



MICROPRO GRILL RING

RECIPES 2020

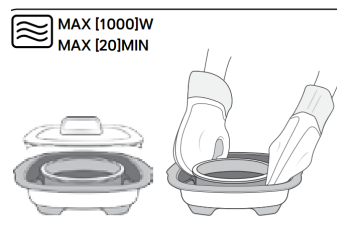


Tupperware MicroPro Grill is a unique product that allows you to quickly grill meat, fish, vegetables, and sandwiches as well as prepare casseroles and au gratin dishes using your microwave. Now you can create perfectly round cakes, pancakes, quiches, bread and more in the MicroPro Grill. All you need to have is a Pro Ring which gives you fast and perfectly round results right in the microwave. Designed to be used with the MicroPro Grill, but you can also use it in your conventional oven or freezer.



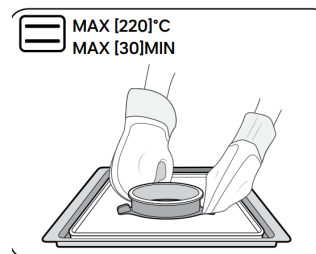
IN THE MICROPRO GRILL

- Before use, wash the Pro Ring per the recommended cleaning instructions. It is recommended that the ring is washed (both inside and outside) by hand with dish detergent before every use to improve the non-stick characteristics and remove any possible white residue.
- Place the empty Pro Ring into the MicroPro Grill for microwave use.
- Pour mixture into the Pro Ring evenly, cover in grill or casserole position according to the recipe.
- After baking: Simply lift it from around the preparation using oven gloves. Then a plate can be used to put over the MicroPro Grill Base, and the base is flipped upside down to get the cake or quiche out. If the preparation is solid enough, you can use a Spatula to lift it out of the MicroPro Grill.



IN THE CONVENTIONAL OVEN

- Place the empty Pro Ring on the Silicone Baking Sheet with Rim. As the silicone is very flexible, it's important to place it on a firm surface before filling.
- Always place the Pro Ring and Silicone Baking Sheet on a cold oven rack or metal baking sheet.
- Pour mixture into the Pro Ring evenly and bake.
- Maximum cooking time is 30 minutes with 220° C/428° F in the oven.



Tupperware

MICROPRO GRILL RING RECIPES

5. Apple Pie
6. Beer Bread
7. Brownies
8. Coconut Lime Bread
9. Cornbread
10. Dark chocolate & Pear crumble cake
11. Deep Dish Pepperoni Pizza
12. Giant French Shortbread
13. Hash browns
14. Japanese vegetable Pancakes
15. Matcha Green tea Cake
16. Pancakes
17. Pistachio cardamom cake with orange frosting
18. Potato Rösti
19. Pound Cake
20. Roasted Sweet Potato Tart
21. Scallion Pancakes
22. Simple Butter Cake
23. Simply Delicious Cheesecake
24. Spiced Ginger Cake
25. Sponge Cake
26. Triple Chocolate Tart
27. Zucchini Frittata

MICROPRO GRILL RING TIPS

- You don't need to grease the Pro Ring. The properties of the silicone material and following the standing times of the recipes will allow for easy unmolding.
- Follow the standing time of the recipes carefully as they are part of the cooking process. Also once the indicated standing time is over, don't wait too long before unmolding: certain recipes including sugar might stick more to the Pro Ring and the MicroPro® Grill if they have cooled down.
- Standard standing time mentioned in the recipe after cooking is meant by keeping the MicroPro Grill closed.
- When trying out your own recipes of cakes with the Pro Ring in the MicroPro Grill, power setting of 50% usually creates more even results. With high power or 100%, certain recipes might be burnt on the outside before they are cooked through.
- Depending on your microwave power output, results may vary, so adapt timings accordingly. When doing your first recipes, try first the lowest timing of the range, then adapt if needed.
- The Pro Ring is for microwave and conventional oven use only. Don't use it on the stovetop.
- For safety, use and care instructions see the product manual of the Pro Ring and the MicroPro Grill.
- Fill the Micro Pro Ring first with solid ingredients and after with liquid for the best result.
- Can be used in microwave, conventional oven and Freezer.
- It is necessary to always add a little flour and or cornstarch in order to thicken eggs to prevent spillage.

