



ministry of curry

WEEK OF:
12/20 - 12/24

Tip:
You can
click on
orange font



Menu

MONDAY

Uttapam - GF

TUESDAY

French Onion Soup

WEDNESDAY

Kimchi fried rice

THURSDAY

Turmeric Roasted Cauliflower Tacos

FRIDAY

Whole Roasted Tandoori Cauliflower

COOKING ICONS



Gluten-Free



Low Carb



Vegan



Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|--------------------------------------|---|--|
| <input type="checkbox"/> 4 eggs | <input type="checkbox"/> 8 oz greek yogurt | <input type="checkbox"/> 12 oz shredded gruyere cheese |
| <input type="checkbox"/> 2 oz yogurt | <input type="checkbox"/> 12 slices swiss cheese | |

PANTRY

- | | | |
|--|---|---|
| <input type="checkbox"/> 4 cups Idli Batter | <input type="checkbox"/> 32 oz low sodium vegetable broth | <input type="checkbox"/> 10 small corn tortillas |
| <input type="checkbox"/> 4 oz dry white wine | <input type="checkbox"/> 1 crusty baguette | <input type="checkbox"/> 8 oz Kimchi |
| <input type="checkbox"/> 2 oz Worcestershire sauce | <input type="checkbox"/> jasmine rice | <input type="checkbox"/> 2 oz all purpose flour |
| <input type="checkbox"/> 4 oz pickled onions | <input type="checkbox"/> 8 oz mayo | <input type="checkbox"/> 2 oz chipotle peppers in adobo sauce |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 2 red onions | <input type="checkbox"/> 10 oz bok choy | <input type="checkbox"/> 2 oz pomegranate seeds |
| <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 6 garlic cloves | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 2 green chilies | <input type="checkbox"/> 2 heads cauliflower | <input type="checkbox"/> 1 small red cabbage |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 inch ginger root | <input type="checkbox"/> 1 small green cabbage |
| <input type="checkbox"/> 1 small bunch fresh thyme | <input type="checkbox"/> 2 small persian cucumbers | <input type="checkbox"/> 2 carrots |
| | | <input type="checkbox"/> 1 avocado |

SPICES

- | | | |
|---|---|--|
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> ground coriander | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> Indian bay leaf | <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> dried fenugreek leaves | <input type="checkbox"/> garam masala | <input type="checkbox"/> gochugaru Korean chili powder |

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
- ¼ cup water
- 1 teaspoon kosher salt

Toppings:

- 1 medium red onion finely diced
- 2 tomatoes finely diced
- 2 to 4 green chilies finely diced
- ½ cup cilantro finely chopped
- ¼ cup ghee use oil as a vegan substitute

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 4

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

- Bite-Sized Uttapam to serve as a snack, appetizer, movie night or game night snack:
- To make bite-sized uttapam, fill the batter in the reusable mustard or ketchup squeeze bottle and make 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



INGREDIENTS

- 4 large yellow onions thinly sliced (use a mandolin for thin slices)
- 3 tablespoons butter
- 1 tablespoon cooking oil
- 1 teaspoon kosher salt
- ¼ teaspoon sugar
- ½ cup dry white wine
- 1 tablespoon Worcestershire sauce/ Vegan Worcestershire sauce
- 1 Indian bay leaf
- 1 tablespoon fresh thyme
- ½ teaspoon crushed black pepper
- 3 cups veg broth low sodium
- 2 tablespoons all-purpose flour

To serve

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

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot on Sauté (more) mode and heat butter and oil.
2. Add onions, ½ teaspoon salt, ¼ 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 Saute 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, ½ tablespoon thyme, remaining salt, pepper, Worcestershire sauce, and 2½ cups of broth. Secure the lid with Pressure Release to Sealing. 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 ¾ cup of soup to an oven safe bowl. Add toasted bread pieces and top them with 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



INGREDIENTS

- 1½ cups jasmine rice
- 1½ cups water
- 1 teaspoon kosher salt
- ½ cup onions diced
- 3-4 eggs
- 3 cups bok choy chopped
- 2 tablespoons cooking oil
- ¼ 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

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

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 stovetop 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 add extra salt to the fried rice but you can add some salt to your taste. (Note: I cook the rice with some salt)
4. Serve the rice hot, topped with an egg cooked sunny side up!

