

# Catalog Recipes

FALL & WINTER 2022- 2023



**Tupperware®**

# Baked Salmon



TOTAL TIME  
20'



425°F / 220°C

Serves: 2-4  
Serving size: 1 fillet or ½

## PREPARATION

- (2) 4 oz. skinless salmon fillets
- ½ tsp. salt
- 2 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 garlic cloves, minced
- 1 tsp. Dijon mustard
- 1 tsp. parsley

1. Preheat oven to 425°F/220°C.
2. Pat salmon dry and place in the base of the 1.5-Qt./1.5L **PremiaGlass™ Serve & Store Container**. Season both sides with salt and set aside.
3. In the base of the **All-in-One Shaker**, add the remaining ingredients, cover, and shake until well combined.
4. Pour mixture on top of each salmon and bake uncovered for 10-15 minutes or until internal cooking temperature reaches 145°F/62°C. Let cool slightly and serve.



# Cauliflower Steaks



TOTAL TIME  
20'



16'

Serves: 2  
Serving size: 1 steak

## PREPARATION

- 2 slices of cauliflower head cut ½ inch thick
- 1 tbsp. olive oil
- ½ tsp. ground cumin
- 1 tsp. onion powder
- 2 garlic cloves, minced
- 1 tsp. salt

1. Brush each piece of cauliflower with olive oil.
2. Season evenly and place one cauliflower steak in the base of the **MicroPro® Grill**.
3. Cover in grill position and microwave on high power for 8 minutes, stopping halfway through cooking time to flip the cauliflower. Repeat with remaining cauliflower slice and serve warm.

# Chicken Curry



TOTAL TIME  
35'



20'

Serves: 4  
Serving size: 1 cup

## PREPARATION

- 2 lbs. boneless skinless chicken breast
- 1 cup chicken broth
- 2 tbsp. red curry paste
- 1 red bell pepper, chopped
- 1 small onion, roughly chopped
- 5 oz. canned water chestnuts, drained
- 1 tsp. salt
- 8 oz. snap peas
- 14 oz. canned coconut milk

1. Combine all ingredients, except the snap peas and coconut milk, to the base of the **Microwave Pressure Cooker**, making sure the chicken is submerged in chicken broth. Cover and lock in place.
2. Microwave on high power for 20 minutes. At the end of the cooking time, let the pressure release naturally.
3. Remove chicken and set aside. Stir in the snap peas and coconut milk to the **Pressure Cooker** and cover for 5 minutes. Meanwhile, shred the chicken using two forks and then return it to the pressure cooker. Serve warm, over rice if desired.



# Creamy Dulce de Leche Gelatin with Floating Center



TOTAL TIME  
30'



6-8 hours

Serves: 16  
Serving size: 1 slice

## PREPARATION

### • Floating Center:

- 3 packets of unflavored gelatin (2 ½ tbsp. total)
- 1 cup whole milk, cold and divided
- 1 ½ cups evaporated milk
- 14 oz. sweetened condensed milk
- 2 tsp. vanilla extract

### • Dulce de Leche:

- 3 packets of unflavored gelatin (2 ½ tbsp. total)
- 1½ cups whole milk, cold and divided
- 1½ cups evaporated milk
- 2⅔ cups Dulce de Leche, plus more for topping

1. Insert the core seal in the middle of the **Jel Party** and lightly grease with neutral oil.

2. Make the floating center by adding unflavored gelatin and ½ cup of cold whole milk in a microwave-safe container. Stir and set aside for 2 minutes.

3. In a medium mixing bowl, add remaining ingredients, and stir until well combined.

4. Microwave softened gelatin for 15 seconds at a time, and mix until liquefied. Add it to the bowl with the floating center ingredients and stir until fully combined.

5. Pour mixture into the greased **Jel Party** then cover and chill in the fridge for 1-2 hours or until firm.

6. Once the white layer is firm, make the Dulce de Leche layer by repeating steps 2-4 with the Dulce de Leche ingredient list.

7. Remove the **Jel Party** from the fridge. Use Silicone Spatula to lift the white layer from the corner while pouring the Dulce de Leche mixture underneath. Repeat on all four sides or corners.