The MicroPro Ring is 100 % silicone.

Max 1000 watts in the microwave
Max cooking time: 20 minutes

Max 428°F/220°C in oven
Max cooking time: 30 minutes

Size: 9.6 x 9.6 x 1.25"
Inside diameter: 6"



APPLE PIE

Crust

1½ cups all-purpose flour
4 Tbsp. unsalted butter, small cubed
¼ tsp. salt
¼ tsp. granulated sugar
6 Tbsp. ice water
1 large egg, beaten

Filling

4 small apples, thinly sliced
6 Tbsp. granulated sugar
6 Tbsp. brown sugar
1 Tbsp. all-purpose flour
¼ tsp. ground cinnamon
¼ tsp. lemon juice



1. Remove the rack from the oven and preheat to 218° C/425°F.
2. In the base of the Power Chef System fitted with blade attachment, place all ingredients except for the ice water and egg, cover and pull cord 3–4 times to process. Attach funnel and pour ice water in and pull cord until all the water is gone. Dough should hold together when pinched. If not, add more ice water 1 tbsp at a time. Reserve ¼ cup of the dough, set aside in the fridge.
3. Roll dough on a lightly floured surface using the Rolling Pin, into a 8 inch circle; about ¼ “ thick.
4. Place the Silicone Baking Sheet with Rim on the cold oven rack. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim.
5. Place dough into Pro Ring and press in the bottom and sides of the Pro Ring. Leave enough dough on the rim of the Pro Ring to attach your top crust. Carefully trim any excess dough with a knife. Using a fork, lightly pierce the dough all around bottom and sides. Brush dough with egg wash. Place into oven and par-bake for 10 minutes.
6. Prepare the pie filling by placing all ingredients in the Thatsa Bowl. Mix until apples are well coated. Set aside.
7. Using reserved dough, roll out the crust to 6½ in. circle; about ¼ inch thick.
8. Once pie crust is finished par-baking, remove from oven and pour in pie filling. Reduce oven heat to 180°C/350°F.
9. Place rolled out dough on top of the pie. Close edges of the top and bottom crust together by pressing the doughs together. Make 3–4 slices in the center of the pie to allow steam to escape while baking. Using the remaining egg wash, brush top crust and bake for approx. 30 min. or until golden brown.
10. Allow to stand 10 minutes before unmolding. Serve warm with vanilla ice cream.

BROWNIES

¼ cup butter, melted, cooled
1 extra large egg
½ tsp. vanilla extract
½ cup sugar
¼ cup plain flour
¼ cup cocoa
⅛ tsp. salt
¼ tsp. baking powder



1. Place butter in the Micro Pitcher or and microwave for 30 sec. or until melted. Allow to cool.
2. Add egg and vanilla extract to melted butter and whisk using the Whisk. Set aside.
3. In the Thatsa Bowl, add sugar and sift together all remaining dry ingredients.
4. Add melted butter mixture to the Thatsa Bowl and mix using the Silicone Spatula until you have a consistent batter.
5. Place the Pro Ring in the base of the MicroPro Grill and pour mixture into the Ring.
6. Place cover on in the CASSEROLE position and microwave 8 minutes at 50% power.
7. Allow to stand for 5 min. before unmolding. Using the Silicone Spatula, easily unmold the brownie from the Pro Ring, then using the Spatula, remove the cake from MicroPro Grill.
8. Allow to cool completely before serving.

BEER BREAD

1½ cups all-purpose flour
¼ tsp. baking powder
¼ tsp. salt
¾ cup beer



1. In the Mix-N-Stor Pitcher, combine flour and baking powder. Add salt and beer and mix using the Silicone Spatula until you have a consistent dough that is starting to become elastic.
2. Place the Pro Ring in the base of the MicroPro Grill and pour dough into the Ring. Spread evenly and flatten using the Silicone Spatula.
3. Place cover on in the CASSEROLE position and microwave 10–12 min. at 50% power.
4. Allow to stand for 5 min. before unmolding. Use the Spatula to remove the bread from the MicroPro Grill.

