



**Tupperware**

*Silicone*  
**PRO RING**  
*Recipes*

### IN THE MICROPRO GRILL

- Before use, wash the Silicone 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 Silicone Pro Ring into the MicroPro Grill for microwave use.
- Pour mixture into the Silicone 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 Silicone 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 Silicone Pro Ring and Silicone Baking Sheet on a cold oven rack or metal baking sheet.
- Pour mixture into the Silicone Pro Ring evenly and bake.
- Maximum cooking time is 30 minutes with 220° C/428° F in the oven.



MAX [1000]W  
MAX [20]MIN



MAX [220]°C  
MAX [30]MIN



## SILICONE PRO RING TIPS

- *Can be used in microwave, conventional oven and freezer.*
- You don't need to grease the Silicone 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 Silicone 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 Silicone 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 Silicone 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 Silicone Pro Ring and the MicroPro Grill.
- Fill the Micro Silicone Pro Ring first with solid ingredients and after with liquid for the best result.
- It is necessary to always add a little flour and or cornstarch in order to thicken eggs to prevent spillage.

The Silicone Pro 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"



# SILICONE PRO RING RECIPES

5. Apple Pie
6. Banana Bread
7. Beer Bread
8. Brownies
9. Chocolate Cake
10. Chocolate Chip Cookie Cake
11. Chocolate Spice Cake with Chai Glaze
12. Coconut Lime Bread
13. Cornbread
14. Dark chocolate & Pear crumble cake
15. Deep Dish Pepperoni Pizza
16. Giant French Shortbread
17. Hash browns
18. Hash Browns II
19. Japanese vegetable Pancakes
20. Lemon Raspberry Cake
21. Matcha Green tea Cake
22. Pancakes
23. Pistachio cardamom cake with orange frosting
24. Potato Rösti
25. Pound Cake
26. Quiche Lorraine
27. Roasted Sweet Potato Tart
28. Scallion Pancakes
29. Simple Butter Cake
30. Simply Delicious Cheesecake
31. Spiced Ginger Cake
32. Sponge Cake
33. Strawberry Lemonade Shortcake
34. Tomato Quiche
35. Triple Chocolate Tart
36. Zucchini Frittata



# Apple Pie

## INGREDIENTS

### *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

## DIRECTIONS

1. Remove the rack from the oven and preheat to 218° C/425°F. Place the **Silicone Baking Sheet with Rim** on the cold oven rack. Place the **Silicone Pro Ring** in the middle of the **Silicone Baking Sheet with Rim**.
2. In the **SuperSonic Chopper Extra** with blade attachment, place all crust ingredients except for the ice water and egg, cover and pull cord 3–4 times. Attach funnel and pour ice water in and pull cord until water is gone. Dough should hold together when pinched. If not, add more ice water 1 tbsp at a time. Reserve ⅓ 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 ⅜ " thick.
4. Place dough into **Silicone Pro Ring** and press in the bottom and sides. Leave enough dough on the rim 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. Par-bake for 10 minutes.
5. Combine all filling ingredients in a **Thatsa Bowl**; Set aside.
6. Using reserved dough, roll out the crust to 6½ in. circle; about ⅜ inch thick.
7. Remove pie crust from oven and pour in pie filling. Reduce oven heat to 180°C/350°F.
8. Place 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. Brush top crust with egg wash and bake for 30 minutes or until golden brown. Allow to stand 10 minutes before unmolding.



## Banana BREAD

### INGREDIENTS

- 1½ cup flour
- ¾ cup sugar
- ½ cup plus 2 Tbsp. soft butter
- ⅓ cup milk
- 2 eggs
- 2 medium bananas, sliced or mashed
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- ½ tsp. salt

### DIRECTIONS

1. In the **Mix-N-Stor Pitcher**, combine ingredients.
2. Place the **Silicone Pro Ring** in the base of the **MicroPro Grill** and pour batter into the **Silicone Pro Ring**. Spread evenly and flatten using the **Silicone Spatula**.
3. Place cover on in the CASSEROLE position and microwave 8–10 minutes at 70% power.
4. Allow to stand for 5 min. before unmolding. Use the Spatula to remove the bread from the **MicroPro Grill**.



