

PORTIONING SCOOPS



Tupperware®

PORTIONING SCOOPS

Hey, what's the scoop? Say hello to clean and dry hands when shaping meatballs, truffles, falafel and many more delicious recipes, thanks to the **Portioning Scoops**. The scoops are so easy to use, and a bonus is that all your ingredients are equal sizes, which makes it great for cooking or sharing!

Inside this cookbook, you will find 18 easy, delicious and mess free recipes to enjoy and inspire you to create your own recipes using the Portioning Scoops.



HOW TO SHAPE SUCCESS

- You can use the scoops for more than just portioning! You can use them to measure out dry ingredients, such as flour, sugar, cocoa powder, etc.... making it easier in the kitchen when it comes to clean up!
- The recipes in this cookbook measure dry ingredients using the different sized scoops. For reference: L Scoop = Large Scoop, M Scoop = Medium Scoop, S Scoop = Small Scoop.
- Some preparations are stickier than others. You might need to plunge your scoop head in cold water or grease it with some oil before scooping.
- The large scoop is great for portioning side dishes like mashed potatoes or rice. The small scoop for sweets like chocolate truffles and energy balls. For many other recipes, like cookies, meatballs or croquettes, it's all about taste and culture. They will taste great small, medium or large!

KEEP YOUR SCOOPS IN GOOD SHAPE

- Keep your product nice and clean by washing it after each use. Convenience matters a lot for us, that's why the wiper can be fully disassembled from the scoop to reach every piece of food that could remain!
- To make your life easier, the Portioning Scoops are fully dishwasher safe.

THE PERFECT FIT

- Any of our mixing bowls are perfect for use with your Portioning Scoops. Its straight sides make it easy to scrape your scoop on the edge.
- Use the Micro Pitcher Set to melt chocolate or butter, then finish prepping the recipe in the Pitcher! When your dough or batter is ready, scoop directly from it.
- The Silicone Spatula is ideal for leveling the dry ingredients when using the scoops for measuring.



SAVORY DROP BISCUITS



Preparation time
10 mins



200°C / 400°F
14-16 mins

INGREDIENTS FOR 9 BISCUITS

- 8 L Scoops all-purpose flour (280 g/2 cups)
- 1 S Scoop baking powder (14 g/1 tbsp)
- 5 mL/1 tsp granulated sugar
- 2 mL/½ tsp salt
- 110 g/½ cup unsalted butter, melted
- 225 mL/1 cup whole milk
- 30 g/2 tbsp butter, melted (for brushing tops, optional)

Optional Variant: Bacon, Cheddar, Chive

- 6 strips of crispy bacon, finely chopped
- 2-3 L Scoops cheddar cheese, grated (65-100 g / ½-¾ cup)
- 1 M Scoop chives, finely chopped

PREPARATION

1. Remove the rack from the oven and preheat to 200°C/400° F.
2. In a large bowl, whisk together dry ingredients. Make a well in the center of the mixture.
3. Combine melted butter and milk, then pour mixture into the well of the flour mixture. Fold mixture just until combined.
4. Place the **Silicone Baking Sheet with Rim** on the cold oven rack.
5. Using the **Large Portioning Scoop**, scoop out 9 heaping portions and place it on the Silicone Baking Sheet.
6. Bake until tops are slightly golden brown, approx. 14-16 min.
7. Brush with melted butter and serve warm.

OPTIONAL VARIANT WITH BACON,
CHEDDAR AND CHIVE:

- Add ingredients during step 2. Follow remaining steps.





BAKED FALAFEL



Preparation time
15 mins



200°C / 400°F
20 mins



Standing time
15 mins

INGREDIENTS FOR 35 SMALL FALAFELS

- 500 g/18 oz canned cooked chickpeas (drained weight)
- 1 scallion, finely chopped
- 3 garlic cloves, peeled
- 8-10 sprigs of fresh herbs, stripped (cilantro, parsley, etc.)
- Salt and pepper
- 3 ml/½ tsp ground coriander
- 3 ml/½ tsp ground cumin
- 3 ml/½ tsp ground paprika
- 2 ml/½ tsp baking soda
- 5 S Scoops breadcrumbs (40 g/5 tbsp)
- 30 ml/2 tbsp olive oil