COCONUT LIME BREAD

¼ cup granulated sugar
¼ cup coconut milk
¼ cup coconut oil, melted
2 large eggs
1 lime, zested
¼ cup all-purpose flour
¼ tsp. baking powder
1 pinch of salt
¼ cup sweetened shredded coconut

Glaze
¾ cup powdered sugar
1½ tbsp. lime juice

Topping
2 tsp. lime zest
2 tbsp. sweetened shredded coconut



1. In the Thatsa Bowl, whisk sugar, coconut milk, coconut oil, eggs and lime zest together until combined.
2. Add flour, baking powder, salt and shredded coconut and mix using the Silicone Spatula until batter is smooth.
3. Place the Pro Ring in the base of the MicroPro Grill and lightly oil the bottom and cover.
4. Pour mixture into the Pro Ring, place cover on in the GRILL position and microwave 12–15 minutes at 50% power.
5. Allow to stand for 15 minutes before unmolding. Use the Spatula to remove the cake from the MicroPro Grill.
6. For the Glaze: In a small bowl, whisk the powdered sugar and lime juice until smooth. Pour over completely cooled bread. Top with lime zest and shredded coconut.



CORNBREAD

- 1 cup all-purpose flour
- 1 cup coarse cornmeal
- ¼ cup granulated sugar
- 2 tsp. baking powder
- ½ tsp. salt
- 2 large eggs
- ½ cup unsalted butter, melted
- ¾ cup buttermilk*



1. In the Thatsa Bowl, whisk all the ingredients together until smooth. Allow the batter to rest for 5 min.
2. Place the Pro Ring in the base of the MicroPro Grill and pour ¾ cup of batter into the Ring.
3. Place cover on in the CASSEROLE position and microwave for 5 minutes at 70% power.
4. Using oven gloves, remove the Pro Ring and flip the cornbread using the Spatula. Place cover on in the GRILL position and microwave for 2 minutes at 70% power.
5. Repeat steps 2–4 with the remaining batter.
6. Serve warm with butter.

*Make your own buttermilk by adding 2 tsp. lemon juice or vinegar to ¾ cup of whole milk.



DEEP DISH PEPPERONI PIZZA

- 9 oz. pizza dough
- ¼ cup pizza sauce
- ½ oz pepperoni slices (about 8 slices)
- ¼ cup shredded mozzarella cheese



1. Remove rack from oven and preheat oven to 425° F/215° C.
2. Place the Silicone Baking Sheet with Rim on the cold oven rack. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim.
3. Using the Rolling Pin, roll out pizza dough on a lightly floured surface roughly to a 8 inch circle.
4. Place rolled out dough into the Pro Ring and firmly press dough down so it lines the bottom and sides of the Pro Ring.
5. Spread pizza sauce onto the dough and add pepperoni slices. Top with shredded mozzarella cheese.
6. Bake for 15-18 minutes or until the crust is golden brown.
7. Allow to stand for 5 minutes before unmolding.
8. Using the Spatula, transfer pizza to a cutting board and cut into wedges using the Chef Knife.



DARK CHOCOLATE & PEAR CRUMBLE CAKE

- 4–6 butter biscuits
- 2 tbsp. unsalted butter, melted
- 1 oz dark chocolate
- ¼ cup heavy cream
- 1 pear
- 1 large egg
- 3 tbsp. granulated sugar
- 2 tbsp. almond powder
- 1 tbsp. all-purpose flour
- 1 tsp. instant coffee



1. In the base of the Smooth Chopper fitted with blade attachment, place biscuits, cover and pull cord until biscuits are finely chopped. Add in butter and pull cord until you have a consistent mixture.
2. Place the Pro Ring in the base of the MicroPro Grill and fill the Ring with the biscuit mixture. Using the Silicone Spatula, press down until you have an even layer. Set aside.
3. Break chocolate into pieces and put in the Micro Pitcher with the cream. Cover and microwave on high power 30 seconds at a time until fully melted, then mix with the Whisk until creamy.
4. Peel the pear with the Vertical Peeler and dice it.
5. In the 2-Qt. Mix-N-Stor Pitcher, whisk together the egg and sugar. Whisk in almond powder, flour and coffee powder. Using the Silicone Spatula, mix in chocolate and diced pear until you have a consistent batter.
6. Pour batter into the Ring over the crumbled biscuit, place cover on in the CASSEROLE position and microwave 12 minutes at 50% power.
7. Allow to stand 5 minutes before unmolding. Use the Silicone Spatula all around the cake to easily remove the Pro Ring and the Spatula to remove the cake the from MicroPro Grill.