## Beer BREAD

### INGREDIENTS

- 1½ cups all-purpose flour
- ½ tsp. baking powder
- ½ tsp. salt
- ¾ cup beer

### DIRECTIONS

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 **Silicone 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 minutes before unmolding. Use the **Silicone Spatula** to remove the bread from the **MicroPro Grill**.

A close-up photograph of several square brownies arranged on a light blue and white patterned plate. The brownies are a rich, dark brown color with a slightly textured surface. The word "BROWNIES" is printed in large, bold, black capital letters with a white outline in the upper left corner of the image. The "Tupperware" logo is visible in the bottom left corner of the image.

# BROWNIES

## INGREDIENTS

- 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
- ⅛ tsp. baking powder

## DIRECTIONS

1. Place butter in the **1 Cup Micro Pitcher** or and microwave for 30 seconds 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 **Silicone Pro Ring** in the base of the **MicroPro Grill** and pour mixture into the **Silicone Pro Ring** .
6. Place cover on in the CASSEROLE position and microwave 8 minutes at 50% power.
7. Allow to stand for 5 minutes before unmolding. Using the **Silicone Spatula**, easily unmold the brownie from the **Silicone Pro Ring**, then using the **Silicone Spatula**, remove the cake from **MicroPro Grill**.
8. Allow to cool completely before serving.





# Chocolate CAKE

## INGREDIENTS

- 1 cup all-purpose flour
- $\frac{1}{3}$  cup cocoa powder
- $\frac{1}{2}$  cup granulated sugar
- 1 tsp. baking powder
- $\frac{1}{8}$  tsp. table salt
- $\frac{1}{2}$  cup canola oil
- 1 cup reduced-fat (2%) milk
- 1 tsp. vanilla extract
- $\frac{1}{4}$  cup chocolate chips

## DIRECTIONS

1. In a medium bowl mix together all ingredients.
2. Place the **Silicone Pro Ring** in the **MicroPro Grill** and pour batter into the **Silicone Pro Ring**.
3. Place cover on in the CASSEROLE position and microwave 10 minutes.
4. Allow to stand for 5 min. before unmolding. Using the **Silicone Spatula**, easily unmold the cake from the **Silicone Pro Ring**, then using the **Silicone Spatula**, remove the cake from **MicroPro Grill**.
5. Allow to cool completely before serving.



# Chocolate Chip COOKIE CAKE

## INGREDIENTS

- ½ cup unsalted butter, softened
- ¼ cup dark brown sugar, packed
- ¼ cup granulated sugar
- 1 large egg
- 1 tsp. vanilla extract
- ½ tsp. baking soda
- Pinch of salt
- 1 cup all-purpose flour
- ¾ cup semi-sweet chocolate chips, divided

## DIRECTIONS

1. Place **Silicone Pro Ring** in the **MicroPro Grill**; set aside.
2. In medium bowl, mix butter and sugars until creamy; add egg and vanilla, mix until well combined.
3. Add in baking soda, salt, flour and mix to form dough. Fold in chocolate chips, reserving 2 Tbsp. of chocolate chips for after cooking
4. Divide dough in half and press one half in the **Silicone Pro Ring**.
5. Place Cover in GRILL position and microwave at 50% power for 10–12 minutes or until the top of cookie is set.
6. Allow to cool for 2-3 minutes, grab the tabs of the **Silicone Pro Ring** and pull up to unmold, use a spatula to remove from **MicroPro Grill**.
7. Repeat process with remaining cookie dough.
8. Top cakes with the 2 Tbsp. chocolate chips, and serve warm. Serve with ice cream if desired.



