



• THE COMPLETE •

# INDIAN INSTANT POT® COOKBOOK

130 TRADITIONAL & MODERN RECIPES

**CHANDRA RAM**  
AUTHORIZED BY INSTANT POT®

# CONTENTS

## INTRODUCTION

Why Indian Food is Perfect for the Instant Pot® (and Vice Versa)

How (and Why) to Use an Instant Pot®

The Basics of Indian Cooking: Terms and Techniques

How to Build an Indian Meal: Weeknight Meals, Dinner Parties and Special Events

The Indian Pantry

Making Your Own Indian Spice Blends

**Garam Masala · Curry Powder**  
**Chaat Masala · Tandoori Masala**  
**Panch Phoron**

## CHAPTER 1: GHEE, YOGURT AND CHEESE

Ghee

Plain Yogurt

Coconut Milk Yogurt

Mango-Lime-Rosewater Lassi (Yogurt Smoothies)

Strawberry Lemon Lassi

Banana Cardamom Lassi

Salt Lime Lassi

Chai Lassi

Ginger Turmeric Lassi

Raita (Cool Yogurt Sauce)

Tomato Cucumber Herb Raita

Pomegranate Raita

Beet Raita

Lemony Onion Raita

Cucumber Raita Soup

Paneer

Saffron-Honey Paneer

Black Pepper-Coriander Paneer

Spiced Paneer

Cilantro Paneer

Saffron-Honey Paneer

## CHAPTER 2: PICKLES AND CHUTNEYS

Saffron Preserved Lemons

Coriander Lemon Chutney

Cauliflower Carrot Pickle

Garlic Pickle

Rajasthani Green Chili Pickle

Spicy South Indian Lime Pickle

Coriander Caramelized Onion Chutney

Clementine-Ginger Chutney

Cherry Tomato Chutney

Mango Chutney

Cranberry Chutney

Coconut Cilantro Chutney

Saffron Citrus Chutney

Persimmon Chutney

## CHAPTER 3: CHAATS (SNACKS)

Chickpea Chaat (Chilled Chickpea Salad)

Fried Idli

Chili Paneer

Lamb Meatballs With Cumin

Aloo Tikki Pav (Spiced, Crispy Potato Patties)

Samosa Chaat (Samosa Salad)

Potato Pea Samosas

Lamb Vindaloo Samosas

Baingan Bharta (Smoky Eggplant Dip)

Spiced Carrot Bharta (Spicy Carrot Dip)

## CHAPTER 4: SOUPS

Cardamom Butternut Squash Soup

Mulligatany (Curried Lentils, Apples and Coconut Milk Soup)

Carrot Ginger Soup

Aloo Gobi Chowder (Potato and Cauliflower Soup)

Spiced Lentil Soup

Tomato Saar (Tangy Soup)

Tomato Orange Saffron Soup

Lemon Rasam (Thin, Lemony Soup)

Tumeric Ginger Chicken Broth

## CHAPTER 5: VEGETABLES

Saag Paneer (Stewed Spiced Spinach and Paneer)

Matar Paneer (Classic Stewed Peas and Paneer)

Matar with Feta (Modern Stewed Peas and Cheese)

Spiced Punjabi-Style Pumpkin Curry

Bombay-Style Shakshuka (Eggs Poached in Spiced Tomato and Peppers)

Bengali Carrots

Navratan Korma (Rich and Creamy Vegetable Stew)

Sweet Curried Cream Corn

Pav Bhaji (Curried Vegetable Sliders)

Spicy Green Beans

Gunpowder Potatoes (Smashed Potatoes)

## CHAPTER 6: PORRIDGE AND RICE

Spring Vegetable Kitchari (Vegetable, Rice and Moong Dal Stew)

Corn and Zucchini Upma (Savory Semolina Porridge)

Coconut Cilantro Rice Pilaf

Cardamon Jaggery Oatmeal

Zarda Pulao (Saffron and Dried Fruit Rice)

Sambar Rice (Stewed Rice and Vegetables)

Yogurt Rice with Pomegranates

Spiced Congee (Rice Porridge)

Preserved Lemon Jeera Rice (Everyday Rice with Cumin)

Bisibelabath (Spiced Rice and Lentils)

## CHAPTER 7: BIRYANI

Hyderabadi Biryani (Rice with Spiced Chicken)

Vegetable Paneer Biryani (Rice with Vegetables and Paneer)

Mughal Chicken Biryani (Rice with Cinnamon and Almonds)

Kolkata Biryani (Rice with Rosewater and Saffron)

Sindhi Biryani (Rice with Spicy Lamb and Dates)

Afghani Biryani (Rice with Saffron and Dried Fruit)

Sri Lankan Biryani (Rice with Spicy Green Chilies)

## CHAPTER 8: LENTILS, CHICKPEAS AND PULSES

Dal Makhani (Creamy Spiced Lentils)

Chana Masala (Stewed Chickpeas, Tomatoes, and Onions)