GIANT FRENCH SHORTBREAD

- 1 cup all-purpose flour
- ½ tsp. baking powder
- 6 Tbsp. granulated sugar
- 1 pinch of salt
- ½ cup unsalted butter, cut into small pieces
- 3 large egg yolks



1. Remove the tray from the oven and preheat to 180°C/350°F.
2. In the Thatsa Bowl, combine all ingredients and knead with your fingers until you have a consistent dough that sticks together with no visible pieces of butter. Avoid over kneading the dough.
3. Place the Silicone Baking Sheet with Rim on the cold oven tray. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim.
4. Press dough evenly into the Pro Ring and flatten using the Silicone Spatula.
5. Place the rack at the second lowest level in the oven and bake 28–30 minutes.
6. Allow to cool completely before unmolding (approx. 30 minutes).



HASH BROWNS

- 2 medium russet potatoes, shredded
- ½ medium onion, finely chopped
- ¼ cup all-purpose flour
- 1 egg
- salt and pepper to taste



1. In a small bowl, mix potatoes, onion, flour egg and salt and pepper together.
2. Place MicroPro Grill Ring in the base of the Micro Pro Grill and spoon half of the mixture into the ring. Spread out gently with silicone spatula.
3. Place cover in GRILL position and cook in microwave on high/900 watts for 6-8 minutes.
4. Using oven mitts, remove the Ring and gently flip pancake with silicone spatula. Replace cover and cook an extra 3-4 minutes.
5. Remove pancake with a spatula. Repeat with remaining mixture.



MATCHA GREEN TEA CAKE

- 3 Tbsp. granulated sugar
- 2 large eggs
- ½ cup all-purpose flour
- 1 Tbsp matcha powder, sifted
- 1 tsp baking powder
- 1 pinch of salt
- 3 Tbsp. unsalted butter
- 1½ oz. white chocolate

- Topping*
- Powdered sugar
 - Raspberries (optional)



1. In the Thatsa Bowl whisk sugar and eggs together using the Whisk until frothy.
2. Add flour, matcha, baking powder and salt and mix until combined.
3. Break the white chocolate into pieces. In the Micro Pitcher, add butter and white chocolate. Cover and microwave on high power 30 seconds at a time until fully melted. Allow to stand for 1 minute, and if the mixture is not completely melted, microwave again at 10 second intervals until smooth.
4. Add melted chocolate to the Thatsa Bowl and mix until you have a consistent batter.
5. Place the Pro Ring in the base of the MicroPro Grill and lightly oil the bottom and cover.
6. Pour mixture into the Pro Ring, place cover on in the GRILL position and microwave 10 minutes at 50% power.
7. Allow to stand for 10 minutes before unmolding. Use the Silicone Spatula Thin all around the cake to easily remove the Pro Ring and the Spatula to remove the cake the from MicroPro Grill.
8. When cake is cool, dust powdered sugar on the cake and top with fresh raspberries.



JAPANESE VEGETABLE PANCAKES

- | | |
|---------------------|---------------------------------------|
| Dashi | For Serving |
| 1 Tbsp. miso paste | 3 Tbsp. sweet barbecue sauce |
| 2 Tbsp. mirin | 2 Tbsp. mayonnaise |
| ¾ cup chicken stock | 2 Tbsp. nori, thinly sliced |
| 1 Tbsp. soy sauce | 2 Tbsp. pickled ginger, thinly sliced |

- Pancake**
- 1 cup all-purpose flour
 - ¾ cup prepared dashi
 - 2 large eggs
 - 2½ cups green cabbage, thinly sliced
 - 1 Tbsp. salted butter, melted
 - 9 bacon slices



1. Combine all ingredients for the Dashi in the Smooth Chopper and pull the cord until fully combined.
2. In the Thatsa Bowl whisk flour, dashi and eggs together using the Whisk.
3. Add the sliced cabbage and melted butter. Whisk together until you have a consistent batter.
4. Place the Pro Ring in the base of the MicroPro Grill and pour ¾ cup of batter into the Ring.
5. Place cover on in the GRILL position and microwave on high power 3 minutes.
6. Using oven gloves, remove the Pro Ring and place 3 bacon slices on top of the pancake. Place cover on, in the grill position, and microwave on high power for 1 minute.
7. Using oven gloves, remove cover and flip the pancake using the Spatula. Place cover back in GRILL position. Microwave on high power for an additional 1–2 minutes.
8. Remove the pancake with the Spatula and drizzle the top with sweet barbeque sauce, mayonnaise, nori and pickled ginger.
9. Repeat steps 3–7 with the remaining batter.



