



THE ESSENTIAL INDIAN
Vegetarian
INSTANT POT® COOKBOOK

Archana Mundhe *of Ministry of Curry*



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INTRODUCTION

I grew up in a family eating vegetarian meals 6 out of 7 days a week. Our meals included a lot of farm-fresh produce with lentils and beans being the main source of plant-based proteins.

Growing up in India, the whistling stove top pressure cookers were a common sight and sound in every kitchen. I remember my mom using her pressure cooker every single day!



Although I was comfortable using a stovetop pressure cooker in my kitchen here in the US, the Instant Pot was a game-changer because it was a more efficient way to cook. With all of its built-in safety features and ease of use, it was a huge time saver. I felt safe to introduce my boys to Indian cooking and soon they were learning to cook in the Instant Pot.

Why I love to use Instant Pot for Vegetarian Recipes

- One-pot cooking - no need to use multiple pots and pans
- Fast cooking time - enhances the flavors while sealing in the nutrition
- Pot in Pot recipes - cook the main meal and side dish at the same time
- Hands-off cooking - recipes use short Saute cycle followed by Pressure Cooking



INTRODUCTION

This e-book covers many of my popular vegetarian recipes. From the better than restaurant mushroom masala to the pot in pot spinach dal and rice; you will find many easy, healthy and delicious recipes. The best part is that most of these meatless recipes can be easily tweaked to work with your diet - vegan, gluten-free, or low-carb!

In this book I have included rich and flavorful vegetarian recipes that are abundant in taste and low in effort. As you flip through the recipes, you'll find curries, dals, and rice dishes to help you plan well balanced vegetarian meals! Also you will find my favorite side dishes that will complement the main meal.

Since spicy Indian food always leaves us craving for something sweet, I have included 5 eggless dessert recipes in this book.

If you have been thinking of trying a plant-based diet, this is the perfect opportunity! You just might find something new that will become a favorite!



A top-down view of Indian food. In the foreground, a glass bowl contains a vibrant orange-red paneer bhajia curry, with cubed paneer pieces and fresh green herbs. To the right, a smaller glass bowl holds a bright pink chutney, also garnished with green herbs. On the left, a stack of golden-brown, slightly charred rotis is visible. The entire scene is set against a light, neutral background.

CURRIES

MUSHROOM MASALA

INGREDIENTS

- 1 pound white mushrooms rinsed, dried and sliced
- 2 tablespoons **ghee** or neutral oil for vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons **ginger grated**
- 2 teaspoons **garlic grated**
- $\frac{3}{4}$ cup tomato puree or 2 fresh ripe red tomatoes pureed
- $\frac{1}{2}$ teaspoon **ground turmeric**
- $\frac{1}{2}$ to 1 tablespoon **Kashmiri red chili powder** or any other mild red chili powder
- $\frac{1}{2}$ to 1 teaspoon **garam masala**
- 1 teaspoon **kosher salt**
- $\frac{1}{3}$ cup cashews
- 1 tablespoon **dried fenugreek leaves**
- Cilantro leaves chopped for garnish



PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MIN

SERVES:4

INSTRUCTIONS

1. Soak cashews in $\frac{1}{2}$ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with $\frac{1}{4}$ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt, and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over **cauliflower rice**. Add a side of **cucumber salad** for a delicious meal.



PALAK PANEER

INGREDIENTS

- 1 lb spinach baby spinach works the best, or use chopped frozen
- 2 cups paneer cubed
- 2 tablespoons **ghee**
- 1 teaspoon **cumin seeds**
- 1 medium yellow onion chopped fine
- 1 to 2 teaspoon hot green chili minced
- 1 teaspoon **garlic minced**
- 1 teaspoon **ginger grated**
- 15 raw cashews
- ¼ cup milk
- 1 teaspoon **garam masala**
- 1 teaspoon **kosher salt**

PREP TIME: 5 MIN

TOTAL TIME: 15 MIN

COOK TIME: 10 MIN

SERVES: 4



INSTRUCTIONS

1. Add cashews to milk and blend together to make a smooth paste. Keep aside. Note: Double up milk and cashews if your blender blades are not low and if the paste does not turn out smooth. Making a larger portion can help with bigger blender jars and you can freeze the extra for next time.
2. Turn the Instant Pot to saute mode and heat ghee. Add cumin seeds, ginger, garlic and green chili. Saute for a minute. Add onions and cook for 2 minutes stirring a few times. Add chopped spinach, salt and 1 cup of water. Close IP with pressure valve to sealing.
3. For frozen spinach - Pressure Cook (Hi) for 1 minute
4. For fresh spinach - Pressure Cook (Hi) for 0 minutes
5. Quick-release and turn off the Instant Pot
6. Add ½ cup of water (optional) and blend to make a smooth paste using an immersion blender. Add cashew paste, garam masala, and paneer. Gently stir everything together and cook on sauté mode for 2 minutes or until heated through. Serve hot with **rice** or **parathas**. For a low carb option serve with **cauliflower rice**

