

# Microwave Pressure Cooker



# How many of you...

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**Eat out or know someone that eats out more than they prefer?**

**Swing by the grocery and pick up convenience food?**

**Could get excited about preparing a HOME COOKED MEAL in 30 minutes?**

**Have been TERRIFIED of pressure cookers?**



# Today's Recipe

Serves 4 • Serving size: 1 cup

15  
minutes

PREP: 5 minutes

COOK: 10 minutes without meat

15 minutes with meat

(tested in 900 watt microwave)

## One Pot PASTA

1 onion, peeled and quartered  
1 garlic clove, peeled  
1 tsp. Italian Herb Seasoning  
1/2 oz./225 g penne pasta  
1/4-oz./680 g jar marinara  
1/2 cup beef broth

### Without meat

1. Add onion and garlic to base of Chop 'N Prep Chef. Cover and pull cord to finely chop.

2. Combine onion and garlic with seasoning, pasta, marinara and broth in base of Microwave Pressure Cooker. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2-4 minutes, before opening.

3. Serve topped with Parmesan cheese and basil, if desired.

### Nutritional Information (per serving):

Calories: 350 Total Fat: 8g Saturated Fat: 2g Cholesterol: 0mg Carbohydrate: 58g Sugar: 14g Fiber: 6g Protein: 11g Sodium: 910mg Vitamin A: 15% Vitamin C: 10% Calcium: 6% Iron: 10%

### With 8-oz./225 g beef (chuck or sirloin)

1. Place Microwave Pressure Cooker base underneath Fusion Master™, fitted with the coarse mincer disc. Fill hopper with beef and turn handle to begin processing. Once there is room in the hopper, add remaining beef followed by onion and garlic until all have been processed.

2. Add seasoning, pasta, marinara and broth to meat in Pressure Cooker base and microwave on high power 15 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 3-5 minutes, before opening.

3. Serve topped with Parmesan cheese and basil, if desired.

### Nutritional Information (per serving):

Calories: 420 Total Fat: 10g Saturated Fat: 3g Cholesterol: 30mg Carbohydrate: 58g Sugar: 14g Fiber: 6g Protein: 22g Sodium: 940mg Vitamin A: 15% Vitamin C: 10% Calcium: 6% Iron: 15%

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TO DEMO



Microwave Pressure Cooker



Italian Herb

OPTIONAL



Chop 'N Prep Chef



Measuring Cups



Measuring Spoons



Fusion Master™



# Microwave Pressure Cooker

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This **revolutionary product** answers a **growing demand for easy cooking** solutions.

**It combines traditional pressure cooking methods** with **efficient microwave cooking**

- **Even heat distribution**
- **Improved food color**
- **fast cooking times**
- **Tenderizes inexpensive cuts of meats**
- **High temp in closed environment extracts more flavor**



Think of it as your **slow cooker for the microwave,**  
**only MUCH FASTER!**



# Microwave Pressure Cooker

## Consists of:

**Cover**  
With **bayonet closure**  
to lock.

**Pressure Release Plug**  
Releases remaining pressure as  
you unlock the handle.

**Pop-up Pressure Indicator with Valve**  
Indicator pops up to indicate that the container is  
pressurized and goes down when container is  
depressurized and can be open.

**Pressure  
Regulator Valve**  
Regulates the  
operating pressure.

**Handle Lock**  
Locks-in the pressure while cooking and  
releases any pressure left in the  
container as it is opened, once pressure  
indicator has gone down.  
**Patented.**

**Base**

**Gasket (silicone)**  
Locks-in the pressure while cooking. Located in the  
inside rim of the Cover.



## Four safety features...



If the **Pop-up Pressure Indicator with Valve** is blocked and pressure exceeds a certain level, then it **will jump out**.



If the **Pressure Regulator Valve** is blocked and pressure exceeds a certain level, then it **will jump out**.



A **hole underneath the Handle Lock** allows any remaining **pressure to escape** as you open it. **Patented**.



**Excess pressure** in the container will cause the **silicone Gasket** to **collapse into the container**, releasing all pressure at once.

# Microwave Pressure Cooker



## What the pictograms mean...



**Do NOT over fill** – respect the fill line.



**Do not cook without fluids** or the Pressure cooker will be damaged.



**Do not cook for more than 30 minutes at one time.**



**Testing for 1200W. You may have to adjust cooking time based on your microwave.**



# Microwave Pressure Cooker

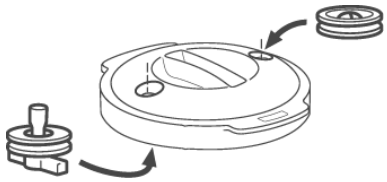
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## Helpful Usage Tips



**Do NOT Run under water when hot under.**  
It may cause your Pressure Cooker to crack.

max +120°C +248°F



**Removable Pressure Regulator Valve and Pressure Indicator Valve** - check before use to ensure they are clean and not blocked with foreign objects.

### Hand Washing is recommended

Food with spices or colored food, such as curry or tomatoes, may cause staining. **Staining will not affect the performance of the product** and is not covered by the Tupperware guarantee.

