



ministry of curry

WEEK OF:
10/19 - 10/25

Tip:
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Menu

MONDAY

Instant Pot Easy Chana Masala

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

WEDNESDAY

Quinoa Oats Dosa

THURSDAY

Creamy Tomato Bisque Instant Pot

FRIDAY

Instant Pot Ven Pongal

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

Grocery Shopping List

BAKERY

- ☐ 8 whole wheat tortillas

PROTEIN & DAIRY

- ☐ 4 oz heavy cream ☐ 8 oz shredded pepper jack cheese

FROZEN

- ☐ 10 oz frozen grated coconut

PRODUCE

- | | | |
|--|--|--|
| <input type="checkbox"/> 2 large yellow onions | <input type="checkbox"/> 2" ginger root | <input type="checkbox"/> 1 garlic head |
| <input type="checkbox"/> 10 tomatoes | <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 2 celery celery sticks |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 4 small green chilies | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 10 oz baby spinach | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 small bunch fresh oregano |
| <input type="checkbox"/> 1 small bunch fresh parsley | <input type="checkbox"/> 1 small bunch fresh basil | <input type="checkbox"/> 20 curry leaves |

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 cup dried chickpeas | <input type="checkbox"/> 8 oz white organic quinoa | <input type="checkbox"/> 4 oz cup rolled oats |
| <input type="checkbox"/> 4 oz urad dal | <input type="checkbox"/> 2 oz chana dal | <input type="checkbox"/> 2 oz split roasted gram lentils |
| <input type="checkbox"/> 12 oz low sodium broth | <input type="checkbox"/> 2 oz raw cashews | <input type="checkbox"/> 4 oz moong daal |
| <input type="checkbox"/> 2 oz roasted chana daal | <input type="checkbox"/> 1 cup short grain rice | amber more or kala jeera |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> kashmiri red chili powder | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> black mustard seeds | <input type="checkbox"/> asafetida | |

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 EASY CHANA MASALA

INGREDIENTS

- 1 cup dried chickpeas rinsed
- 3.5 cups water
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 yellow onion finely diced
- 1 teaspoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon ground coriander
- 2 teaspoons kosher salt
- 1 to 2 teaspoons kashmiri red chili powder
- 1/4 teaspoon ground turmeric
- 2 plum tomatoes finely diced or 1 cup canned tomatoes with juice
- 1/4 teaspoon garam masala
- 1/2 cup cilantro chopped



PREP TIME: 10 MIN

COOK TIME: 60 MIN

SOAK TIME: 4 HRS

TOTAL TIME: 5 HRS 10 MINS

SERVES: 4

INSTRUCTIONS

1. In a bowl, combine the chickpeas and 2 cups of warm water and let soak for at least 4 hours or up to overnight. Drain the chickpeas and set aside.
2. Select the high saute setting on the Instant Pot and heat the ghee. Add the cumin seeds directly to the hot oil and cook until they start to sizzle, about 1 minute. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Cover the pot with a glass lid to speed up the process. Add the ginger and garlic and saute until aromatic, about 1 minute. Add the coriander, salt, chili powder, turmeric and chickpeas; pour in the 1.5 cups water; and stir well with a wooden spoon nudging loose any browned bits from the pot bottom.
3. Secure the lid and set the pressure release to sealing. Press the Cancel button to reset the cooking program, then select pressure cook/manual(hi) and set the cooking time to 35 minutes.
4. Allow natural pressure release. Open the Instant Pot and stir in the tomatoes and garam masala. Select the high saute setting and cook until the tomatoes soften, about 5 minutes. Garnish with cilantro