Warm Lentil Salad with Paneer and Tomatoes

Lemon Fennel Moong Dal Grain Bowl

Gujarati Peanut Dal (Sweet and Sour Lentils)

Bengali Cholar Dal (Spiced Lentil Curry)

Pindi Chole (Chickpeas with Lentils and Chilies)

Rajastani Dal (Dal Mixture)

Coconut Chili Summer Squash Kootu (Stewed Vegetables and Lentils)

Lalla Mussa (Black Lentil Dal)

## CHAPTER 9: MEAT AND SEAFOOD

Butter Chicken with Spiced Cashews

Kerala Chicken Curry (Chicken with Coconut Milk)

Cashew Chicken Korma (Chicken with Cashew Yogurt Sauce)

Chicken Jalfrezi Frankie (Chicken and Vegetables)

Assam Duck Risotto (Tangy Tamarind Rice)

Vindaloo Pulled Pork Pav with Tamarind BBQ Sauce (Pulled Pork Sandwiches)

Bafat Pork Ribs (Spicy Ribs)

Tea-Braised Lamb Stew

Rogan Ghosh (Lamb Stew)

Coconut Cilantro Steamed Fish

Sri Lankan Crab Curry

Orange Cumin Salmon

Goan Shrimp Curry

## CHAPTER 10: BREADS, PANCAKES AND CREPES

Idli with 4 Sides (South Indian Fermented Steamed Lentil Cake)

Carrot-Beet-Cilantro Uttapam (Savory South Indian Pancake)

Dhokla (Fermented Chickpea Flour Cake)

Herbed Dosa 3 Ways (Fermented Lentil and Rice Crepe)

Appam (Fermented Rice and Coconut Pancake)

Naan

Puri (Fried Bread)

Surnoli (Sweet Pancake)

Amritsari Kulcha (Punjabi Flatbread)

## CHAPTER 11: DESSERTS

Rosewater Rasmalai Cake (Steamed Cream Cake)

Candied Cherry Rava Cake (Semolina Cake)

Steamed Carrot Halwa Cake with Cashew Praline Sauce (Carrot Cake)

Chocolate Chai Pudding

Orange Cardamom Cheesecake

Spiced Pumpkin Cheesecake

Saffron Kheer with Cardamom Poached Pears (Classic Rice Pudding)

Lime Coconut Kheer with Toasted Pistachios (Sweet and Tangy Rice Pudding)

## Cooking Charts For Beans And Chickpeas

### Acknowledgments

### Index

---

# INTRODUCTION

**IT WAS THE SAME FEELING EVERY TIME.** My parents, brothers and I would depart the airplane, struggling under our piles of carry-on luggage overflowing with Mad Libs, decks of airline playing cards, books and magazines packed to entertain two adults and four children for 22 hours of travel (or as I like to call it, the Kentucky–Charlotte–New York–Germany–Delhi–Vizag route to Grandma’s house). Bone-tired but wide awake after drinking sweet, milky tea from Hamburg to New Delhi, we’d push through customs and immigration, then exit the dim glare of the airport arrivals lounge into the night air. I’d inhale, breathing in that weirdly captivating blend of cleaning solution, gasoline and toasted cardamom, and smile as my uncles swept me up in a giant hug. Even as a child I knew that India was mine, and that I was hers in some way. I may never have felt totally at home in India, but it has always felt like part of me.

We were “the Americans”—my Indian father, Irish mother and three brothers—part of the family but different from everyone else. We’d visit every other year, landing in Delhi and then taking trains to Vizag, my father’s small hometown where my grandparents still lived, to meet the aunts, uncles and cousins who would join us there for a few weeks from their homes in Delhi, Kanpur, Hyderabad and Calcutta.

Once in Vizag, we’d settle into our visit. A dozen hours off from our usual time zone, my brothers and I would spend our first few days still drowsy with jet lag, and our nights playing hour after hour of cards when sleep wouldn’t come (if three solid hours of playing War doesn’t do the trick, you aren’t ever going to get to sleep). People might stare at us while we walked to the candy store or went to the beach in that small town, but ambling along amid a gaggle of uncles, aunties, and cousins, we belonged. We may have not spoken any of the languages or understood what to do in the Hindu temples, but we were still part of the clan, if a little different.

---



CHAPTER ONE

*Ghee*  
**YOGURT**  
*and*  
**CHEESE**

GHEE	39
PLAIN YOGURT	40
COCONUT MILK YOGURT	41
MANGO LIME ROSEWATER LASSI	44
BANANA CARDAMOM LASSI	47
GINGER TURMERIC LASSI	48
SALT LIME LASSI	51
STRAWBERRY LIME LASSI	52
CHAI LASSI	55
CUCUMBER RAITA	56
POMEGRANATE RAITA	59
BEET RAITA	60
CUCUMBER RAITA SOUP	63
LEMONY ONION RAITA	64
SOFT PANEER	67
FIRM PANEER	68
CORIANDER BLACK PEPPER PANEER	69
CILANTRO CHILE PANEER	70
SAFFRON HONEY PANEER	73



PREP  
5 MIN

SAUTÉ  
6 MIN

MANUAL  
5 MIN

RELEASE  
QUICK

TOTAL  
25 MIN

MAKES  
2 CUPS  
(500 ML)

# CHERRY TOMATO VEG GF V CHUTNEY

Traditional Indian tomato chutney is a smooth purée, but I prefer mine chunkier, more like a salsa. If you can't find fresh curry leaves, basil is an acceptable substitute here; the flavor will have more of an herbaceous Italian vibe but it will still be pretty tasty. You can serve this chutney alongside vegetables, rice, meat or fish, or spoon it atop fresh naan with a little soft paneer for an Indian take on bruschetta.