NOTES

- PRO tips to keep the palak paneer looking green and fresh:
 - Quick-release as soon as the pressure cooking cycle completes
 - Turn off the keep warm button as you do the quick release
 - Make sure that the Instant Pot is turned off as you are puree with the immersion blender. Take the inside pot out on a hot plate while pureeing. As you may need to tilt the pot to avoid splattering
 - Return the inner pot back to the Instant Pot housing, add cashew paste, garam masala, and paneer. Cook on sauté for 1 to 2 minutes only or until the gravy comes to a gentle boil
 - Turn off the Instant Pot and take the inner pot out and keep it on a hot plate to avoid overcooking the spinach
- If you wash the fresh spinach, remember to pat dry any excess moisture



PANEER BUTTER MASALA

INGREDIENTS

- 2 tablespoons **ghee**
 - 1 large yellow onion finely diced
 - 1 tablespoon ginger grated
 - 1 tablespoon garlic minced
 - 2 teaspoons **Kashmiri red chili powder** or another mild red chili powder
 - 1½ teaspoons **kosher salt**
 - ½ teaspoon **ground turmeric**
 - 1 cup **canned tomato puree**
 - ½ cup water
 - 1 pound paneer cut into 1/2-inch cubes
 - ½ cup heavy cream **
 - 2 tablespoons tomato paste
 - 2 tablespoons **dried fenugreek leaves** optional
 - 2 teaspoons sugar
 - 1 teaspoon **garam masala**
 - ½ cup chopped fresh cilantro
- Optional Ingredients to serve as Naan Pizza
- 1 cup shredded mozzarella cheese
 - 8 Naan



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion, ginger, garlic, chile powder, salt, and turmeric and sauté until aromatic, about 1 minute. Add the tomato puree and water and stir to combine. Layer over the garam masala, but do not mix.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 8 minutes on high pressure.
3. Perform a quick release by moving the Pressure Release Valve to Venting. Open the pot and blend the sauce to a smooth consistency using an immersion blender. Stir in the paneer, cream, tomato paste, fenugreek leaves, and sugar. Select the high Sauté setting and cook until the curry comes to a gentle boil, about 5 minutes. Press the Cancel button to turn off the Instant Pot. Garnish with cilantro & serve.

Serving

1. Serve with **basmati rice** and **parathas**. For a low carb meal serve with **turmeric cauliflower rice** or **lemon cauliflower rice**
2. To serve it as Paneer Makhani Naan Pizza: Preheat the oven to 400 degrees. Spread 3 to 4 tablespoons of makhani sauce on the naan, spread mozzarella cheese, and paneer cubes on top. Bake, grill or broil for 5 to 10 minutes or until the naan pizza comes out crisp.

NOTES

- There is no good substitute for fenugreek leaves. So if you don't have them, just skip
- You can also use fresh tomatoes instead of tomato puree. Simply puree ripe tomatoes in a blender
- Heavy cream can be substituted with unsweetened coconut cream or cashew cream. See my **Dum aloo recipe** to see how to make quick 5-minute homemade cashew cream
- You can substitute ghee with any neutral oil or butter if you like
- To make this dish vegan, use tofu instead of paneer and use the above ghee and cream substitutes
- Do not pressure cook Paneer as it can make it chewy. Simply allow the paneer cubes to soak in the hot sauce for 5 to 10 mins



GREEN BEAN CURRY

INGREDIENTS

- 1½ tablespoons **oil**
- 1 teaspoon **cumin seeds**
- ½ teaspoon **ground turmeric**
- 1 teaspoon **Kashmiri red chili powder** or a mild variety
- 2 teaspoon **ground coriander**
- 1½ teaspoons **kosher salt**
- 1 pound green beans trimmed & cut into 1-inch pieces, about 3 cups
- 1 medium potato peeled and cut into ½-inch cubes
- ¼ cup water
- ½ lemon
- ¼ cup cilantro finely chopped



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to saute mode and heat oil. Add cumin seeds and allow them to sizzle. Add turmeric and mix well. Add green beans, salt and mix well. Add water and mix well. Add potatoes, layer over red chili powder, coriander. Do not mix.
2. Pressure cook for 2 minutes followed by quick release. Open the Instant Pot and squeeze lemon juice. Mix well, garnish with cilantro and enjoy with hot **rotis**.



BATATA BHAJI

INGREDIENTS

- 2 tablespoon **oil**
- ½ teaspoon **mustard seeds**
- 1 large yellow onion thinly diced
- ¼ teaspoon turmeric
- 1 to 2 teaspoons green chilies diced
- 1 tablespoon ginger grated
- 20 **curry leaves** chopped
- 3 large yukon gold potatoes peeled and cut into 1 inch cubes (3 to 4 cups)
- 2 teaspoons **kosher salt**
- ½ cup water
- 1 tablespoon lemon juice
- ¼ cup cilantro chopped for garnish



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to saute(more) mode. Once the hot sign display, add oil. Add mustard seeds in the oil and allow them to pop which may take 2-3 minutes. Add onions and sauté for 2 minutes.
2. Add turmeric, green chilies, ginger, and curry leaves. Saute for 30 seconds. Press Cancel. Add potatoes, salt, and water. Mix well, deglazing the pot if needed. Close the Instant Pot lid with pressure valve to sealing. Cook on manual / Pressure Cook (Hi) for 4 minutes followed by quick release. Turn the Instant Pot off.
3. Open the Instant Pot lid. Add lemon juice and cilantro. Mix gently and enjoy hot.
4. Serve with hot **puri**, **roti**, or **parathas**.

