

# PRO RING



**Tupperware®**

# MICROPRO® GRILL AND PRO RING

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. It's your secret weapon to create a quick, healthy breakfast, lunch or dinner for yourself and your family.

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.

This fantastic cookbook includes 16 recipes to use the Pro Ring in the **MicroPro® Grill** and 5 additional recipes to use the Pro Ring combined with the Silicone Baking Sheet with Rim in a Conventional Oven.

Sponge Cake, Coconut Lime Cake, Pancakes, Brownies, Crustless Quiche and many more... 21 delicious sweet and savory recipes are awaiting you.



## BENEFITS OF THE PRO RING

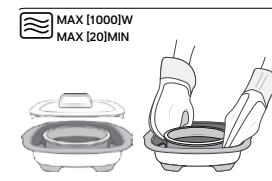
- Perfect roundness — Create nice round shaped recipes in under 20 minutes with the **MicroPro® Grill**.
- Save time — Baking time with the Pro Ring in the **MicroPro® Grill** is about 50% less than baking in a conventional oven.
- Super versatile — Use the Pro Ring in the microwave as well as your conventional oven.

## FEATURES OF THE PRO RING

- Long-lasting — Durable and will not deform in everyday use.
- Silicone material — Super easy to place into the **MicroPro® Grill** and flexible for easy unmolding.
- Four tabs on the sides make it easy to hold the product with oven gloves.
- Small step — On the bottom to reduce the risk of leakage.
- Material temperature — The product can withstand temperatures from -25°C / -13°F to +220°C / +428°F.

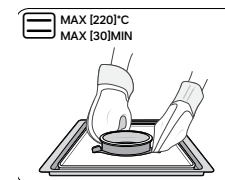
## IN THE MICROPRO® GRILL

1. 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.
2. Place the empty Pro Ring into the **MicroPro® Grill** for microwave use.
3. Pour mixture into the Pro Ring evenly, cover in grill or casserole position according to the recipe.
4. 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

1. 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.
2. Pour mixture into the Pro Ring evenly and bake.
3. Maximum cooking time is 30 min. with 220° C / 428° F in the oven.



## 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**.



# CRUSTLESS QUICHE WITH ZUCCHINI



Preparation time  
10 min



50% power  
9–11 min



Standing time  
5 min



Casserole  
position

## INGREDIENTS FOR 2 PEOPLE

- 1 small zucchini
- 2 large eggs
- ¼ cup/50 mL heavy cream
- ¼ cup/25 g grated Parmesan
- 2 tbsp./20 g all-purpose flour
- Salt and pepper

## PREPARATION

1. Rinse and dry zucchini, cut into 2" / 5 cm. 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.





# BEER BREAD



Preparation time  
5 min



50% power  
10–12 min



Standing time  
5 min



Casserole  
position

## INGREDIENTS FOR 4 PEOPLE

- 1½ cups/200 g all-purpose flour
- ½ tsp./3 mL baking powder
- ½ tsp./3 mL salt
- ¾ cup/175 mL beer

## PREPARATION

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.



# SAVORY JAPANESE PANCAKE



Preparation time  
10 min



100%  
5–6 min per pancake



Grill  
position

## INGREDIENTS FOR 3 PANCAKES (12 SERVINGS)

### Dashi:

- 1 tbsp./15 mL miso paste
- 2 tbsp./30 mL mirin
- $\frac{2}{3}$  cup/150 mL chicken stock
- 1 tbsp./15 mL soy sauce

### Pancake:

- 1 cup/175 g all-purpose flour
- $\frac{3}{4}$  cup/200 mL prepared dashi
- 2 large eggs
- $2\frac{1}{2}$  cups/150 g green cabbage, thinly sliced
- 1 tbsp./15 mL salted butter, melted
- 9 bacon slices

### For Serving:

- 3 tbsp./45 mL sweet barbecue sauce
- 2 tbsp./30 mL mayonnaise
- 2 tbsp./30 mL nori, thinly sliced
- 2 tbsp./30 mL pickled ginger, thinly sliced

## PREPARATION

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 200 mL/ $\frac{3}{4}$  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/low 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.