PANCAKES

- ¾ cup all-purpose flour
- 3 tbsp granulated sugar
- ½ tsp baking powder
- ¾ cup milk (skim or whole)
- 2 tbsp unsalted butter, melted
- 2 large eggs (separate yolks and whites)



1. In the Thatsa Bowl, whisk flour, sugar and baking powder together using the Whisk.
2. Make a well in the center of the bowl and place milk, melted butter and egg yolks in the center. Starting from the center of the bowl, whisk until you have a consistent batter.
3. In the Power Chef with Whip Accessory, add the egg whites and whip until stiff peaks.
4. Using the Silicone Spatula, gently fold half of the egg whites into the Mixing Bowl then repeat with the remaining half.
5. Place the Pro Ring in the base of the MicroPro Grill and pour ¾ cup of batter into the Ring.
6. Place cover on in the CASSEROLE position and microwave 5–6 minutes at 50% power.
7. Using oven gloves, remove the Pro Ring and flip the pancake using the Spatula. Place cover on in the CASSEROLE position and microwave for an additional 2 minutes and 30 seconds at 50% power.
8. For remaining batter, repeat step 5, place cover on in the casserole position and microwave 2–3 minutes at 50% power. Flip the pancake, place cover on in the casserole position and microwave for 2 minutes at 50% power.

Note: If your microwave has just been used for the 3 pancakes and you would like to use it again straight away, allow it to cool down for a minimum of 10–15 minutes by leaving the door open before using the MicroPro Grill again.



PISTACHIO CARDAMOM CAKE WITH ORANGE FROSTING

½ cup all-purpose flour
¼ cup granulated sugar
¼ cup pistachios, finely chopped,
plus more for topping
1 tsp. baking powder
¼ tsp. cardamom powder
2 large eggs
3 Tbsp. whole milk
3 Tbsp. vegetable oil
¼ tsp. vanilla extract

Orange Frosting
2 cups powdered sugar
¼ cup unsalted butter, softened
2 Tbsp. orange juice
1 tsp. orange zest



1. In the Thatsa Bowl whisk flour, sugar, chopped pistachios, baking powder and cardamom powder together using the Whisk.
2. Add eggs, milk, oil and vanilla to the Quick Shake Container, cover and shake until blended.
3. Pour the contents of the Quick Shake Container into the Thatsa Bowl and mix using the Silicone Spatula until you have a consistent batter.
4. Place the Pro Ring in the base of the MicroPro Grill and lightly oil the bottom and cover.
5. Pour mixture into the Pro Ring, place cover on in the GRILL position and microwave 10 minutes at 50% power.
6. Allow to stand 10 minutes before unmolding. Use the Silicone Spatula all around the cake to easily remove the Pro Ring and the Spatula to remove the cake the from MicroPro Grill.
7. In the base of the Power Chef System fitted with paddle attachment, add all ingredients for the frosting, cover and pull cord until you have a consistent mixture.
8. When the cake is cool, cut it into two even layers. Spread a thin coating of frosting on one layer of the cake using the Silicone Spatula then place the other cake layer on top. Evenly frost the top and sides of the cake. Top with chopped pistachios



POTATO RÖSTI

2 russet potatoes
1 large egg
¼ tsp. salt
¼ tsp. garlic powder
¼ tsp. onion powder
¼ tsp. paprika
¼ tsp. red pepper flakes
¼ cup all-purpose flour



1. Assemble the Grate Master Shredder Accessory and place Thatsa Bowl filled with water underneath the hopper. Grate the potatoes into the water.
2. Drain the water from the potatoes and place the potatoes into a paper towel or microfiber towel. Squeeze out any excess moisture, pat dry and set aside.
3. In the clean Thatsa Bowl, whisk together all remaining ingredients except for the flour. Add the grated potato and flour, then mix with the Silicone Spatula until you have a consistent mixture.
4. Place the Pro Ring in the base of the MicroPro Grill and evenly pour mixture into the Ring.
5. Place cover on in the GRILL position and microwave 8 minutes at 70% power
6. Using oven gloves, remove the Pro Ring and flip the rösti using the Spatula. Place cover on in the GRILL position and microwave for an additional 5 minutes at 70% power.



