



ministry of curry

WEEK OF:
11/09 - 11/13

Tip:
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Menu

MONDAY

Instant Pot Black Eyed Peas Curry

TUESDAY*

Instant Pot Chicken Noodle Soup with Kale

WEDNESDAY*

Instant Pot Chicken Tikka Masala

THURSDAY

Instant Pot Malai Kofta

FRIDAY

Instant Pot Gujarati Kadhi and Khichdi



Special Diwali Recipes Included!



VEGETARIAN OPTIONS

TUESDAY

Coconut Curry Noodle Soup

WEDNESDAY

Paneer Makhani

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 oz heavy cream | <input type="checkbox"/> 10 oz plain yogurt | <input type="checkbox"/> 15 oz ricotta cheese full fat |
| <input type="checkbox"/> 2.5 lb skinless boneless chicken breasts | | |

FROZEN

- ☐ 24 frozen veggie meatballs

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 7 medium yellow onions | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 2 garlic heads |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 4 celery sticks |
| <input type="checkbox"/> 8 oz baby kale | <input type="checkbox"/> parsley | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 8 plum tomatoes | <input type="checkbox"/> 30 curry leaves | <input type="checkbox"/> 4 green chillies |

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 cup dry black eyed peas | <input type="checkbox"/> 32 oz chicken broth | <input type="checkbox"/> 3 oz dry shredded unsweetened coconut |
| <input type="checkbox"/> 1 can coconut milk | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 16 oz short grain white rice |
| <input type="checkbox"/> 2 oz besan | <input type="checkbox"/> 4 oz pistachios | <input type="checkbox"/> 14 oz sweetened condensed milk full fat |
| <input type="checkbox"/> 16 oz egg noodles | <input type="checkbox"/> 8 oz mixed lentils | |

SPICES

- | | | |
|---|--|---|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> mustard seeds | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> garam masala | <input type="checkbox"/> asafetida |
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> whole cloves | <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> ground cardamom |
| <input type="checkbox"/> saffron | | |

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 BLACK EYED PEAS CURRY



PREP TIME: 20 MIN

COOK TIME: 30 MIN

TOTAL TIME: 50 MINS

SERVES: 6

INGREDIENTS

- 1 cup dry black eyed peas 3 cups soaked
- 1/2 teaspoon cumin seeds
- 3 tablespoon shredded coconut unsweetened
- 1 medium onion roughly chopped
- 1 large ripe tomato quartered
- 1 inch ginger
- 8 garlic cloves
- 1 tablespoon cooking oil
- 1/2 teaspoon mustard seeds
- 1/8 teaspoon asafetida optional
- 1/4 teaspoon turmeric
- 1 tablespoon kashmiri red chili powder
- 1/2 tablespoon cumin powder
- 1/2 tablespoon coriander powder
- 1 teaspoon garam masala
- 2 teaspoons salt divided
- 1/2 tablespoon jaggery or brown sugar optional
- 2 cups water
- 1/4 cup chopped cilantro for garnish

Pot in pot Rice (optional)

- 1 cup white rice
- 1.5 cups water
- 1 teaspoon salt

INSTRUCTIONS

1. Soak black eyed peas in 3 cups of water overnight or 6 hours. Drain all the water and keep aside.
2. Rinse and drain the rice. Add 1.5 cups of water and 1 teaspoon of salt and keep aside.
3. Blend cumin seeds, coconut, onion, tomato, ginger and garlic to make a smooth paste.
4. Turn the Instant Pot to Saute(more) mode and heat oil. Add mustard seeds and allow them to crackle. Add asafetida and turmeric. Add the onion and tomato paste and cook for a minute stirring frequently.
5. Add red chili powder, cumin and coriander powder, garam masala and salt. Mix well. Put a glass lid on and cook for 3-4 mins.
6. Open the glass lid and mix everything once more. Making sure no spices are stuck to the bottom of the pot.
7. Add jaggery, black eyed peas and water. Give a quick stir.
8. Put a tall trivet in the pot. Put the rice container on top of the trivet.
9. Close the Instant Pot lid with pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) for 8 minutes. Open after Natural Pressure Release.
10. Remove the rice container. Remove the trivet. Add more water if needed. Adjust salt to taste. Garnish with chopped cilantro. Enjoy hot!