# CHOCOLATE SPICE CAKE

with Chai Glaze

## INGREDIENTS

½ cup all-purpose flour  
¼ cup granulated sugar  
3 Tbsp. unsweetened cocoa powder  
¼ tsp. ground cloves  
½ tsp. ground cinnamon  
1 tsp. baking powder  
2 large eggs  
3 Tbsp. whole milk  
3 Tbsp. vegetable oil

### *Glaze*

1 cup powdered sugar  
4 tsp. chai tea

## DIRECTIONS

1. In medium bowl, mix flour, sugar, cocoa powder, spices and baking powder until combined.
2. Add in eggs, milk, oil and whisk until incorporated and batter is smooth.
3. Place **Silicone Pro Ring** in the **MicroPro Grill** and pour batter inside.
4. Cover in CASSEROLE position and cook at 50% power for 10-12 minutes or until toothpick inserted in center comes out clean. Let cool 5-10 minutes before removing.
5. Mix powdered sugar with chai tea until smooth.
6. Top cake with chai tea glaze and serve.



# COCONUT Lime Bread

## INGREDIENTS

¼ cup granulated sugar  
½ cup coconut milk  
¼ cup coconut oil, melted  
2 large eggs  
1 lime, zested  
½ cup all-purpose flour  
½ 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

## DIRECTIONS

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 **Silicone Pro Ring** in the base of the **MicroPro Grill** and lightly oil the bottom and cover.
4. Pour mixture into the **Silicone 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 **Silicone 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

## INGREDIENTS

- 1 cup all-purpose flour
- 1 cup coarse cornmeal
- $\frac{1}{4}$  cup granulated sugar
- 2 tsp. baking powder
- $\frac{1}{2}$  tsp. salt
- 2 large eggs
- $\frac{1}{3}$  cup unsalted butter, melted
- $\frac{3}{4}$  cup buttermilk\*

## DIRECTIONS

1. In the **Thatsa Bowl**, whisk all the ingredients together until smooth. Allow the batter to rest for 5 min.
2. Place the **Silicone Pro Ring** in the **MicroPro Grill** and pour  $\frac{3}{4}$  cup of batter into the **Silicone Pro Ring**.
3. Place cover on in the **CASSEROLE** position and microwave for 5 minutes at 70% power.
4. Using oven gloves, remove the **Silicone 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  $\frac{3}{4}$  cup of whole milk.



# Dark Chocolate & Pear Crumble **CAKE**

## INGREDIENTS

- 4–6 butter biscuits
- 2 Tbsp. unsalted butter, melted
- 1 oz dark chocolate
- $\frac{1}{3}$  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

## DIRECTIONS

1. Add biscuits in the **SuperSonic Chopper Tall** with blade attachment, cover and pull cord until finely chopped. Add in butter and pull cord mixed well.
2. Place the **Silicone Pro Ring** in the **MicroPro Grill** and fill the **Silicone Pro 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 **1 Cup 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, fold in chocolate and diced pear until you have a consistent batter.
6. Pour batter into the **Silicone Pro Ring**, place cover on in the **CASSEROLE** position and microwave 12 minutes at 50% power.
7. Allow to stand 5 minutes before unmolding.



# Deep Dish **PEPPERONI PIZZA**

## **INGREDIENTS**

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

## **DIRECTIONS**

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 **Silicone 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 dough in the **Silicone Pro Ring** and firmly press dough down so it lines the bottom and sides of the **Silicone 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**.





# Giant French **SHORTBREAD**

## INGREDIENTS

- 1 cup all-purpose flour
- $\frac{1}{3}$  tsp. baking powder
- 6 Tbsp. granulated sugar
- 1 pinch of salt
- $\frac{1}{2}$  cup unsalted butter, cut into small pieces
- 3 large egg yolks

## DIRECTIONS

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 **Silicone Pro Ring** in the middle of the **Silicone Baking Sheet with Rim**.
4. Press dough evenly into the **Silicone 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**

## INGREDIENTS

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

## DIRECTIONS

1. In a small bowl, mix potatoes, onion, flour egg and salt and pepper together.
2. Place the **Silicone Pro Ring** in 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 with a spatula. Repeat with remaining mixture.