PREPARATION

1. Drain chickpeas and rinse thoroughly using a colander.
2. Combine chickpeas, chopped scallion, garlic and fresh herbs in a bowl.
3. Using the **FusionMaster Mincer** fitted with the fine mincer disc, mince the chickpea mixture.
4. In a medium bowl, mix the minced chickpea mixture, salt, pepper, coriander, cumin, paprika, baking soda and breadcrumbs. If needed, finish kneading with your hands. Allow to stand for 15 min.
5. Remove the rack from the oven and preheat to 200°C/400°F.
6. Using the **Small Portioning Scoop** (with a water bath between each portioning*), scoop approx. 35 falafels. Gently roll in your hands to make them round.
7. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
8. Place olive oil in a small bowl, roll the falafel in the oil, then set them on the Silicone Baking Sheet.
9. Bake for 20 min. Serve as an appetizer, as a starter with a green salad, or in a sandwich using pita bread with mixed raw vegetables and a yogurt sauce.

Tip:

For optimal portioning of the falafel mixture, sink the scoop in cold water between each portion.

To avoid bringing any water into your falafel mixture, shake the scoop to remove excess water before portioning.

SLIDERS



Preparation time
5 mins



Standing time
1 mins

INGREDIENTS FOR 8 SLIDERS

BASE

- 8 L Scoops ground beef, sirloin, chicken or turkey (450 g/1 lb)
- 5 ml/1 tsp salt
- 2 ml/½ tsp pepper
- 8 mini burger buns

VARIANTS

All American Burger

- 1 S Scoop onion powder (15 ml/1 tbs)

All American Burger Toppings (optional)

- Sliced cheddar cheese, lettuce, tomato, sliced red onion, sliced pickles, mustard, mayo, ketchup

Greek Burger

- 1 M Scoop feta cheese, crumbled (20 g/¼ cup)
- 1 S Scoop dried parsley (15 ml/1 tbs)
- 2 ml/½ tsp garlic powder

Greek Burger Toppings (optional)

- Kalamata olives, spinach, tomato, sliced red onion, tzatziki sauce

PREPARATION

1. In a medium bowl, combine ground meat of your choice, salt and pepper.
2. Add all flavoring ingredients of your choice and mix again until fully combined.
3. Using the **Large Portioning Scoop**, scoop and flatten to form the sliders.
4. Place up to 4 sliders in the **MicroPro Grill**. Place cover in the grill/low position and microwave for 3 min.
5. Using oven gloves, remove cover and flip the sliders. Place cover back in the grill/low position and microwave for 4 minutes.
6. If adding sliced cheese: Using oven gloves, remove cover and place one slice of cheese on each slider. Place cover on in the casserole/high position and allow to stand for approx. 1 min. to melt the cheese.
7. Repeat until all burger mixture is finished.
8. Prepare burger with desired toppings and serve with fries or chips.

Tip:

To make larger burgers: Using the Large Portioning Scoop, scoop two portions and form the patties with your hands. Using the MicroPro Grill, microwave for 4 min. Flip patties and cook for an additional 4 min. Follow step 6 to melt cheese.



CORNBREAD BITES



Preparation time
5 mins



180°C/350°F
6 mins

INGREDIENTS FOR 20 CORNBREAD BITES

- 5 M Scoops cornmeal or polenta (100 g/2/3 cup)
- 1 L Scoop self-rising flour (35 g/1/4 cup)
- 60 mL/1/4 cup whole milk
- 1 S Scoop granulated sugar (15 g/1 tbsp)
- 1 large egg
- 55 g/1/4 cup unsalted butter, melted
- 1 mL/1/4 tsp salt

PREPARATION

1. Remove the rack from the oven and preheat to 180°C/350°F.
2. In the **Mix-N-Stor Pitcher**, whisk together all ingredients until you have a consistent batter.
3. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
4. Using the **Small Portioning Scoop**, scoop batter onto the Silicone Baking Sheet, spacing them evenly.
5. Bake for 6 min. Serve warm with butter.

