



ministry of curry

WEEK OF:
11/23 - 11/29

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Chana Saag

TUESDAY*

Fish Curry with Rice

WEDNESDAY

Instant Pot Masale Bhath

THURSDAY*

Instant Pot Whole Tandoori Chicken

FRIDAY

Instant Pot Pasta with Tomato Cream Sauce

VEGETARIAN OPTIONS

TUESDAY

Green Bean Curry

THURSDAY

Whole Roasted Tandoori Cauliflower

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 cup yogurt | <input type="checkbox"/> 8 oz heavy cream | <input type="checkbox"/> 4 oz grated parmesan cheese |
| <input type="checkbox"/> 1 pound fillet catfish | <input type="checkbox"/> 4 to 5.5 Pounds Whole Chicken | |

FROZEN

- ☐ 8 oz fresh grated coconut

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 4 medium yellow onion | <input type="checkbox"/> 1 small red onion | <input type="checkbox"/> 1 russet potato |
| <input type="checkbox"/> 4 tomatoes | <input type="checkbox"/> 6 oz baby spinach | <input type="checkbox"/> 8 oz eggplant |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 4 small green chili | <input type="checkbox"/> fresh curry leaves |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 small bunch basil | |

PANTRY

- | | | |
|--|---|--|
| <input type="checkbox"/> 15 oz can chickpeas | <input type="checkbox"/> 12 oz basmati rice | <input type="checkbox"/> sesame seeds |
| <input type="checkbox"/> poppy seeds | <input type="checkbox"/> 4 oz all purpose flour | <input type="checkbox"/> 2 oz unsweetened shredded coconut |
| <input type="checkbox"/> 1 lb penne pasta | <input type="checkbox"/> 24 oz low sodium broth | <input type="checkbox"/> 16 oz marinara |

SPICES

- | | | |
|---|--|--|
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> aamchoor powder |
| <input type="checkbox"/> asafetida | <input type="checkbox"/> coriander seeds | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> mustard seeds | <input type="checkbox"/> green cardamom | <input type="checkbox"/> cloves |
| <input type="checkbox"/> cinnamon sticks | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> red chili flakes | | |

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: INSTANT POT CHANA SAAG



PREP TIME: 5 MIN
COOK TIME: 20 MIN
TOTAL TIME: 25 MINS
SERVES: 3

INGREDIENTS

- 1 15 oz canned chickpeas rinsed and drained, or 2 cups soaked chickpeas (1 cup dry, soaked overnight)
- 1 tablespoon ghee or oil for vegan
- 1 small onion chopped fine
- 1 teaspoon ginger grated
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon kashmiri red chilli powder or paprika
- 1 teaspoon kosher salt
- 1 medium tomato diced
- 1/3 cup water
- 1/2 teaspoon garam masala
- 1/2 teaspoon aamchoor powder dry mango powder or 1 tablespoon lemon juice
- 4-6 cups fresh baby spinach chopped

INSTRUCTIONS

1. Turn Instant Pot to saute mode. Once the 'hot' sign displays, add ghee. Add onions and mix well. Cook for 2 mins with a glass lid on.
2. Add ginger, garlic, cumin powder, turmeric, red chili powder and salt. Cook for 30 secs.
3. Add tomatoes and mix everything together. Add water and chickpeas. Mix well.
4. Close Instant Pot with pressure valve to sealing position. Cook on Manual(Hi) for 4 mins. (If using pre-soaked chickpeas cook for 25 mins)
5. Quick release the pressure or if you have time Natural Release is fine too. Open IP lid and set on Saute mode.
6. Add garam masala and dry mango powder. Add Spinach. Mix everything together and cook for 2-3 mins. Serve hot with Rice or Naan

NOTES

- To make vegan Chana Saag, simply substitute ghee with oil.
- You can make pot in pot white rice along with chana saag when using canned chickpeas. Add 1 cup basmati rice, 1.5 cups of water, 1 teaspoon of salt in a stainless steel pot and place over the tall trivet.
- If using pre-soaked chickpeas, add extra 1/2 cup of water and pressure cook for 25 minutes followed by 10 minute natural pressure release. You can also make pot in pot brown rice when using soaked chickpeas as they have similar cook time to brown rice. Add 1 cup brown rice, 1.5 cups of water in a stainless steel pot and place over the tall trivet.
- Substitute spinach with your favorite greens like finely chopped kale, swiss chard or beet leaves.