# Microwave Pressure Cooker

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## All about convenience...



### WOW demo at the party!

Recipes are very quick to prepare allow you to **demo** other products while the food cooks in the microwave.

**Great for meat, stews, legumes and dense vegetables.**

**Save money** by using inexpensive cuts of meat with fabulous results.

### Save time during the week!

Prep meals day before & cook in microwave later

**Note:** It takes 8 – 10 minutes for the pressure to fully build. Therefore **anything that cooks in less than 8 – 10 minutes**, like delicate vegetables & fish, are **better suited for your Stack Cooker or Smart Steamer.**

# Microwave Pressure Cooker



## Date Me cards



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### Microwave Pressure Cooker

Joining our collection of microwave cooking products is this absolute **game changer**. With the Stack Cooker, the SmartSteamer and now the Microwave Pressure Cooker, dinner isn't a chore: it's another chance to totally nail it.

- Ridiculously, **unbelievably fast** way to cook traditional favorites like pot roast, meaty pasta dishes and risotto.
- Because of the contained pressure and natural juices, meats and veggies come out **tender and flavorful**.

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WED • Drawing # 7821

### Microwave Pressure Cooker

Welcome to your new favorite way to make mouthwatering meals in minutes without turning on your stove or oven.

- Tips for use:**
- Cooking time should not exceed 30 minutes at a time.
  - Ensure that meat is mostly submerged in liquid to avoid dried-out patches.
  - Follow maximum fill line indicated.
  - Use oven mitts when removing Pressure Cooker from microwave as product becomes very hot.
  - Use care when removing cover. Even after pressure has naturally released, quite a bit of steam will emerge.
  - Due to its intricate components, hand washing of this product is recommended. When removing and washing the small, removable valves, be sure to do so over the counter (not the sink). We also recommend removing the silicone cover gasket and soaking in hot, soapy water.

\*We recommend always allowing pressure to naturally release. The green foods list times to cook cooking and makes it safer and easier to open the Pressure Cooker.

This product, like everything we sell in the U.S. & Canada, is BPA-free.



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- **Release valve**
- **Pressure indicator valve** Raised when pressure is high and lowers as pressure naturally releases, indicating it is ready to open\*
- **Pressure regulator valve** Maintains ideal pressure. Raising you may lower during cooking is normal.
- **Safety lock handle with plug** Keeps securely closed while under pressure and prevents building pressure if not properly closed. Open (with great care) if you want to release pressure quickly.\*
- **Cover**
- **Base** Max fill to 2 qt./1 L. large enough to cook full meals for a family of 4-6 or side dishes for a family of 6-8.

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Serves 8 • Serving size 1/4 cup  
**18** minutes  
PREP: 5 minutes  
COOK: 13 minutes  
(tested in 900 watt microwave)

### Mushroom RISOTTO

- 1 cup Arborio rice
- 2 1/2 cups vegetable stock or water\*
- 8 oz (225 g) fresh mushrooms, sliced
- 1 small onion, peeled, halved and chopped using Chop 'N Prep Chef
- 1 tsp. coarse kosher salt
- 1 tbsp. extra virgin olive oil
- 1/2 cup Parmesan cheese

1. Place Arborio rice in strainer until water runs clear, about 30-40 seconds.
2. Pour rice into Microwave Pressure Cooker base and add vegetable stock, mushrooms, onion, salt and oil.
3. Seal and microwave on 70% power 13 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 4-6 minutes, before opening.
4. Remove cover and stir in Parmesan cheese.

\*Traditionally, risotto is cooked with white wine. A natural substitute is 1 cup of water or vegetable stock with extra olive.

Nutritional information per serving:  
Calories: 110 Total Fat: 5g Saturated Fat: 2g Cholesterol: 5mg  
Sug: 2g Fiber: 1g Protein: 7g Sodium: 300mg Vitamin A: 10% Vitamin C: 2%  
Calcium: 8% Iron: 2%



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**ST**

2 1/2 cups (600 ml) beef vegetable stock and broth  
1/2 cup (120 ml) water  
1 (900 watt microwave)  
2.5 cm slices  
1/2 tsp sprinkle with seasoning. Place into base and pour over beef vegetable stock base and seal. Seal. Remove from microwave and until red pressure indicator fully lowers. Let beef rest 5 minutes before serving.

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**ST**

2 1/2-3 lbs beef pot roast  
1 (900 watt microwave)  
2.5 cm slices  
1/2 tsp sprinkle with seasoning. Place into base and pour over beef vegetable stock base and seal. Seal. Remove from microwave and until red pressure indicator fully lowers. Let beef rest 5 minutes before serving.

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**ST**

1 (900 watt microwave)  
1/2 tsp sprinkle with seasoning, pasta, marinara and broth in water. Seal and microwave on high power 15 minutes and allow pressure to release until fully lowers, about 2-4 minutes, before opening.