Tuesday: INSTANT POT CHICKEN NOODLE SOUP WITH KALE



INGREDIENTS

- 1 tablespoon oil
- 2 tablespoon garlic minced
- 1 cup onion diced
- 1 cup carrots peeled and sliced
- 1 cup celery sliced
- 1 pound chicken breasts
- 4 cup chicken broth better than bouillon chicken broth base
- 2 cups egg noodles no yolks egg white noodles
- 4 handful baby kale or baby spinach
- black pepper
- 1 tablespoon parsley chopped for garnish

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Saute mode. Add oil, garlic, onion, carrots and celery. Saute for 30 seconds. Add chicken breasts, broth and give a quick stir. Close Instant Pot lid with pressure valve to sealing. Set to Manual(Hi) 5 minutes. Open Instant Pot after Natural Pressure Release or after 5 minutes NPR.
2. Take the Chicken Breasts out and shred them with a fork.
3. Set Instant Pot to Saute mode. Add egg noodles and shredded chicken. Cook for 4-5 mins or until the egg noodles are cooked.
4. Add baby kale and stir everything together. Turn the Instant Pot off. Garnish with black pepper and fresh parsley.

NOTES

- You can add any greens you like in the end. We love baby kale and baby spinach!

Wednesday: INSTANT POT CHICKEN TIKKA MASALA



PREP TIME: 10 MIN

COOK TIME: 30 MIN

MARINATE TIME: 20 MIN

TOTAL TIME: 60 MIN

SERVES: 5

INGREDIENTS

Marinate:

- 1.5 pound Chicken breasts
- 1.5 teaspoon kosher salt
- 1 tablespoon lemon juice
- 2 tablespoons plain yogurt
- 2 teaspoons Kashmiri red chili powder
- 1 teaspoon garam masala
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 1 teaspoon oil for basting

Sauce/Curry:

- 2 tablespoons butter or oil
- 2 medium yellow onions diced
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 3 plum tomatoes chopped or 1.5 cups diced or pureed tomatoes
- 1/4 teaspoon ground turmeric
- 1 teaspoon kosher salt
- 1 to 2 teaspoon Kashmiri red chili powder
- 1/2 to 1 teaspoon garam masala
- 0.5 cup cream
- 1 tablespoon dried fenugreek leaves kasoori methi
- 2 teaspoons sugar optional
- 1/2 cup cilantro chopped for garnish

INSTRUCTIONS

1. Make 2 to 3 slits in the chicken breasts. Apply salt and lemon juice to the chicken breasts. Mix yogurt, red chili powder, garam masala, ginger and garlic. Apply evenly to the chicken breasts and allow to marinate for 20 minutes or refrigerate if marinating ahead of time. Marinating chicken for 4-5 hours or overnight works well.
2. Set the Instant Pot to Saute mode and heat butter or oil. Add onions and saute for 2 minutes. Add ginger, garlic and mix well. Add tomatoes, turmeric, salt red chili powder and garam masala. Mix well. Press Cancel. Add 2 tablespoons of water. Deglaze the pot if needed.
3. Place the tall trivet in the main pot. Place the marinated chicken over the trivet. Baste the chicken with oil. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 8 minutes followed by 10 minute natural pressure release.
4. Open the Instant Pot. Take the chicken and the trivet out. Using an immersion blender, blend the sauce until smooth and bring the sauce to boil on saute mode
5. Stir in cream, fenugreek leaves and sugar. Note the optional step is to broil the cooked chicken for 5 minutes to get some char marks. Cut the chicken into 2 inch pieces and add it to the sauce. Set the Instant Pot to saute mode and bring the sauce to a gentle boil. The sauce will thicken further as it cools down. Garnish with cilantro.