- 1 tablespoon (15 mL) **vegetable oil**
- 2 teaspoons (10 mL) **mustard seeds**
- 1 teaspoon (5 mL) **cumin seeds**
- 1 teaspoon (5 mL) **nigella seeds**
- 10 fresh **curry leaves** or **basil leaves**, torn into pieces
- 1 teaspoon (5 mL) ground **turmeric**
- 4 cups (1 L) **cherry tomatoes**
- 1 teaspoon (5 mL) **kosher salt**
- 1 tablespoon (15 mL) **jaggery** or **brown sugar**

**1** Using the Sauté function on High, heat the oil in the inner pot for about 1 minute, until shimmering. Add the mustard seeds, cumin seeds, nigella seeds and curry leaves; cook for about 2 minutes, stirring occasionally, until the leaves are just beginning to crackle and the seeds begin to pop. Add the turmeric and tomatoes; stir to combine. Add the salt and jaggery; stir to combine.

**2** Secure the lid and cook on low pressure for 5 minutes (you can also cook it on high pressure for 3 minutes).

**3** Once the cooking is complete, quick-release the pressure.

**4** Remove the lid. Using the Sauté function on High, cook for about 2 or 3 minutes, stirring occasionally and gently mashing half of the tomatoes with the back of a spoon, until the liquid has reduced by about half. Serve warm or at room temperature, or let cool and store in an airtight container in the refrigerator for up to 3 days.

**NOTE** *The liquid the tomatoes release has loads of flavor. Sometimes I drain it off instead of cooking it down, so that I can blend it with any leftover tomato chutney to make a spiced tomato soup.*





PREP  
5 MIN

MANUAL  
35 MIN

RELEASE  
NATURAL

TOTAL  
1 HR

SERVES  
6

# CHICKPEA Chaat

VEG GF (CHILLED CHICKPEA SALAD)

My friends Zeeshan Shah and Yoshi Yamada of Chicago's Bombay Breakdown create some of my favorite takes on Indian street food and snacks. I can't resist this chaat when it's on the menu, so I recreated my own version at home, adding toasted cashews and pomegranate seeds. This is the kind of food I'll snack on all day.

- 1 cup (250 mL) dried **chickpeas**, picked over and rinsed (see page 29), about 8 ounces (250 g)
- 2 teaspoons (10 mL) **kosher salt**, divided
- Water**
- 4 teaspoons (20 mL) **Chaat Masala** (page 25) or store-bought, divided
- 1 **English cucumber**, diced
- 1 cup (250 mL) **pomegranate seeds**
- 1 cup (250 mL) roughly chopped fresh **cilantro** leaves
- ½ cup (125 mL) roughly chopped fresh **mint** leaves
- 1 bunch **green onions**, sliced and divided
- 6 tablespoons (90 mL) freshly squeezed **lime juice**, divided
- 1 cup (250 mL) **Plain Yogurt** (page 40) or store-bought
- 1 **serrano chile**, minced
- ½ cup (125 mL) roasted **cashews** (page 32)
- ½ cup (125 mL) **fried bhel chips** or **crushed tortilla chips**
- ½ cup (125 mL) **fried chana dal** or **crushed tortilla chips**
- ½ cup (125 mL) **sev** or **crisp rice cereal**

**1** Place the chickpeas and 1 teaspoon (5 mL) salt in the inner pot. Add enough water to cover by 3 inches (7.5 cm).

**2** Secure the lid and cook on high pressure for 35 minutes.

**3** Once the cooking is complete, let the pressure release naturally. Check to make sure the chickpeas are soft enough for your liking (if they are still too hard, cook on high pressure for another 5 minutes). Drain.

**4** Combine the cooked chickpeas with 2 teaspoons (10 mL) chaat masala in a large bowl. Add the cucumber, pomegranate seeds, cilantro, mint and half of the green onions. Toss the mixture with 4 tablespoons (60 mL) lime juice.

**5** Place the yogurt in a medium bowl and stir in the remaining 2 tablespoons (30 mL) lime juice, 1 teaspoon (5 mL) salt and green onions, plus the chile.

**6** Spoon the yogurt mixture over the chickpea mixture. Top with cashews, bhel chips, chana dal and sev. Sprinkle the remaining 2 teaspoons (10 mL) chaat masala ontop; serve immediately.