Tip:

If you do not have self-rising flour, you can substitute with:

- 35 g/1/4 cup all-purpose flour
- 1 mL/1/4 tsp baking powder
- 1/2 mL/1/8 tsp salt



MAC AND CHEESE MUFFINS



Preparation time
5 mins



190°C / 375°F
20 mins

INGREDIENTS FOR 12 MUFFINS (2 SILICONE MUFFIN FORMS)

- 5 L Scoops ditalini or elbow pasta (±150-165 g/1½ cup)
- 4 L Scoops sharp cheddar cheese, grated (90 g/1 cup)
- 4 L Scoops Swiss cheese, grated (90 g/1 cup)
- 120 ml/½ cup whole milk
- 1 M Scoop all-purpose flour (±20 g/2 tbsp)
- 5 ml/1 tsp garlic powder
- 5 ml/1 tsp onion powder
- 2 ml/½ tsp salt
- 1 ml/¼ tsp black pepper
- 1 ml/¼ tsp cayenne pepper (optional)

PREPARATION

1. Preheat oven to 190°C/375°F.
2. Place pasta into the **Microwave Pasta Maker** and fill to water pictogram level.
3. Microwave for 18 minutes or until al dente. Drain pasta using the cover.
4. Immediately add all ingredients while pasta is warm and mix until fully combined.
5. Place two **Silicone Muffin Form** on a metal baking sheet.
6. Using the **Large Portioning Scoop**, scoop out one portion into each cavity.
7. Bake for 20 min. Serve warm.





DEVILED EGGS



Preparation time
10 mins

INGREDIENTS FOR 12 DEVILED EGGS

BASE

- 6 hard boiled eggs
- 1 L Scoop mayonnaise (55 g/¼ cup)
- 10 mL/2 tsp Dijon mustard
- Salt and pepper to taste

VARIANTS

Traditional

- 5 mL/1 tsp hot sauce (optional)
- Smoked paprika, garnish

Smoked Salmon

- 40 g/1½ oz smoked salmon, finely diced
- 1 M Scoop sour cream (30 g/2 tbsp)
- 10 mL/2 tsp capers with brine
- 10 mL/2 tsp red onion, finely diced
- 5 mL/1 tsp fresh dill

Spicy Chorizo

- 60 g/2 oz chorizo, cooked and finely diced
- 5 mL/1 tsp dried cilantro
- 2 mL/½ tsp cumin
- 1 mL/¼ tsp chili powder
- 1 lime, juiced

PREPARATION

1. Halve the eggs lengthwise and scoop out the yolks into the **Smooth Chopper**.
2. Add the mayonnaise, mustard, salt, pepper and desired ingredients to the Smooth Chopper. Cover and pull cord until smooth.
3. Using the **Small Portioning Scoop**, scoop out egg yolk mixture and release into the cavity of the egg white. Repeat until all eggs are filled.
4. Garnish with desired toppings.

Tip:

Set aside a few ingredients for garnish depending on the variant chosen (smoked paprika, fresh dill or cooked chorizo) to finish your choice of deviled egg.

EASY OVEN MEATBALLS



Preparation time
10 mins



220°C / 425°F
10-13 mins



Standing time
10 mins

INGREDIENTS FOR 45 SMALL MEATBALLS

- 50 g/2 oz day-old bread
- 500 ml/2 cups water
- 6-7 sprigs of parsley
- 1 garlic clove, peeled
- 9 L Scoops ground beef (lean stew meat) (500 g/1 lb)
- 1 large egg
- 5 ml/1 tsp salt
- Pepper to taste

PREPARATION

1. Remove the rack from the oven and preheat to 220°C/425°F.
2. Cut bread in large pieces and soak in water for approx. 10 min.
3. Place parsley and garlic in the **Chop 'N Prep Chef**, cover and pull cord until finely chopped.
4. Drain bread in a colander. Firmly press bread to get out most of the water.
5. In the **Mix-N-Stor Pitcher**, mix bread, garlic mixture, ground meat and remaining ingredients until fully combined.
6. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
7. Using the **Small Portioning Scoop**, scoop approx. 45 meatballs onto the Silicone Baking Sheet. Gently roll in your hand to make them round.
8. Bake for 10-13 min. Serve on their own, with pasta or on a sub.

Tip:

Roll in a mixture of 2 M Scoops grated Parmesan and 2 M Scoops breadcrumbs before baking.

Add spices of your choice to the mixture: cumin, curry, paprika... (approx. ½ S Scoop).