Thursday: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1-inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble

- 10 small corn tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1-inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment-lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. I have 2 favorite sauce recipes that like to serve with these tacos.

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs thechutneylife
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stovetop method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- Please visit the recipe on the blog for more notes.

ministry of curry

Friday: WHOLE ROASTED TANDOORI CAULIFLOWER



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INGREDIENTS

- 1 cauliflower head trimmed (2.12 pounds before removing the leaves and stems, 1.3 pounds after)
- 2 teaspoons kosher salt
- ½ teaspoon ground turmeric
- 2 tablespoons water
- 1 tablespoon olive oil for basting

Marinade:

- 2 tablespoons yogurt
- 1 to 3 teaspoons kashmiri red chili powder
- ½ teaspoon garam masala
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 1 teaspoon kosher salt
- 1 tablespoon dried fenugreek leaves
- 1 tablespoon olive oil

Raita:

- 1 cup greek yogurt
- 2 small persian cucumbers peeled and grated
- 1 garlic clove grated
- ¼ teaspoon ground cumin
- 2 tablespoons cilantro chopped
- ½ teaspoon kosher salt

Garnish:

- 2 tablespoons roasted pistachios rough chopped
- 2 tablespoons pomegranate seeds or cranberries/raisins
- 2 tablespoons cilantro finely chopped
- 5 pickled onions
- 4 Lemon wedges

INSTRUCTIONS

Step 1: Brine and Steam the Cauliflower:

1. Add 1 cup water to Instant Pot.
2. Place the cauliflower head on the trivet and place the trivet inside the Instant Pot
3. Mix salt and turmeric in 2 tablespoons of water and brush it all over the cauliflower. Turn the cauliflower over and evenly pour any remaining paste on it. Then place the cauliflower back on the trivet with the stem down. Close the Instant Pot with pressure valve to sealing. Set the Instant Pot to Manual/Pressure cook(hi) for 1 minute. Quick-release and open the Instant Pot.

Step 2: Marinate and Roast

1. Mix all the ingredients for the marinade in a small bowl. Apply the marinade on the steamed cauliflower using a brush or silicone spatula. You can also turn the cauliflower over to get any remaining marinade under the cauliflower. Then place the cauliflower back on the trivet with the stem down. Apply the remaining 1 tablespoon of oil over the cauliflower.
2. Place the CrispLid on top of the Instant Pot and adjust the temperature to 400 degrees and cook time to 5 minutes. You can also roast in a preheated oven at 400 degrees for 5 to 10 minutes.

Step 3: Raita

1. In a bowl, add finely grated cucumber, salt, grated garlic, ground cumin and cilantro. Add yogurt and mix well.
2. Plating:
3. Place the cauliflower in a medium serving platter. Pour Raita around the cauliflower. Garnish with cilantro, pistachios, pomegranates and pickled onions. Add lemon wedges to the side.
4. Cut into ½ inch steaks while serving.

NOTES

For more notes and tips visit [this recipe on the blog](#).

Holiday Meal Favorites



POMEGRANATE JUICE



MULLED APPLE CIDER



MUSHROOM TARTLETS



KALE SALAD W/ ALMONDS



SWEET POTATO
CASSEROLE



CRANBERRY APPLE SAUCE



JALAPEÑO CHEDDAR
CORNBREAD



ROASTED CARROTS WITH
HERB CHUTNEY



BREAD UPMA



WHOLE ROASTED
TANDOORI CAULIFLOWER



MASALA MAC
AND CHEESE



THE BEST MANGO
CHEESECAKE