



# ministry of curry

WEEK OF:  
12/28 - 01/03

Tip:  
You can  
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orange font



# Menu

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## MONDAY

Quinoa Oats Dosa

## TUESDAY\*

Instant Pot Doro Wat

## WEDNESDAY\*

Instant Pot Shrimp Biryani

## THURSDAY\*

Blackened Fish Tacos with Pineapple Salsa

## FRIDAY

Vegetable Hakka Noodles

## VEGETARIAN

### TUESDAY

Instant Pot Misir Wot

### WEDNESDAY

Instant Pot Vegetable & Paneer Biryani

### THURSDAY

Turmeric Roasted Cauliflower Tacos

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

# Grocery Shopping List

## PROTEIN & DAIRY

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 4 eggs                                | <input type="checkbox"/> 4 oz plain yogurt | <input type="checkbox"/> 1 lb chicken drumsticks |
| <input type="checkbox"/> 1 lb white fish fillet halibut or cod |  |  |

## FROZEN

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- |  |  |
|--|--|
| <input type="checkbox"/> 6 oz coconut fresh frozen | <input type="checkbox"/> 1 lb extra large Shrimp |
|--|--|

## PANTRY

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 8 oz white organic quinoa | <input type="checkbox"/> 4 oz rolled oats              | <input type="checkbox"/> 4 oz urad dal                 |
| <input type="checkbox"/> 2 oz chana dal            | <input type="checkbox"/> 1 oz split roasted chana daal | <input type="checkbox"/> 2 oz tomato paste             |
| <input type="checkbox"/> 10 taco tortillas         | <input type="checkbox"/> 2 oz white vinegar            | <input type="checkbox"/> 16 oz long grain basmati rice |
| <input type="checkbox"/> 2 oz chili garlic sauce   | <input type="checkbox"/> 2 oz low sodium soy sauce     | <input type="checkbox"/> 10 oz Chings hakka noodles    |

## PRODUCE

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- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 2 garlic heads        | <input type="checkbox"/> 1 green chili        | <input type="checkbox"/> 1 lemon               |
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 1 red onion          | <input type="checkbox"/> 3 inch ginger root    |
| <input type="checkbox"/> 1 tomato              | <input type="checkbox"/> 1 russet potato      | <input type="checkbox"/> 1 small pineapple     |
| <input type="checkbox"/> 2 jalapenos           | <input type="checkbox"/> 1 avocado            | <input type="checkbox"/> 1 bunch cilantro      |
| <input type="checkbox"/> 1 bunch scallions     | <input type="checkbox"/> 1 lime               | <input type="checkbox"/> 1 small green cabbage |
| <input type="checkbox"/> 4 inch ginger root    | <input type="checkbox"/> 1 small green pepper | <input type="checkbox"/> 2 small red peppers   |
| <input type="checkbox"/> 3 carrots             |   |  |

## SPICES

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> cumin seeds         | <input type="checkbox"/> <b>Berberbe spice blend</b> | <input type="checkbox"/> black peppercorns     |
| <input type="checkbox"/> bay leaves          | <input type="checkbox"/> ground turmeric             | <input type="checkbox"/> Kashmiri chili powder |
| <input type="checkbox"/> smoked paprika      | <input type="checkbox"/> garlic powder               | <input type="checkbox"/> onion powder          |
| <input type="checkbox"/> dried thyme         | <input type="checkbox"/> cayenne pepper              | <input type="checkbox"/> dried oregano         |
| <input type="checkbox"/> <b>garam masala</b> |  |  |

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: QUINOA OATS DOSA



PREP TIME: 15 MIN

COOK TIME: 30 MIN

SOAK TIME: 4 HRS

TOTAL TIME: 4 HRS 45 MINS

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 & 1/2 cups water for making the batter
- 1 & 1/2 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 chana daal
- 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. Preheat a nonstick griddle on low heat and pour about 1/2 cup of batter and spread it into a thin dosa using the back of the ladle 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 a 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 dosas with the 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 a smooth chutney. Note: add more water if needed. You may need more water if using dry coconut.

## NOTES

Refer to the [blog](#) for many notes related to this recipe.

ministry of curry

## Tuesday: INSTANT POT DORO WAT



### INGREDIENTS

- 2 pounds chicken drumsticks
- 8 pieces, skin removed
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 2 tablespoons ghee
- 2 large red onions finely chopped
- 2 tablespoon ginger grated
- 2 tablespoon garlic pressed
- 1/3 cup Berbere spice blend
- 2 tablespoons tomato paste
- 4 hard-boiled eggs peeled and sliced into half