NOTES

- Make it a festive meal served with **Shrikhand** and **Puri**
- Make sure that the potatoes are cut into 1-inch cubes. If you cut them smaller, adjust the cooking time to 2-3 minutes.
- Yellow, Idaho, or Red Potatoes can be used in this recipe.



PATTA GOBHI KI SABZI

INGREDIENTS

- 1 lb green cabbage
- 2 tablespoons moong dal optional
- 1½ tablespoons oil
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- ½ teaspoon red chili powder or 1 small green chili chopped
- 1 teaspoon kosher salt
- 3 tablespoons water
- ¼ cup cilantro finely chopped for garnish



PREP TIME: 10 MIN
COOK TIME: 10 MIN
TOTAL TIME: 20 MIN
SERVES: 4

INSTRUCTIONS

1. Optional Step:

- a. Soak the mung dal in ¼ cup of hot water while you prep the cabbage

2. Prep cabbage

- a. Cut the head of cabbage in half. Then take one half and place it with the flat side down on the cutting board and thinly slice the cabbage into long strips. Then cut the strips in half. Chop about 6 cups of cabbage

3. Instant Pot Recipe

- a. Set the Instant Pot to saute mode and heat oil. Add cumin seeds and allow them to sizzle. Turn Saute off. Add turmeric, red chili powder, and cabbage. Add salt and mix. Add water and layer the soaked dal on top. NOT: Do not mix as the dal can stick to the bottom of the pot.
- b. Close the lid and cook for 1 minute followed by quick release. Press cancel and open the Instant Pot. Mix well and garnish with cilantro

NOTES

- Find notes and variations on the [blog](#)



A top-down view of a meal. In the center is a white bowl filled with a thick, orange-red lentil and bean soup, garnished with fresh green herbs. To the right is a white plate of fluffy white rice. To the left is a white plate with a green salad of cucumbers and onions, and a lemon wedge. Below the bowl is a wire mesh basket containing several golden-brown, round flatbreads. The background is a light-colored, possibly marble, surface.

LENTILS & BEANS

SPINACH DAL AND RICE

INGREDIENTS

- 1 tablespoon **ghee**
- ½ teaspoon **cumin seeds**
- ¼ teaspoon **ground turmeric**
- 1 green chili chopped
- 1 tablespoon garlic minced
- 4 **curry leaves** optional
- 1 tomato diced
- 1 teaspoon **kosher salt**
- 2 cups water
- ½ cup **red lentils**
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup **basmati rice**
- 1 teaspoon **kosher salt**
- 1½ cups water



PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt, and water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped spinach and mix well. Cook on Sauté mode until the daal comes to a gentle boil.
5. Enjoy hot with **steamed basmati rice**.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.



BLACK EYED PEAS CURRY

INGREDIENTS

- 1 cup dry black-eyed peas 3 cups soaked
 - ½ 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
 - ½ teaspoon **mustard seeds**
 - ⅛ teaspoon **asafetida** optional
 - ¼ teaspoon **ground turmeric**
 - 1 tablespoon **Kashmiri red chili powder**
 - ½ tablespoon **ground cumin**
 - ½ tablespoon **ground coriander**
 - 1 teaspoon **garam masala**
 - 2 teaspoons **kosher salt** divided
 - ½ tablespoon **jaggery or brown sugar** optional
 - 2 cups water
 - ¼ cup chopped cilantro for garnish
- Pot in pot Rice (optional)
- 1 cup white rice
 - 1½ cups water
 - 1 teaspoon **kosher salt**



PREP TIME: 20 MIN
COOK TIME: 30 MIN
TOTAL TIME: 50 MIN
SERVES: 6

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 10 mins or allow full natural pressure release.
10. Remove the rice container. Remove the trivet. Garnish with chopped cilantro. Enjoy hot!

NOTES

- If you do not have time to soak the beans, simply increase the pressure cook time to 20 mins and allow natural pressure release. With the increased cook time you can make pot in pot brown rice instead of white rice



CHANA MASALA

INGREDIENTS

- 1 cup dried chickpeas rinsed
- 3½ 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
- ¼ teaspoon ground turmeric
- 2 plum tomatoes finely diced or 1 cup canned tomatoes with juice
- ¼ teaspoon garam masala
- ½ cup cilantro chopped



PREP TIME: 10 MIN

SOAKING TIME: 4 HRS

COOK TIME: 1 HR

TOTAL TIME: 5 HRS 10 MIN

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
5. Serve with hot parathas or puri. For gluten-free options serve with jeera rice or steamed rice.

NOTES

- Vegan Variation: Substitute oil for the ghee.
- 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.