NOTES

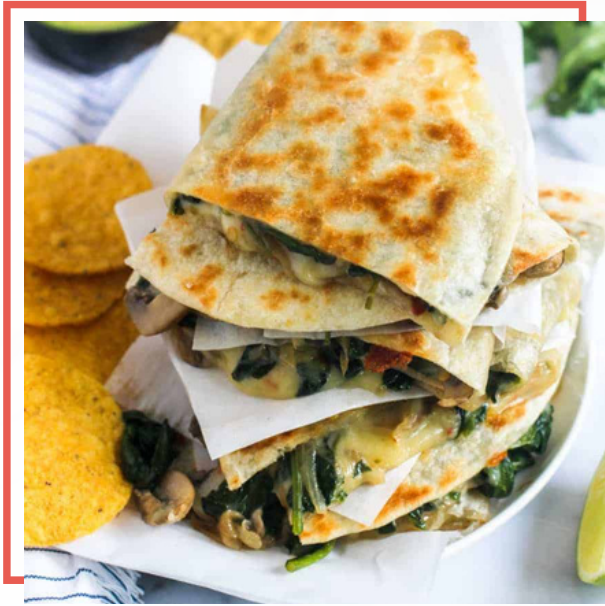
Vegan Variation:

- Substitute oil for the ghee.

Notes:

- Use 1 teaspoon Kashmiri red chili powder for a milder curry, or 2 teaspoons for a spicier curry.
- Organic or older beans may need an extra 5 to 10 minutes of cooking time.

Tuesday: CRISPY SPINACH, MUSHROOM & ONION QUESADILLAS



INGREDIENTS

- 1 large onion
- 8 oz white mushrooms
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tbsp oil
- 6-8 whole wheat tortillas

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Thinly slice a large onion and white mushrooms. In a large skillet over medium heat, add 1 tbsp oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Add the spinach, little bit at a time and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place second tortilla on top of the cheese and press it gently with the spatula. Add few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

Wednesday: QUINOA OATS DOSA



PREP TIME: 15 MIN

COOK TIME: 30 MIN

SOAK TIME: 4 HRS

TOTAL TIME: 4 HRS 45 MIN

SERVES: 6

INGREDIENTS

- 1 cup white organic quinoa
- 1/2 cup rolled oats quick oats will work too
- 1/2 cup urad dal
- 1/4 cup chana dal
- 1.5 cups water for making the batter
- 1.5 teaspoons kosher salt
- 1/4 cup oil or ghee to apply to the cooked dosa

Coconut Chutney (optional)

- 3/4 cup coconut fresh frozen or unsweetened dry desiccated
- 2 tablespoons split roasted gram lentils(split daliya) or roasted peanuts
- 1 garlic clove
- 1 green chili
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon kosher salt
- 1 teaspoon sugar optional
- 1/3 cup water add more as needed
- 1 teaspoon fresh lemon juice

INSTRUCTIONS

1. Rinse the quinoa, oats & lentils. Drain out the water and then soak with 3 cups of water for 4 hours.
2. Drain out all the water. Add to a blender and blend with water. The dosa batter consistency will be like pancake batter. Add salt and mix well.
3. Allow to rest for 20 minutes or an hour or start making the dosa's right away.
4. Pre heat a nonstick griddle on low heat and pour about $\frac{1}{3}$ cup of batter and spread it into a thin dosa using the back of the laddle or a measuring cup. Starting from the middle spread the batter in a circular motion going outwards.
5. Once the bottom of the dosa starts to turn golden brown, evenly spread little bit of oil or ghee on the dosa. Allow the dosa to crisp up further for another couple of minutes or if you like softer dosa lower the heat and take the dosa out.
6. Using a flat spatula start remove the dosa from the outer edges, then gently fold the dosa and serve immediately.
7. Before making the next dosa, lower the heat and wipe the pan using wet paper towels. You can also cut an onion into half and use the flat portion of the onion to rub on the pan. This helps cool down the pan a bit and will allow you to spread the batter thinly and evenly.
8. Repeat making dosa's with rest of the batter. Any remaining batter can be refrigerated for up to 3 days.

Coconut Chutney (optional)

1. Add all the ingredients to a blender and blend until you get smooth chutney.
 - a. Note: add more water if needed. You may need more water if using dry coconut.

