

# Recipes

## EGG WHITES

- Beat up to 4 egg whites at a time.
- It takes about 25 seconds to beat them, depending upon the size of the eggs.

## MERINGUE

**Servings:** 1 Pie

**Prep Time:** 5 minutes

### Ingredients

¼ tsp. cream of tartar

2 egg whites, room temperature

4 tbsp. sugar

1. Add cream of tartar to the egg whites.
2. Whip to medium-soft peaks.
3. Beat in 4 tbsp. of sugar until egg whites are glossy and hold a firm peak.

Tip: Adding sugar early in the beating process results in a firmer, finer-textured meringue.



# Recipes

## WHIPPED CREAM

**Servings:** 24

**Prep Time:** 5 minutes

### Ingredients

1½ cup heavy whipping cream

1½ tsp. vanilla extract

1 tbsp. plus 1½ tsp. powdered sugar

1. Place heavy whipping cream in the Whip 'N Prep™ Chef and whip.
2. Add vanilla extract and powdered sugar.
3. Continue to whip the cream till you feel some resistance which indicates that the cream has become “Chantilly.”



# Recipes

## GARLIC MAYONNAISE

**Servings:** 6

**Prep Time:** 5 minutes

### Ingredients

3 garlic cloves, crushed

1 egg yolk

¼ tsp. sea salt

1½ tsp. white wine vinegar

½ cup plus 2 tbsp. olive oil

1. Place garlic, egg yolk, salt, and vinegar in the Whip 'N Prep™ Chef and whip just enough to mix ingredients.
2. While rotating the handle, pour the oil through the funnel in the handle. Continue to whip until all the oil is incorporated into the mayonnaise and you have a thick and glossy sauce.



# Recipes

## SPINACH & CHICKEN QUICHE

**Servings:** 6

**Prep Time:** 5 – 10 minutes

**Total Time:** 1 hour

### Ingredients

¼ + ¾ cup shredded cheddar cheese, divided

9" unbaked pie shell

1 cup cooked chicken, diced

½ cup frozen chopped spinach, thawed and squeezed dry

¼ cup onion, finely chopped

2 eggs

¾ cup milk

¾ cup garlic mayonnaise (see recipe)

¼ tsp. salt

⅛ tsp. pepper

1. Preheat oven to 350°F/176°C.
2. Sprinkle ¼ cup cheese into the pie shell.
3. In a Thatsa® Bowl, combine chicken, spinach, onion and remaining cheese, and pour into pie shell.
4. In the Whip 'N Prep™ Chef, add eggs, milk, mayonnaise, salt, and pepper and whip until mixed. Pour over chicken mixture.
5. Place in oven and bake for 40-45 minutes or until a toothpick inserted in the center comes out clean. Let stand for 15 minutes before serving.



# Recipes

## EASY CHOCOLATE MOUSSE

**Serving:** 6- 8

**Prep Time:** 20 minutes

### Ingredients

13 oz. bitter or semisweet chocolate, chopped

2 tbsp. unsalted butter

2 large egg yolks

1½ cups heavy cream

2 tbsp. powdered sugar

1 tsp. vanilla extract



1. In a TupperWave® Stack Cooker 3-Qt./3 L Casserole, combine chopped chocolate and the butter. Heat in the microwave approximately 35 seconds or until melted, then stir using a Saucy Silicone Spatula.
2. Add the melted chocolate and egg yolks to the Whip 'N Prep™ Chef and whisk until it starts to thicken. Transfer the mixture back to the TupperWave® Casserole and place in freezer for 10 minutes.
3. Add the heavy cream to the Whip 'N Prep™ Chef and whip until it starts to thicken.
4. Add sugar and vanilla to the whipped cream and whisk until the cream starts to form stiff peaks.
5. Using a Saucy Silicone Spatula, carefully fold vanilla whipped cream mixture into the cooled chocolate.
6. Serve layered with fresh raspberries in the Tupperware® Impressions 11-oz./330 mL Tumblers or serve in Tupperware® Snack Cups.

# Recipes

## BLACK PEPPERCORN RANCH DRESSING

**Servings:** 10 (2 tbsp.)

**Prep Time:** 5 minutes

### Ingredients

1 egg yolk

½ tbsp. water

½ tbsp. fresh squeezed lemon juice

½ tsp Dijon or dry mustard

4 tbsp. buttermilk

2 tbsp. parmesan cheese, grated

2 tsp. anchovy paste

1 clove garlic, minced

½ tbsp. black peppercorns

¾ cup canola oil

1. Place all ingredients except canola oil in the Whip 'N Prep™ Chef and whisk until mixed.
2. Slowly add canola oil through the funnel in the handle while turning the handle.
3. Continue to whisk until mixture is thick and can hold soft peaks.
4. Serve on a tossed salad, a cold pasta salad, or as a dip for sliced vegetables.



# Recipes

## Strawberry Buttermilk Pancakes

**Servings:** 4 – 5 (2 pancakes per serving)

**Prep Time:** 5 minutes

**Total Time:** 18 minutes

### Ingredients

¼ cup milk

¼ cup buttermilk

2 tbsp. butter, melted

1 egg

¾ cup flour

1½ tbsp. sugar

½ tbsp. baking powder

¼ tsp. salt

8 large strawberries, stems removed and sliced

1. Place milk, buttermilk, butter and egg in the Whip 'N Prep™ Chef and whisk until combined.
2. Add flour, sugar, baking powder and salt to mixture and continue to whisk until well combined.
3. Preheat Chef Series™ 11"/28 cm Stainless Steel Fry Pan on medium heat.
4. Once heated, put a little olive oil on a paper towel and wipe the Fry Pan.
5. Let it heat for 1 minute and pour about ¼ cup of batter on the hot surface.
6. Lay slices of strawberries on top so that they can sink into the batter.
7. Using the Tupperware® Kitchen Prep Spatula, flip after 2 minutes or when the batter starts to bubble. Cook for another minute or until golden brown.
8. Transfer to a Microwave Luncheon Plate and drizzle with syrup, or dust with confections sugar.