CHANA SAAG

INGREDIENTS

- 1 15 oz canned chickpeas rinsed and drained, or or 2 cups soaked chickpeas (1 cup dry, soaked overnight)
- 1 tablespoon **ghee** or oil for vegan
- 1 small onion chopped fine
- 1 teaspoon ginger grated
- 2 cloves garlic minced
- 1 teaspoon **ground cumin**
- ½ teaspoon **ground turmeric**
- 1 teaspoon **kashmiri red chilli powder** or paprika
- 1 teaspoon **kosher salt**
- 1 medium tomato diced
- ½ cup water
- ½ teaspoon **garam masala**
- ½ teaspoon **aamchoor powder** dry mango powder or 1 tablespoon lemon juice
- 4-6 cups fresh baby spinach chopped



PREP TIME: 5 MIN
COOK TIME: 20 MIN
TOTAL TIME: 25 MIN
SERVES: 3

INSTRUCTIONS

1. Turn Instant Pot to saute mode. Once the 'hot' sign displays, add ghee. Add onions and mix well. Cook for 2 mins with a glass lid on.
2. Add ginger, garlic, cumin powder, turmeric, red chili powder and salt. Cook for 30 secs.
3. Add tomatoes and mix everything together. Add water and chickpeas. Mix well.
4. Close Instant Pot with pressure valve to sealing position. Pressure cook for 4 minutes. (If using pre-soaked chickpeas cook for 25 mins)
5. Quick-release the pressure or if you have time Natural Release is fine too. Open the Instant Pot and set it on Saute mode.
6. Add garam masala and dry mango powder. Add Spinach. Mix everything together and cook for 2-3 mins. Serve hot with **Rice** or **Parathas**. For low carb option serve with **cauliflower rice**.

NOTES

- To make vegan Chana Saag, simply substitute ghee with oil.
- You can make pot in pot white rice along with chana saag when using canned chickpeas. Add 1 cup basmati rice, 1.5 cups of water, 1 teaspoon of salt in a stainless steel pot and place over the tall trivet.
- If using pre-soaked chickpeas, add an extra 1/2 cup of water and pressure cook for 25 minutes followed by a 10-minute natural pressure release. You can also make pot in pot brown rice when using soaked chickpeas as they have a similar cook time to brown rice. Add 1 cup brown rice, 1.5 cups of water in a stainless steel pot, and place over the tall trivet.
- Substitute spinach with your favorite greens like finely chopped kale, swiss chard, or beet leaves.



GARLIC DILL LENTILS

INGREDIENTS

- 1 tablespoon ghee or oil
- ½ teaspoon mustard seeds
- ⅛ teaspoon hing {asafetida} optional
- ½ teaspoon turmeric
- 2 green chillies sliced into half, 1 jalapeño sliced
- 10 curry leaves
- 10 garlic cloves minced
- ½ cup split red lentils/masoor daal or mung daal rinsed and drained
- 2 cups chopped dill leaves
- 1 teaspoon salt
- 2 tablespoons gram flour (besan) mixed in 1/4 cup of water



PREP TIME: 5 MIN
COOK TIME: 15 MIN
TOTAL TIME: 20 MIN
SERVES: 3

INSTRUCTIONS

1. Turn 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, turmeric, green chilies, garlic and curry leaves. Mix well and cook for a minute. Take out most of this tempering in a bowl and reserve.
2. Add lentils and chopped dill to the Instant Pot. Mix well. Add 3 cups of water and salt. Mix again deglazing the pot to make sure the lentils are not sticking to the pot.
3. Close Instant Pot with pressure valve to sealing. Pressure cook(hi) for 4 minutes. Allow 5 minutes of natural pressure release and then carefully quick release the remaining pressure.
4. Open Instant Pot and mix with an immersion blender or mash the lentils with the back of a spatula.
5. Set Instant Pot to saute mode. Stir in gram flour mixed in water and half of the reserved tempering. Mix well and bring to a gentle boil.
6. Take out the lentils in a serving bowl. Serve hot topped with remaining tempering and steamed rice or parathas.



DAL MAKHANI

INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
 - ½ cup red kidney beans
 - 1 tablespoon oil**
 - 1 teaspoon cumin seeds
 - 1 medium yellow onion finely diced
 - ¼ teaspoon ground turmeric
 - 2 tablespoons fresh ginger grated
 - 2 cups tomatoes diced
 - 2 teaspoons kosher salt
 - 2 teaspoons Kashmiri red chili powder
 - 2 cups water
 - ½ cup light cream **
 - 1 teaspoon garam masala
 - ¼ cup cilantro chopped
- Optional Pot in Pot rice
- 1 cup brown rice
 - 2 cups water
 - 1 teaspoon salt



PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
 2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
 3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.
- The next step is to make a pot in pot brown rice (optional)
1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
 2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
 3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add garam masala (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes





RICE DISHES

CHICKPEA BIRYANI

INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
- 3 tablespoons **ghee** divided
- 1 large yellow onion thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 green chillies slit into half (optional)
- ¼ teaspoon **ground turmeric**
- 1 teaspoon **Kashmiri red chili powder** or any mild red chili powder
- 1½ cups water to pressure cook chickpeas
- 1 teaspoon **kosher salt**
- 1 teaspoon **garam masala**

Rice

- 2 cups long grain basmati rice
- 2 teaspoons kosher salt
- 2 cups water
- ½ cup mint leaves chopped
- ½ cup cilantro chopped + ¼ cup for garnish



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 5

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat half of the ghee.
2. Add onions and saute for 10 minutes, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 minutes and keep aside.
4. Add remaining ghee to the Instant Pot with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chillies, turmeric, red chili powder, garam masala, salt, and water. Mix well.
5. Close the Instant pot and turn the pressure valve to sealing. Pressure Cook for 20 minutes followed by a quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, salt, and water. Make sure all the rice is under the water. Close the Instant Pot lid with the pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with **cucumber raita** and lime wedges.