8. Gently press the white layer around the edges and middle until it starts to float, and then pour the remaining mixture on top. Cover and allow it to firm up in the fridge for 5-6 hours.

9. Once firm, flip the **Jel Party**, so the cover is now on the bottom, then remove the middle insert (gelatin should release naturally) and garnish with additional Dulce de Leche. Keep in the fridge until ready to serve.

# Double Chocolate Brownie Cookies



TOTAL TIME  
30'



375°F / 190°C

Serves: 8  
Serving size: 2 cookies

## PREPARATION

- 1½ cups all-purpose flour
- ½ cup cocoa powder, sifted
- 1 tsp. baking soda
- ½ tsp. salt
- ½ cup unsalted butter, softened
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 cup semisweet chocolate chips

1. Preheat oven to 375°F/190°C. Place the **Silicone Baking Sheet** with Rim on a metal baking sheet and set aside.
2. In a small bowl, combine flour, cocoa powder, baking soda, and salt.
3. In the **Whip 'N Mix Chef**, add butter and sugar, cover, and turn the handle on gear II until light and fluffy.
4. Add eggs and vanilla extract, cover, and turn the handle on gear II until the mixture is smooth.
5. Add flour mixture, cover, and mix on gear II until it becomes hard to turn.
6. Scrape down the sides and finish mixing using the **Silicone Spatula**. Fold in chocolate chips.
7. Use the medium-sized **Portioning Scoop** to scoop out cookie dough onto the **Silicone Baking Sheet**, 2-3 inches apart from each other. Bake for 9-10 minutes. Allow cookies to cool completely before serving



# Eggplant Rolls



TOTAL TIME  
40'



20'

Serves: 4  
Serving size: 2 rolls

## PREPARATION

- 1 eggplant
- ½-cup tomato paste
- 2 tbsp. capers in vinegar, drained
- 1 cup mozzarella, shredded
- 16 basil leaves
- 16 wooden toothpicks
- Salt and pepper

1. Using the **Mandoline** with the circular knob set on 2 and the triangular knob set in the lock position; place the food guard on the eggplant and slice it lengthwise.

2. To each eggplant slice, add ½ tbsp. tomato paste, 1 tbsp. mozzarella, ½ tsp. capers, and one basil leaf. Roll and hold together with a toothpick.

3. Add water to the base of the **Smart Multi-Cooker** to the maximum fill line for steaming. Place four eggplant rolls into the **Shielded Colander** and cover then place inside the base. Microwave on high power for 5 minutes. At the end of cooking time, carefully remove from the **Smart Multi-Cooker** and repeat the process with the remaining eggplant rolls.

4. Remove the toothpicks and season with salt and pepper. Serve immediately



# Hearty Winter Vegetable Soup



TOTAL TIME  
50'



26'

SERVES: 4  
Serving size: 2 cups

## PREPARATION

- 1 yellow onion, peeled and quartered
- 2 garlic cloves, peeled
- 2 celery stalks, quartered
- 2 carrots, peeled and quartered
- 2 tbsp. coconut or olive oil
- 4 slices of bacon, sliced
- 1 large leek, white part only, thinly sliced
- 6½ cups vegetable or chicken stock
- 2 bay leaves
- 15.5 oz. cannellini beans, drained and rinsed
- 1 cup uncooked macaroni
- Salt and pepper to taste
- 2 cups kale

1. In the base of the **SuperSonic Chopper Extra** fitted with the blade attachment, add onion, garlic, celery, and carrots. Replace cover and pull cord until finely chopped then set aside.
2. Heat oil over medium-high heat in the **Tupperware Daily Universal 7.4-Qt./7 L Stockpot** for a few minutes. Once hot, add bacon and cook for 2-3 minutes or until bacon begins to brown. Add sliced leek and sauté for 2-3 minutes.
3. Add chopped vegetables and cook until softened. Add stock, bay leaves, beans, pasta, salt, and pepper. Mix well, cover, and reduce heat to low.
4. Cook for 15-20 minutes, stirring occasionally until pasta is cooked. Stir in kale and cook until softened. Serve warm.



# Lemon Parmesan Hummus



TOTAL TIME  
**10'**

Serves: 8  
Serving size: 2 tbsp.