# SCALLION PANCAKES



Preparation time  
5 min



100%  
3–4 min per  
pancake



Casserole  
position

## INGREDIENTS FOR 3 PANCAKES

- $\frac{2}{3}$  cup/150 mL whole milk
- 2 tbsp./30 mL rice wine vinegar
- 1 cup/130 g all-purpose flour
- $\frac{1}{2}$  tsp./2 mL baking powder
- 1 tsp./5 mL granulated sugar
- $\frac{1}{4}$  tsp./1 mL salt
- 2 large eggs
- 3 tbsp./45 mL sesame oil
- $\frac{1}{4}$  cup/10 g scallions, thinly sliced (green stalk only)

### For Dipping Sauce:

- 2 tbsp./30 mL soy sauce
- 1 scallion, thinly sliced (green stalk only)
- 1 tbsp./15 mL water
- 2 tsp./10 mL rice wine vinegar
- 1 tsp./5 mL honey
- 1 tsp./5 mL sesame oil

## PREPARATION

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  $\frac{1}{2}$  cup/110 mL 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.

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.

# POTATO RÖSTI



Preparation time  
10 min



70% power  
13 min



Grill  
position

## INGREDIENTS FOR 4 PEOPLE

- 2 russet potatoes
- 1 large egg
- ½ tsp./2 mL salt
- ¼ tsp./1 mL garlic powder
- ¼ tsp./1 mL onion powder
- ¼ tsp./1 mL paprika
- ¼ tsp./1 mL red pepper flakes
- ¼ cup/35 g all-purpose flour

## PREPARATION

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/low position and microwave for an additional 5 minutes at 70% power.







# CORNBREAD



Preparation time  
10 min



Standing time  
5 min



70% power  
7 min per  
cornbread



Casserole  
position



Grill  
position

## INGREDIENTS FOR 12 PEOPLE (3 CORNBREADS)

- 1 cup/180 g all-purpose flour
- 1 cup/160 g coarse cornmeal
- $\frac{1}{4}$  cup/60 g granulated sugar
- 2 tsp./10 mL baking powder
- $\frac{1}{2}$  tsp./2 mL salt
- 2 large eggs
- $\frac{1}{3}$  cup/75 g unsalted butter, melted
- $\frac{3}{4}$  cup/200 mL buttermilk\*

## PREPARATION

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  $\frac{3}{4}$  cup/200 mL 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 10 mL/2 tsp. lemon juice or vinegar to 200 mL/ $\frac{3}{4}$  cup of whole milk.



# POUND CAKE



Preparation time  
5 min



50% power  
10 min



Standing time  
5 min



Casserole  
position

## INGREDIENTS FOR 4-6 PEOPLE

- 7 tbsp./100 g unsalted butter, softened (almost melted)
- ½ cup/100 g granulated sugar
- 2 large eggs
- ¾ cup/100 g all-purpose flour
- 1 pinch of salt

## PREPARATION

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.





# COCONUT LIME BREAD



Preparation time  
10 min



50% power  
12–15 min



Standing time  
15 min



Grill  
position

## INGREDIENTS FOR 4-6 PEOPLE

- ¼ cup/60 g granulated sugar
- ½ cup/120 mL coconut milk
- ¼ cup/60 mL coconut oil, melted
- 2 large eggs
- 1 lime, zested
- ½ cup/75 g all-purpose flour
- ½ tsp./2 mL baking powder
- 1 pinch of salt
- ¼ cup/25 g sweetened shredded coconut

### Glaze

- ¾ cup/120 g powdered sugar
- 1½ tbsp./23 mL lime juice

### Topping

- 2 tsp./10 mL lime zest
- 2 tbsp./30 mL sweetened shredded coconut

## PREPARATION

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/low position and microwave 12–15 minutes at 50% power.
5. Allow to stand for 15 min. 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.



