thengai Poornam (Kozhukattai Stuffing)

https://youtu.be/Py4tim-3A_o

Recipe:

In the CookBot inner vessel, layer as below

Layer 1: 2Tbsp ghee (30 ml), 2Tbsp water (30 ml)

Layer 2: 200g freshly grated coconut

Layer 3: 150g powdered jaggery

Layer 4: 1/4tsp powdered cardamom

Close. Click **Menu >> + >> VEG mode**.

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, mix well. Add 1Tbsp ghee (optional)

Replace / Supplement:

Cardamom with any other sweet spice

Tips:

Do not use dessicated coconut instead of fresh coconut as it varies in moisture content and can lead to burning



Tutti Frutti Barfi

Milk based soft fudge

<https://youtu.be/i0kzhqWrgGo>

Prep : Mix 130g unsweetened milk powder with 50g Tutti Frutti.

Recipe:

In the CookBot, add 200g sugar, 60ml water.

Close. Click **Menu >> + >> SSH mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Pour the sugar syrup onto 130g milk powder mixture and mix well to make a smooth dough. Mix in 1tsp ghee. Spread it on a greased tray/ plate. Let it cool for 5 mins (or until its set), cut into desired shapes and serve.

Replace / Supplement:

Unsweetened milk powder with sweetened milk powder

Ghee with room temperature butter

Tips:

Always use weighing scale to measure the ingredients

Can add few tsp ghee/ warm milk if the dough becomes very dry/ crumbly



Wheat Rava Halwa

https://youtu.be/gWBJ_ZOagiM

Recipe:

In the CookBot, layer as below:

Layer 1: 1Tbsp ghee, 2C water

Layer 2: 1/2C fine variety wheat rava

Layer 3: In an inner vessel, add 3/4C jaggery powder mixed with 3Tbsp water.

Close. Click **Menu >> + >> VEG mode**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open.

Remove the inner vessel. Mix the wheat rava without lumps. Add the contents of the inner vessel into the rava and mix using a whisk thoroughly. Add 1/4tsp cardamom powder and 1tsp roasted nuts. Let sit in retained heat for 10 minutes. Open, mix and serve.

Replace / Supplement:

Jaggery powder with country sugar

Tips:

Vary the water quantity for different varieties of wheat rava

Can adjust the quantity of jaggery according to required sweetness.

Can add more ghee for flavour.

Wheat rava halwa will thicken on cooling.



One Shot Thalís

Generic Thalís

<https://youtu.be/3HxybXN20TY>

Prep: Paste 1: CCC Paste - Blend 1/4C chopped coconut, 1 green chilli, 1/2tsp each (cumin, salt)

Paste 2: Hariyali Paste - Blend 2Tbsp each (mint, coriander leaves), 1 each (green chilli, garlic), 1/4tsp each (garam masala, chilli powder), 10 cashews, 1/2tsp lemon juice.

Paste 3: Dal Base: Mix 1/2C cooked tuvar dal, 1/2tsp each (salt, chilli powder), 1 each (green chilli, garlic), 1/4tsp turmeric

Recipe:

In the CookBot, layer as below:

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

Place the separators and divide into 3 zones

Zone 1: Pumpkin Pulissery

Layer 2: 1C chopped pumpkin

Layer 3: CCC Paste

Zone 2: Hariyali Aloo

Layer 2: 1C chopped potatoes

Layer 3: Hariyali paste

Zone 3: Spinach Dal

Layer 2: 2C chopped spinach

Layer 3: Cooked Dal Base

(All 3 pastes have salt. If they don't, add 1/4tsp salt to each zone in Layer 3)

Close. Click **Menu >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix in 1/4C whisked yogurt, 1tsp tadka and serve as Pumpkin Pulissery

Remove zone 2, mix all and serve as Hariyali Aloo dry curry or mix in 2Tbsp each (cream, water) and serve as gravy

Remove zone 3, mix with 1/4C water, 1tsp tadka and serve as Spinach Dal

Replace / Supplement:

Pumpkin with favorite watery vegetable

Potato with favorite starchy vegetables

Spinach with favorite edible greens

Tips:

Mix and match any spice paste with any vegetables to make infinite curries

Can use water/ stock/ cream/ milk for diluting curries



COOK FREE

North Indian Thali #1

<https://youtu.be/LaObHzF9YGU>

Recipe:

In a CookBot, Layer as below:

Layer 1: 3Tbsp oil

Place the separators and divide into 3 Zones

Zone 1: Gajar Matar Dry Curry

Layer 2: 1C chopped carrot

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

Place an inner vessel with 1/4C green peas

Zone 2: Tari Wale Aloo

Layer 2: 1/4C chopped tomato

Layer 3: 1C potato chopped small

Layer 4: 1/4tsp each (chilli powder, coriander powder, salt), 1/8tsp turmeric

Zone 3: Dal Tadka

Layer 2: 1/4C chopped tomato

Layer 3: 1/2C cooked tuvar dal

Layer 4: 2 slit green chilli, 1Tbsp caramelised onion, 1/4tsp OPOS ginger-garlic paste

Layer 5: 1tsp kasuri methi, 1/8tsp each (chilli powder, coriander powder, salt, garam masala, turmeric, asafoetida)

Close. Click **MENU >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix with 1Tbsp chopped cilantro & serve as Gajar Matar ki sabji

Remove zone 2, mash coarsely. Mix in 1/2C water, 1Tbsp chopped cilantro, 1/2tsp bottled tadka & serve as Tari Wale Aloo

Remove zone 3, mix in 1/4C water, 1Tbsp chopped cilantro, 1/2tsp bottled tadka & serve

Replace / Supplement:

Carrot with any fav vegetable

Peas with any fav sprouts/ paneer

Tuvar dal with mung dal

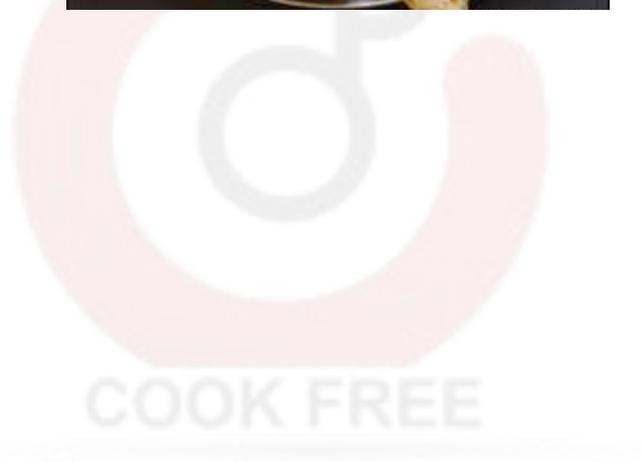
Chilli powder with any fav spice mix
Kasuri methi with any fav fresh/ dry herbs