NOTES

Find notes and variations on the blog



VEGETABLE & PANEER BIRYANI

INGREDIENTS

- 2 cups **Extra long grain Basmati rice**
- 2 cups water for soaking
- 3 tablespoons **ghee** divided
- 1 large yellow onion thinly sliced
- 1 teaspoon **cumin seeds**
- 4 whole green cardamoms
- 4 **cloves**
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon **ground turmeric**
- 1 teaspoon **Kashmiri red chili powder**
- 1 teaspoon **garam masala**
- 3 teaspoons **kosher salt** divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped



PREP TIME: 30 MIN
COOK TIME: 20 MIN
TOTAL TIME: 50 MIN
SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani fromFor You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.



MIXED LENTILS & VEGETABLES KHICHDI

INGREDIENTS

- 2 tablespoons **ghee**
- 1 teaspoon **cumin seeds**
- 1 tablespoon ginger
- 1 carrot peeled and sliced
- ¼ cup green beans chopped
- ¼ cup frozen green peas
- 1 red potato cubed
- 1 tomato diced
- 1 cup cauliflower chopped
- 1 cup cabbage chopped
- 1 cup spinach chopped
- ½ teaspoon **ground turmeric**
- 1 teaspoon **Kashmiri red chili powder**
- 2 teaspoons **kosher salt**
- 1 cup white rice
- 1 cup mixed lentils moong, masoor, toor and chana daal
- 6 cups water
- ¼ cup cilantro chopped, for garnish



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute Mode and heat ghee. Add cumin seeds and ginger.
2. Cook for 30 seconds. Add all the vegetables - carrots, beans, peas, tomato, potato, cauliflower, cabbage, and spinach.
3. Add turmeric, red chili powder, and salt. Mix well.
4. Next add the rice and mixed lentils. Add 6 cups of water. Give a quick stir and close the Instant Pot lid with the pressure valve to Sealing.
5. Press the rice button (12 mins) followed by natural pressure release. Open the Instant Pot and garnish with cilantro. Serve hot with roasted papad and pickle.

NOTES

- Substitute the 4 different lentils I used with any lentils you may have on hand. It could be just 1 cup of moong daal or 1/2 cup of moong daal and 1/2 cup of chana daal. Just make sure you take 1 cup of lentils.
- You can use any combination of vegetables. Just make sure to add about 4 cups of chopped veggies. Frozen mixed vegetables also work well in this recipe.
- To make this khichdi with brown rice, simply increase the pressure cook time to 20 minutes.
- To make this recipe vegan, simply substitute ghee with cooking oil.
- The water ratio in this recipe is 3 times the rice and lentils together which makes a soft, porridge-like consistency for the final dish. To make dry-ish khichdi reduce the water to 4 cups.



MASALE BHATH

INGREDIENTS

- 1½ cups **basmati rice** or any white rice
- 2 tablespoon **oil**
- ⅛ teaspoon hing {asafetida} optional
- ⅓ teaspoon **ground turmeric**
- 1 medium onion sliced
- 1 tomato diced
- 1 to 2 green chilies minced
- 1 medium potato cubed
- 1 cup eggplant cubed
- 2 teaspoon **kosher salt**
- ½ teaspoon red chili powder
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 10 **curry leaves** chopped (optional)
- ¼ cup cilantro chopped
- 2 ½ cups water

Goda Masala Spice Blend

- 2 teaspoons **coriander seeds**
- 8 **cloves**
- 2 inch cinnamon stick
- 1 teaspoon **cumin seeds**
- 1 teaspoon **brown sesame seeds**
- 1 teaspoon **poppy seeds**
- 1 tablespoon unsweetened coconut shredded
- 2 **green cardamom**
- 15 black pepper

Garnish

- ½ cup cilantro chopped
- 2 tablespoon grated coconut frozen works well, Optional
- 2 to 3 tablespoons **ghee** optional



PREP TIME: 20 MIN
COOK TIME: 30 MIN
TOTAL TIME: 50 MIN
SERVES: 5

INSTRUCTIONS

1. In a small pan, roast all the spices for goda masala on medium heat until all the spices are hot to touch. About 2 to 3 minutes. Take the spices out in a bowl and allow to cool. Once the spices are completely cool, grind them to a fine powder in a small spice jar. Reserve the goda masala spice blend.
2. Set the Instant Pot to saute mode and heat oil. Add hing and turmeric. Add onions and saute for 2 minutes. Add 1 teaspoon salt, curry leaves, ginger, garlic and saute for a minute.
3. Add tomatoes and mix well. Press cancel and saute for another minute, deglazing the bottom of the pot. Add potatoes, eggplant, remaining 1 teaspoon salt, red chili powder, cilantro and mix well.
4. Add the spice blend, rice, and water. Give a quick stir and close the Instant Pot lid with pressure release valve to sealing. Pressure cook on low pressure for 5 minutes followed by 5-minute natural pressure release. Release the remaining pressure by turning the pressure release valve to venting. Open the Instant Pot and garnish with cilantro and coconut. Mix gently and top with ghee. Ghee can also be added while serving. Enjoy hot with yogurt or mattha.