RICE AND CHEESE CROQUETTES



Preparation time
15 mins



Standing time
15-20 mins



220°C / 425°F
20 mins

INGREDIENTS FOR 24 CROQUETTES

- 6 L Scoops risotto rice (Arborio) (270 g/1½ cups)
- 700 ml/2¾ cup water
- 30 g/2 tbsps unsalted butter, softened
- 4 L Scoops grated cheese (Parmesan or Emmental) (90 g/1 cup)
- Salt and pepper

Breading

- 2 M Scoops breadcrumbs (30 g/¼ cup)
- 3 L Scoops grated cheese (Parmesan or Emmental) (65 g/¾ cup)

PREPARATION

1. Rinse and drain the rice using a colander until water runs clear.
2. Add rice and water to the **Smart Multi-Cooker**, cover and microwave 5 minutes at full power. Then cook for an additional 15 minutes at 50% power.
3. Add butter, grated cheese, salt and pepper, then stir until butter is completely melted. Allow to stand for 10-15 min., do not wait much longer or mixture will become too stiff and can be more challenging to scoop.
4. Remove the rack from the oven and preheat to 220°C/425°F.
5. To make the breading: Using the **Power Chef fitted with blade attachment**, blend breadcrumbs and grated cheese, then pour into a medium bowl.
6. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
7. Using the **Medium Portioning Scoop**, scoop croquettes, roll in the breadcrumb and cheese mixture to coat them, then place on the Baking Sheet.
8. Bake for approx. 20 min. Serve as an appetizer or as a starter with green salad.

Tip:

You can chop 100 g/3.5 oz of cooked chicken, ham or olives using the Power Chef and add them to the mixture at the end of step 2.



RAISIN, OAT AND YOGURT MUFFINS



Preparation time
10 mins



180°C / 350°F
20 mins



Standing time
7 mins

INGREDIENTS FOR 12 MUFFINS (2 SILICONE MUFFIN FORMS)

- 110 g/±½ cup unsalted butter
- 8 L Scoops all-purpose flour (±280 g/±2 cups)
- ½ S Scoop baking powder (±7-8 g/±½ tbsp)
- 3 L Scoops granulated sugar (±165 g/±¾ cup)
- 4 L Scoops raisins (±130 g/±1 cup)
- 3 L Scoops oats (±70 g/±¾ cup)
- 2 large eggs
- 5 M Scoops plain, Greek yogurt (±150 g/±¾ cup)

PREPARATION

1. Preheat to 180°C/350°F.
2. Place butter into the **Micro Pitcher Set**, cover and microwave for 30 seconds at a time until fully melted.
3. In the **Mix-N-Stor Pitcher**, combine flour, baking powder, sugar, raisins and oats.
4. Add eggs, melted butter and yogurt and mix until you have a consistent batter.
5. Place two **Silicone Muffin Form** on the metal baking sheet.
6. Using the **Medium Portioning Scoop**, scoop out 2 portions of batter in each cavity.
7. Bake for approx. 20 min.
8. Allow to stand for 5 min. then gently unmold.

Tip:

Sprinkle a pinch of sugar on top of each muffin before baking to get a slightly caramelized effect on top.



ENERGY BITES



Preparation time
10 mins



Standing time
5 mins

INGREDIENTS FOR 15 ENERGY BITES

- 8 pitted medjool dates
- 2 M Scoops coconut oil (±50 g/±4 tbsp)
- 4 L Scoops uncooked old fashioned oatmeal (±90 g/±1 cup)
- 2 M Scoops mini chocolate chips (±50 g/±¼ cup)
- 1 L Scoop nut butter (peanut butter, almond butter....) (±85 g/±½ cup)
- 5 ml/±1 tsp vanilla extract
- 2 L Scoops ground flax seed (±50 g/±½ cup)

PREPARATION

1. Place pitted dates into the base of the **Micro Pitcher Set** and fill with water until dates are covered. Cover and microwave for 90 seconds at full power. Allow to stand for 5 min. or until dates are softened.
2. Drain the water and place softened dates in the **Power Chef**, cover and pull cord until dates are finely chopped into a paste then remove into another bowl.
3. In the **Micro Pitcher Set**, add coconut oil and microwave for 1 min. or until oil has melted.
4. In the **Power Chef**, place old fashioned oats, cover and pull cord until the oats are finely chopped.
5. Add date paste, melted coconut oil, mini chocolate chips, nut butter and vanilla extract to the **Power Chef**, cover and pull cord until ingredients are fully combined.
6. Remove the blade from the **Power Chef** and set aside. Add ground flax seed and mix until fully combined.
7. Using the **Small Portioning Scoop**, scoop out approx. 15 energy bites and place in a fridge safe container.
8. Store in the fridge until ready to eat.

Tip:

Use your hands to roll each scoop into a perfect ball.