**NOTE** *You can prepare this recipe in advance through to the end of Step 5, but make sure not to add the crunchy components until just before serving. If you want to get fancy for a cocktail party, spoon this chaat into Belgian endive spears, which will double as edible scoops.*





PREP  
10 MIN

SAUTÉ  
7 MIN

MANUAL  
10 MIN

RELEASE  
NATURAL/  
QUICK

TOTAL  
40 MIN

SERVES  
6

# CARROT GINGER SOUP

VEG GF V

I have been making some version of this soup my whole life, depending on what I have in my kitchen. This is the kind of soup that welcomes change, whether it's a few parsnips or turnips mixed in with the carrots, a spoonful of curry powder, a little extra ginger or some lemongrass, if you have some on hand. The only rule is don't skimp on the coconut milk: full-fat milk gives this soup the creaminess that makes it so very good.

## Immersion blender or blender

- 3 tablespoons (45 mL) **coconut oil** or **vegetable oil**
- 1 **onion**, diced
- 1 teaspoon (5 mL) ground **cumin**
- 1 teaspoon (5 mL) ground **turmeric**
- 1 teaspoon (5 mL) ground **coriander**
- ½ teaspoon (2 mL) **Kashmiri chili powder**
- 1 tablespoon (15 mL) minced **ginger**
- 1 pound (500 g) **carrots**, chopped
- 1 teaspoon (5 mL) **kosher salt** (approx.)
- 2 cups (500 mL) **water**
- 1 can (14 oz/398 mL) full-fat **coconut milk**
- ½ cup (125 mL) fresh **cilantro** leaves

- 1 Using the Sauté function on High, heat the oil in the inner pot for about 1 minute, until shimmering. Add the onion; cook, stirring occasionally, for about 4 minutes, until softened.
- 2 Add the cumin, turmeric, coriander and chili powder; stir to coat the onions in the spices. Add the ginger and cook, stirring, for 1 minute. Add the carrots, salt and water; stir to combine.
- 3 Secure the lid and cook on high pressure for 10 minutes.
- 4 Once the cooking is complete, let the pressure release naturally for 5 minutes, then quick-release the remaining pressure.
- 5 Remove the lid and let the soup cool slightly. Purée the soup with an immersion blender or, working in batches, transfer to a blender and blend on high speed until smooth. Return the soup to the inner pot and stir in the coconut milk. Taste and add more salt, if needed. Garnish with cilantro; serve.





PREP  
5 MIN

SAUTÉ  
5 MIN

MANUAL  
0 MIN

RELEASE  
QUICK

TOTAL  
15 MIN

SERVES  
6

# Matar WITH FETA

VEG GF (STEWED PEAS AND CHEESE)

Traditional matar paneer—or peas and cheese, as we called it growing up—has a dark, rich tomato gravy and cubes of paneer amid a bowl of stewed peas. Think of this dish as traditional matar paneer’s cousin who spent a summer backpacking through Greece. This version is light on the gravy so you taste more of the clean, sweet flavors of the peas, accentuated by the light, floral flavor of coriander. Cubed feta adds a little tanginess and the lemon and mint give it a green brightness, making this a colorful spring-y side dish for any meal.

- 2 tablespoons (30 mL) **ghee** or **coconut oil**
- 1 **onion**, minced
- 1 tablespoon (15 mL) ground **coriander**
- 1 tablespoon (15 mL) ground **cumin**
- 1 **serrano chile**, finely chopped
- 1 tablespoon (15 mL) grated **lemon zest** or minced **Saffron-Preserved Meyer Lemon** (page 76)
- ½ cup (125 mL) **water**
- 1 pound (500 g) frozen **peas**
- 7 ounces (210 g) **feta cheese**, cubed
- ¼ cup (60 mL) finely chopped **mint** leaves

- 1 Using the Sauté function on High, heat the ghee in the inner pot for about 1 minute, until shimmering. Add the onion and stir to combine. Add the coriander and cumin and cook, stirring occasionally, for about 3 minutes, until the onion has softened. Add the chile and cook, stirring occasionally, for 1 minute, until fragrant.
- 2 Stir in the lemon zest, water and peas. Secure the lid and cook on low pressure for 0 minutes. (Yes, really! This is a nice trick for cooking vegetables—the peas cook in the time it takes for the pressure to build. You can cook them on high pressure for the same amount of time, but you may risk overcooking the peas.)
- 3 Once the cooking is complete, quick-release the pressure.
- 4 Remove the lid and stir in the feta and chopped mint; serve.





PREP  
15 MIN

SAUTÉ  
13 MIN

MANUAL  
23 MIN

RELEASE  
NATURAL/  
QUICK

TOTAL  
1 HR 5 MIN  
(PLUS 30 MIN  
TO MARINATE)

SERVES  
6

# Sindhi BIRYANI

BF (RICE WITH SPICY LAMB AND DATES)

The Sindhi people originally came from northwest India, which became part of Pakistan in the 1947 partition. Many of them moved south in order to stay in India, where they continue to celebrate their culture through dishes like this biryani. Since many Sindhis are also Muslims, lamb is used in this dish, while saffron, dates and almonds highlight the Persian influence of the Mughal Empire. This dish is rich and full of flavor; it's really nice for a special-occasion dinner.