Tuesday: FISH CURRY WITH RICE



INGREDIENTS

- 1 pound fillet catfish
- 1 tablespoon lemon juice
- 1 tomato cut into 4 pieces
- 1 small red onion roughly chopped
- 4 tablespoon fresh grated coconut
- 1/2 inch ginger peeled and chopped
- 4 garlic cloves
- 1/2 tablespoon cooking oil
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon turmeric
- 2 teaspoon red chili powder
- 1 teaspoon kosher salt

PREP TIME:10 MIN

COOK TIME:15 MIN

TOTAL TIME:25 MIN

SERVES:5

INSTRUCTIONS

1. Wash and drain the catfish. Cut into 2 inch cubes and apply 1 tablespoon of lemon juice.
2. Puree onion, tomatoes, coconut, ginger and garlic to a fine paste.
3. Heat oil in a medium pan. Add mustard seeds and once they start to crackle add the onion and tomato puree.
4. Add turmeric and red chili powder and cook on medium heat for 5 mins until the oil starts to separate stirring occasionally.
5. Drain any water/lemon juice from the fish and add the fish to the sauce. Add salt and gently mix together the sauce and the fish. Cook covered on medium heat for 5 mins.
 - a. Note: You may want to add 1/4th to 1/2 cup warm water to get the desired consistency.
6. Serve with Hot Basmati rice and lime wedges!

Wednesday: INSTANT POT MASALE BHATH



PREP TIME: 20 MIN

COOK TIME: 30 MIN

TOTAL TIME: 50 MIN

SERVES: 5

INGREDIENTS

- 1.5 cups basmati rice or any white rice
- 2 tablespoon oil
- 1/8 teaspoon hing {asafetida} optional
- 1/3 teaspoon ground turmeric
- 1 medium onion sliced
- 1 tomato diced
- 1 to 2 green chilies minced
- 1 medium potato cubed
- 1 cup eggplant cubed
- 2 teaspoon kosher salt
- 1/2 teaspoon red chili powder
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 10 curry leaves chopped (optional)
- 1/4 cup cilantro chopped
- 2 1/2 cups water

Goda Masala Spice Blend

- 2 teaspoons coriander seeds
- 8 cloves
- 2 inch cinnamon stick
- 1 teaspoon cumin seeds
- 1 teaspoon sesame seeds
- 1 teaspoon poppy seeds
- 1 tablespoon unsweetened coconut shredded
- 2 green cardamom
- 15 black pepper

Garnish

- 1/2 cup cilantro chopped
- 2 tablespoon grated coconut frozen works well, optional
- 2 to 3 tablespoons ghee optional

Mattha - Cooling Yogurt Drink

- 2 tablespoons cilantro chopped
- 10 mint leaves optional
- 1/2 to 1 teaspoon green chili
- 1 teaspoon ginger grated
- 1 cup yogurt
- 2 cup water
- 1 teaspoon kosher salt
- 1 teaspoon sugar

INSTRUCTIONS

1. In a small pan, roast all the spices for goda masala on medium heat until all the spices are hot to touch. About 2 to 3 minutes. Take the spices out in a bowl and allow to cool. Once the spices are completely cool, grind them to fine powder in a small spice jar. Reserve the goda masala spice blend.
2. Set the Instant Pot to saute mode and heat oil. Add hing and turmeric. Add onions and saute for 2 minutes. Add 1 teaspoon salt, curry leaves, ginger, garlic and saute for a minute.
3. Add tomatoes and mix well. Press cancel and saute for another minute, deglazing the bottom of the pot. Add potatoes, eggplant, remaining 1 teaspoon salt, red chili powder, cilantro and mix well.
4. Add the spice blend, rice and water. Give a quick stir and close the Instant Pot lid with pressure release valve to sealing. Pressure cook on low pressure for 5 minutes followed by 5 minute natural pressure release. Release the remaining pressure by turning the pressure release valve to venting. Open the Instant Pot and garnish with cilantro and coconut.
5. Mix gently and top with ghee. Ghee can also be added while serving. Enjoy hot with yogurt or mattha.