GINGERSNAP SANDWICH COOKIES



Preparation time
15 mins



190°C / 375°F
10-12 mins



Standing time
5-10 mins

INGREDIENTS FOR 10 SANDWICH COOKIES

- 8 L Scoops all-purpose flour (±280 g/±2 cups)
- 5 ml/±1 tsp baking soda
- 2 ml/±½ tsp salt
- 2 ml/±½ tsp ground cinnamon
- 2 ml/±½ tsp ground ginger
- ½ ml/±¼ tsp ground cloves
- ½ ml/±¼ tsp ground nutmeg
- 110 g/±½ cup unsalted butter, softened
- 2 L Scoops granulated sugar (±110 g/±½ cup)
- 2 L Scoops light brown sugar, packed (±110 g/±½ cup)
- 1 large egg
- 60 ml/±¼ cup molasses
- 5 ml/±1 tsp vanilla extract
- 2 M Scoops granulated sugar (for rolling) (±60 g/±¼ cup)

Cinnamon Buttercream

- 55 g/±¼ cup unsalted butter, room temperature
- 4 L Scoops powdered sugar, sifted (±130 g/±1 cup)
- 45 ml/±3 tbsp heavy cream
- 2 ml/±½ tsp vanilla extract
- 2 ml/±½ tsp ground cinnamon

PREPARATION

1. Remove the rack from the oven and preheat to 190°C/375°F.
2. In a small bowl, combine flour, baking soda, salt and spices.
3. In the **Whip N' Mix Chef**, add butter, both white and light brown sugars, cover and beat on gear II until light and fluffy.
4. Add egg, molasses and vanilla extract, cover and beat on gear II until smooth.
5. Add half of the flour mixture, cover and mix on gear II just until combined.
6. Scrape down the sides, add remaining flour mixture, cover and mix until fully combined.
7. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
8. Using the **Medium Portioning Scoop**, scoop out approx. 20 portions, roll in sugar then place 5 cm/2-3 in. apart from each other on the Silicone Baking Sheet.
9. Bake for 10-12 min. Allow to cool completely.
10. While cookies are baking, prepare the cinnamon buttercream: In a clean **Whip N' Mix Chef**, add all the ingredients, cover and beat on gear II until mixture is smooth.
11. Once cookies are cool, using the **Small Portioning Scoop**, portion the cinnamon buttercream onto the bottom of one cookie. Top with another cookie to complete the sandwich.



FUDGY CHOCOLATE COOKIES



Preparation time
10 mins



190°C / 375°F
9-10 mins



Standing time
5-10 mins

INGREDIENTS FOR 16 COOKIES

- 6 L Scoops all-purpose flour (210 g/1½ cups)
- 2 L Scoops cocoa powder, sifted (50 g/½ cup)
- 5 mL/1 tsp baking soda
- 2 mL/½ tsp salt
- 110 g/½ cup unsalted butter, softened
- 4 L Scoops granulated sugar (220 g/1 cup)
- 2 large eggs
- 5 mL/±1 tsp vanilla extract

PREPARATION

1. Remove the rack from the oven and preheat to 190°C/375°F.
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 beat on gear II until light and fluffy.
4. Add eggs and vanilla extract, cover and beat 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 for a few seconds using the **Silicone Spatula**.
7. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
8. Using the **Medium Portioning Scoop**, scoop out approx. 16 cookies, 5 cm/2-3 in. apart from each other on the Silicone Baking Sheet.
9. Bake for 9-10 min. Allow to cool completely before serving.

Tip:

Depending on texture of the butter at the beginning, the final dough texture can vary. If the dough is a bit too soft and sticky to scoop, refrigerate for 30 min.



CHOCOLATE CHIP COOKIES



Preparation time
10 mins



180°C / 350°F
10-11 mins



Standing time
15 mins

INGREDIENTS FOR 16 COOKIES

- 5 L Scoops all-purpose flour (175 g/1½ cup)
- ½ S Scoop baking powder (7-8 g/½ tbsp)
- 1 large pinch of salt
- 4 M Scoops brown sugar (120 g/½ cup)
- 110 g/½ cup unsalted butter, softened
- 1 large egg
- 5 L Scoops chocolate chips (225 g/1½ cup)

PREPARATION

1. Remove the rack from the oven and preheat to 180°C/350°F.
2. In a medium bowl, combine flour, baking powder and salt.
3. In the **Mix-N-Stor Pitcher**, whisk brown sugar and softened butter together. Add the egg and whisk again.
4. Add dry ingredients into the **Mix-N-Store** and mix until you have a consistent dough. Fold in chocolate chips.
5. Place the **Silicone Baking Sheet with Rim** on the cold oven rack or metal baking sheet.
6. Using the **Medium Portioning Scoop**, scoop out 16 portions on the Silicone Baking Sheet. Flatten portions slightly with the back of the Portioning Scoop.
7. Bake for approx. 10 min. Allow to cool completely before serving.

