

## Savory Curry Oatmeal

from *On Spice: Advice, Wisdom, and History with a Grain of Saltiness*, by Caitlin PenzeyMoog, Skyhorse Publishing. 2019.



### Ingredients

1 cup water  
1/2 cup dry rolled (old-fashioned) oats  
2 tsp curry powder  
2 Tbsp. golden raisins  
1/4 cup almonds, sliced and toasted if preferred  
Pinch of salt  
Honey or maple syrup, to taste

### Instructions

Boil water in a small pot. Add oats, decreasing to medium heat. Stir until desired consistency is achieved; oatmeal should have absorbed the water but not be paste like.

Remove from heat; stir in curry, salt, raisins, and almonds.

Taste and add honey or maple syrup to sweeten.

## Making Ghee

**Ingredients:** 1 lb butter

### Instructions

In a heavy bottomed pan, heat the butter over low heat. Let the butter melt and foam. Do not stir unless necessary.

As the butter stops foaming, milk solids will start to turn brown and settle to the bottom of the pan. When butter is well browned, let the ghee cool and pour through fine strainer. Ghee does not need to be refrigerated and is shelf-stable.

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# TASTE TEST

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## CURRY POWDER

Curry doesn't have a strict definition and can describe any number of spice mixtures or dishes; most Americans know curry by the dishes they've eaten, instead of the ingredients it includes.

Curry mixtures can have more specific names including: garam masala, vindaloo, korma, or rogan josh (to name a few). Mixtures commonly include cumin, turmeric, coriander, fenugreek, and chili peppers. Additionally spices that can be added are ginger, cloves, cardamom, saffron, tamarind, peppercorn, fennel, mustard, mint, and many more.

Most curry blends used in India are homemade blends of whole roasted ingredients ground by hand.

## FUN FACTS

Making your own curry is an excellent way to create your own unique blend that suits your tastes. The first step involved roasting whole cumin, coriander seed, and fenugreek, then grind and combine with other spices.

To help bring out the flavors and bind together, temper by sautéing in oil, butter, ghee, or another animal fat. You can add onion and garlic here.

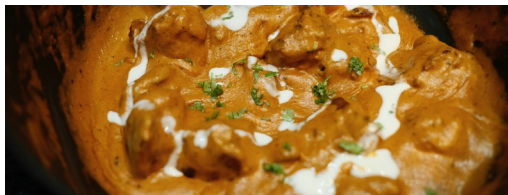


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## Murgh Makhani (Butter Chicken)

from *Indian Instant Pot Cookbook*, by Urvashi Pitre, Rockridge Press. 2017.

Pitre is commonly known as the “Butter Chicken Lady” when this recipe went viral. She notes that this recipe makes twice the amount of sauce you will need so she recommends making a full batch and saving half to put on everything else!



### Ingredients

1- 14 ounce can diced tomatoes (do not drain)  
5 or 6 garlic cloves, minced  
3 Tbsp. curry powder  
1 tsp. salt  
1 lb of boneless, skinless chicken (breasts or thighs)  
4 oz butter, cut into cubes  
1/2 cup heavy whipping cream  
1/4 to 1/2 cup cilantro, fresh and chopped

### Instructions

In the inner cooking pot of the Instant Pot, add the tomatoes, garlic, curry powder, and salt. Mix thoroughly, then place the chicken pieces on top of the sauce.

Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 10 minutes.

When the cooking is complete, let the pressure release naturally. Unlock the lid. Carefully remove the chicken and set aside.

Using a blender, blend together all the ingredients into a smooth sauce. Let the sauce cool for several minutes.

Add the butter cubes, cream, and cilantro. Stir until well incorporated. The sauce should be thick enough to coat the back of a spoon when you are done.

Remove half of the sauce and freeze it for later, or refrigerate for up to 3 days.

Add the chicken back to the sauce. Preheat the Instant Pot by selecting Sauté and adjust to Less for low heat. Let the chicken heat through. Break it up into smaller pieces if preferred, but do not shred.

Serve over rice or raw cucumber noodles.

**Tip:** It is easy to adapt this recipe to make a meatless version. Replace the chicken with paneer, tofu, or vegetables. Add 1/4 cup of water to the sauce before pressure cooking. Only after the sauce is cooked, add paneer or tofu. Vegetables should be added after the sauce is cooked and the vegetables have been steamed.

## Punjabi Lobia (Black Eyed Peas with Spinach)

from *Indian Instant Pot Cookbook*, by Urvashi Pitre, Rockridge Press. 2017.



### Ingredients

1 Tbsp. Ghee or peanut oil  
1/8 tsp cumin seeds  
1/8 tsp black mustard seeds (or omit and double cumin seeds)  
1 Tbsp. garlic, minced  
1 Tbsp. ginger, minced  
1 cup tomatoes, diced  
1 3/4 tsp curry powder  
1 tsp salt  
1 cup dried black eyed peas  
2 cups water  
4 cups raw spinach

### Instructions

Preheat the Instant Pot, by selecting Sauté and adjust to More for high heat. When the inner cooking pot is hot, add the ghee and heat until it is shimmering, then add the cumin seeds and mustard seeds (if using). They will begin to sputter like popcorn popping. Add the garlic and ginger and sauté for 30 minutes.

Add the tomato and cook for 1 to 2 minutes until the tomato has softened.

Add the curry powder and salt. Mix well.

Add the black-eyed peas and water. Mix well. Place the spinach on top.

Lock the lid into place. Select Manual and adjust the pressure to High. Cook for 10 minutes. Allow 10 minutes of natural pressure release, then quick-release any remaining pressure.

When the cooking is complete, unlock and remove the lid. Stir and taste, adding more salt, cayenne, or curry powder if needed. Serve with rice or naan.