Tips:

Can adjust spices as per preference

Can dilute as per the needed consistency

Vary cut size to balance cooking time of the vegetables



South Indian Thali #1

<https://youtu.be/cGVIFgeymN0>

Recipe:

In a CookBot, Layer as below:

Layer 1: 2Tbsp oil

Place the separators and divide into 3 Zones

Zone 1: Drumstick sambar

Layer 2: 1/2C chopped tomato

Layer 3: 1/2C chopped drumsticks

Layer 4: 1/2C cooked tuvar dal

Layer 5: 1tsp sambar powder, 1/2tsp salt, 1/4tsp each (OPOS tamarind paste, turmeric), 1/8tsp asafoetida

Zone 2: Carrot Beans Dry Curry

Layer 2: 1/2C each chopped (beans, carrot)

Layer 3: 1 slit green chilli

Layer 4: 2Tbsp grated coconut, 1/8tsp salt

Zone 3: Cabbage Moong Dal Dry Curry

Layer 2: 1C chopped cabbage

Layer 3: 1/4C soaked (2 hours) & drained mung dal

Layer 4: 1 slit green chilli, 1/4tsp salt

Rasam

In one zone, Place one scooped out tomato filled with 1tsp each (OPOS tamarind paste, rasam), 1/2tsp salt, 1/4tsp turmeric

Close. Click **MENU >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove the tomato, mash. Mix in 1/2C water, 1/2tsp bottled tadka, 6 curry leaves & serve as Rasam

Remove zone 1, mix in 1/2C water, 1tsp bottled tadka, 6 curry leaves & serve as Drumsticks sambar

Remove zone 2, mix in 1/2tsp bottled tadka, 4 curry leaves & serve as Carrot Beans Dry Curry

Remove zone 3, mix in 1/2tsp bottled tadka, 6 curry leaves & serve as Cabbage Moong Dry Curry

Replace / Supplement:

Drumsticks with any fav vegetable

Sambar powder with any fav spice mix

Carrot/ beans with broad beans/ cabbage/ snake gourd/ any fav vegetable

Tips:

Can adjust spices as per preference

Can dilute as per the needed consistency

Can split the drumsticks into two, so that it cooks faster



COOK FREE

South Indian Thali #2

<https://youtu.be/fpNMCqY3fUI>

Prep:

Peanut powder: Blend 1Tbsp roasted peanut with 1 dry red chilli to a coarse powder

In a CookBot, Layer as below:

Layer 1: 2Tbsp water, 1Tbsp oil

Place the separator and divide into 3 Zones

Zone 1: Fenugreek Leaves Sambar

Layer 2: 1/2C chopped tomato

Layer 3: 1C chopped fenugreek leaves

Layer 4: 1/2C cooked tuvar dal

Layer 5: 1tsp sambar powder, 1/2tsp each (salt, OPOS tamarind paste), 1/4tsp turmeric, 1/8tsp asafoetida

Zone 2: Mappillai Sodhi

Layer 2: 1C mixed vegetable (potato, carrot, beans), 5 curry leaves, 1 slit green chilli

Layer 3: 1/8tsp each (turmeric, garam masala, cumin powder, salt)

Zone 3: Bottle Gourd Dry Curry

Layer 2: 1C chopped bottle gourd

Layer 3: 1/8tsp each (salt, turmeric)

Lemon Rasam

In one zone, place one scooped out tomato filled with 1tsp rasam powder, 1/2tsp salt, 1/4tsp turmeric, 1/8tsp asafoetida, 4 curry leaves, 2 crushed garlic cloves

Close. Click MENU >> + >> VEG

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove the tomato, mash. Mix in 1/2C water, 1tsp lemon juice, 1/2tsp bottled tadka, 6 curry leaves & serve as Lemon Rasam

Remove zone 1, mix in 1/2C water, 1tsp bottled tadka, 6 curry leaves & serve as Fenugreek Sambar

Remove zone 2, mix in 1/2C coconut milk, 4 curry leaves & serve as Mapillai Sodhi

Remove zone 3, mix in peanut powder, 1/2tsp bottled tadka, 6 curry leaves & serve as Bottle Gourd Dry Curry

Replace / Supplement:

Fenugreek leaves with any fav edible greens

Sambar powder with any fav spice mix

Carrot/ beans with any fav vegetable

Bottle gourd with snake gourd/ kohlrabi/ cluster beans/ any fav vegetable

Tips:

Can adjust spices as per preference

Can dilute as per the needed consistency

Vary cut size to balance cooking time of the vegetables



COOK FREE

North Indian Thali #2

<https://youtu.be/5trgy4bYt6o>

Recipe:

In a CookBot, layer as below:

Layer 1: 2Tbsp oil, 1Tbsp water

Place the separators and divide into 3 zones

Zone 1: Aloo Mutter

Layer 2: 1/4C chopped tomato

Layer 3: 1C potato chopped small

Layer 4: 1/4tsp each (chilli powder, salt, coriander powder), 1/8tsp turmeric

Layer 5: Place an inner vessel with 1/4C peas

Zone 2: Cabbage Peas Dry Curry

Layer 2: 1C chopped cabbage

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

Layer 4: Place an inner vessel with 1/4C peas

Zone 3: Mung Dal

Layer 2: 1/4C chopped tomato

Layer 3: 1/2C cooked mung dal

Layer 4: 1Tbsp caramelised onion, 2 slit green chilli

Layer 5: 1/4tsp salt, 1/8tsp turmeric

Close, Click MENU >> + >> VEG

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix in 1/4C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Aloo Mutter

Remove zone 2, mix in chopped cilantro, 1/2tsp bottled tadka & serve as Cabbage Peas Dry Curry

Remove zone 3, mix in 1/4C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Dal

Replace / Supplement:

Potato with any fav starchy vegetable

Peas with sprouts

Cabbage with carrot / any fav vegetable
Mung dal with tuvar dal

Tips:

Can adjust spices as per preference

Can dilute as per the needed consistency

Vary cut size to balance cooking time of the vegetables



South Indian Thali #3

https://youtu.be/_av98ASRoiM

Prep: Coconut spice paste: Grind 1/4C grated coconut, 1 green chilli to a thick paste

Recipe:

In a CookBot, Layer as below:

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

Place the separators and divide into 3 Zones

Zone 1: Aviyal

Layer 2: 1C (125g) chopped mixed vegetables (drumstick, carrot, beans, raw banana)

Layer 3: Coconut spice paste

Layer 4: 1/4tsp salt, 1/8tsp turmeric

Zone 2: Keerai Kootu

Layer 2: 1 dry red chilli

Layer 3: 1C (125g) chopped spinach

Layer 4: 1/2C cooked tuvar dal, 2 slit green chilli

Layer 5: 1/4tsp each (salt, turmeric, 1/4tsp OPOS tamarind paste), 1/8tsp asafoetida

Zone 3: Ivy Gourd Dry Curry

Layer 2: 1C (125g) chopped ivy gourd

Layer 3: 1/4tsp each (chilli powder, salt), 1/8tsp each (coriander powder, turmeric)

Mint Rasam

In one zone, place one scooped out tomato filled with 1tsp rasam powder, 1/2tsp each (OPOS tamarind paste, salt), 1/4tsp turmeric, 1/8tsp asafoetida, 10 mint leaves

Close. Click MENU >> + >> VEG

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove tomato, mash. Mix in 1/2C water, 1tsp chopped cilantro, 1/2tsp bottled tadka & serve as Mint Rasam

Remove zone 1, mix in 1/2C yogurt, 1/2tsp each (bottled tadka, coconut oil), 6 curry leaves, 1tsp chopped cilantro & serve as Aviyal

Remove zone 2, mix in 1/4C water, 1tsp bottled tadka & serve as Keerai Kootu

Remove zone 3, mix in 1/2tsp bottled tadka & serve as Ivy Gourd Dry Curry

Replace / Supplement:

Raw banana with any fav starchy vegetable

Spinach with any fav edible greens

Chilli powder with any fav spice mix

Ivy gourd with any fav vegetable

Tips:

Can adjust spices as per preference

Can dilute as per the needed consistency

Can split the drumsticks into two, so that it cooks faster



COOK FREE

North Indian Thali #3

https://youtu.be/Ypup_3g7AZo

Prep: Blend 10 cashews/ almonds, 1/4tsp each (poppy seeds, OPOS Ginger-Garlic Paste), 1/2tsp garam masala, 1 green chilli into a thick paste

Recipe:

In a CookBot, Layer as below:

Layer 1: 1/4C water

Place the separator and divide the base into 3 Zones

Zone 1: Mix Veg Korma

Layer 2: 1.25C chopped mixed vegetables (carrots, potatoes, corn)

Layer 3: Korma nut paste, 1/2tsp salt

Layer 4: PIP - 1/2C green peas

Zone 2: Aloo Gobhi Curry

Layer 2: 125g chopped potatoes

Layer 3: 1/2C (75g) chopped medium sized cauliflower florets

Layer 4: One scooped out tomato filled with 1tsp chilli powder, 1/2tsp each (cumin powder, salt), 1/4tsp amchur powder, 1/8tsp turmeric powder, 1Tbsp kasuri methi

Zone 3: Ivy gourd sabji

Layer 2: 1C chopped ivy gourd

Layer 3: 1tsp red chilli powder, 1/2tsp each (salt, cumin powder), 1/8tsp turmeric powder

Close. Click **MENU >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Separate the dishes.

Remove zone 1: Mix all and serve as a dry sabji - Tindora Sabji

Remove zone 2: Mash tomato, mix all and serve as a semi gravy - Aloo Gobhi

Remove zone 3: Mix all with 1/4C each (cream, water) and serve as a curry - Mix Veg Korma

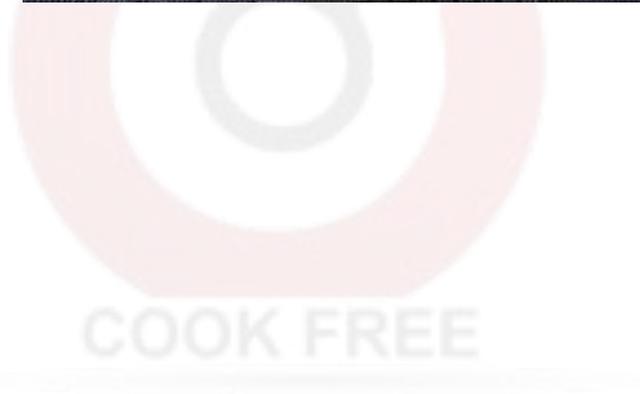
Replace / Supplement:

Cauliflower with Broccoli

Peas with favorite delicate vegetable
Potato with favorite starchy vegetable
Garam masala with favorite spice mix

Tips:

Adjust cream according to preference



South Indian Thali #4

<https://youtu.be/OQT1xqhY0JY>

Prep: CCC paste: Blend 1/2C coconut, 1tsp cumin, 3 green chillies into a thick paste

Recipe:

In the CookBot, Layer as below:

Layer 1: 1/4C water

Place the separators and divide into 3 zones

Zone 1: Sambar

Layer 2: 1C chopped radish

Layer 3: 1/2C cooked tuvar dal

Layer 4: 1Tbsp each (sambar powder, OPOS tamarind paste), 1/8tsp each (turmeric powder, asafoetida), 1/2tsp salt

Layer 5: 1/4C chopped tomato, 3 slit green chillies,

Zone 2: Kootu

Layer 2: 1C chopped mixed vegetables (carrots, beans, potato)

Layer 3: CCC paste, 1/2tsp salt

Zone 3: :Broad Beans Poriyal, Rasam

Layer 2: 1C broad beans

Layer 3: 1/4C grated coconut

Layer 4: 1Tbsp sambar powder, 1/2tsp salt

For rasam: Fill 1 scooped tomato with 1Tbsp each (rasam powder, chopped garlic), 1tsp tamarind paste, 1/8tsp each (asafoetida, turmeric)

Close. Click **MENU >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open, separate the dishes.