Tip:

Baking time can be adjusted by more or less 1 min. depending if you like soft or crunchy cookies.



NO BAKE CHOCO-COCO MACAROONS



Preparation time
10 mins



Freezing time
30 + 15 mins



Standing time
1 mins

INGREDIENTS FOR 30 MACAROONS

- 12 L Scoops dry grated coconut (240 g/3 cups)
- 1 can (400 g/14 oz) sweetened condensed milk
- 4 L Scoops dark chocolate, chopped into small pieces (180 g/1 cup)
- 1 S Scoop coconut oil (15 ml/1 tbsp)

PREPARATION

1. Place grated coconut and sweetened condensed milk into a large bowl. Mix until well combined and sticky.
2. Using the **Small Portioning Scoop**, scoop out coconut mixture and place into a freezer safe container. Repeat until finished.
3. Place the container in the freezer for 30 min.
4. Add chocolate pieces and coconut oil to the **Micro Pitcher Set**, cover and microwave in 30 second intervals until melted. Allow to stand for 1 min. then stir until smooth.
5. Taking one coconut mound at a time, dip the tops into the chocolate and shake off any excess. Place back inside the freezer safe container.
6. When finished, freeze again for 15 min. to harden chocolate or keep in fridge until ready to serve.



TIE DYE MARBLE CAKE



Preparation time
10 mins



180°C / 350°F
18-20 mins



Standing time
10 mins

INGREDIENTS FOR 4-6 PEOPLE

- 3 L Scoops all-purpose flour (100 g/¾ cup)
- 5 mL/1 tsp baking powder
- 2 mL/½ tsp salt
- 55 g/¼ cup unsalted butter, melted
- 60 mL/¼ cup vegetable oil
- 3 M Scoops granulated sugar (90 g/½ cup)
- 1 large egg
- 5 mL/1 tsp vanilla extract
- 90 mL/6 tbsp whole milk
- 5 drops of 3 different colored food coloring

PREPARATION

1. Remove the rack from the oven and preheat to 180°C/350°F.
2. In a small bowl, combine flour, baking powder and salt.
3. In the **Whip N' Mix Chef**, add butter, vegetable oil and sugar. Mix on gear I just until combined. Add egg and vanilla extract, cover and mix again.
4. Add half of the flour mixture and mix on gear II just until combined.
5. Add remaining half of flour. Place funnel attachment on the cover and add milk. Mix on gear II until the milk is gone and the mixture is fully combined.
6. Evenly separate cake batter into 3 different bowls. Add 5 drops of different colored food coloring to each bowl. Mix until combined.
7. Place the **Silicone Baking Sheet with Rim with Pro Ring** on top on the cold oven rack or metal baking sheet.
8. Using the **Small Portioning Scoop**, alternate scooping out different colors and placing it randomly.
9. Using a toothpick, swirl cake batter around to create the marble effect.
10. Bake for 18-20 min.
11. Allow to stand for 10 min. before gently unmolding.

CHOCOLATE VANILLA VARIATION

If you don't have food coloring, make a chocolate vanilla marble cake instead! All you need is:

- 1 M Scoop cocoa powder, sifted (15 g/2 tbsp)
- 5 mL/1 tsp milk.

Instead of step 6, add half of the vanilla cake batter to a separate bowl. In the Whip N' Mix Chef, add the cocoa powder and milk, mix until combined. Then follow steps 7-11!