## PREPARATION

- 15-oz. chickpeas, drained and rinsed
- ½ cup tahini or olive oil
- Juice and zest of 1 lemon
- ½ cup grated parmesan cheese
- ¼ tsp. salt
- Pinch of black pepper

1. In the base of the **SuperSonic Chopper Extra**, add all ingredients. Replace cover and pull cord until creamy and well combined. Store in the fridge until ready to serve. Serve with crackers or veggies.

# Red Velvet Cake



TOTAL TIME  
50'



350°F / 180°C

Serves: 6  
Serving size: 1 slice

## PREPARATION

- 2 tbsp. unsalted butter, melted
- $\frac{3}{4}$  cup granulated sugar
- 1 cup self-rising flour
- 2 tbsp. cocoa powder
- $\frac{1}{2}$  cup buttermilk
- $\frac{1}{4}$  cup vegetable oil
- 1 large egg
- $\frac{1}{2}$  tsp vanilla extract
- $\frac{1}{2}$  tsp white vinegar
- 1  $\frac{1}{2}$  tsp red gel food coloring
- $\frac{1}{3}$  cup boiling water

1. Preheat oven to 350°F/180°C.
2. Brush the 1-Qt. /1 L **PremiaGlass™ Serve & Store Container** with melted butter and set aside.
3. In a medium bowl, add sugar, flour, and cocoa and whisk until well combined.
4. In a separate bowl, mix buttermilk, vegetable oil, egg, vanilla extract, vinegar, and food coloring.
5. Pour the wet mixture into the dry mixture and mix just until combined. Add boiling water slowly and whisk until fully incorporated.
6. Pour batter into the 1-Qt. /1 L **PremiaGlass™ Serve & Store Container** and bake uncovered for 35-40 minutes or until a toothpick inserted in the center comes out clean. Let cool completely, frost as desired, and serve.



# Sweet Potato Tart



TOTAL TIME  
45'



375°F / 190°C



6'

Serves: 4  
Serving size: 1 slice

## PREPARATION

- 1¼ cup savory butter crackers, finely crushed
- 2 oz. cream cheese, softened
- 2 tbsp. of unsalted butter, softened
- 1¾ cup sweet potato, cubed
- 1 tbsp. olive oil
- 1 garlic clove, chopped
- 1 sprig of rosemary, chopped
- Salt and pepper to taste
- 2 tbsp. heavy cream
- 1 large egg
- ½ cup feta or goat cheese
- 3 tbsp. caramelized onions

1. Preheat oven to 375°F/190°C. Place the **Silicone Baking Sheet** with Rim on a metal baking sheet and place the **Pro Ring** on the center. Set aside.
2. In the base of the **SuperSonic Chopper Extra** fitted with a blade attachment, place savory butter crackers, cream cheese, and butter. Replace cover and pull cord to combine.
3. Firmly press the tart dough on the bottom and sides of the **Pro Ring** until you have an even thickness. Pierce the bottom and sides with a fork. Par-bake for 12–15 min.
4. While the tart shell is par-baking, toss sweet potato, olive oil, garlic, rosemary, and seasonings in the **Thatsa® Bowl** until well combined. Place sweet potatoes in the base of the **MicroPro® Grill**. Cover in grill position and microwave on high power for 6 minutes.
5. Once sweet potatoes are cooked, mash them with heavy cream and egg in a small bowl. Then fold in the cheese.
6. Remove tart shell from the oven and 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 for 25–30 minutes.
8. Allow to stand for 10 minutes, then unmold and serve.

# INDEX

---

BAKED SALMON	2-3
CAULIFLOWER STEAKS	4-5
CHICKEN CURRY	6-7
CREAMY DULCE DE LECHE GELATIN WITH FLOATING CENTER	8-9
DOUBLE CHOCOLATE BROWNIE COOKIES	10-11
EGGPLANT ROLLS	12-13
HEARTY WINTER VEGETABLE SOUP	14-15
LEMON PARMESAN HUMMUS	16-17
RED VELVET CAKE	18-19
SWEET POTATO TART	20-21

# Tupperware®

© 2022 Tupperware. All Rights Reserved.