Remove zone 1, mix 1Tbsp bottled tadka, 1/2C water, 1Tbsp chopped cilantro & serve as Sambar

Remove zone 2, mix & serve as Kootu

Remove zone 3, mix and serve as Poriyal

Remove tomato and mash with 1C hot water for rasam

Replace / Supplement:

Tomato in sambar with other vegetable of choice

Radish, broad beans with vegetable of choice

Add spice powder as per preference

Tips:

Can mix in cooked dal with kootu

Serves 2-3 adults



COOK FREE

Paleo Thali

<https://youtu.be/HPO2DT0HqqU>

Prep: Blend 1/2C chopped coconut, 2 nos(green chilli, red chillies), 1tsp salt, 1/2tsp salt, 10 curry leaves into a thick paste.

Recipe:

In the CookBot, layer as below:

Layer 1: 3Tbsp water

Place the separators, dividing the base into 3 zones.

Zone 1: Keerai Masiyal

Layer 2: 1.5C chopped spinach, 1 green chilli

Layer 3: 1/4C chopped coconut, 1/4tsp salt, 1/8tsp turmeric

Layer 4: PIP for Saaru - Fill 1 scooped tomato with 1 crushed garlic, 1tsp saaru powder, 1/2tsp salt

Zone 2: Muttai Aviyal

Layer 2: 1C (125g) chopped mixed vegetables

Layer 3: Spiced coconut paste, 1/2tsp salt

Layer 4: 2 well - washed eggs

Zone 3: Achari Paneer

Layer 2: 1/2C diced carrots, 1/4C each (pumpkin sticks, deseeded tomatoes)

Layer 3: In an inner vessel add, 1/2C diced capsicum, 1Tbsp pickle

PIP Plate: 1C chopped paneer cubes, 1/4tsp each (garam masala, chilli powder)

Close. Click **Menu >> + >> VEG**

Once the bot beeps and displays OFF, release pressure by turning the valve to left or right. Open and separate the dishes.

Remove the paneer plate. Mix with contents in zone 3 to make Achari Paneer

Remove the tomato cup. Mash well, dilute with 1/2C water to make Saaru

Remove the Spinach mix. Mash well, add 2tsp tadka to make Keerai Masiyal

Remove the egg. Let cool and peel. Mix in 1/2C water / curd with contents in zone 2.

Add the eggs back to make Muttai Aviyal.

Replace / Supplement:

Vegetables mentioned with favorite vegetables
Pickle with favorite spice mix
Saaru powder with Rasam / favorite spice mix

Tips:

Peel eggs immediately for soft boiled eggs. Allow them to cool for medium / hard boiled eggs.

Do not use onions in the base with water buffer.



COOK FREE

Cold Pressure Frying

CPF Almonds

<https://youtu.be/xiLOHYEGIII>

Recipe:

In the CookBot, add 1C (200g) oil, 200g almonds

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in salt, chilli powder.

Replace / Supplement:

Almonds with raw peanuts

Tips:

Most of the oil on surface, use a tissue to absorb it

Can mix in any fav spices



CPF Aloo Tikki

https://youtu.be/XsY8AqHt_Fg

Recipe:

In the CookBot, add 1C (200g) oil, 200g frozen aloo tikki patties (40g each) to cover the base. Ensure the patties are coated well with the oil.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

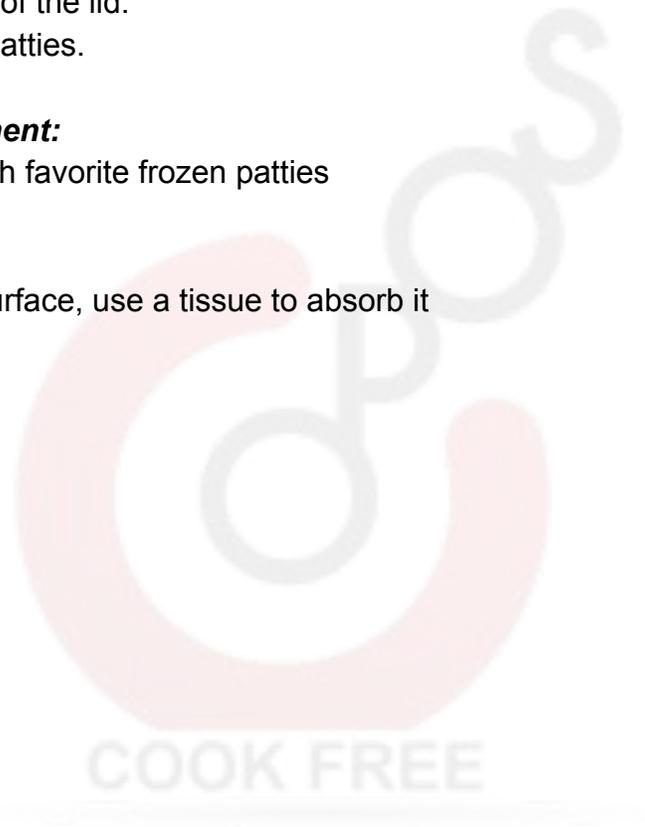
Open, remove the patties.

Replace / Supplement:

Frozen aloo tikki with favorite frozen patties

Tips:

Most of the oil on surface, use a tissue to absorb it



CPF Bharwa Baingan

<https://youtu.be/FFOTHYUAbjg>

Prep:

Mix 100g crumbled paneer with 2tsp spice mix. Add 2tsp lemon juice to reduce the bite of eggplant (500g). Slit eggplant into 4, open the slits, stuff and remove excess filling. Stick toothpicks to hold stuffing in place.

Recipe:

In the CookBot, add 1C oil, Stuffed eggplants

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve

Replace / Supplement:

Oil with ghee

Eggplant with any favourite slit vegetable

Filling with any favourite additives and spices

Tips:

Ensure eggplants are not too matured or big

COOK FREE

CPF Cashews

<https://youtu.be/qwUwLtsTnFI>

Recipe:

In the CookBot, add 1C (200g) oil, 200g cashews

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Cashews with almonds/ raw peanuts

Tips:

Most of the oil on surface, use a tissue to absorb it

Can use any fav spice mix



CPF Chana Dal

<https://youtu.be/8dzv1FUfRiw>

Prep:

Soak split chana dal for 2 hours and drain.