## Hash BROWNS II

### INGREDIENTS

- 2 medium russet potatoes, shredded
- 1 large egg
- ½ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ cup all-purpose flour

### DIRECTIONS

1. Place the potatoes in microfiber towel to squeeze out excess moisture, pat dry and set aside.
2. In a bowl whisk together egg, salt, onion powder and garlic powder.
3. Add the shredded potatoes and flour to the egg mixture, stir until combined.
4. Place the **Silicone Pro Ring** in the **MicroPro Grill**. Spread half of the potato mixture in the **Silicone Pro Ring**. Place cover on in the GRILL position and microwave on 70% power for 8 minutes.
5. Remove the **Silicone Pro Ring** and flip hash browns, and replace cover in GRILL position. Microwave on 70% power an for 5 minutes.
6. Repeat with remaining potatoes and serve warm.



# Japanese VEGETABLE PANCAKES

## INGREDIENTS

Dashi  
1 Tbsp. miso paste  
2 Tbsp. mirin  
 $\frac{3}{4}$  cup chicken stock  
1 Tbsp. soy sauce

Pancake  
1 cup all-purpose flour  
 $\frac{3}{4}$  cup prepared dashi  
2 large eggs

$2\frac{1}{2}$  cups green cabbage, thinly sliced  
1 Tbsp. salted butter, melted  
9 bacon slices

For Serving  
3 Tbsp. sweet barbecue sauce  
2 Tbsp. mayonnaise  
2 Tbsp. nori, thinly sliced  
2 Tbsp. pickled ginger, thinly sliced

## DIRECTIONS

1. Combine all ingredients for the Dashi in the **SuperSonic Chopper Tall** and pull the cord until fully combined.
2. In the **Thatsa Bowl** whisk flour, dashi and eggs together using the Whisk. Add the sliced cabbage and melted butter. Whisk together until you have a consistent batter.
3. Place the **Silicone Pro Ring** in the **MicroPro Grill** and pour  $\frac{3}{4}$  cup of batter into the **Silicone Pro Ring**.
4. Place cover on in the GRILL position and microwave on high power 3 minutes.
5. Using oven gloves, remove the **Silicone 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.
6. 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.
7. Remove the pancake with the Spatula and drizzle the top with sweet barbeque sauce, mayonnaise, nori and pickled ginger.
8. Repeat steps 3–7 with the remaining batter.



# Lemon Raspberry CAKE

## INGREDIENTS

- 1½ cup all-purpose flour
- ⅔ cup granulated sugar
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ cup canola oil
- 1 cup reduced-fat (2%) milk
- 2 Tbsp. lemon juice
- 1 lemon, zested
- ¼ cup fresh raspberries

## DIRECTIONS

1. Combine all ingredients except raspberries in a medium bowl and whisk until combined.
2. Place the **Silicone Pro Ring** in the **MicroPro Grill** and pour batter into the Ring and arrange raspberries on the top.
3. Place cover on in the CASSEROLE position and microwave for 10 minutes at 50% power.
4. Allow to stand for 5 min. Then, using the **Oven Gloves**, remove cover and **Silicone Pro Ring**. Place a plate or cutting board on top of the **MicroPro Grill** and carefully flip.



# Macha Green Tea CAKE

## INGREDIENTS

- 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)

## DIRECTIONS

1. In the **Thatsa Bowl** whisk sugar and eggs together until frothy.
2. Add flour, matcha, baking powder and salt and mix until combined.
3. Break the white chocolate into pieces. In the **2 Cup 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 combined.
5. Place the **Silicone Pro Ring** in the **MicroPro Grill** and lightly oil the bottom and cover.
6. Pour mixture into the **Silicone 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** all around the cake to easily remove the **Silicone 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.