NOTES

- Serve with [Coconut Chutney](#) and [Batata Bhaji](#)
- See additional notes on the blog. [Click here.](#)

Thursday: CREAMY TOMATO BISQUE INSTANT POT



INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup onion diced
- 1/2 cup celery sliced
- 1 cup carrots peeled and sliced
- 3 garlic cloves peeled
- 1 tablespoon fresh oregano chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 6 tomatoes 2 pounds , quartered or 1 28 oz can of peeled tomatoes
- 1-1/2 cup reduced-sodium broth Note: I use the Better Than Bouillon Organic Vegetable Base
- 1 1/2 teaspoon salt
- 1 tablespoon honey optional
- 1/4 teaspoon black pepper or to taste
- 1/2 cup heavy cream

PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MIN

SERVES:4

INSTRUCTIONS

- 1.Set the Instant Pot to saute mode and heat oil. Add onion, celery, garlic, carrots, tomatoes, oregano, basil and parsley cook for a minute until fragrant.
- 2.Add broth and salt. Mix well. Close the Instant Pot with pressure valve to sealing.
- 3.Set the Instant Pot to Manual/Pressure Cook for 8 minutes. Followed by quick release or NPR.
- 4.Open the Instant Pot, and carefully puree the soup using an immersion blender.
- 5.Set the Instant Pot to Saute mode. Stir in honey, cream and pepper. Ladle into bowls, sprinkle some cayenne pepper for an extra kick. Enjoy hot with crunchy croutons.

NOTES

- Serve with [Kale Salad with Almonds](#)
- Vegan variation : Substitute heavy cream with coconut cream, cashew cream or corn slurry (2 tablespoons corn starch mixed in 1/4 cup of water)
- You can use dried herbs instead of fresh in this recipe. Just reduce the quantity of herbs in half.

Friday: INSTANT POT VEN PONGAL



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 4

INGREDIENTS

- 1 cup short grain rice amber more or kala jeera
- 4 tablespoons ghee
- 2 tablespoons coarsely chopped raw cashews
- 2 teaspoons ginger grated
- 2 teaspoons cumin seeds
- 1 teaspoon black peppercorns
- 1 teaspoon fresh ground black pepper
- 20 curry leaves chopped
- 1/2 cup moong daal
- 2 teaspoons kosher salt
- 1/4 teaspoon asafetida hing
- 4.5 cups water

Coconut Chutney

- 1/2 cup fresh grated coconut - frozen fresh coconut works
- 2 tablespoons roasted chana daal
- 1 teaspoon cumin seeds
- 1 to 2 green chilies
- 1/2 inch ginger
- 1/4 cup cilantro 1 teaspoon salt
- 1/4 cup water add more as needed
- 1 tablespoon oil
- 1/2 teaspoon black mustard seeds
- 1/8 teaspoon hing asafetida

INSTRUCTIONS

1. Measure the rice into a wire-mesh strainer, then rinse under running water for 10 seconds, swishing it around. Drain and set aside.
2. Select the high Saute setting on the Instant Pot and heat 1 tablespoon of the ghee. Add the cashews and sauté until they start to turn golden brown, 1 to 2 minutes. Transfer the cashews to a small bowl.
3. Add the remaining 3 tablespoons ghee, the ginger, cumin seeds, peppercorns, ground pepper, and curry leaves directly to the hot ghee at the bottom of edges of the pot and sauté until aromatic, about 30 seconds. Transfer the tadka to the bowl with the cashews and set aside.
4. Add the moong daal to the now-empty Instant Pot and sauté until toasted, about 1 minute. Add rice, salt, and hing; pour in the water; and stir to combine.
5. Secure the lid and set the pressure release to Sealing. Press the cancel button to reset the cooking program, then select the Rice setting and set the cooking time for 12 minutes at low pressure.
6. Let the pressure release naturally for 10 minutes, then move the pressure release to Venting to release any remaining steam. Press the cancel button to turn off the Instant Pot. Open the Pot and stir in the reserved cashews and tadka. Enjoy hot!

Coconut Chutney

1. In a blender or food processor blend coconut, roasted chana daal, cumin seeds, green chiles, ginger and cilantro with 1/4 cup of water. Make a smooth paste, add more water as needed.
2. Heat oil, add 1 mustard seeds and allow them to pop. Add hing/asafetida.
3. Pour this hot oil over the blended chutney and mix well before serving

NOTES

- To make Vegan Ven Pongal, substitute neutral vegetable oil or coconut oil for the ghee