NOTES

- Use plain full fat or greek yogurt for the marinade
- Pat dry the chicken to avoid extra liquids in the marinade
- Discard any leftover marinade or brush it on the chicken for spicier curry
- 1 cup of pureed tomatoes can be substituted for fresh tomatoes
- Homemade garam masala brings out the best flavors
- Any mild red chili powder can be substituted for Kashmiri red chili powder

Thursday: INSTANT POT MALAI KOFTA



INGREDIENTS

- 2 tablespoons ghee
- 1 large onion finely chopped
- 1 teaspoon salt
- 1 tablespoon fresh ginger grated
- 1 tablespoon fresh garlic minced
- 1/2 teaspoon turmeric
- 1 tablespoon Kashmiri red chili powder or any mild red chili powder
- 3 plum tomatoes pureed
- 1 can coconut milk regular and not low fat
- 2 tablespoons tomato paste
- 1 teaspoon garam masala or to taste
- 2 tablespoons dried fenugreek leaves
- 2 teaspoon sugar
- 24 frozen vegetable balls IKEA, Trader Joe's or similar brands
- 1/4 cup cilantro chopped, for garnish

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 5

INSTRUCTIONS

1. Set Instant Pot on Saute(More) mode and heat ghee. Add onions and 1 tsp salt. Cook until onions are soft and translucent for 2 mins (with a glass lid on to speed this process)
2. Add ginger, garlic, turmeric and red chili powder. Mix well. Separate the coconut cream and water. Keep the coconut cream aside. Add only the watery portion of coconut milk and pureed tomatoes mixing with spices.
3. Close Instant Pot with pressure valve to sealing position. Cook on Manual / Pressure Cook (Hi) for 4 minutes followed by quick release.
4. Open the Instant Pot, allow to cool for a couple of minutes. Using a hand blender, carefully blend the sauce until smooth. Stir in tomato paste, garam masala, fenugreek leaves and sugar.
5. Add frozen veggie balls. Close Instant Pot lid with sealing and cook on Manual(Hi) for 1 minute, followed by quick release. You can also add the veggie meatballs and cook them on saute mode for 5 minutes or until heated through.
6. Add the coconut cream and gently stir everything together. Garnish with cilantro. Enjoy with steamed rice, parathas or as a sauce and topping on homemade pizzas.

Friday: INSTANT POT GUJARATI KADHI AND KHICHDI

INGREDIENTS



PREP TIME: 5 MIN

COOK TIME: 30 MIN

TOTAL TIME: 35 MIN

SERVES: 4

Mixed Lentils Khichdi

- 1 tablespoon ghee or oil
- 1/2 tsp cumin seeds
- 1/8 tsp hing/asafetida
- 1/2 tsp turmeric
- 15 curry leaves
- 1/2 cup onion diced
- 1 tsp ginger grated
- 4 garlic cloves minced
- 2 green chillies/1/2 jalapeño minced
- 1 cup white rice love short grain rice like soon masoori
- 1 cup mixed lentils green gram/mung daal, red lentils/masoor daal, bengal gram/chana daal and split green gram/chilka mung daal
- 2 tsp salt
- 5 cups of water
- cilantro for garnish

Kadhi

- 1 cup plain yogurt full fat or low fat
- 3 cups water
- 2 tablespoon besan chickpea flour
- 1 tablespoon ghee or oil
- 1/4 tsp mustard seeds
- 1/8 tsp hing/asafetida optional
- 1/4 teaspoon fenugreek seeds optional
- 2-4 cloves
- 1 inch cinnamon stick
- 1 tsp garlic minced
- 2 green chillies
- 1/2 jalapeño, minced
- 15 curry leaves
- 1 tsp salt
- 1-2 tsp sugar
- cilantro for garnish

INSTRUCTIONS

Khichdi

1. Rinse and drain rice and lentils.
2. Turn Instant Pot to saute(more) mode. Once the hot sign displays add ghee or oil. Add cumin seeds and asafetida. Add onions, curry leaves, ginger, garlic and chillies. Sauté for a minute. Add rinsed rice, lentils and salt. Mix well. Add water, give a quick stir and close Instant Pot lid with pressure valve to sealing. Set Instant Pot to Manual(Hi) 6 mins. Open after 10 min NPR. Garnish with cilantro.