Recipe:

In the CookBot, add 1C (200g) oil, split channa dal (197g (after soaking)), shake well to ensure oil covers dal.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil.

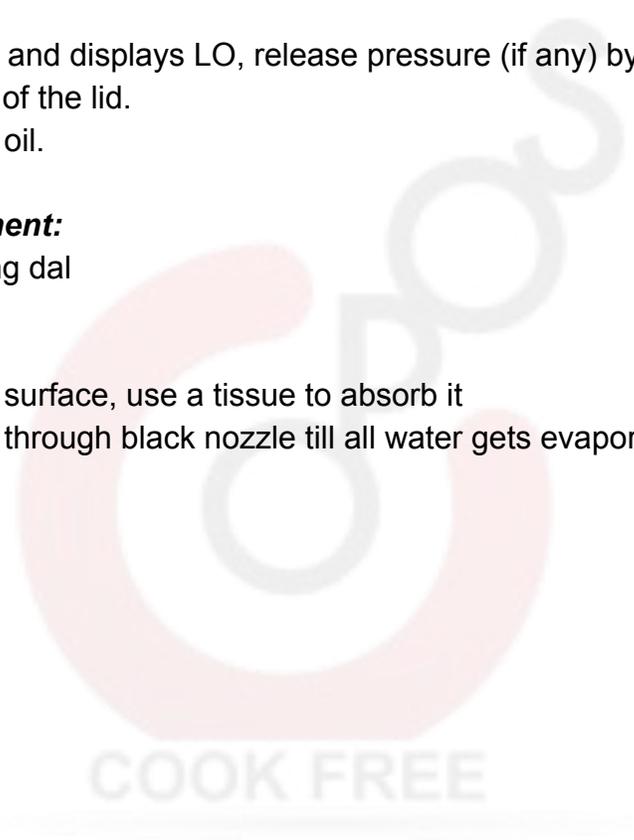
Replace / Supplement:

Chana dal with mung dal

Tips:

Most of the oil is on surface, use a tissue to absorb it

Steam may release through black nozzle till all water gets evaporated



CPF Chettinad Kaara Chutney

<https://youtu.be/8vUgbN8GnKY>

Recipe:

In the CookBot, add 1/2C (100g) sesame oil, 200g shallots, 1/4C (50g) garlic, 140g whole tomato, 20 dry red chilli (20g). Mix well.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Blend all, mix in 1.5tsp salt

Replace / Supplement:

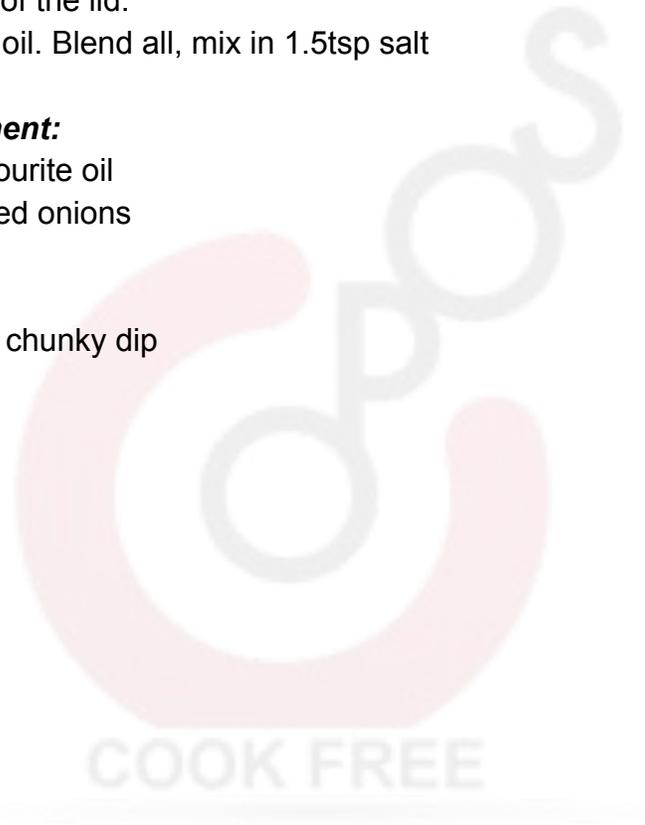
Sesame oil with favourite oil

Shallots with chopped onions

Tips:

Mash coarsely for a chunky dip

Can add tadka



CPF Chicken Drumsticks

<https://youtu.be/FFEO2klb2-M>

Prep:

Marinate 4 slit chicken drumsticks (425g) with 2Tbsp tandoori masala, 1Tbsp each (OPOS Ginger-Garlic paste, yogurt, rice flour), 1tsp corn flour for 2 hours.

Recipe:

In the CookBot, add 1C (200g) oil, Spiced drumsticks, more oil to cover (180g oil)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 15 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve.

Replace / Supplement:

Tandoori masala with favourite spice mix

Tips:

Most of the oil is on surface, use a tissue to absorb it



CPF CornFlakes Mixture

<https://youtu.be/VJ4pmKSD2qo>

Recipe:

In a CookBot, add 1C oil, 100g each (peanuts, whole cashews).

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 3 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, add 1/4C curry leaves. Drain oil. Mix in 200g cornflakes, 1tsp salt, 1/2tsp chilli powder, 1/4tsp turmeric powder.



COOK FREE

CPF Fried Peanuts

<https://youtu.be/aSdUZ9rISGU>

Recipe:

In the CookBot, add 1C (200g) oil, 200g peanuts. Mix well.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 4 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Tips:

Most of the oil on surface, use a tissue to absorb it



CPF Kabuli Channa

<https://youtu.be/96OhxUteEdI>

Prep: Soak 1/2C (100g) Kabuli Channa in water overnight. Drain.

Recipe:

In the CookBot, add 1C (200g) oil, 200g Kabuli Channa. Mix well, to let oil coat the channa well.

Close. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 9 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

Replace / Supplement:

Oil with ghee

Can mix in favorite spices to fried channa

Tips:

Most of the oil on surface, use a tissue to absorb it



CPF Onion Chutney / Dip

<https://youtu.be/l2lofl8KOVY>

Recipe:

In the CookBot, add 1/2C (100g) oil, 265g onion chunks. Mix well to coat. 2 spring curry leaves (6g), 20 red chilli (20g), 1/4C garlic (40g), 2Tbsp ginger(24g), 1Tbsp tamarind (20g)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Add 1Tbsp rock salt (13g) and blend all.



