



ministry of curry

WEEK OF:
12/21 - 12/27

Tip:
You can
click on
orange font



Menu

MONDAY

Uttapam

TUESDAY

Instant Pot French Onion Soup

WEDNESDAY

Kimchi fried rice

THURSDAY*

Blackened Fish Tacos

FRIDAY*

Baked Salmon

VEGETARIAN

THURSDAY

Turmeric Roasted Cauliflower Tacos

FRIDAY

Whole Roasted Tandoori Cauliflower

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

Grocery Shopping List

BAKERY

- ☐ 1 french baguette

PROTEIN & DAIRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 oz butter | <input type="checkbox"/> 1 pack sliced swiss cheese | <input type="checkbox"/> 12 oz shredded gruyere cheese |
| <input type="checkbox"/> 6 eggs | <input type="checkbox"/> 4 oz plain yogurt | <input type="checkbox"/> 1 lb white fish fillet |
| <input type="checkbox"/> 3.5 lb salmon fillet | | |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 2 medium red onions | <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 2 tomatoes |
| <input type="checkbox"/> 8 green chilies | <input type="checkbox"/> 2 jalapenos | <input type="checkbox"/> 3 bunch cilantro |
| <input type="checkbox"/> 1 small bunch thyme | <input type="checkbox"/> 1 large bunch Parsley | <input type="checkbox"/> 1 bunch Mint |
| <input type="checkbox"/> 1 lb bok choy | <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 1 small red pepper |
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 pineapple | <input type="checkbox"/> 1 garlic head |
| <input type="checkbox"/> 4 inch ginger root | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 2 lemons |

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz dry white wine | <input type="checkbox"/> Worcestershire sauce | <input type="checkbox"/> 24 oz low sodium vegetable broth |
| <input type="checkbox"/> 4 oz all purpose flour | <input type="checkbox"/> 12 oz jasmine rice | <input type="checkbox"/> 10 flour tortillas |

SPICES

- | | | |
|--|---|--|
| <input type="checkbox"/> Indian bay leaf | <input type="checkbox"/> smoked paprika | <input type="checkbox"/> gochugaru Korean chili powder |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> onion powder | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> dried thyme | <input type="checkbox"/> dried oregano | <input type="checkbox"/> cumin seeds |

OTHER

- ☐ 4 cups Idli Batter <- Find the recipe here ☐ 10 oz kimchi (refrigerated section)

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: UTTAPAM



INGREDIENTS

- 4 cups **Idli Batter**
- 1/4 cup water
- 1 teaspoon kosher salt

Toppings:

- 1 medium red onion finely diced
- 2 tomatoes finely diced
- 2 to 4 green chilies finely diced
- 1/2 cup cilantro finely chopped
- 1/4 cup ghee use oil as a vegan substitute

PREP TIME:10 MIN

COOK TIME:30 MIN

TOTAL TIME:40 MINS

SERVES:8

INSTRUCTIONS

1. Add salt & water to the idli batter to make pancake-batter-like consistency. Heat a nonstick pan on medium heat and apply a little bit of ghee or oil.
2. Spread about 2 ladles full of batter (about ½ cup) to form a 6-inch pancake. You can make the pancake thick or thin. Then spread 1 tablespoon of onion, tomato, ¼ teaspoon green chili, and ½ tablespoon of cilantro on the uttapam. You will start seeing air bubbles form in the middle and the sides will start to turn golden brown. The top batter will also start to look dry/cooked.
3. Carefully pick up the uttapam, going in from the sides and reaching the middle with a thin silicone spatula, and flip it over. Allow the top side to cook for 1 to 2 minutes as the onions start to caramelize. Take the uttapam out and serve with the topping side up with coconut chutney or cilantro mint chutney and sambar. Repeat with the remaining batter.

NOTES

1. Bite-Sized Uttapam to serve as a snack, appetizer, movie night, or game night snack:
 - a. To make bite-sized uttapam, fill the batter in the reusable mustard or ketchup squeeze bottle and make a small 1-inch round uttapam on the pan. Add the toppings and gently flip them with a small spoon or silicone spatula. Press them gently and allow to cook for a minute. Serve with coconut chutney, cilantro mint chutney or give it a fancy twist by serving it with my famous makhani sauce