# PANCAKES



## INGREDIENTS

- 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)

## DIRECTIONS

1. In a **Thatsa Bowl**, whisk flour, sugar and baking powder together.
2. Make a well in the center of the bowl and add milk, melted butter and egg yolks in the center. slowly add dry ingredients into the wet ingredients.
3. In the **SuperSonic Chopper Extra** 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 **Silicone Pro Ring** in the base of the **MicroPro Grill** and pour ¾ cup of batter into the **Silicone Pro Ring**.
6. Place cover on in the CASSEROLE position and microwave 5–6 minutes at 50% power.
7. Using oven gloves, remove the **Silicone 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



## INGREDIENTS

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

## DIRECTIONS

1. In a **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, pour into the Thatsa Bowl and mix until combined.
3. Place the **Silicone Pro Ring** in the **MicroPro Grill** and lightly oil the bottom and cover.
4. Pour mixture into the **Silicone Pro Ring**, place cover on in the GRILL position and microwave 10 minutes at 50% power.
5. Allow to stand 10 minutes before unmolding. Use the Silicone Spatula all around the cake to remove.
6. In the base of the **SuperSonic Chopper Extra** fitted with paddle attachment, add all ingredients for the frosting, cover and pull cord until you have a consistent mixture.
7. 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

## INGREDIENTS

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

## DIRECTIONS

1. Assemble the **Grate Master Shredder**, 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 **Silicone Pro Ring** in the **MicroPro Grill** and evenly pour mixture into the **Silicone Pro Ring**.
5. Place cover on in the GRILL position and microwave 8 minutes at 70% power
6. Using oven gloves, remove the **Silicone 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

### INGREDIENTS

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

### DIRECTIONS

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



## Quiche **LORRAINE**

### **INGREDIENTS**

- 1-2 strips bacon, cooked and crumbled
- 2 Tbsp. flour
- 2 extra large eggs
- ¼ cup cream
- ¼ cup Swiss cheese
- ¼ cup grated parmesan cheese
- 2 Tbsp. all-purpose flour
- Salt and pepper

### **DIRECTIONS**

1. In the **Mix-N-Stor Pitcher**, whisk together ingredients.
2. Place the **Silicone Pro Ring** in the base of the **MicroPro Grill** and pour mixture into the **Silicone Pro Ring**.
3. Place cover on in the **CASSEROLE** position and microwave 9–11 minutes at 700 watts.
4. Allow to stand 5 minutes before unmolding. Use the Spatula to remove quiche from **MicroPro Grill**.



# Roasted SWEET POTATO Tart

Tupperware®

## INGREDIENTS

### *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
- ½ cup feta or goat cheese
- 3 Tbsp. caramelized onions

## DIRECTIONS

1. Preheat oven to 375°F/190°C, place **Silicone Baking Sheet with Rim** on baking sheet, place the **Silicone Pro Ring** on top; set aside.
2. In the **SuperSonic Chopper Extra** with blade attachment, add crackers. Cover and pull cord until crumbled. Add cream cheese and butter and pull cord until you have a well combined.
3. Firmly press dough in the **Silicone Pro Ring** until you have an even thickness around bottom and sides. Pierce with a fork. Par-bake for 12–15 minutes.
4. Combine all ingredients for the roasted sweet potatoes in the **Thatsa Bowl** and toss until well coated. Place sweet potatoes in the **MicroPro Grill**. Place cover in the GRILL position and microwave 6 minutes on high power.
5. In a clean **SuperSonic Chopper Extra** with blade attachment, add sweet potatoes, heavy cream, egg, salt and pepper. Cover and pull cord until well combined. Fold in feta or goat cheese.
6. After removing tart shell from oven, reduce the heat to 350° F/180°C.
7. Spread caramelized onions on the bottom of the tart shell then fill with sweet potato mixture. Bake 25–30 minutes
8. 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 **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