CPF Onion Tomato Caramelisation

<https://youtu.be/CIPzSSScIT4>

Recipe:

In the CookBot, add 1/2C (100g) oil, 250g each (onion wedges, whole tomatoes), 25 dry red chillies, 20 garlic cloves, 2Tbsp chopped ginger, Mix all to let the oil coat well.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO/OFF, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Blend to a smooth base.

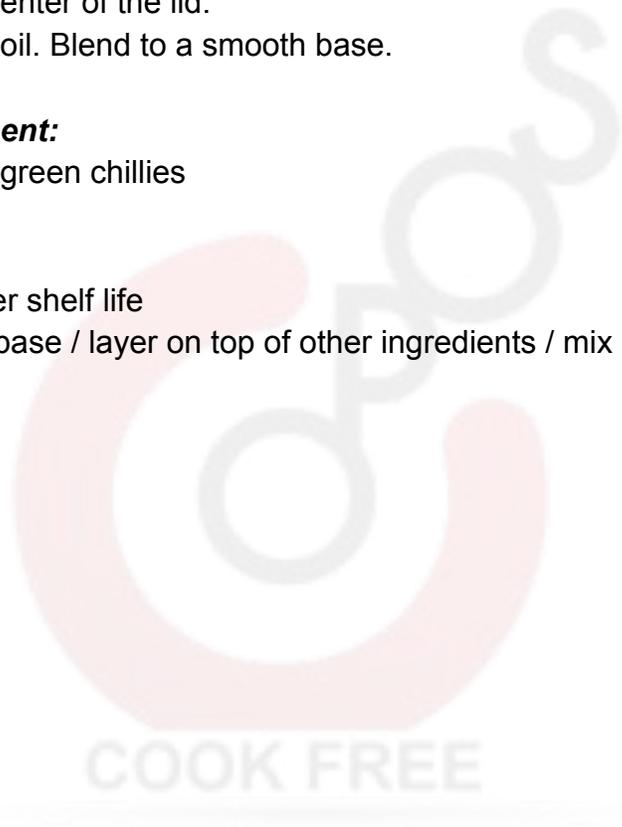
Replace / Supplement:

Dry red chillies with green chillies

Tips:

Refrigerate for longer shelf life

Can use as a curry base / layer on top of other ingredients / mix in to stretch gravies



CPF Potato Smileys

<https://youtu.be/89FEUri8hjl>

Recipe:

In the CookBot, add 1C oil, 140g frozen potato smileys (in a single layer)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 2 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil.

Replace / Supplement:

Oil with favourite oil

Tips:

Thawing is not required

Most of the oil on surface, use a tissue to absorb it



COOK FREE

CPF Raw Banana Fry

<https://youtu.be/v52G3sqpLR4>

Recipe:

In the CookBot, add 1C (200g) oil, 200g raw banana chopped into bite sized pieces
Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid

Open, drain excess oil. Mix in chilli powder, salt

Replace / Supplement:

Raw banana with favorite starchy vegetable

Chilli powder with pepper/ favourite spice

Tips:

28g (2Tbsp) oil used

Most of the oil is on surface, use a tissue to absorb it



CPF 1KG Sardine Sour Stew

<https://youtu.be/GscBPfHhHo4>

Recipe:

In the CookBot, add 1/2C sesame oil, 1C shallots, 2 small whole tomatoes, 1/4C garlic cloves, 6 green chillies. Mix all. Add 1Kg sardine (cleaned).

In an inner vessel add 1/4C each (OPOS tamarind paste, coconut paste (blend coconut to smooth paste), fish masala powder), 1Tbsp salt, 1/4tsp turmeric, 1/2C water

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 5 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid. Open, mix all, 2tsp bottled tadka. Mash tomatoes, gently mix to ensure fish do not break. Let rest in retained heat.

Replace / Supplement:

Sesame oil with any favourite oil

Fish masala with favourite spice mix

Fish with prawn/ paneer/ soya/ mushroom

Tips:

Tastes better as it ages

Can add coconut milk after opening



CPF Sausage Fry

<https://youtu.be/dLlir6kFBe0>

Recipe:

In the CookBot, add 1C (222g) oil, frozen sausage (265g) (in a single layer)

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 8 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Serve

Replace / Supplement:

Chicken Sausage with any other frozen meat sausage

Tips:

Most of the oil is on surface, use a tissue to absorb it

Flip over to brown the sausages evenly

Serve hot, shrinks on cooling



CPF Whole Mung Fry

<https://youtu.be/3mZnVTBVOUk>

Prep:

Soak 1/2C whole mung overnight in water and drain.

Recipe:

In the CookBot, add 1C (200g) oil, Soaked and drained mung (200g after soaking), shake well to ensure oil covers dal.

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 6 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

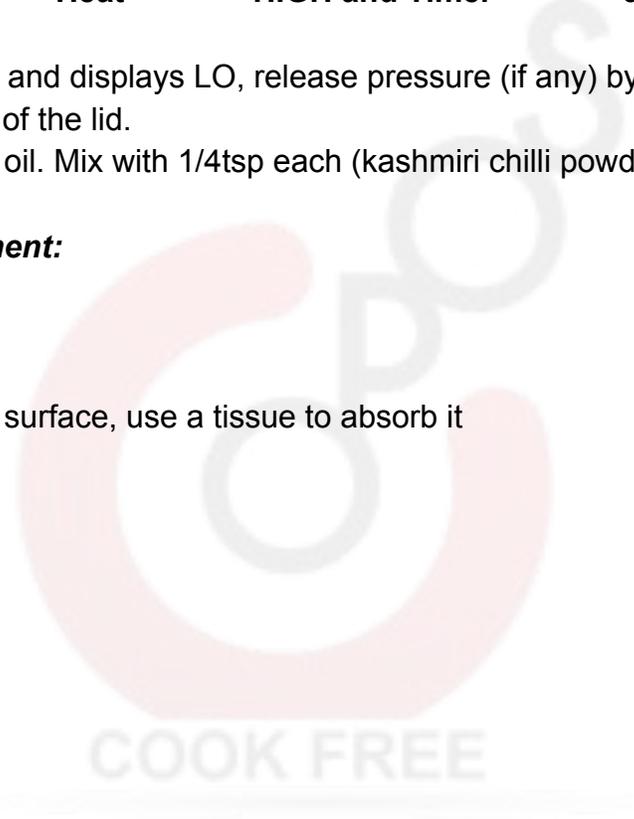
Open, drain excess oil. Mix with 1/4tsp each (kashmiri chilli powder, salt)

Replace / Supplement:

Oil with ghee

Tips:

Most of the oil is on surface, use a tissue to absorb it



CPF Yam Fry

<https://youtu.be/hdQv9nUW-e0>

Recipe:

In the CookBot, add 1C (200g) oil, 200g yam chopped into sticks

Close the lid. Keep the **VENT OPEN**.