- ½ cup (125 mL) **Plain Yogurt** (page 40) or store-bought
- 1 tablespoon (15 mL) minced **ginger**
- 2 tablespoons (30 mL) minced **garlic**, divided
- 2 tablespoons (30 mL) **ghee** or **vegetable oil**
- 1 teaspoon (5 mL) **Kashmiri chili powder**
- 1 teaspoon (5 mL) ground **turmeric**
- 3 teaspoons (15 mL) **kosher salt**, divided
- 2 teaspoons (10 mL) freshly ground **black pepper**, divided
- 1 pound (500 g) trimmed boneless **lamb shoulder**, cut into 1-inch (2.5 cm) pieces
- 2 tablespoons (30 mL) **vegetable oil**
- 2 **onions**, thinly sliced and divided
- 1 teaspoon (5 mL) ground **cloves**
- 8 **green cardamom pods**, cracked
- 1 teaspoon (5 mL) **cumin seeds**
- 1 2-inch (5 cm) **cinnamon stick**
- 1 **bay leaf**

- 2 cups (500 mL) **water**
- 10 **dates** or **prunes**, chopped
- 2 **serrano chiles**, finely chopped
- 2 medium **yellow-fleshed potatoes**, cut into chunks
- ½ cups (375 mL) **brown basmati rice**, rinsed
- 1 teaspoon (5 mL) **saffron**
- 1 tablespoon (15 mL) chopped fresh **mint**

1 Whisk together the yogurt, ginger, 1 tablespoon (15 mL) garlic, ghee, chili powder, turmeric, 2 teaspoons (10 mL) salt and 1 teaspoon (5 mL) pepper in a large bowl. Add the lamb and stir to coat it evenly. Cover and transfer to the refrigerator for at least 30 minutes or up to 12 hours.

2 Using the Sauté function on High, heat the oil in the inner pot for about 1 minute, until shimmering. Add half the onions; cook, stirring occasionally, for about 10 minutes, until evenly browned. Transfer to a small bowl.

3 Place the remaining onion, cloves, cardamom pods, remaining 1 teaspoon (5 mL) pepper, cumin seeds, cinnamon stick, bay leaf and remaining 1 tablespoon (15 mL) garlic in the inner pot; stir to combine and cook for 1 minute, until fragrant. Add the remaining 1 teaspoon (5 mL) salt and water, using a wooden spoon to scrape up any browned bits on the bottom of the pot. Add the dates, chiles, potatoes, lamb and yogurt marinade, rice and saffron; stir to combine.



4 Secure the lid and cook on high pressure for 23 minutes.

5 Once the cooking is complete, let the pressure release naturally for 5 minutes, then quick-release the remaining pressure.

6 Remove the lid and stir. Transfer to a serving platter and top with reserved browned onions and mint; serve.

**NOTE** *When you cook the meat and rice together like this, it infuses all the spices and aromatics into the rice. This is the kacchi method of making biryani—in which marinated uncooked meat is layered with uncooked rice and then cooked together slowly—and it just so happens to be perfect for the Instant Pot.*

• CHAPTER NINE •

# *Meat* AND SEAFOOD

**BUTTER CHICKEN  
WITH SPICED CASHEWS** 206

**KERALA CHICKEN CURRY** 208  
(Chicken with Coconut Milk)

**CASHEW CHICKEN KORMA** 210  
(Chicken with Cashew Yogurt Sauce)

**CHICKEN JALFREZI FRANKIES** 212  
(Chicken and Vegetable Wraps)

**ASSAM DUCK RISOTTO** 215

**VINDALOO PULLED PORK PAV  
WITH TAMARIND BBQ SAUCE** 216

**ROGAN GHOSH** 219  
(Lamb Stew)

**BAFAT PORK RIBS** 221  
(Spicy Ribs)

**TEA-BRAISED LAMB STEW** 222

**COCONUT CILANTRO STEAMED FISH** 225

**ORANGE CUMIN SALMON** 226

**SRI LANKAN CRAB CURRY** 229

**GOAN SHRIMP CURRY** 230



PREP  
10 MIN

SAUTÉ  
6 MIN

MANUAL  
8 MIN

RELEASE  
NATURAL/  
QUICK

TOTAL  
45 MIN

SERVES  
6

# BUTTER CHICKEN

GF WITH SPICED CASHEWS

I used to feel pretty conflicted about butter chicken. It's pretty decadently delicious, but it's so often poorly cooked and then doused with way too much cream to compensate. I changed my tune while writing this book, since almost every friend who came to dinner while I was testing recipes asked/dropped hints/begged for butter chicken. I cut down the amount of cream, so it isn't as heavy, and added some—not traditional but highly recommended—puréed chipotle chiles in adobo sauce for a deeper, more complex, smokier flavor.