# PANCAKES



Preparation time  
10 min



50% power  
8–9 min



Casserole  
position

## INGREDIENTS FOR 3 PANCAKES

- 125 g  $\frac{3}{4}$  cup all-purpose flour
- 40 g  $\frac{3}{4}$  tbsp granulated sugar
- 2 mL  $\frac{1}{2}$  tsp baking powder
- 150 mL  $\frac{2}{3}$  cup milk (skim or whole)
- 30 g  $\frac{1}{2}$  tbsp unsalted butter, melted
- 2 large eggs (separate yolks and whites)

## PREPARATION

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 200 mL  $\frac{3}{4}$  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.





# SIMPLY DELICIOUS CHEESECAKE



Preparation time  
15 min



50%  
6–8 min



Casserole  
position



Freezing time  
4–6 hours



Standing time  
5 min

## INGREDIENTS FOR 4-6 PEOPLE

- 75 g/ 5 graham crackers
- 30 g/2 tbsp granulated sugar
- ½ mL/¼ tsp ground cinnamon
- 45 g/3 tbsp unsalted butter, melted

### For the Filling:

- 225 g/8 oz. cream cheese, softened
- 120 g/½ cup granulated sugar
- 1 mL/¼ tsp vanilla extract
- 125 mL/½ cup heavy cream
- 1 pinch of salt

### For Serving:

- Fresh berries

## PREPARATION

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 2.25L together with the Pro Ring and set aside.

4. Make the 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 2.25L 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.

8. Serve with fresh berries.



# SPONGE CAKE



Preparation time  
15 min



50%  
10–12 min



Standing time  
10 min



Grill  
position

## INGREDIENTS FOR 4–6 PEOPLE

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

## PREPARATION

1. In the Thatsa® Bowl whisk flour, 15 g/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, 45 g/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.







# BROWNIE



Preparation time  
10 min



50% power  
8 min



Standing time  
5 min



Casserole  
position

## INGREDIENTS FOR 4-6 PEOPLE

- 55 g/¼ cup unsalted butter
- 1 large egg
- 2 mL/½ tsp vanilla extract
- 100 g/½ cup granulated sugar
- 35 g/¼ cup all-purpose flour
- 20 g/3 tbsp. unsweetened cocoa powder
- ½ mL/⅛ tsp salt
- ½ mL/⅛ tsp baking powder

## PREPARATION

1. Place butter in the Micro Pitcher or in a microwave-safe bowl and microwave for 30 sec. or until melted. Allow to cool.
2. In the Thatsa® Bowl, add sugar and sift together all remaining dry ingredients.
3. Add melted butter mixture to 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 pour mixture into the Ring.
5. Place cover on in the casserole position and microwave 8 minutes at 50% power.
6. 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.
7. Allow to cool completely before serving.



# SPICED GINGER CAKE



Preparation time  
10 min



50% power  
12–14 min



Standing time  
5–10 min



Casserole  
position

## INGREDIENTS FOR 6-8 PEOPLE

- 45 ml /3 tbsp maple syrup
- 60 g /¼ cup granulated sugar
- 45 ml /3 tbsp. vegetable oil
- 2 large eggs
- 20 g/2 tbsp. fresh ginger, grated
- 80 g/½ cup all-purpose flour
- 2 mL/½ tsp. baking powder
- ½ mL/⅛ tsp. ground black pepper
- ½ mL/⅛ tsp ground cloves
- ½ mL/⅛ tsp salt
- 30 g/1 oz. crystallized ginger, thinly sliced

### For Topping:

- 45 mL/3 tbsp. powdered sugar
- 15 mL/1 tbsp. ground ginger

## PREPARATION

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.