Manually set, **Menu >> Heat >> + >> HIGH and Timer >> + >> 7 minutes**

Once the bot beeps and displays LO, release pressure (if any) by pressing the black button in the center of the lid.

Open, drain excess oil. Mix in 1/2tsp Kashmiri chilli powder, 1/4tsp salt

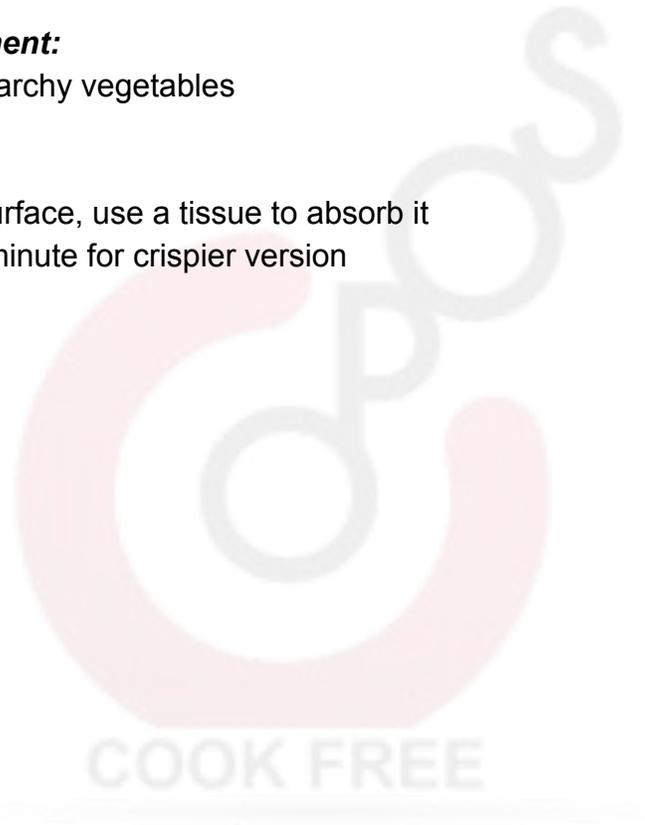
Replace / Supplement:

Yam with favorite starchy vegetables

Tips:

Most of the oil on surface, use a tissue to absorb it

Can go for 1 extra minute for crispier version



Section 5 - Conclusion

General FAQ

- What is an OPOS CookBot?
The OPOS CookBot is an electric cooker that is designed to cook any dish, from any cuisine using OPOS techniques.
- What are the salient features of the CookBot?
 - The CookBot has a sturdy outer plastic body, an inner stainless steel vessel with a lid. The lid has an aluminium separator to fix the gasket along with a silicon nipple.
 - There are 20 pre-defined menu options in the CookBot. The user can also manually choose Heat and time or can also set 80 menu options in the CookBot for their convenience.
 - It also has the Delayed start (Start later) and Keep Warm option.
- How to operate the CookBot?
Load food in the inner vessel. Wipe the base of the inner vessel to remove any foreign particles stuck to it. Close the lid properly. Ensure the VENT on the lid is pointing towards the center.
Click the menu button. Plus + or - in the panel to choose mode. Once chosen, wait for 10 seconds. The logo would start blinking, indicating the CookBot has started to function. Once cooked, you would hear 6 beeps and the CookBot would move to LO (OR) 10 beeps and the CookBot would move to OFF (indicating user to release pressure).
- What is the difference between 1 beep and 3 beeps?
 - 1 beep indicates, FULL PRESSURE BUILT. The buffer is sufficient and the dish loaded will be cooked.
 - 3 beeps while cooking in the CookBot is like an alarm. It indicates less buffer. You may have to switch off, release pressure and add more buffer (water/ oil) and restart.
 - If you are not available during the 3 beeps, the CookBot will auto switch off after the set time is over.
- How do I know the CookBot has started cooking?

The OPOS letters and LOGO in the display start blinking after 10 seconds of you choosing the mode in the CookBot. That indicates that the CookBot has started cooking.

- How do I release pressure in the CookBot?
You can release the pressure by moving the vent on the lid to right or left. Alternatively, pressing down the button on the lid also releases pressure.
- Why does my CookBot display LO after 6 beeps?
In dishes that need retained cooking, the CookBot has been configured to move to LO which indicates, the CookBot is in the keep warm mode. You can switch it off and open once pressure settles. If you do nothing the keep warm mode turns off after two hours.
You may notice this in the Rice, Biryani, Pulav, Payasam, Chicken, Mutton, Dal modes.
- Can any other vessel be used instead of the one that comes with the CookBot?
No, only the provided vessel must be used.
- How many units of electricity does the CookBot consume?
The CookBot consumes 1 Unit of electricity for 1 hour.
- Can the CookBot be used on Inverter?
If the inverter can take a load of more than 1000W, you can use the CookBot with the inverter. However we do not recommend using the CookBot with Home inverters.
- Can any vegetable/ meat be cooked in the CookBot?
Yes, any vegetable or meat can be cooked in the CookBot. The respective preset option can be chosen based on the dish/ ingredient.
- Would all OPOS recipes/Techniques work in the CookBot?
Yes. Follow standard recipes issued for the CookBot. Get comfortable with the techniques and equipment.
- I see steam coming out of the sides, Why is it so?
When there is excessive pressure built, the steam might come out of the sides. Not a matter of concern, It would eventually settle down. Do not force open or meddle with it, when you notice the same.