- 2 tablespoons (30 mL) **ghee** or **vegetable oil**
- 2 cups (500 mL) finely diced **onions**
- 1 teaspoon (5 mL) **kosher salt**
- 1 tablespoon (15 mL) minced **ginger**
- 1 tablespoon (15 mL) minced **garlic**
- ½ teaspoon (2 mL) ground **turmeric**
- 3 teaspoons (15 mL) **Kashmiri chili powder**, divided
- 1 teaspoon (5 mL) **Garam Masala** (page 24) or store-bought
- 2 tablespoons (30 mL) **tomato paste**
- 2 tablespoons (30 mL) **chipotle chiles in adobo sauce**, puréed or finely chopped
- 1 cup (250 mL) **water**
- 1 can (14 oz/398 mL) diced **tomatoes** (with juice)
- 2 pounds (1 kg) boneless, skinless **chicken thighs**, cut into 2-inch (5 cm) pieces
- ½ cup (125 mL) raw **cashew pieces**
- ¾ cup (175 mL) **heavy** or **whipping** (35%) **cream**
- ½ cup (125 mL) chopped fresh **cilantro**, divided

**1** Using the Sauté function on High, heat the ghee in the inner pot for about 1 minute, until shimmering. Add the onions and salt; cook, stirring occasionally, for about 4 minutes, until the onions are softened. Add the ginger, garlic, turmeric, 2 teaspoons (10 mL) chili powder, garam masala and tomato paste; cook, stirring constantly, for about 1 minute, until fragrant. Stir in the chipotles in adobo sauce, water, tomatoes (with juice) and chicken.

**2** Secure the lid and cook on high pressure for 8 minutes.

**3** Meanwhile, toast the cashews in a small, dry skillet over medium heat, for 3 minutes, tossing the pan frequently, until lightly browned. Transfer to a medium bowl. Add the remaining 1 teaspoon (5 mL) chili powder and toss to coat. Set aside.

**4** Once the chicken is cooked, let the pressure release naturally for 10 minutes, then quick-release the remaining pressure.

**5** Remove the lid. If the sauce is watery, use the Sauté function on High to simmer the mixture for 5 minutes, until the sauce is reduced to the desired consistency. Stir in the cream and ¼ cup (60 mL) cilantro. Transfer the chicken and sauce to a serving dish, garnish with the remaining cilantro and cashews and serve.

**NOTE** *You can make this vegetarian by using paneer instead of chicken and make it vegan by substituting firm tofu for the chicken and coconut milk for the heavy cream.*





PREP  
5 MIN

SAUTÉ  
6 MIN

MANUAL  
1 MIN

RELEASE  
NATURAL/  
QUICK

TOTAL  
25 MIN

SERVES  
4

# ORANGE CUMIN SALMON

GF

I learned that cumin is an ideal seasoning for fish while eating grouper with an orange cumin sauce at Hartwood, a wonderful restaurant in Tulum, Mexico. I decided to Indian-ify it and use salmon instead of grouper, because its firmer texture holds up a bit better under pressure cooking. The coriander lends a floral note that really works with the sweet-tart orange sauce.

- 1 tablespoon (15 mL) ground **cumin**
- 1 tablespoon (15 mL) ground **coriander**
- 2 teaspoons (10 mL) **Garam Masala** (page 24) or store-bought
- 1 teaspoon (5 mL) **kosher salt** (approx.)
- 4 **salmon fillets** (each about 6 oz/175 g and 1 inch/2.5 cm thick), skin removed
- 1 tablespoon (15 mL) **ghee**
- ¼ cup (60 mL) **orange juice**
- 3 tablespoons (45 mL) **jaggery** or **brown sugar**
- 2 teaspoons (10 mL) freshly ground **black pepper**
- 2 teaspoons (10 mL) freshly squeezed **lime juice**
- ¼ cup (60 mL) fresh **cilantro** leaves
- Kosher salt**

- 1 Combine the cumin, coriander, garam masala and salt in a small bowl. Sprinkle over both sides of the salmon.
- 2 Using the Sauté function on High, heat the ghee in the inner pot for about 1 minute, until shimmering. Place the salmon in the inner pot. Pour the orange juice around the fish, secure the lid, and cook on low pressure for 1 minute (you can also cook on high pressure for 0 minutes if you are using thick salmon fillets that won't overcook as easily).
- 3 Once the cooking is complete, let the pressure release naturally for 4 minutes, then quick-release the remaining pressure.
- 4 Remove the lid. Using a spatula, transfer the salmon to a serving platter. Add the jaggery to the inner pot and, using the Sauté function on High, cook for about 1 minute, until the sugar is melted. Add the pepper and lime juice; cook, stirring constantly, for about 2 minutes, until the jaggery begins to caramelize and thicken. Simmer for about 2 to 3 minutes to reduce the sauce until somewhat thickened. Season to taste with salt.
- 5 Pour the sauce over the salmon and garnish with cilantro; serve.