# DARK CHOCOLATE AND PEAR CRUMBLE CAKE



Preparation time  
10 min



50% power  
12 min



Standing time  
7 min



Casserole  
position

## INGREDIENTS FOR 4 PEOPLE

- 60 g (4–6) butter biscuits
- 30 g/2 tbsp. unsalted butter, melted
- 25 g/1 oz dark chocolate
- 70 mL/½ cup heavy cream
- 1 pear (200 g / 7 oz)
- 1 large egg
- 45 g/3 tbsp. granulated sugar
- 15 g/2 tbsp. almond powder
- 10 g/1 tbsp. all-purpose flour
- 5 mL/1 tsp. instant coffee

## PREPARATION

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./2 L 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 Thin all around the cake to easily remove the Pro Ring and the Spatula to remove the cake the from MicroPro® Grill.



# MATCHA CAKE



Preparation time  
10 min



50% power  
10 min



Standing time  
10 min



Grill  
position

## INGREDIENTS FOR 4–6 PEOPLE

- 45 g/3 tbsp. granulated sugar
- 2 large eggs
- 75 g/½ cup all-purpose flour
- 15 mL/1 tbsp matcha powder, sifted
- 5 mL/1 tsp baking powder
- 1 pinch of salt
- 40 g/3 tbsp. unsalted butter
- 45 g/1½ oz. white chocolate

### Topping

- Powdered sugar
- Raspberries (optional)

## PREPARATION

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 using the Silicone Spatula just 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 min. Stir using the Silicone Spatula Thin, and if the mixture is not completely melted, microwave again at 10 sec. intervals until smooth.
4. Add melted chocolate 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 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 min. 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.





# PISTACHIO CARDAMOM CAKE WITH ORANGE FROSTING



Preparation time  
10 min



50% power  
10 min



Standing time  
10 min



Grill  
position

## INGREDIENTS FOR 4–6 PEOPLE

- 75 g/½ cup all-purpose flour
- 60 g/¼ cup granulated sugar
- 35 g/¼ cup pistachios, finely chopped using **Chop 'N Prep® Chef**, plus more for topping
- 5 mL/1 tsp. baking powder
- 1 mL/¼ tsp. cardamom powder
- 2 large eggs
- 45 mL/3 tbsp. whole milk
- 45 mL/3 tbsp. vegetable oil
- 1 mL/¼ tsp. vanilla extract

## Orange Frosting

- 256 g /2 cups powdered sugar
- 55 g /¼ cup unsalted butter, softened
- 30 mL/2 tbsp. orange juice
- 5 mL/1 tsp. orange zest

## PREPARATION

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 Thin 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 thePower 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.



# ROASTED SWEET POTATO TART



Preparation  
time 25 min



190°C /  
375°F / 12–15  
min



High power  
6 min



Grill  
position



180°C /  
350°F / 25–30



Standing  
time 10 min

## INGREDIENTS FOR 6 PEOPLE

### Tart Dough

- 115 g savory butter crackers (1¼ cup when finely crushed)
- 55 g / 2 oz. cream cheese, softened
- 30 g / 2 tbsp. unsalted butter, softened

### Roasted Sweet Potatoes

- 250 g / 1¾ cup sweet potato, cubed
- 15 mL / 1 tbsp. olive oil
- 1 garlic clove, chopped
- 1 sprig of rosemary, chopped
- Salt and pepper

### Filling

- Roasted sweet potatoes
- 30 mL / 2 tbsp. heavy cream
- 1 large egg
- Salt and pepper
- 45 g / ⅓ cup feta or goat cheese
- 45 mL / 3 tbsp. caramelized onions

## PREPARATION

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 min.

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 min.

9. Allow to stand for 10 min. 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.





# DEEP DISH PIZZA



Preparation time  
10 min



200°C / 400°F  
15–18 min



Standing time  
5 min

## INGREDIENTS FOR 2-4 PEOPLE

- 260 g/9 oz. pizza dough
- 60 mL/¼ cup pizza sauce
- 15 g/½ oz pepperoni slices (about 8 slices)
- 25 g/¼ cup shredded mozzarella cheese

## PREPARATION

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 20 cm / 8 in. 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 min. or until the crust is golden brown.
7. Allow to stand for 5 min. before unmolding.
8. Using the Spatula, transfer pizza to a cutting board and cut into wedges using the Chef Knife.