JEERA RICE

INGREDIENTS

- 1 ½ cups **basmati rice**
- 2 tablespoons **ghee**
- 1 teaspoon **black cumin seeds**, shah jeera, or cumin seeds
- 6 **cloves**
- 3 **green cardamom pods**
- 1 **Indian bay leaf**
- 1 ½ teaspoons **kosher salt**
- 3 cups water



PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Measure the rice into a wire-mesh strainer, then rinse under running water for 10 seconds, swishing it around. Repeat once more, then drain and set aside.
2. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the cumin seeds, cloves, cardamom, and bay leaf and sauté until aromatic, about 30 seconds. Add the rice and sauté until it is toasted about 1 minute. Add the salt, pour in the water, and stir to combine. Scrape down the sides of the pot to make sure all the rice is submerged in the water.
3. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 5 minutes at low pressure.
4. Perform a quick release by moving the Pressure Release to Venting. Open the pot and, wearing heat-resistant mitts, lift out the inner pot; this will help prevent the rice from overcooking. Gently fluff with a fork or silicone spatula.
5. Use a rice paddle to scoop the rice out of the pot and transfer to a platter, then serve.

NOTES

- If you have time to soak the rice, go ahead and soak for 20 mins and then use 1:1 rice to water ratio.
- I usually do not presoak the rice for this recipe. For up to 1.5 cups of rice, I use a 1:2 rice-to-water ratio and cook on low pressure for 5 minutes with a quick release
- For 2 cups of rice or more 1:1 rice-to-water ratio works well
- Once the pressure cooking completes, transfer the inner pot to a trivet on your counter to stop further cooking and to prevent the rice from getting mushy
- Allow the rice to cool a bit and then gently fluff up with a fork or silicone spatula
- VEGAN VARIATION Substitute neutral vegetable oil or coconut oil for the ghee
- REMINDER: Be sure to pick out and discard the whole spices while you eat



SIDES



FLAVOR BOMB CABBAGE SALAD

INGREDIENTS

- 2 cups green cabbage thinly sliced and chopped
- ½ cup red pepper thinly sliced
- ½ cup green pepper thinly sliced
- ½ cup carrots julienned
- ½ cup red onion thinly sliced
- ½ cup purple cabbage. thinly sliced and chopped optional
- 1½ tablespoons oil
- 1 teaspoon black mustard seeds
- ¼ teaspoon asafetida
- ½ teaspoon ground turmeric
- ½ teaspoon red chili powder
- 1 teaspoon kosher salt
- 1 lemon cut into half & juiced



PREP TIME: 15 MIN

COOK TIME: 5 MIN

TOTAL TIME: 20 MIN

SERVES: 5

INSTRUCTIONS

1. Mix all the veggies in a medium bowl.
2. Heat oil in a small saucepan over medium heat. Once the oil is hot and shimmering, add mustard seeds and allow them to pop. Turn the heat off once the mustard seeds start to pop. Add asafetida, turmeric & red chili powder.
3. Pour this tempering over the veggies. Add salt and lemon juice. Mix well and enjoy.



INDIAN CUCUMBER SALAD

INGREDIENTS

- 4 small Persian cucumbers
- 1 tablespoon ghee
- 1 teaspoon cumin seeds lightly crushed in the palm of your hand
- ¼ teaspoon asafetida** hing (optional)
- 1 small green chili sliced lengthwise
- 1 teaspoon kosher salt
- 1 teaspoon sugar
- 2 tablespoons peanuts roasted and ground
- 2 tablespoons cilantro chopped finely for garnish



PREP TIME: 5 MIN

COOK TIME: 5 MIN

TOTAL TIME: 10 MIN

SERVES: 4

INSTRUCTIONS

1. Peel the cucumbers, finely dice and keep in a medium bowl.
2. Heat ghee in a small saucepan over medium heat. Lightly crush cumin seeds in the palm of your hands and add to the hot ghee. Allow the cumin seeds to sizzle, about 30 seconds. Add hing and green chili and cook for another 30 seconds.
3. Pour the tempering on the chopped cucumbers. Add salt, sugar, peanuts, and cilantro. Mix well and serve immediately.
4. If making ahead of time, hold on the salt and sugar and add them just before serving. This helps the cucumber not release too much water. Leftover koshimbir can be refrigerated for a day.

NOTE

- To make it vegan simply use any neutral oil instead of ghee
- You can skip the peeling cucumbers or peel them partially
- Powdered hing often contains wheat flour, but gluten-free versions are also available
- Add salt and sugar just before serving so the cucumbers do not release too much water
- Pick out the chili before eating unless you like super spicy food



BEET AND CUCUMBER RAITA

INGREDIENTS

- 2 medium beets
- ½ teaspoon **kosher salt**
- 2 cups yogurt full fat
- 2 small cucumbers peeled and cubed
- 8 fresh mint leaves optional



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 5

INSTRUCTIONS

1. Pour 1 cup of water into the Instant Pot insert and place the trivet in the pot. Place the beets on the trivet.
2. Secure the lid and set the pressure release to sealing. Manual(Hi)/Pressure Cook for 15 minutes. Let the pressure release naturally, this will take about 10 minutes. Open the pot and wearing heat-resistant mitts transfer the beets to a plate or cutting board. Let cool. When cool enough to handle, peel the beets and cut them into 1/2-inch cubes

Making Raita

1. In a medium bowl whisk together yogurt and salt. Stir in cucumber.
2. Add the beets to the raita, stir to combine, and garnish with the mint. Store in an airtight container in the refrigerator for up to 3 days and serve chilled.