POUND CAKE

7 tbsp. unsalted butter, softened (almost melted)
¼ cup granulated sugar
2 large eggs
¾ cup all-purpose flour
1 pinch of salt



1. In the Thatsa Bowl, whisk butter, salt and sugar together for 30 sec. Whisk in eggs one at a time, then whisk in flour and salt until you have a consistent batter.
2. Place the Pro Ring in the base of the MicroPro Grill and pour mixture into the Ring.
3. Place cover on in the CASSEROLE position and microwave 10 minutes at 50% power.
4. Allow to stand for 5 min. Then, using the Oven Gloves, remove cover and Pro Ring. Place a plate or cutting board on top of the MicroPro Grill and carefully flip.



ROASTED SWEET POTATO TART

Tart Dough
1¼ cup savory butter crackers,
finely crushed
2 oz. cream cheese, softened
2 Tbsp. unsalted butter, softened

Roasted Sweet Potatoes
1¼ cup sweet potato, cubed
1 Tbsp. olive oil
1 garlic clove, chopped
1 sprig of rosemary, chopped
Salt and pepper

Filling
Roasted sweet potatoes
2 Tbsp. heavy cream
1 large egg
Salt and pepper
¼ cup feta or goat cheese
3 Tbsp. caramelized onions



1. Preheat oven to 375°F/190°C, place Silicone Baking Sheet with Rim on metal baking sheet and set aside.
2. In the base of the Power Chef System fitted with blade attachment, place savory butter crackers. Cover and pull cord until crackers are finely chopped. Add cream cheese and butter and pull cord until you have a consistent mixture.
3. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim.
4. Firmly press tart dough on the bottom and sides of the Pro Ring until you have an even thickness. Pierce bottom and sides with a fork. Par-bake for 12–15 minutes.
5. While tart shell is par-baking, combine all ingredients for the roasted sweet potatoes in the Thatsa Bowl and toss until well coated. Place sweet potatoes in the base of the MicroPro Grill. Place cover in the GRILL position and microwave 6 minutes on high power.
6. In a clean Power Chef System fitted with blade attachment, place sweet potatoes, heavy cream, egg, salt and pepper. Cover and pull cord until you have a consistent mixture. Fold in feta or goat cheese using the Silicone Spatula.
7. After removing tart shell from oven, reduce the heat to 350° F/180°C.
8. Spread caramelized onions on the bottom of the tart shell then fill with sweet potato mixture. Bake 25–30 minutes
9. Allow to stand for 10 minutes before unmolding. Use the Spatula to transfer to a serving dish.

Tip: Caramelize onions in the MicroPro Grill! Pour 1 Tbsp of water over one small sliced onion in the base of the MicroPro Grill. Place cover in the GRILL position and microwave for 8 minutes on high power then pour an additional 1 Tbsp of water into the MicroPro Grill and stir using the Silicone Spatula.



SCALLION PANCAKES

¾ cup whole milk
2 tbsp. rice wine vinegar
1 cup all-purpose flour
½ tsp. baking powder
1 tsp. granulated sugar
¼ tsp salt
2 large eggs
3 Tbsp. sesame oil
¼ cup scallions, thinly sliced (green stalk only)

For Dipping Sauce:
2 Tbsp. soy sauce
1 scallion, thinly sliced (green stalk only)
1 Tbsp. water
2 tsp. rice wine vinegar
1 tsp. honey
1 tsp. sesame oil



1. In Thatsa Bowl, whisk milk and vinegar together. Allow mixture to sit for 1 min.
2. Add remaining ingredients to the Thatsa Bowl and whisk until batter is smooth.
3. Place the Pro Ring in the base of the MicroPro Grill and pour ½ cup of batter into the Ring.
4. Place cover on in the CASSEROLE position and microwave on high power 3 minutes.
5. Using oven gloves, remove the Pro Ring and flip the pancake using the Spatula. Place cover on in the CASSEROLE position and microwave on high power an additional minute.
6. Repeat steps 3–5 until batter is finished. Reduce future cooking time by 1 min.
7. Serve pancakes warm with dipping sauce. Dipping Sauce Add all ingredients to the All-In-One Shaker, cover and shake until blended.



