



# ministry of curry

WEEK OF:  
09/07 - 09/13

Tip:  
You can  
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# Menu

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## MONDAY

Mumbai Pav Bhaji

## TUESDAY

Instant Pot Vegetable & Paneer Biryani

## WEDNESDAY

Pulled Butter Chicken Sandwiches

## THURSDAY

Instant Pot Doro Wat – Ethiopian Chicken Stew

## FRIDAY

Instant Pot Pasta with Tomato Cream Sauce

## MORE IDEAS FOR LABOR DAY COOKOUTS

Note: Please refer to the blog for the ingredient list and recipes

### NON-VEGETARIAN

Chicken Burgers

Baked Salmon

### VEGETARIAN

Tandoori Cauliflower

Corn Poblano Chowder

Visit the blog for substitutions, variations, and tips for each recipe.

# Grocery Shopping List

## PROTEIN & DAIRY

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- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> plain yogurt                           | <input type="checkbox"/> 8 oz salted butter      | <input type="checkbox"/> 8 oz. paneer |
| <input type="checkbox"/> 8 oz. heavy cream                      | <input type="checkbox"/> grated parmesan         | <input type="checkbox"/> 4 eggs       |
| <input type="checkbox"/> 2 lb boneless skinless chicken breasts | <input type="checkbox"/> 2 lb chicken drumsticks |                                       |

## FROZEN

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- |   |   |
|---|---|
| <input type="checkbox"/> bag green peas | <input type="checkbox"/> bag corn kernels |
|---|---|

## PRODUCE

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 1/2 lb carrots              | <input type="checkbox"/> 1/2 lb green beans        | <input type="checkbox"/> 8 oz white bottom mushrooms |
| <input type="checkbox"/> 2 large yukon gold potatoes | <input type="checkbox"/> 1 head garlic             | <input type="checkbox"/> 1 lemon                     |
| <input type="checkbox"/> 1 lime                      | <input type="checkbox"/> basil or parsley          | <input type="checkbox"/> 3 red onions                |
| <input type="checkbox"/> 2 large yellow onions       | <input type="checkbox"/> 1 green bell pepper       | <input type="checkbox"/> 2 red bell peppers          |
| <input type="checkbox"/> 3 Persian cucumbers         | <input type="checkbox"/> 3 plum tomatoes           | <input type="checkbox"/> 2 bunches cilantro          |
| <input type="checkbox"/> 4" ginger root              | <input type="checkbox"/> 1 medium cauliflower head |  |

## PANTRY

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- |  |   |   |
|--|---|---|
| <input type="checkbox"/> ghee              | <input type="checkbox"/> 1 lb uncooked penne rigate   | <input type="checkbox"/> canned coconut cream |
| <input type="checkbox"/> 12 potato buns    | <input type="checkbox"/> 1 lb long grain basmati rice | <input type="checkbox"/> 16 oz tomato sauce   |
| <input type="checkbox"/> 6-12 brioche buns | <input type="checkbox"/> vegetable broth/paste        | <input type="checkbox"/> canned tomato puree  |

## SPICES

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- |   |   |  |
|---|---|--|
| <input type="checkbox"/> garam masala         | <input type="checkbox"/> garlic paste     | <input type="checkbox"/> cumin seeds               |
| <input type="checkbox"/> garlic powder        | <input type="checkbox"/> red chili flakes | <input type="checkbox"/> ground cumin              |
| <input type="checkbox"/> bay leaves           | <input type="checkbox"/> fenugreek leaves | <input type="checkbox"/> kashmiri red chili powder |
| <input type="checkbox"/> cloves               | <input type="checkbox"/> green cardamom   | <input type="checkbox"/> black peppercorns         |
| <input type="checkbox"/> berbere spice blend* | <input type="checkbox"/> ground turmeric  | <input type="checkbox"/> paav bhaji masala         |

\* find recipe to make this spice blend [here](#).

Check out the Ministry of Curry  
Amazon Influencer Shop to stock up  
on the essentials!

Visit the blog for more details,  
substitutions, variations, and tips  
for each recipe.