DESSERTS

GAJAR KA HALWA

INGREDIENTS

- 2 tablespoons **ghee** or coconut oil or vegan butter
- 10 carrots peeled and grated (About 6 cups packed)
- 1 cup unsweetened almond milk
- ¾ cup sugar
- 1 cup almond meal
- 2 teaspoons cardamom powder
- 2 tablespoons raisins
- ½ teaspoon **saffron**
- 2 tablespoons sliced almonds or pistachios for garnish



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Sauté(Hi) mode. Add ghee (or vegan butter) and grated carrots. Cook for 2-3 minutes with the glass lid on.
2. Add almond milk and close the lid with the pressure value set to sealing. Set Instant Pot to Pressure Cook/Manual(Hi) for 5 minutes. Quick-release.
3. Add sugar, almond meal, cardamom powder, raisins, and saffron. Mix well.
4. Turn the Instant Pot to Sauté(Hi) and cook for 5-7 mins until most of the liquids are evaporated. Stir frequently, making sure that the halwa does not stick to the bottom of the pot. Note: The halwa will continue to thicken as it cools down.
5. Garnish with sliced almonds or pistachios. Serve warm or chilled.

NOTE

- To make dairy-free carrot halwa, substitute ghee with any neutral oil, coconut oil, or vegan butter

Love the traditional gajar ka halwa? Here are few tips to easily change the recipe for that:

- Use regular milk instead of almond milk
- Substitute almond meal with khoya(mawa), non-fat dairy milk powder, or ricotta cheese
- You can also use milkmaid or condensed milk instead of almond meal Since condensed milk is sweetened, make sure to reduce the sugar substantially



DUDHI HALWA

INGREDIENTS

- 2 tablespoons **ghee** or any cooking oil
- 4 cups packed Dudhi grated
- 1 cup low fat milk divided (or almond milk)
- ½ cup sugar
- 1 cup non-fat dry milk powder or almond meal
- 1 teaspoon vanilla
- 1 tablespoon sliced almonds for garnish optional



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 6

INSTRUCTIONS

1. Set the Instant Pot to saute(normal) mode and heat ghee. Add grated dudhi and sauté for a minute. Add half of the low-fat milk. Close Instant Pot with Pressure valve to sealing. Pressure cook for 2 minutes followed by Quick Release (Natural Pressure Release works too).
2. Set the Instant Pot to Saute(normal) mode. Mix the milk powder in the remaining half cup of milk and add it to the Instant Pot.
3. Add sugar and cook for 5 minutes stirring frequently until most of the liquids evaporate and the halwa thickens. If the halwa starts to splutter set the Instant Pot to Saute(less) mode and continue to cook for another 5 minutes.
4. Stir in Vanilla, mix well and turn the Instant Pot off. Halwa will thicken further as it cools down. Garnish with sliced almonds. Enjoy warm or chilled.

NOTE

To make the dudhi halwa vegan/dairy-free:

- replace ghee with neutral cooking oil or vegan butter
- substitute low-fat milk with nut milk, like almond milk
- use non-fat dry milk powder instead of almond meal

Other variations for dudhi halwa:

- Use ricotta cheese or khoya instead of dry milk powder. This will make the halwa more creamy.
- Stir in 1-2 drops of plant-based green food color along with the vanilla for a pretty green halwa.
- For a nut-free dudhi halwa, simply skip the garnish of nuts and the halwa will still be as delicious.



FIG WALNUT HALWA

INGREDIENTS

- 1 pound dried figs stemmed and coarsely chopped (California black mission or turkish figs recommended)
- 1 cup water
- 1 cup walnuts finely chopped
- ½ cup shelled pistachios finely chopped
- ⅓ cup ghee
- 1 teaspoon ground cardamom



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 8

INSTRUCTIONS

1. Combine the figs and water in the Instant Pot.
2. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook
3. or Manual setting and set the cooking time for 5 minutes at high pressure.
4. Perform a quick release by moving the Pressure Release to Venting. Open the pot and coarsely mash the figs with a potato masher or wooden spatula. Add the walnuts, pistachios, ghee, and cardamom and stir together. Press the Cancel button to reset the cooking program, then select the low Sauté setting and cook the halwa, stirring frequently, until it thickens to a pudding-like consistency, about 10 minutes. Press the Cancel button to turn off the Instant Pot.
5. Spoon the halwa into bowls and serve.