## INGREDIENTS

### *Pancake*

- ⅓ 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)

### *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

## DIRECTIONS

1. In a **Thatsa Bowl** whisk milk and vinegar together. Allow mixture to sit for 1 minute.
2. Add remaining pancake ingredients to the **Thatsa Bowl** and whisk until batter is smooth.
3. Place the **Silicone Pro Ring** in the base of the **MicroPro Grill** and pour ½ cup of batter into the **Silicone Pro Ring**.
4. Place cover on in the CASSEROLE position and microwave on high power 3 minutes.
5. Using oven gloves, remove the **Silicone 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 minute.
7. Add all ingredients to the **All-In-One Shaker**, cover and shake until blended.
8. Serve pancakes warm with dipping sauce.



# Simple BUTTER CAKE

Tupperware

## INGREDIENTS

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

## DIRECTIONS

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 **Silicone Pro Ring** in the **Micro Pro Grill** and pour mixture into the **Silicone Pro 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 **Silicone 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

## INGREDIENTS

### Crust

- 5 graham crackers
- 2 Tbsp. granulated sugar
- $\frac{1}{8}$  tsp. ground cinnamon
- 3 Tbsp. unsalted butter, melted

### Filling

- 8 oz. cream cheese, softened
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  tsp. vanilla extract
- $\frac{1}{2}$  cup heavy cream
- 1 pinch of salt

### Serving

Fresh berries

## DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, add graham crackers, sugar and cinnamon. Cover and pull cord until crumbled. Add butter and pull combine. The mixture should have a sand-like consistency, not too wet.
2. Place the **Silicone Pro Ring** in the **Micro Pro Grill** and press the graham cracker mixture in the **Silicone Pro Ring** 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, transfer into **Freezer Mate Large 2.5 Qt.** together with the Silicone Pro Ring; set aside.
4. Add all filling ingredients except heavy cream in the **SuperSonic Chopper Extra** with paddle attachment. Cover and pull cord until you have a smooth mixture. Set aside.
5. In the **Whip N Mix Chef** 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** 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

## INGREDIENTS

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

⅛ tsp. ground black pepper

⅛ tsp. ground cloves

⅛ tsp. salt

1 oz. crystallized ginger, thinly sliced

## *Topping*

3 Tbsp. powdered sugar

1 Tbsp. ground ginger

## DIRECTIONS

1. In a **That's Bowl**, whisk maple syrup, sugar, vegetable oil, eggs and fresh ginger together.
2. In a small bowl whisk together dry ingredients, except crystallized ginger.
3. Add dry ingredients to wet ingredients and whisk until combined.
4. Place the **Silicone Pro Ring** in the **MicroPro Grill** and pour mixture into the **Silicone Pro 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 minutes before opening the **MicroPro Grill** and unmolding. Use the Silicone Spatula all around the cake to remove the **Silicone Pro Ring**, 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

Tupperware®

### INGREDIENTS

- 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

### DIRECTIONS

1. In a **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. Pour the into the **Thatsa Bowl** and mix until well combined.
3. In the **SuperSonic Chopper Extra** with Whip Accessory, add the egg white, 3 Tbsp. sugar and cream of tartar (or lemon juice). Whip until you have stiff peaks. Gently fold half of the egg white into the **Thatsa Bowl** then repeat with remaining half.
4. Place the **Silicone Pro Ring** in the **MicroPro Grill** and lightly oil the bottom and cover.
5. Pour mixture into the **Silicone 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.
6. Remove cover and 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 **Silicone Pro Ring**.

TIP: Inverting the cake will reduce the chance of the sponge cake collapsing.