- Steam gushing out through the lid / vent. Why did this happen?
This is a safety feature. The CookBot vents out excess steam if it detects an unsafe pressure buildup. It is likely you have cooked with too little or have a misaligned gasket. Switch off. Let cool. Remove gasket. Stretch and fit it back again. Do not cook with too little food.
- I added food directly, without using the inner vessel. What to do?
Switch off. Remove all. Clean well. Let dry completely. Switch on to see if it works. If it does not, contact support through the website.
- I see moisture in display
This is likely if you have cooked without a gasket or if your gasket has been misaligned. Open the lid and keep it in a dry place for the moisture to evaporate. You can even switch on the Keep Warm Mode or use a hair dryer to evaporate moisture.
- Can I use POT IN POT in CookBot?
Yes, you can use Pot in Pot in the CookBot.
- Can I use SSH for Jaggery?
Yes. But as jaggery quality and moisture content varies a lot, results are not guaranteed.
- Can I use the CookBot to cook NO WATER recipes?
Yes, you can use the CookBot to cook NO WATER recipes, by following standardised recipes
- Can I clean the lid and the aluminum plate?
Yes you can clean the lid and the aluminium plate gently with soft brush and soap water. Do not use any harsh chemicals to clean them
- Will my CookBot resume from where it left, if there is a power cut?
The CookBot has a memory set for 8 hours. So it would resume its function in case of a power cut, if power resumes within 8 hours of cut.
- What is the warranty period for the CookBot?
1 year from the date of delivery.
- Where is the service center for the CookBot?
Chennai, India

- The aluminium plate (splash guard) that comes with the CookBot has dents/ scratches on arrival. My CookBot body had cracks/ dents on arrival. CookBot showing E2/ E3/ E4 errors. What should I do?
Get in touch with the customer care through the website.
- What are the dimensions of the box and weight of the pot?
30*30*30 and 5 Kgs
- What is the capacity of the CookBot in comparison to a regular pressure cooker?
3 Liters
- Does it have an ISI mark?
It is designed to meet European & American safety standards. Though it does not carry an ISI mark, it follows all safety protocols.
- Can the inner vessel be put in the dishwasher?
Yes, both the inner vessel and the aluminum plate can be put in the dishwasher
- Are spares available?
Inner vessel and splash guard will soon be available on sale on www.oposkit.com
- Can CookBot purchased in India be used in the US or countries which offer different watts? Can converters be used?
No it is not recommended. USA compatible version will be released soon.

COOK FREE

OPOS Techniques A-Z Summary

A for Attalysis - Dough can knead itself.

B for Bottled tadka - Fresh tadka can kill. Toxic oil fumes are a severe health hazard.

C for Controlled caramelisation - Onions can be caramelised in less than 5 minutes.

C for Controlled evaporation - Ghee, Thokkus and halwas can be cooked in under 10 minutes.

D for Dum cooking - All foods need to be cooked sealed, undisturbed, in their own juices, to maximise flavour.

E for Emulsification - Oil/ Fat is not mandatory for rich & creamy gravies.

F for Cold Pressure Frying - Deep frying uses less oil than shallow/ stir frying. Deep fried oil can be reused a dozen times.

G for Greater Surface area - The surface area determines the speed of cooking

H for Hydrodistillation - Tea needs to be cooked sealed to maximise flavour

I for Inner vessels - Different heating zones can be created in the same pot.

J for Just Enough Liquid - Rice, noodles, pasta can be cooked with little or no water.

K for Key building blocks - World cuisine can be learnt in minutes. All cuisines are all alike.

L for Layering - Cooking can be done blind, once you learn to visualise how ingredients behave.

M for MPOS - Multiple dishes can be cooked together.

N for No Prep Cooking - You can throw a party at a moment's notice.

O for Oil free cooking - Oil is optional in most recipes

P for Pressure Baking - Taste is inherent in food. It can be unlocked by avoiding overcooking or undercooking. Vegetables cooked beyond 5 minutes, for whatever reason, are dead.

Q for Queued cooking - Anything can be cooked with anything in one shot.

R for Retained heat cooking - Retained heat and not Constant Stirring is the best way to eliminate clumping.

S for Sugar syrup hack- Sugar syrup is a glue. Its strength can be varied by varying cooking time.

T for Tomato caramelisation - Tomato can be caramelised in minutes.

U for Use of staples - Mixing and matching is the key to maximising variety,

V for Very Long Marination - Cut vegetables can be stored for weeks without deterioration

W for Waterless cooking - Added water is the biggest enemy of cooking

X for eXtended storage - Cooked food can be stored for a week without refrigeration

Y for Yolk colour retention - Minimising cooking time is the best way to cook eggs.

Z for Zoned Cooking - Cooking multiple dishes takes the same time as cooking a single dish.

Other OPOS Resources

- **OPOS Cookbook: 5 Minute Magic** is among the Top 5 best-sellers on Amazon, since its release in Jan 2018. Another major best seller is the Thali cookbook: The Story of India through food on Amazon, also the winner of Amazon’s Pen to Publish contest, 2019.
- 35 other OPOS cookbooks, co-authored by OPOStars, are available on Amazon.
- OPOSChef App, available on both Android and iOS platforms is a treasure house for OPOS . Hundreds of live videos, validations, recipes are added on a regular basis and it would remain our central repository of updated, standardised recipes.
- The OPOS Support Group on FaceBook is an interactive forum, providing 24x7 support for all queries related to OPOS, equipment and products.
- www.oposkit.com houses all products released under the OPOS Banner.
- Follow us on Instagram - OPOS_chef

<u>OPOS Support Group on Facebook</u>	<u>OPOSChef Youtube Channel</u>	<u>Instagram OPOS_chef</u>
Buy the OPOS kit at : https://oposkit.com/	<u>OPOS Cookbook: 5 minute magic - on Amazon.in</u> <u>Also available on amazon.com</u>	<u>The story of India through food: OPOS Cookbook</u> <u>Also available on amazon.com</u>
<u>OPOS Primer on Amazon.in</u>	<u>OPOS PressureBaking on amazon.in</u>	<u>OPOS Blockbusters - Best of OPOS available on amazon.in</u> <u>Also available on amazon.com</u>

Upcoming Projects

Dozens of cookbooks, industrial size equipment, OPOS run cloud kitchens are all in the pipeline. Our aim is to make food a non-issue to everyone across the world!

Thank You!

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Other cookbooks by the cookbook team: [OPOS Staples](#), [Survival Manual](#), [Disaster Management](#).

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