PREP  
10 MIN

YOGURT  
1 HR

TOTAL  
1 HR 30 MIN

MAKES  
8 NAAN

# NAAN

VEG

One of the most important parts of bread baking is the proofing process, which you can do in an Instant Pot using the Yogurt function. The dough rises in less time than usual, making a flatbread like naan something you can pull off even on a weeknight. Searing the naan with ghee in a super-hot pan isn't traditional, but it helps the seasonings stick to the dough and chars the exterior of the bread nicely. Feel free to play around with seasonings in the dough or the toppings. I like Panch Phoron (page 26) but use whatever you prefer.

## Instant Pot trivet

- $\frac{3}{4}$  cup (175 mL) warm **water**
- 1 teaspoon (5 mL) active dry **yeast**
- 2 teaspoons (10 mL) granulated **sugar**, divided
- 2 cups (500 mL) **all-purpose flour** (approx.)
- 1 teaspoon (5 mL) **kosher salt** (approx.)
- 1 teaspoon (5 mL) **cumin seeds**, toasted (optional)
- $\frac{1}{4}$  cup (60 mL) **Plain Yogurt** (page 40) or store-bought
- $\frac{1}{4}$  cup (60 mL) melted **ghee**, divided (approx.)
- 1 cup (250 mL) boiling **water**

- 1** Place the warm water in a medium bowl. Sprinkle the yeast and 1 teaspoon (5 mL) sugar onto the surface of the water. Set aside for about 10 minutes, until foamy.
- 2** Whisk together the flour, salt, remaining 1 teaspoon (5 mL) sugar and the cumin seeds (if using) in a large bowl.
- 3** Add the yogurt and 2 tablespoons (30 mL) ghee to the yeast mixture; whisk until smooth. Pour into the flour mixture and fold together with a rubber spatula. Knead the dough in the bowl for about 3 minutes, until it is soft and slightly sticky.
- 4** Pour 1 tablespoon (15 mL) of the remaining ghee into a clean metal, ceramic or glass bowl small enough to fit inside the inner pot; add the dough and turn to coat.
- 5** Place the trivet inside the inner pot and add 1 cup (250 mL) boiling water. Lower the bowl of dough onto the trivet. Secure the lid and, using the Yogurt function on Normal, proof the dough for 1 hour, until it is puffy and doubled in size.
- 6** Transfer the dough to a floured surface and separate it into 8 equal pieces. Shape each piece into a ball, dipping your hands in flour as needed to keep the dough from sticking. Roll or stretch each piece into an oblong shape about  $\frac{1}{4}$  inch (0.5 cm) thick, placing a damp dishtowel over the dough pieces so they don't dry out.

- 7** Heat a cast-iron or nonstick skillet on the stove over high heat for 5 minutes. Add 1 teaspoon (5 mL) ghee and heat until almost smoking. (I know, tandoor chefs cook naan without any fat. But do you have a tandoor in your house? Me neither. So let's try it this way.) Place one piece of dough in the skillet and cook for 1 minute, or until the naan is a little charred, bubbled and blistered on one side. Flip over and cook the other side for 1 minute, until the second side is lightly charred.
- 8** Transfer the naan to a cutting board, sprinkle kosher salt and any spices you like on top, and cover with a dishtowel to keep warm. Repeat with the remaining pieces of dough, adding more ghee to the pan as needed.

**NOTES** *This recipe doubles nicely—and who doesn't like extra bread?*  
*Try toasting any leftovers in the toaster. I treat leftover naan like a bagel and smear it with cream cheese for breakfast. It may not be traditional, but it's undeniably delicious.*

PREP  
15 MIN

MANUAL  
35 MIN

RELEASE  
NATURAL/  
QUICK

TOTAL  
90 MIN  
(PLUS 4 HR  
TO CHILL)

SERVES  
6

# ORANGE CARDAMOM VEG CHEESECAKE

Cheesecake happens to be one of the best things you can make in an Instant Pot, since the best cheesecakes are cooked in a water bath anyway. Although traditional New York–style cheesecakes can be quite dense, this one is light and creamy, with citrusy, spicy flavors.

**7-inch (18 cm) metal baking pan with removable bottom**

**Stand mixer with whip attachment, or electric hand mixer**

**Instant Pot trivet**

## CRUST

2 cups (500 mL) **graham cracker** or **spice cookie crumbs**

½ cup (125 mL) granulated **sugar**, divided

1 teaspoon (5 mL) **kosher salt**, divided

6 tablespoons (90 mL) **ghee** or **melted butter**

## FILLING

1 pound (500 g) brick-style **cream cheese**, softened

2 teaspoons (10 mL) **orange extract**

2 teaspoons (10 mL) freshly squeezed **orange juice**

2 large **eggs**, at room temperature

1 teaspoon (5 mL) ground **cardamom**

2 tablespoons (30 mL) grated **orange zest**

1½ cups (375 mL) **water**

**1 CRUST** Preheat the oven to 350°F (180°C).

**2** Combine the graham cracker crumbs, ¼ cup (60 mL) sugar and a pinch of salt in a large bowl. Pour in the ghee and mix until the crumbs are evenly coated.