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# Microwave Pressure Cooker



## 15 additional non-date me recipes...



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Serves 4  
Serving size 1 cup  
PREP: 10 minutes  
COOK: 20 minutes

### Chicken Curry

Ingredients: 1/2 cup (125 g) chicken, 1 cup vegetables and sauce  
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1/2 cup (125 g) chicken, 1 cup vegetables and sauce

1. Season tenderloin with salt and pepper. Place in base of Microwave Pressure Cooker.  
2. Add raisins and apple cider to Pressure Cooker.  
3. Seal and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes. Check to ensure internal temperature of pork has reached 140°F (60°C).  
4. Remove pork from Pressure Cooker and place on cutting board.  
5. In a small bowl, whisk the cream with the heavy cream until combined. Whisk cream into raisin and apple cider in Microwave Cooker. Seal and microwave on high power 1-2 minutes.  
6. Slice pork tenderloin and serve with warm cream sauce.

Serves 6-8  
Serving size 4 oz (115 g) pork served with sauce  
PREP: 5 minutes  
COOK: 15 minutes

### Pork Tenderloin with Raisin Cream Sauce

3-5 lb (1.4-2.3 kg) pork tenderloin  
1 tsp. kosher salt  
1/2 tsp. black pepper  
1/2 cup golden raisins  
1/2 cup apple cider  
1/2 cup heavy cream  
2 tbsp. corn starch

Nutrition information per serving  
Calories 310 Total Fat 15g Saturated Fat 4g Cholesterol 100mg Carbohydrate 10g Sugar 10g Fiber 1g Sodium 100mg Potassium 200mg Vitamin C 20% Iron 10%



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Serves 6  
Serving size 1 cup  
PREP: 5 minutes  
COOK: 30 minutes

### Cajun Red Beans

1. Rinse beans, place in a bowl or base of Microwave Pressure Cooker, cover with water, and soak overnight.  
2. Drain and discard water and place in base of Pressure Cooker.  
3. Combine onion, garlic, pepper and celery in base of Pressure Cooker.  
4. Rinse beans with fresh water. Cover, seal and microwave on high power 30 minutes.  
5. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10-12 minutes.  
6. Place 1/2 cup beans in base of Pressure Cooker. Spoon, stir with back attachment. Cover, seal and microwave on high power 10 minutes.  
7. Serve over rice with hot sauce if desired.

Nutrition information per serving  
Calories 300 Total Fat 1g Saturated Fat 0.5g Cholesterol 0mg Carbohydrate 47g Sugar 4g Fiber 1g Protein 16g Sodium 100mg Potassium 200mg Vitamin C 20% Iron 10%



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Serves 4  
Serving size 1 cup  
PREP: 10 minutes  
COOK: 20 minutes

### Meatloaf

Ingredients: 1/2 cup (125 g) chicken, 1 cup vegetables and sauce  
1/2 cup (125 g) chicken, 1 cup vegetables and sauce  
1/2 cup (125 g) chicken, 1 cup vegetables and sauce

1. Place pear in base of Microwave Pressure Cooker.  
2. Add raisins and apple cider to Pressure Cooker.  
3. Seal and microwave on high power 10 minutes.  
4. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.  
5. Serve warm with vanilla ice cream if desired.

Serves 4  
Serving size 1/2 pear with 1/4 cup dried fruit and sauce  
PREP: 10 minutes  
COOK: 10 minutes

### Summer Poached Pears

2 pears, peeled, halved & sliced  
1/2 cup golden raisins  
1/2 cup dried cranberries  
1/2 cup golden raisins  
1/2 cup apple cider  
1/2 tsp. kosher salt  
1/2 tsp. coconut extract

Nutrition information per serving  
Calories 210 Total Fat 1g Saturated Fat 0.5g Cholesterol 0mg Carbohydrate 47g Sugar 10g Fiber 1g Sodium 100mg Potassium 200mg Vitamin C 20% Iron 10%



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Serves 8  
Serving size 1 cup  
PREP: 10 minutes  
COOK: 40 minutes

### Chicken Orzo Soup

1. Place chicken breast slices in base of Microwave Pressure Cooker and add 1/2 cup water. Chicken should be submerged in water and contents should not be above the max fill line. Seal and microwave on high power 20 minutes. 20-25 minutes for 3-4 lb (1.4-2.3 kg) chicken, 25-30 minutes for 4-6 lb (1.8-2.7 kg) chicken.  
2. While chicken cooks, add carrots, celery, onion and garlic to base of Cook-Chief Pro System. Cook with back attachment. Cover and turn handle until roughly chopped.  
3. Remove Pressure Cooker from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 10 minutes.  
4. Check to ensure internal temperature of chicken has reached 165°F (74°C). Remove chicken from base. Add remaining 1/2 cup of water, chopped vegetables and remaining ingredients to base of Pressure Cooker. Seal and microwave on high power 10 minutes.  
5. Mix vegetables and vegetables are cooking, remove chicken meat from base, discard skin. Spread large pieces using 2 forks.  
6. Remove Pressure Cooker from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 2 minutes.  
7. Stir chicken into soup and serve.

Nutrition information per serving  
Calories 210 Total Fat 1g Saturated Fat 0.5g Cholesterol 10mg Carbohydrate 27g Sugar 10g Fiber 1g Protein 16g Sodium 100mg Potassium 200mg Vitamin C 20% Iron 10%



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