PREP TIME: 15 MIN

COOK TIME: 30 MIN

TOTAL TIME: 45 MIN

SERVES: 4

### INSTRUCTIONS

1. Hard boil eggs. I use Instant Pot to hard boil the eggs but you can also hard boil them on the stovetop. Add 1 cup of water to the instant pot insert. Place eggs on the trivet and pressure cook for 5 minutes. Allow 5 minutes of natural pressure release and then release the rest of the pressure and open the Instant Pot. Run cold water over the eggs or put them in an ice bath. This allows the eggs to stop overcooking. Peel and slice the eggs and keep aside
2. Add lemon juice and salt to chicken, mix well and keep aside
3. Set the Instant Pot on Saute (Hi) mode and heat ghee. Add onions and saute them for 5 minutes, stirring a few times. Place a lid on top to speed up the process
4. Add garlic and ginger and cook for a minute. Turn the Instant Pot off and add 1/2 cup of water and deglaze the pot using a wooden spoon removing all the browning or stuck bits
5. Add the chicken, layer over berbere, and tomato paste. Do not mix
6. Close the Instant Pot with pressure valve to sealing and adjust the cook time to 8 minutes. Allow natural pressure release for 10 minutes and then open the Instant Pot. Mix well. The stew may look a bit watery at this point, mix gently and simply allow it to cool down for 5 minutes and the stew will continue to thicken
7. Stir in hard-boiled eggs, garnish with chopped cilantro and enjoy hot

### NOTES

- Check the notes on the blog post for stovetop version of instructions.



# Wednesday: INSTANT POT SHRIMP BIRYANI



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 5

## INGREDIENTS

- 2 cups long-grain basmati rice
- 2 cups water for soaking the rice
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 8-10 black peppercorn
- 2 bay leaves
- 1 large onion thinly sliced
- 1/2 tablespoon ginger grated
- 1/2 tablespoon garlic grated
- 1 tomato diced
- 1 russet potato cubed
- 1/2 teaspoon turmeric
- 1-2 teaspoon mild red chili powder I used Kashmiri chili powder
- 1 teaspoon garam masala
- 2 teaspoon kosher salt
- 1 pound extra large Shrimp 20 (frozen, no need to thaw)
- 2 cups water for cooking
- 1/2 cup cilantro for garnish

## INSTRUCTIONS

1. Rinse and soak the rice in water for 20 mins. Drain the rice after 20 mins.
2. Turn the Instant Pot to Sauté (More) mode. Once the hot sign displays, add ghee. Add cumin seeds, peppercorn and bay leaves. Sauté for 30 seconds.
3. Add onions and mix well. Cook covered with a glass lid on for 3-4 mins, until the onions are translucent and light golden in color.
4. Add ginger, garlic, tomatoes, potatoes, turmeric, red chili powder, garam masala, and salt. Mix well.
5. Add shrimp, rice, and water. Mix well, making sure all the rice is under the liquids.
6. Close Instant Pot lid with the pressure valve to sealing. Cook on Manual (low pressure) for 4 mins followed by 3-minute natural pressure release.
7. Garnish with fresh cilantro. Serve hot with raita and lime wedges.

## NOTES

- Although the video shows 6 minutes of pressure cooking, for shrimp low-pressure cooking works better and hence I have updated the new cook time using low-pressure mode.
- When short of time, you can also skip the pre-soaking of the rice. The new cook time is tested to work well for long grain basmati rice.

# 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 a 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 a 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: VEGETABLE HAKKA NOODLES



## INGREDIENTS

- 6 cups noodles Chings hakka noodles (300 grams)
- 3 tablespoons oil
- 1/2 cup onion thinly sliced
- 8 garlic cloves minced
- 1 cup green cabbage finely chopped
- 1 cup purple cabbage finely chopped
- 1/2 cup red peppers thinly sliced
- 1/2 cup green peppers thinly sliced
- 1 cup carrots julienned
- 1 tablespoon white vinegar or rice vinegar
- 2 tablespoons low sodium soy sauce
- 1 tablespoon chili sauce schezwan chutney, chili garlic sauce or sriracha sauce
- 1/2 cup green scallion finely chopped

PREP TIME: 15 MIN

COOK TIME: 10 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. In a large pot bring 8 cups of water to boil. Add a teaspoon of oil and cook the noodles according to the instructions on the package. Pour the noodles into a large colander and drain out the water. Run cold water over it so the noodles don't overcook. Once all the water is drained out, spread the noodles in a large tray, pour 1 teaspoon of oil, mix in and keep aside
2. Heat remaining oil in a large pan or wok. Add garlic and onions, saute for 2 minutes. Add peppers, carrots and cabbage. Stir well and cook for 2-3 mins or just until the veggies are partially cooked. Note: Do not over cook as you want the veggies to stay crunchy
3. Add vinegar, soy sauce, chili sauce and mix well. Add the cooked noodles and mix well using pair of tongs. Cook on high heat until the noodles are heated through really well, about 5 to 7 minutes. Turn the heat off and garnish with scallions. Enjoy hot!

## NOTES

- I used the saute(high) mode on the Instant Pot to boil the water and then cooked the noodles in it.
- If you use the chings hakka noodles, break them in half and then use pair of tongs to separate them as they start to cook and soften



## 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