# Monday: MUMBAI PAV BHAJI



PREP TIME: 20 MIN

COOK TIME: 35 MIN

TOTAL TIME: 55 MIN

SERVES: 6

## INGREDIENTS

- 2 to 4 tablespoons salted butter plus 4 tablespoons, at room temperature
- 1 large yellow onion finely diced
- 1/2 green bell pepper seeded and diced
- 1/2 red bell pepper seeded and diced (optional)
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 5 cups cauliflower florets 1-inch florets
- 2 large Yukon gold potatoes peeled and cut into 1-inch cubes
- 3 plum tomatoes cored and diced
- 1/2 cup frozen green peas
- Kosher salt
- 1 cup water
- 3 tablespoons tomato paste
- 1 to 2 tablespoons paav bhaji masala see Note
- 1 tablespoon Kashmiri red chili powder or another mild red chili powder see Note
- 1/4 teaspoon ground turmeric
- 1/2 cup fresh cilantro finely chopped
- 12 potato buns
- 1 red onion finely diced
- 1 lime cut into wedges

## INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat 2 tablespoons of the butter. Add the yellow onion, ginger, garlic and bell peppers and sauté until the onion turns translucent, about 5 minutes. Add the cauliflower, potatoes, tomatoes, peas, and 2 teaspoons salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 6 minutes at high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher. Stir in the tomato paste, paav bhaji masala, red chile powder, and turmeric, followed by 2 tablespoons butter (optional but highly recommended). Cover the pot with a glass lid (or other nonlocking lid that fits), as the bhaji will start to splatter, and cook until heated through, about 5 minutes. Taste and adjust the seasoning with salt, paav bhaji masala, and chile powder if needed. Press the Cancel button to turn off the Instant Pot. Sprinkle with the cilantro.
4. Just before serving, use the remaining 4 tablespoons butter to spread 1 teaspoon room-temperature butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
5. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

## NOTES

- For a spicier bhaji, add more pav bhaji masala or red chili powder.
- VEGAN VARIATION Substitute neutral vegetable oil for the butter.

# Tuesday: INSTANT POT VEGETABLE & PANEER BIRYANI



PREP TIME:30 MIN  
COOK TIME:20 MIN  
TOTAL TIME:50 MIN  
SERVES:6

## INGREDIENTS

- 2 cups long grain basmati rice
- 3 tablespoons ghee divided
- 1 large onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 8-10 whole black pepper
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1 inch x 1/4 inch strips
- 1 cup green beans chopped into 1 inch pieces
- 1 cup white mushrooms halved
- 1/2 cup red pepper chopped into 1 inch x 1/2 inch strips
- 1/2 cup corn
- 1 cup paneer cubed into 1/2 inch cubes
- 1/2 tablespoon ginger
- 1/2 tablespoon garlic
- 1/4 teaspoon turmeric
- 1 teaspoon red chili powder
- 1 teaspoon garam masala
- 3 teaspoons salt divided
- 1/2 teaspoon fresh mint chopped
- 1/2 cup cilantro chopped

## INSTRUCTIONS

1. Rinse and soak the rice in 2 cups of water for 20 minutes. Drain water after 20 mins.
2. Set the Instant Pot to Saute(More) mode and heat 1 tablespoon of ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black pepper, bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1-2 tablespoons of water if needed. Add ginger, garlic, turmeric, red chili powder, garam masala and 1 teaspoon of salt. mix well. Add mint, rice and 2 teaspoons salt. Add 2 cups of water. Mix well, making sure most of the rice is under water.
4. Close the Instant Pot with pressure valve to sealing. Select Manual/Pressure Cook(Hi) and adjust the cook time to 6 minutes. Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Enjoy hot with Raita!

## NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani from burning.
- You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- Additional NOTE: I have modified the cook time for this recipe to 5 minutes LO pressure cook as sometimes store bough paneer can get chewy when cooked in high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook this using the default/high pressure and then stir in the paneer in the end.

# Wednesday: PULLED BUTTER CHICKEN SANDWICHES



PREP TIME:15 MIN  
COOK TIME:30 MIN  
TOTAL TIME:45 MIN  
SERVES:6

## INGREDIENTS

- 2 tablespoons ghee
- 1 large yellow onion finely diced
- 2 pounds boneless skinless chicken breasts, patted dry
- 1 cup canned tomato puree
- 1/2 cup water
- 1 tablespoon grated fresh ginger
- 1 tablespoon garlic paste
- 2 teaspoons Kashmiri red chili powder
- 2 teaspoons kosher salt
- 1 teaspoon garam masala
- 1/2 teaspoon ground turmeric
- 1/2 cup canned coconut cream
- 2 tablespoons tomato paste
- 2 tablespoons dried fenugreek leaves
- 2 teaspoons sugar optional
- 1/2 cup chopped fresh cilantro

### Cucumber Raita

- 3 persian cucumbers
- 1 cup greek yogurt or plain yogurt
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground cumin
- 1 tablespoon cilantro chopped