# Strawberry Lemonade SHORTCAKE



## INGREDIENTS

- ¾ cups fresh strawberries, rinsed & sliced
- 1½ Tbsp. vegetable oil
- 1 Tbsp. lemon juice
- Zest of 1 lemon
- 1 large egg
- ¾ cup self-rising flour
- 4 Tbsp. granulated sugar
- ½ tsp. baking soda

## DIRECTIONS

1. In the **SuperSonic Chopper Extra** with blade attachment, mix strawberries, vegetable oil, lemon juice/zest and egg.
2. In another bowl mix remaining flour, sugar and baking soda. Then, pour wet mixture into dry and mix until combined.
3. Place the **Silicone Pro Ring** in the **MicroPro Grill** and lightly oil the bottom and cover.
4. Pour mixture into the **Silicone Pro Ring**, place cover on in the GRILL position and microwave 6–8 minutes at 50% power. Bake until a toothpick inserted into center of cake comes out clean.
5. 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 Silicone Pro Ring.
6. Serve with fresh strawberries, whipped cream and lemon wedge.

# Tomato QUICHE



## INGREDIENTS

- 1 sheet puff pastry, thawed, cut in half
- ½ cup fresh ricotta or soft cream cheese
- ¼ cup grated parmesan
- 1 egg
- 1 green onion, finely chopped
- 6 basil leaves, torn
- Salt and pepper, to taste
- 6 cherry tomatoes, halved

## DIRECTIONS

1. Place the **Silicone Pro Ring** in the **MicroPro Grill**. Drape one of the pastry halves into the ring. Place the other one over it to form a cross. Ease in gently to fit the ring and form a pastry shell.
2. In a small bowl combine the ricotta, parmesan, egg, green onion and basil. Season with salt and pepper. Spoon into the pastry. Add tomatoes, cut side up. Roll pastry edges down to fit ring.
3. Place cover in **CASSEROLE** position and cook in microwave on high power at 900 watts for 11 minutes. Remove and stand for 5 minutes.
4. Top will be golden. Cool slightly before removing and cutting.



# Triple Chocolate **TART**

## INGREDIENTS

### *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

$\frac{3}{4}$  cup heavy cream

2 Tbsp. unsalted butter, cubed

## DIRECTIONS

1. Preheat oven to 350°F/180°C, place **Silicone Baking Sheet with Rim** on baking sheet, place the **Silicone Pro Ring** on top; set aside.
2. In the **SuperSonic Chopper Extra** with blade attachment add cookies. evenly. Bake for 8 minutes. Cool completely before unmolding.
3. Place heavy cream and butter in the **2 cup Micro Pitcher**, cover and microwave at 30 second intervals on high power until bubbling.
4. Place both chocolates into the **2 cup Micro Pitcher** and cover. Allow to stand for 2 minutes.
5. Stir chocolate until completely melted and smooth.
6. 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.

A photograph of a zucchini frittata, a round egg-based dish, sliced into several triangular wedges. The frittata is topped with thin, dark green slices of zucchini and melted yellow cheese. The slices are arranged on a light-colored surface, possibly a cutting board or plate. The title 'Zucchini FRITTATA' is overlaid in the top left corner, with 'Zucchini' in a script font and 'FRITTATA' in a bold, black, sans-serif font.

## Zucchini FRITTATA

### INGREDIENTS

- 1 small zucchini, very thinly sliced
- 2 Tbsp. flour
- 2 extra large eggs
- $\frac{1}{4}$  cup cream
- $\frac{1}{4}$  cup grated parmesan cheese
- 2 Tbsp. all-purpose flour
- Salt and pepper

### DIRECTIONS

1. Rinse and dry zucchini, cut into 2" pieces then slice using the **SpeedyMando Food Slicer or Mandoline**.
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 **Silicone Pro Ring** in the **MicroPro Grill** and pour mixture into the **Silicone Pro Ring**.
4. Place cover on in the CASSEROLE position and microwave 9–11 minutes 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  $\frac{1}{4}$  cup crumbled feta for the parmesan.