SIMPLE BUTTER CAKE

¾ cup butter, softened
½ cup sugar
½ tsp. vanilla extract
2 extra large eggs
¾ cup plain flour
½ tsp. baking powder



1. In a medium bowl, whisk butter, a pinch of salt, sugar and vanilla together for 30 seconds until creamy. Whisk in the eggs, one at a time, then whisk in the flour and baking powder until smooth.
2. Place the MicroPro Grill Ring in the base of the Micro Pro Grill and pour mixture into the Ring.
3. Place cover in the CASSEROLE position and cook in microwave on medium/650/700 watts for 10 minutes.
4. Allow to stand for 5 minutes.
5. Using oven mitts, remove cover and Pro Ring. Place a plate or cutting board to top of the Micro Pro Grill and carefully flip. Cool on a rack. Turn right side up.

Tupper Tip: Add ¼ cup fresh or frozen raspberries or blueberries to the batter before cooking or substitute ½ teaspoon finely grated lemon for the vanilla. Dust with sifted icing sugar.



SIMPLY DELICIOUS CHEESECAKE

5 graham crackers
2 tbsp granulated sugar
½ tsp ground cinnamon
3 tbsp unsalted butter, melted

For Serving
Fresh berries

For the Filling
8 oz. cream cheese, softened
½ cup granulated sugar
¼ tsp vanilla extract
½ cup heavy cream
1 pinch of salt



1. In the base of the Power Chef System fitted with blade attachment, place graham crackers, sugar and cinnamon. Cover and pull cord until graham crackers are finely chopped. Add in butter and pull cord until you have a consistent mixture. The mixture should have a sand-like consistency, not too wet.
2. Place the Pro Ring in the base of the Micro Pro Grill and fill the Ring with graham cracker mixture. Using the Potato Masher, press down until you have an even layer.
3. Place cover on in the CASSEROLE position and microwave 6–8 minutes at 50% power. Allow crust to cool completely without removing the ring. Once crust is completely cold, transfer into Freezer Mate Large 2.5 qt. together with the Pro Ring and set aside.
4. Filling, Place all ingredients except the heavy cream into the base of the clean Power Chef System fitted with paddle attachment. Cover and pull cord until you have a smooth mixture. Set aside.
5. In base of Power Chef with Whip Accessory, add heavy cream, cover and whip until firm peaks. Place the whipped cream into the cream cheese mixture and gently fold together using the Silicone Spatula until combined.
6. Layer cream cheese mixture on top of the graham cracker crust using the Silicone Spatula. Seal and place Freezer Mate PLUS Large 2.5 qt. into the freezer for 4–6 hours.
7. Allow to stand 5 minutes at room temperature before unmolding. Use the Spatula to remove cheesecake from the Freezer Mate Large. Serve with fresh berries.



SPICED GINGER CAKE

3 tbsp maple syrup
¼ cup granulated sugar
3 Tbsp. vegetable oil
2 large eggs
2 Tbsp. fresh ginger, grated
½ cup all-purpose flour
½ tsp. baking powder
¼ tsp. ground black pepper
¼ tsp ground cloves
¼ tsp salt
1 oz. crystallized ginger, thinly sliced

For Topping
3 Tbsp. powdered sugar
1 Tbsp. ground ginger



1. In the Thatsa Bowl, whisk maple syrup, sugar, vegetable oil, eggs and fresh ginger together using the Whisk.
2. In a small bowl, whisk together remaining dry ingredients, except crystallized ginger.
3. Add dry ingredients to the Thatsa Bowl and whisk until you have a consistent batter.
4. Place the Pro Ring in the base of the MicroPro Grill and pour mixture into the Ring. Evenly place pieces of crystallized ginger into the batter.
5. Place cover on in the CASSEROLE position and microwave 12–14 minutes at 50% power.
6. Allow to stand 5–10 min. before opening the MicroPro Grill and unmolding. Use the Silicone Spatula Thin all around the cake to easily remove the Pro Ring and the Spatula to remove the cake the from MicroPro Grill.
7. Sift powdered sugar mixture on top and serve.