Tuesday: INSTANT POT FRENCH ONION SOUP



PREP TIME: 10 MIN
COOK TIME: 40 MIN
TOTAL TIME: 50 MIN
SERVES: 6

INGREDIENTS

- 4 large yellow onions thinly sliced (use a mandolin for thin slices)
- 3 tablespoons butter
- 1 tablespoon cooking oil
- 1 teaspoon kosher salt
- 1/4 teaspoon sugar
- 1/2 cup dry white wine
- 1 tablespoon Worcestershire sauce/ Vegan Worcestershire sauce
- 1 Indian bay leaf
- 1 tablespoon fresh thyme
- 1/2 teaspoon crushed black pepper
- 3 cups veg broth low sodium
- 2 tablespoons all-purpose flour

To serve

- 1 crusty baguette thick slices
- 1-1/2 cups shredded gruyere cheese
- 6-12 slices swiss cheese
- 1 teaspoon cayenne pepper optional

INSTRUCTIONS

1. Turn the Instant Pot on Sauté (more) mode and heat butter and oil.
2. Add onions, 1/2 teaspoon salt, 1/4 teaspoon sugar and cook for 20-25 minutes stirring every 5 mins until onions turn golden brown but not burnt. Glass lid can be used during Sauté process. After 20 minutes the onions should be golden brown and the bottom of the pot will start to brown.
3. Press Cancel. Add wine and deglaze the pot removing all browning from the pot. Cook for 2-3 minutes as the wine evaporates.
4. Add bay leaf, 1/2 tablespoon thyme, remaining salt, pepper, Worcestershire sauce and 2-1/2 cups of broth. Secure the lid with Pressure Release to Sealing. Cook on Manual/Pressure Cook (Hi) for 6 minutes followed by Quick Release.
5. Open the Instant Pot, remove the bay leaf and discard. Mix all purpose flour in the remaining broth and slowly stir in the soup. Set Instant Pot to Sauté mode and cook for 5 minutes as the soup thickens.

To Serve:

1. Preheat oven to broil (Hi). Cut each baguette slices into bite-sized pieces. Line them on a baking sheet and toast until golden brown (5 to 7 minutes).
2. Add 3/4 cup of soup to an oven-safe bowl. Add toasted bread pieces and top them with a handful of shredded Gruyere cheese, top with Swiss cheese slices, and a sprinkle of cayenne pepper and thyme. Broil for 5 mins or until the cheese melts. Serve hot!

NOTES

- Use a mix of red and yellow onions.
- Dry thyme can be substituted for fresh.

Wednesday: KIMCHI FRIED RICE



PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

- 1.5 cups jasmine rice
- 1.5 cups water
- 1 teaspoon kosher salt
- 1/2 cup onions diced
- 3-4 eggs
- 3 cups bok choy chopped
- 2 tablespoons cooking oil
- 1/4 cup scallions chopped
- 4 garlic cloves minced
- 1 cup Kimchi with liquid chopped
- 1 teaspoon gochugaru Korean chili powder
- 1-2 eggs to fry on top optional

INSTRUCTIONS

1. Rinse and drain the rice. Add 1.5 cups of rice, 1.5 cups of water to the Instant Pot. Pressure cook for 4 minutes followed by quick release. Open the lid and allow the rice to cool down. You can also use pre-cooked rice or cook it on the stove top or in a rice cooker.
2. Heat 1 tablespoon oil in a large wok and scramble 3-4 eggs. Keep aside. In the same wok add remaining oil, sauté onion and garlic until onions turn translucent. Add chopped Kimchi with the liquid and cook on high heat until all the liquid disappears.
3. Add chopped bok choy (or any greens like chard, spinach), half of the scallions and cook for another 2 mins on high heat. Add cooked rice, scrambled eggs, remaining scallions and mix well. Add gochugaru and give a quick stir. I usually do not to add extra salt to the fried rice but you can add some salt to your taste. (Note: I cook the rice with some salt) Sponsored by Advertising Partner Sponsored Video Watch to learn more.
4. Serve the rice hot, topped with an egg cooked sunny side up!

Thursday: BLACKENED FISH TACOS WITH PINEAPPLE SALSA



PREP TIME: 20 MIN
COOK TIME: 10 MIN
TOTAL TIME: 30 MIN
SERVES: 4

INGREDIENTS

- 1 pound white fish fillet halibut, mahi-mahi, cod, tilapia
- 8 to 10 flour tortillas use corn tortillas for gluten-free option

Spices

- 1 1/2 tablespoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

Pineapple salsa

- 1 cup pineapple fresh pineapple works best
- 1/2 cup red pepper finely diced
- 1/4 cup red onion finely diced
- 1/4 cup cilantro chopped
- 1/2 jalapeno finely diced
- 1/4 lime
- 1/2 teaspoon kosher salt

Avocado Cilantro Sauce

- 1 avocado
- 1/2 cup yogurt
- 1 cup cilantro leaves and stems
- 2 garlic cloves
- 1 jalapeno use only half for less spice sauce
- 1 teaspoon kosher salt
- 1/4 lime