Mattha {Cooling Yogurt Drink}

1. Add all the ingredients for the Mattha to a blender and blend for a minute. Serve with hot Masale Bhath.

Thursday: INSTANT POT WHOLE TANDOORI CHICKEN



PREP TIME: 10 MIN

COOK TIME: 50 MIN

MARINATING TIME: 8 HR

TOTAL TIME: 1 HR

SERVES: 8

INGREDIENTS

- 4 to 5.5 Pounds Whole Chicken

Stuffing:

- 10 whole black peppercorn
- 8 cloves
- 1 cinnamon stick
- 1/2 large yellow onion chopped

Marinade:

- 1 to 2 tablespoon kashmiri red chili powder
- 1/2 teaspoon ground turmeric
- 1/2 tablespoon kosher salt
- 1 tablespoon garam masala
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste
- 3 tablespoons lemon juice
- 3 tablespoons oil

Gravy:

- 1 yellow onion diced
- 3 garlic cloves
- 1 cup low sodium chicken broth
- 3 tablespoons all purpose flour
- 1/4 cup water

INSTRUCTIONS

1. Remove the bag of giblets from inside the chicken. Pat dry the chicken from outside and inside with paper towels and remove any excess moisture. Trim any excess fat from the chicken.
2. Make small slits on the chicken so that the marinade can reach inside the chicken
3. Stuff the inside of the chicken with onions, lemon slices, whole black pepper corn, cloves and a cinnamon stick. Tie the legs with a kitchen twine.
4. Spread the marinade evenly on both sides of the chicken. With the breast side up, spread the marinade under the chicken skin with a spoon. Allow the chicken to marinate for 6 to 8 hours or overnight in the refrigerator. When ready to cook, take out the chicken an hour before so it comes to room temperature.
5. Lightly brush or spray the chicken with oil. Set the Instant Pot to saute mode and heat ghee or oil. If you are making gravy with the tandoori chicken, add onions and garlic cloves and saute for 2 minutes. Add chicken broth. Place the chicken on the trivet and carefully put the trivet inside the Instant Pot.
6. Close the lid and pressure cook for 30 minutes. Allow 10 minutes of natural pressure release and then open the Instant Pot. Carefully take the chicken out and blend the gravy using an immersion blender. Mix all purpose flour mixed in water and stir in to thicken the gravy and bring it to a gentle boil. Serve the Chicken with the hot gravy.

Instant Pot size and cook times to make whole tandoori chicken:

1. If making whole tandoori chicken in a 6-quart Instant Pot make sure your chicken is no more than 4 pounds as it may not fit the pot
2. I have tested this recipe with 5 to 6 pounds of chicken in my 8-Qt Instant Pot
3. Cooktime for 1 pound of bone in chicken is 6 minutes. So for a 5 pound chicken the pressure cooktime is 30 minutes and for a 4 pound chicken it will be 24 minutes
4. 10 minute natural pressure release is recommended

Pro tips for making perfect Whole Tandoori Chicken:

1. Pat dry the chicken completely inside and out
2. Trim any excess skin and fat. I like using kitchen shears for this and I do it directly in the pan that I use for marinating
3. Traditionally yogurt is also added to tandoori marinade. I have tried this recipe with and without the yogurt and there was not much difference in taste
4. Use the mild Kashmiri red chili powder that adds a brilliant red hue to the final dish
5. Homemade garam masala adds a more authentic flavors and aroma to the chicken
6. Try to spread the marinade under the skin with breast side up
7. Make sure to marinate the chicken overnight or at least 8 to 10 hours
8. Lightly spray the chicken with oil before broiling for smokey flavors
9. Do not broil the chicken for too long as that would overcook and make the chicken dry

Variations for Whole Tandoori Chicken:

1. If you do not want to make the gravy, simply add 1 cup of water to the inner pot and place the trivet with chicken inside the pot
2. Sprinkle the inside of the chicken with 1/2 teaspoon salt

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

COOK TIME: 20 MIN

TOTAL 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

Notes:

- We are using full box of pasta in this recipe.
- 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.
- 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.

Special: THANKSGIVING DINNER



INSTANT POT WHOLE
TANDOORI CHICKEN



WHOLE ROASTED
TANDOORI CAULIFLOWER



JALAPEÑO CHEDDAR
CORNBREAD



KALE SALAD WITH
ALMONDS



CRANBERRY APPLE
SAUCE



SWEET POTATO
CASSEROLE



MULLED APPLE CIDER



APPLE CAKE



MANGO CHEESECAKE

Happy Holidays from ministry of curry