Tip: To check if the cake is done, at the end of the standing time, insert a toothpick into the center, it should come out clean.



Sponge Cake

½ cup cake flour, sifted
 4 tbsp. granulated sugar
 ¼ tsp baking powder
 1 pinch of salt
 2 tbsp. whole milk
 1½ tbsp. vegetable oil
 ½ tsp vanilla extract
 1 large egg, separated
 1 pinch of cream of tartar or ¼ tsp. lemon juice



1. In the Thatsa Bowl whisk flour, 1 tbsp. sugar, baking powder and salt together using the Whisk.
 2. Add milk, oil, vanilla extract, and egg yolk to the Quick Shake Container, cover and shake until blended.
 3. Pour the contents of the Quick Shake Container into the Thatsa Bowl and mix using the Silicone Spatula until you have a consistent batter.
 4. In the Power Chef with Whip Accessory, add the egg white, 3 tbsp sugar and cream of tartar (or lemon juice). Whip the egg white until stiff peaks.
 5. Gently fold half of the egg white into the Thatsa Bowl then repeat with remaining half.
 6. Place the Pro Ring in the base of the MicroPro Grill and lightly oil the bottom and cover.
 7. Pour mixture into the Pro Ring, place cover on in the GRILL position and microwave 10–12 minutes at 50% power. Bake until a toothpick inserted into center of cake comes out clean.
 8. Using the Oven Gloves, remove cover. Place a plate or cutting board on top of the MicroPro Grill and carefully flip. Allow to stand upside down for 10 minutes before removing the Pro Ring.
- TIP: Inverting the cake will reduce the chance of the sponge cake collapsing.



TRIPLE CHOCOLATE TART

Crust
 13 crisp chocolate sandwich cookies
 3 Tbsp. unsalted butter, melted

Chocolate Ganache
 4 oz. semisweet chocolate, finely chopped
 4 oz. milk chocolate, finely chopped
 ¾ cup heavy cream
 2 Tbsp. unsalted butter, cubed



1. Preheat oven to 350°F/180°C and place Silicone Baking Sheet with Rim on metal baking sheet and set aside.
2. In the base of the Power Chef System fitted with blade attachment, place chocolate sandwich cookies. Cover and pull cord until cookies are finely chopped. Add in melted butter and pull cord until you have a consistent mixture.
3. Place the Silicone Baking Sheet with Rim on the cold oven rack. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim.
4. Firmly press cookie mixture on the bottom and sides of the Pro Ring until you have an even thickness. Bake 8 minutes. Allow to cool completely before unmolding.
5. To make the filling, place heavy cream and butter in the 2-cup Micro Pitcher, cover and microwave at 30 second intervals on high power until bubbling.
6. Place both types of chocolate into the 2-cup Micro Pitcher and cover. Allow to stand for 2 minutes.
7. Using the Silicone Spatula, starting from the center, stir chocolate until completely melted and smooth.
8. Transfer tart shell into the Freezer Mates PLUS Large Shallow and fill with melted chocolate. Seal and place in fridge for 3 hours or until firm.



ZUCCHINI FRITTATA

1 small zucchini (150g), very thinly sliced
 2 Tbsp. flour
 2 extra large eggs
 ¼ cup cream
 ¼ cup grated parmesan cheese
 2 Tbsp. all-purpose flour
 Salt and pepper



1. Rinse and dry zucchini, cut into 2" pieces then slice using the SpeedyMando Food Slicer.
2. In the Mix-N-Stor Pitcher, whisk together remaining ingredients. Fold in the sliced zucchini using the Silicone Spatula until all slices are well coated.
3. Place the Pro Ring in the base of the MicroPro Grill and pour mixture into the Ring.
4. Place cover on in the CASSEROLE position and microwave 9–11 min. at 50% power.
5. Allow to stand 5 minutes before unmolding. Use the Spatula to remove quiche from MicroPro Grill.

Tupper Tip: Scatter with basil leaves to serve. Try substituting ¼ cup crumbled feta for the parmesan.