# GIANT FRENCH SHORTBREAD



Preparation time  
15 min



180°C / 350°F  
28–30 min



Standing time  
30 min

## INGREDIENTS FOR 6 PEOPLE

- 150 g/1 cup all-purpose flour
- 2 mL/1/3 tsp. baking powder
- 90 g/6 tbsp. granulated sugar
- 1 pinch of salt
- 120 g/1/2 cup unsalted butter, cut into small pieces
- 3 large egg yolks

## PREPARATION

1. Remove the tray from the oven and preheat to 180° C/350°F.
2. In the That'sa<sup>®</sup> 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 min.
6. Allow to cool completely before unmolding (approx. 30 minutes).





# TRIPLE CHOCOLATE TART



Preparation time  
15 min



180°C/350°F  
6 min



High power  
1–2 min



Standing time  
3 hours

## INGREDIENTS FOR 6–8 PEOPLE

### Crust

- 150 g/13 crisp chocolate sandwich cookies
- 45 g/3 tbsp. unsalted butter, melted

### Chocolate Ganache

- 115 g/4 oz. semisweet chocolate, finely chopped
- 115 g/4 oz. milk chocolate, finely chopped
- 180 mL/¾ cup heavy cream
- 30 g/2 tbsp. unsalted butter, cubed

## PREPARATION

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/500 mL Micro Pitcher, cover and microwave at 30 second intervals on high power until bubbling.
6. Place both types of chocolate into the 2-cup/500 mL Micro Pitcher and cover. Allow to stand for 2 min.
7. Using the Silicone Spatula Thin, 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.





# APPLE PIE



Preparation time  
20 min



220°C / 425°F  
10 min



180°C / 350°F  
30 min



Standing time  
10 min

## INGREDIENTS FOR 6 PEOPLE

### Crust

- 200 g / 1½ cups all-purpose flour
- 60 g / ¼ tbsp. unsalted butter, small cubed
- 1 mL / ¼ tsp. salt
- 1 mL / ¼ tsp. granulated sugar
- 90 g / 6 tbsp. ice water
- 1 large egg, beaten

### Filling

- 4 small apples, thinly sliced
- 75 g / 6 tbsp. granulated sugar
- 80 g / 6 tbsp. brown sugar
- 10 g / 1 tbsp. all-purpose flour
- 1 mL / ¼ tsp. ground cinnamon
- 1 mL / ¼ tsp. lemon juice

## PREPARATION

1. Remove the rack from the oven and preheat to 218° C/425° F.
2. To prepare the crust: 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. Place Funnel attachment into funnel insert in open position. Pour ice water into funnel and pull cord until all the water is gone. Dough should hold together when pinched. If not, add more ice water 15 mL/1 tbsp at a time.
3. Reserve 100 g of the dough, set aside in the fridge.
4. Roll dough on a lightly floured surface using the Rolling Pin, into a 20 cm/8 in. circle; about ⅛ of an

inch thick.

5. 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.
6. Carefully place rolled dough into Pro Ring and gently press so it lines 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.
7. Using a fork, lightly pierce the dough all around bottom and sides. This will prevent the dough from rising during baking.
8. Using the Basting Brush, brush dough with egg wash. Place into oven and par-bake for 10 minutes.
9. While pie crust is par-baking, prepare the pie filling by placing all ingredients in the Thatsa® Bowl. Mix using the Silicone Spatula until apples are well coated. Set aside.
10. Using reserved dough, roll out the crust to 16½ cm/6½ in. circle; about ⅛ of an inch thick.
11. Once pie crust is finished par-baking, remove from oven and pour in pie filling.
12. Reduce oven heat to 180° C/350° F.
13. 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.
14. Allow to stand 10 minutes before unmolding.
15. Serve warm with vanilla ice cream.

TIP: Use the pie crust recipe for sweet or savory fillings.





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