INSTRUCTIONS

1. In a wide bowl mix all of the dry spices for the spice blend and keep aside.
2. Cut the fish fillet into 4 pieces and then coat each piece with the seasoning, pressing & turning the fish gently in the spice bowl to coat all the sides.
3. Heat a cast-iron skillet or a nonstick pan over medium heat. Add oil and once it's heated, place the seasoned fish pieces on the pan. Depending on the thickness of the fish you can turn the fish in 2 to 4 minutes and cook on the other side for 2 to 4 minutes. Take the fish out and gently break it with a fork.
4. In a medium bowl mix pineapple, red pepper, jalapeños, and onion. Add cilantro, salt & squeeze fresh lime juice. Mix well.
5. To make the avocado cilantro sauce, add cilantro, avocado, yogurt, garlic, jalapeno & salt to the food processor. Squeeze lime juice. Blend until smooth.
6. To warm the tortillas you can cook them directly over medium flame until it gets a few charred marks. Use a stainless steel pair of tongs to turn them over after 30 to 40 seconds.
7. To assemble the tacos, place a few spoonfuls of fish in the center of the tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.
8. Any leftover fish, salsa or sauce can be refrigerated for up to 2 days.

NOTES

1. For gluten-free meal, use corn tortillas or gluten-free tortillas
2. Substitute fish with shrimp for delicious blackened shrimp tacos
3. For a dairy-free option, use soy yogurt in the avocado cilantro sauce
4. Have a mango on hand? use instead of the pineapple and make mango salsa
5. Have a grill on? Cook your fish on the grill, over grill mat
6. Generously brush oil on the fish and bake it in the oven at 400 degrees for 10 minutes, then broil for 1 min for perfect blackening on the top

Friday: BAKED SALMON WITH FRESH HERB CHUTNEY



INGREDIENTS

- 1 to 2 lemons sliced
- 3.5 pounds salmon fillet wild or organic
- 2 teaspoons cumin seeds
- 3 small green chilies
- 2 tablespoons ginger – peeled & chopped
- 8 garlic cloves peeled
- 1 cup scallions chopped
- 2 cups cilantro chopped
- 2 cups parsley chopped
- 2 teaspoons kosher salt
- 1 lemon juiced
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 1 cup mint leaves
- 1/4 cup red onion thinly sliced (optional)

PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MIN

SERVES: 8

INSTRUCTIONS

1. Prep

- a. Rinse the salmon fillet and dry on both sides with paper towels.
- b. Place the salmon on a baking sheet lined with parchment paper. Tuck a few slices of lemon under the fillet.
- c. Note: If you do not have parchment paper, you can line the baking tray with aluminum foil instead and grease it well with oil. Preheat the oven to 375 degrees.

2. Chutney Marinade

- a. Toast cumin seeds in a small pan over low-medium heat and allow them to cool.
- b. Add green chilies, ginger, garlic, toasted cumin seeds, scallions, cilantro, and parsley to the food processor. Add salt, lemon juice, olive oil, and pepper. Pulse a few times until all the ingredients are finely chopped.
- c. Then add the mint and pulse a few more times until the mint blends well with the remaining marinade. (Note: Over pulsing mint can sometimes make the marinade turn brownish, so adding it in the end) The marinade will have the texture of pesto and not a fine paste. This should make about 1.5 cups of marinade.

3. Apply the marinade

- a. Sprinkle 1/2 teaspoon salt on the salmon.
- b. Spread about 1/2 cup of the chutney marinade over the salmon. Reserve the remaining to serve with salmon.
- c. Optional step: sprinkle a handful of thinly sliced red onions on the top. Allow the fish to marinate in the refrigerator at this point for 20 minutes or go ahead and bake it right away!

4. Bake

- a. Brush the top of the salmon with olive oil or use olive oil spray all over the salmon.
- b. Bake for 25 minutes, but check for doneness around 20-minute mark. Serve hot with the reserved chutney.

NOTES

- Please see the recipe on the blog for additional notes

Extra: FESTIVE HOLIDAY RECIPES



FIG WALNUT HALWA



THE BEST MANGO
CHEESECAKE



RICOTTA CHEESECAKE



CARDAMOM SAFFRON
TRIFLE



KALAKAND



KHARI



GOBI MANCHURIAN



ALOO CHAAT



CHICKEN TIKKA KEBAB



EGGPLANT AND RED
PEPPER SPREAD



TANDOORI CHICKEN WINGS



Happy Holidays from ministry of curry