Using the bottom of a glass, press the crumbs into an even layer on the bottom and up the sides of the baking pan. Bake in the preheated oven for 15 minutes, until the crust is fragrant and set. Transfer to a wire rack for about 30 minutes to cool completely.

**3 FILLING** Combine the cream cheese and the remaining ¼ cup (60 mL) sugar in a stand mixer bowl or large bowl. Beat, using the mixer on medium-high speed, for about 2 minutes, until the batter is very smooth and no lumps remain, scraping down the sides of the bowl as needed. Beat in the orange extract, orange juice and remaining salt. Add the eggs one at a time, beating on low speed until just combined (don't overbeat the eggs or the top of the cheesecake will crack when it cooks). Stir in the cardamom.

**4** Pour the filling into the crust, smoothing the top; then sprinkle it with the orange zest.

**5** Wrap the pan with foil. Place the trivet in the inner pot and add the water. Lower the cake onto the trivet. Secure the lid and cook on high pressure for 35 minutes.

**6** Once the cooking is complete, let the pressure release naturally for 10 minutes, then quick-release the remaining pressure. Remove the cheesecake from the inner pot and remove and discard the foil. Chill the cake in the refrigerator for at least 4 hours or up to 2 days before serving.

**7** To remove the cheesecake from the pan, run a knife around the sides of the pan, then remove the sides. Transfer the cake to a platter and serve.



**NOTE** If you don't have a baking pan with a removable bottom, you can use a traditional stovetop pressure cooker insert pan for this recipe. Fold a 12-inch (30 cm) piece of aluminum foil in thirds. Line the

pan with the folded foil, leaving the edges hanging over the sides, before pressing in the crust. Make sure to chill the cooked cheesecake completely; then use the foil sling to pull it out of the pan.



# TRADITIONAL & MODERN INDIAN RECIPES FOR THE HOME COOK

OFFICIALLY AUTHORIZED BY INSTANT POT®!

**The Instant Pot® is a game-changer for Indian cooking** because it replaces a pressure cooker, slow cooker, yogurt maker, bread proofer and steamer all in one. Gone are the days when preparing Indian food just seemed too intimidating or for weekends only. Dried lentils and chickpeas cook in a flash, even when they haven't been soaked overnight. Rice is perfectly done in ten minutes and homemade yogurt can be made to particular tanginess and texture. Even meat braises that usually take a full-day can be ready in less than an hour.

In *The Complete Indian Instant Pot® Cookbook*, award-winning editor and author Chandra Ram shares 125 recipes from all over India, specifically designed for the Instant Pot®, that meld Indian ingredients and American sensibilities for novices and experts alike. Recipes range from traditional to modern and go beyond the greatest hits that you see in Indian restaurants. You'll find tons of familiar favorites, including Butter Chicken and Chana Masala, to less well-known regional dishes like dosas, biryanis and dal stews, to contemporary twists on Indian flavors, such as Orange Cumin Salmon and Chocolate Chai Pudding.

Chandra takes you through cooking all the parts of an Indian meal: ghee, yogurt and cheese; pickles and chutneys; snacks; vegetables; soups; porridge and rice; biryani; lentils, chickpeas and pulses; meat and seafood; breads, pancakes and crepes; and desserts. She also offers suggested meal plans, easy substitutions and tips for building an Indian pantry. Cooking Indian food has never been as approachable, fast and easy!

© Geoffrey Smith



**CHANDRA RAM** is a first-generation American who learned to love cooking from her Irish mother and Indian father. She has a degree in culinary arts from The Culinary Institute of America and spent fifteen years working in restaurants and as a consulting chef before turning to food writing. She is the editor of award-winning food magazine *Plate*

and co-author of *The Eiffel Tower Restaurant Cookbook* and *Korean BBQ: How to Master Your Grill in Seven Sauces*. She has been a featured food expert on the Cooking Channel, and in *CS Magazine* and *The Chicago Tribune*. Chandra lives in Chicago.

ISBN: 978-0-7788-0611-0

Format: Trade paperback with flaps

\$24.95 US / \$29.95 CDN

288 pages

7.75 x 10.5

Full color throughout with  
95 + color photos

September 2018

## MARKETING & PUBLICITY

Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.

- National and regional print and online publicity campaign.
- Blogger and reviewer campaign targeting all food and lifestyle sites.
- Pitching for all major print and online holiday roundups and catalogs.
- Extensive social media outreach including all authorized Instant Pot® and publisher platforms and channels (Facebook, Pinterest, Twitter, Instagram).
- Digital sample, shareable graphics, and recipe feature campaign.

## CONTACT

Martine Quibell

Publicity Manager

[mquibell@robertrose.ca](mailto:mquibell@robertrose.ca)

416.322.6552 x 3133

## ORDER INFORMATION

Firefly Books

[service@fireflybooks.com](mailto:service@fireflybooks.com)

USA Orders Only 1.800.387.5085

Canada Orders Only 1.800.387.6192

Robert  
ROSE