### To Serve

- 6 to 12 Brioche buns

### Equipment

- Pressure Cooker

## INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion and cook until translucent, 4 to 5 minutes. Press the Cancel button to turn off the Instant Pot. Add the chicken, tomato puree, water, ginger, garlic, chile powder, salt, garam masala, and turmeric and stir to combine.
2. Secure the lid and set the Pressure Release to Sealing. Select the Poultry setting and set the cooking time for 13 minutes at high pressure. Let the pressure release naturally for 10 minutes, then move the Pressure Release to Venting to release any remaining steam. Open the pot. Allow chicken to cool down for a few minutes and then using a hand mixer shred the chicken. Note: You can also take the chicken breasts out and shred then using forks. Then return the shredded chicken back to the pot.
3. Add coconut cream, tomato paste, fenugreek, and sugar and stir to combine. Select the high Sauté setting and cook until the curry comes to a boil and is heated through, about 2 minutes. Press the Cancel button to turn off the Instant Pot.
4. To make the cucumber Raita, in a small bowl, add peeled and grated cucumbers and whisked yogurt. Stir in salt and ground cumin and garnish with cilantro.
5. Serve pulled butter chicken on brioche buns or rolls. Sprinkle with cilantro and serve with cucumber raita.

# Thursday: INSTANT POT DORO WAT – ETHIOPIAN CHICKEN STEW



## INGREDIENTS

- 2 pounds chicken drumsticks 8 pieces, skin removed
- 2 tablespoons fresh lemon juice.
- 2 teaspoons kosher salt
- 2 tablespoons ghee
- 2 large red onions finely chopped
- 2 tablespoon ginger grated
- 2 tablespoon garlic pressed
- $\frac{1}{3}$  cup Berbere spice blend
- 2 tablespoons tomato paste
- 4 hard-boiled eggs peeled and sliced into half

PREP TIME:15 MIN

TOTAL TIME:45 MIN

COOK TIME:15 MIN

SERVES:4

## INSTRUCTIONS

1. Hard boil eggs. I use Instant Pot to hard boil the eggs but you can also hard boil them on stove top. Add 1 cup of water to the instant pot insert. Place eggs on the trivet and pressure cook for 5 minutes. Allow 5 minutes natural pressure release and then release rest of the pressure and open the Instant Pot. Run cold water over the eggs or put them in an ice bath. This allows the eggs to stop overcooking. Peel and slice the eggs and keep aside
2. Add lemon juice and salt to chicken, mix well and keep aside
3. Set the Instant Pot on Saute (Hi) mode and heat ghee. Add onions and saute them for 5 minutes, stirring a few times. Place a lid on top to speed up the process
4. Add garlic and ginger and cook for a minute. Turn the Instant Pot off and add  $\frac{1}{2}$  cup of water and deglaze the pot using a wooden removing all the browning or stuck bits
5. Add the chicken, layer over berbere and tomato paste. Do not mix
6. Close the Instant Pot with pressure valve to sealing and adjust the cook time to 8 minutes. Allow natural pressure release for 10 minutes and then open the Instant Pot. Mix well. The stew may look a bit watery at this point, mix gently and simply allow it to cool down for 5 minutes and the stew will continue to thicken
7. Stir in hard boiled eggs, garnish with chopped cilantro and enjoy hot

## NOTES

- Don't have an Instant Pot? Here is how you can adapt this recipe to make on a stove top:
  - Hard boil the eggs on stovetop. Follow the recipe above but after adding chicken, Berbere and tomato paste, mix everything with additional 1 cup of water and cook covered on medium low heat for 20 to 30 minutes or until the chicken is cooked through. Make sure to stir the chicken a few times and add more water if needed. In the end, taste and add more salt and berbere spice if needed. Add boiled eggs and garnish with cilantro.
- Note, Skinless chicken drumsticks can be substituted with:
  - a. bone-in or boneless thighs
  - b. whole bone in chicken cut into pieces or chicken breasts
  - c. For boneless breasts or thighs that are cut into small 2-inch pieces, reduce the pressure cook time to 5 minutes

# Friday: INSTANT POT PASTA WITH TOMATO CREAM SAUCE



## INGREDIENTS

- 1 pound uncooked Penne Rigate ( ~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- 1/2 teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- 1/4 cup basil or parsley chopped

PREP TIME: 5 MIN

TOTAL TIME: 20 MIN

COOK TIME: 25 MIN

SERVES: 6

## INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Manual / Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

## NOTES

1. We are using full box of pasta in this recipe.
2. Using penne pasta in this recipe which has stove cook time of 10 minutes. To adjust for Instant Pot cook time - Divide the cook time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
3. Always have enough water or broth to cover most of the pasta under water. Depending on the shape of pasta you may need more or less liquids.