NOTE

- Make sure the figs are not too old or dry. Add more water if they look too dry
- You can quick release after the pressure cooking cycle completes or allow natural pressure release. This recipe is very forgiving
- Add a mix of light and dark figs
- Use homemade ghee for authentic flavor and aromas

Stove Top Recipe:

- Add chopped figs and 2 cups of water to a heavy-bottomed pot
- Cook partially covered on medium heat for 20 to 25 mins or until most of the water is evaporated and figs are super soft and mushy.
- Mash the figs and then add the remaining ingredients and cook on low-medium for 5 to 10 mins



KHEER

INGREDIENTS

- 1 tablespoon **ghee**
- ½ cup white rice basmati or short grain amber mor, Rinsed and drained
- 4 to 5 cups low fat milk divided
- ½ cup sugar more or less depending on taste
- ⅛ teaspoon salt
- 1 teaspoon cardamom powder
- 4 tablespoons nuts almonds, and walnuts coarsely chopped or sliced(optional)
- 2 tablespoons raisins optional, rinsed and pat dried
- ½ teaspoon **saffron** optional
- 1 tablespoon **shredded unsweetened coconut** optional



PREP TIME: 5 MIN

COOK TIME: 40 MIN

TOTAL TIME: 45 MIN

SERVES: 6

INSTRUCTIONS

1. Turn Instant Pot to Sauté mode. Add ghee and rice. Sauté for 30 seconds.
2. Add 3 cups low-fat milk, 1 cup of water, sugar, cardamom powder, nuts, saffron, raisins, coconut, and salt.
3. Close Instant Pot lid with the pressure valve to sealing. Press the Porridge button. Allow Natural Pressure Release.
4. Open Instant Pot, Mash the rice with the back of a spoon. Add 1-2 cups of low-fat milk (depending on the consistency you like). Add more sugar if needed.
5. Cook on saute for 2-3 minutes or keep on the warm mode until ready to be served. Serve Warm or Chilled

NOTE

- Rinse the rice and then drain all the water out. If using raisins, make sure to rinse and pat dry. Basically, we want to remove any dirt or impurities from ingredients so the milk does not curdle
- Use relatively fresh milk. Stale milk has higher chances of curdling when heated at high temps
- Use low-fat milk! Whole milk is high in protein and the proteins can separate with the high heat of pressure cooking making it look like the milk has curdled.
- Add some water while pressure cooking, this will prevent the milk from browning or burning at the bottom of the pot
- Do not quick release. Milk will splutter all over causing a mess. You want the Instant Pot to naturally release which gradually lowers the temperature of the milk inside
- Make sure the stainless steel pot, lid, and sealing ring are clean. You may want to keep a designated sealing ring for sweets and desserts
- The kheer will continue to thicken as it cools down. If making ahead of time, add more milk and then reheat before serving
- If you like to add cream or full-fat milk for a rich creamier texture, make sure to add it after the pressure cooking cycle is complete



NARALI BHATH

INGREDIENTS

- 1 cup basmati rice
- 1 teaspoon saffron
- 1 tablespoon warm milk
- 2 tablespoons ghee divided
- 20 whole cashews
- 2 whole green cardamom pods
- 6 cloves
- 1½ cups water
- ½ teaspoon kosher salt
- 1 cup fresh coconut grated (frozen works well)
- ¾ cup sugar
- 2 tablespoons raisins
- 1 teaspoon cardamom powder



PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MIN

SERVES: 6

INSTRUCTIONS

1. Wash, rinse, and soak rice in water for 20 minutes. Drain the rice and keep it aside. Soak saffron in milk and set aside for garnishing
2. Turn Instant Pot to Saute(more) mode. Add half of the ghee and cashews. Cook the cashews for a minute or until they turn golden brown, stirring constantly. Take the cashews out and keep them aside for garnishing in the end.
3. Add remaining ghee to the pot. Add cardamom pods and cloves. Cook for 10-15 seconds as they release the aromas. Add drained rice and toast gently for a minute stirring constantly.
4. Add water and salt. Mix well. Make sure all the rice is submerged underwater. Close Instant Pot with the pressure valve to sealing. Pressure Cook for 6 minutes followed by 5-minute Natural Pressure Release.
5. Open Instant pot. Add coconut, sugar, raisins, and cardamom powder. Mix well.
6. Set Instant Pot to Saute(less) mode. Cook with a glass lid on for 5 minutes. Garnish with fried cashews and saffron. Enjoy!

NOTE

- Soak rice for at least 20 minutes so the rice cooks fluffy and light. If you do not have time to soak the rice, add 1.5 cups of water for 1 cup of rice and cook it on low-pressure mode for 5 minutes followed by a quick release.
- Once the rice is cooked, fluff it gently with a fork or silicone spatula. This will prevent the grains from breaking.
- For nut allergies, skip cashews.
- To make a vegan variation of sweet coconut rice, use neutral cooking oil or coconut oil for the ghee and soak the saffron in warm water instead of milk.
- Although, I like to use basmati rice for this recipe other short-grain white rice such as Jasmine, Ambe Mor, Surat Kolam, etc can be substituted. Just note that the final dish may have a bit sticky texture but will still have the same delicious taste and delicate aromatic flavors.
- Jaggery can be substituted for sugar in this recipe, although the color of the final dish will be different.



ABOUT THE AUTHOR



I am Archana, a recipe developer, food blogger and author of *The Essential Indian Instant Pot Cookbook*. My blog *Ministry of Curry* makes cooking fun and simple so you have a perfect dish every time! My easy and fail-proof recipes deliver authentic flavors using modern and innovative techniques. I am a mother of two boys who share my love of food and cooking. Words I love to hear are, “Mom, what’s for dinner?” The same words I say to my mom every time we speak. I live in the greater New York City Area with my husband and sons.