Kadhi

1. In a mixing bowl, whisk together yogurt, water and besan. Keep aside.
2. Set Instant Pot to saute(more) mode. Once the hot sign displays add ghee or oil. Add mustard seeds and allow them to splutter. Add hing, fenugreek seeds, cloves, cinnamon stick, garlic, green chillies and curry leaves. Saute for a minute. Carefully pour the whisked yogurt mix into the Instant Pot. Add salt and sugar, mix well. Close Instant Pot with pressure valve to sealing. Set Instant Pot to soup mode for 5 mins. Open after 10 min NPR. Add more water depending on the consistency you prefer and bring the kadhi to a full boil on sauté mode. Be very carefully if you need to open it before the 10 min NPR - as the kadhi can spill out of the pressure valve. Do slow, short bursts of quick release if you need to open before the 10 minute NPR. Garnish with cilantro.
3. Enjoy hot with Khichdi or plain rice

NOTES

- Kadhi can be made ahead and can be reheated before serving.

Special Recipe KALAKAND



INGREDIENTS

- 15 oz ricotta cheese full fat recommended
- 14 oz condensed milk full fat and brands like eagle, carnation or magnolia 1 teaspoon ground cardamom
- pinch of saffron optional
- 3 tablespoons pistachios thinly sliced (optional for nut free, or use nuts of your choice)

PREP TIME: 0 MIN

COOK TIME: 22 MIN

COOLING TIME: 1 HR

TOTAL TIME: 1 HR 22 MIN

SERVES: 9

INSTRUCTIONS

1. Line small baking tray or dish with 7" X 7" parchment paper
2. In a wide non stick pan (10 to 11 inches wide) add ricotta cheese and condensed milk. Cook over medium heat stirring frequently for 20 to 25 mins. Keep scraping the sides frequently. In the first 5 minutes the mixture will be very liquidy and it will continue to thicken up. After about 20 minutes the mixture will start to separate from the sides and will start to come together as a thickish batter. For me the batter comes together in 22 minutes, but depending on the thickness of your pan and heat level, it may take a few mins more or less. Please see notes below.
3. Pour the mix in on the parchment paper lined dish and using a silicone spatula, press down evenly making a 6" X 6" square evening out the top and sides. Allow to cool down completely, about an hour. You can cut the Kalakand into small 1 inch cubes (around 36 square pieces) or cut into bigger 2" x 2" squares (9 pieces) which will look more like the traditional version. I like to cut them into small bite sized pieces which are easier to eat.
4. Kalakand will stay good at room temperature for a day. It also tastes best at room temperature. You can refrigerate for up to 5 days. Be sure to bring it to a room temperature before serving. Kalakand freezes well, but again make sure to thaw it overnight in the refrigerator, and serve at room temperature.

NOTES

- Use full fat ricotta for the best and creamiest Kalakand (also called milk cake by some)
- Always use good quality condensed milk brands like Eagle, Carnation or Magnolia. The consistency of some of the store brands is more watery, and that can affect the texture of the final dish
- Use a non-stick pan to make this recipe for easy cleanup and perfect texture
- If you cook for a longer time, the kalakand may get a more chewy, fudgy, Peda-like texture. For best results, cook just until the mix starts to come together and enjoy at room temperature

Celebrating Diwali



RAVA COCONUT LADOO



BESAN LADOO



ROSE COCONUT KARANJI



BADAM BURFI



SHANKARPALI



SARANACHI PURI



SPINACH SEV



BHAJANI CHAKLI



PURAN POLI

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