CHOCOLATE TRUFFLES



Preparation time
15 mins



Fridge time
1h30 mins



Standing time
1 min

INGREDIENTS FOR 24 TRUFFLES

- 250 g/9 oz dark chocolate (approx. 55% cacao)
- 110 g/½ cup unsalted butter, softened and cut into pieces
- 2 S Scoops crème fraîche or thick cream (30 g/2 tbsp)
- 2 L Scoops powdered sugar (65 g/½ cup)
- 2 M Scoops unsweetened cocoa powder, sifted (30 g/¼ cup)

PREPARATION

1. Break chocolate into pieces and place into the base of 1¾-qt./1.75 L **TupperWave® Stack Cooker Casserole**. Add butter, cover and microwave on full power for 90 seconds, stopping halfway to stir. Allow to stand for 1 min. then stir until smooth. If the chocolate is not completely melted, microwave again at 30 sec. intervals until melted.
2. Add crème fraîche and powdered sugar and mix until combined.
3. Cover and place in fridge until thickened, approx. 1h 30 min. If left in the fridge too long, let mixture stand at room temperature for 20 min. before portioning.
4. Prepare a warm water bath, then using the **Small Portioning Scoop**, portion approx. 24 truffles (rinse scoop between each truffle*).
5. Roll in cocoa powder then gently roll in your hands to make them round.
6. Keep the truffles in the fridge.

*For optimal portioning of the sticky truffle mixture, sink the scoop in warm water and action the wiper 2-3 times, then remove from water and shake to remove excess water from the scoop to avoid bringing water into the truffle mixture. Repeat between each portion.



BERRY SHORTCAKE



Preparation time
10 mins



220°C / 425°F
14-16 mins



Standing time
30 mins

INGREDIENTS FOR 9 SHORTCAKES

- 8 L Scoops all-purpose flour (280 g/2 cups)
- 1 S Scoop baking powder (14 g/1 tbsp)
- 3 S Scoops granulated sugar (45 g/3 tbsp)
- 2 mL/½ tsp salt
- 110 g/½ cup unsalted butter, melted
- 225 mL/1 cup whole milk

Filling

- 5 L Scoops mixed berries (150 g/1¼ cup) (quarter strawberries if using)
- 5 S Scoops granulated sugar (75 g/5 tbsp)
- 225 mL/1 cup heavy cream, cold
- 2 mL/½ tsp vanilla extract

PREPARATION

1. Remove the rack from the oven and preheat to 220°C/425°F.
2. In a large bowl, whisk together dry ingredients. Make a well in the center of the mixture.
3. Combine melted butter and milk, then pour mixture into the well of the flour mixture. Fold mixture just until combined.
4. Place the **Silicone Baking Sheet with Rim** on the cold oven rack.
5. Using the **Large Portioning Scoop**, scoop out 9 heaping portions and place it on the Silicone Baking Sheet.
6. Bake until tops are slightly golden brown, about 14-16 min. Allow to cool completely.
7. Add mixed berries to a medium sized bowl and gently mash. Add 3 S Scoops sugar (45 g/3 tbsp), seal bowl and shake to combine. Allow to stand for a minimum of 30 min.
8. In the **Whip N' Mix Chef**, combine heavy cream, 2 S Scoops sugar (30 g/2 tbsp) and vanilla extract and whip on gear I until soft peaks.
9. Once cool, cut biscuits in half. Using the **Medium Portioning Scoop**, place 9 heaping scoops of berries onto the bottom half of the biscuit.
10. Using the Large Portioning Scoop, scoop out whipped cream and place on top of berries. Place other half of the biscuit on top and serve.



EDIBLE COOKIE DOUGH



Preparation time
10 mins



Standing time
5 mins

INGREDIENTS FOR APPROX. 30 BALLS

BASE

- 5 L Scoops all-purpose flour (175 g/1¼ cup)
- 110 g/½ cup unsalted butter, melted
- 1 L Scoop granulated sugar (55 g/¼ cup)
- 2 L Scoops brown sugar (110 g/½ cup)
- 30 mL/2 tbsp whole milk
- 5 mL/1 tsp vanilla extract
- 2 mL/½ tsp salt

VARIANTS

Chocolate Chip

- 2 L Scoops mini chocolate chips (90 g/½ cup)

Sugar

- 1 L Scoop sprinkles (90 g/¼ cup)

Monster

- 1 M Scoop peanut butter, melted (30 g/2 tbsp)
- 2 L Scoops quick oats (50 g/½ cup)
- 1 L Scoop mini chocolate chips (45 g/¼ cup)
- 1 L Scoop mini candy coated chocolate (45 g/¼ cup)

Triple Chocolate

- 3 M Scoops unsweetened cocoa powder, sifted (45 g/½ cup)
- 1 L Scoop milk chocolate chips (45 g/¼ cup)
- 1 L Scoop white chocolate chips (45 g/¼ cup)

PREPARATION

1. Place flour* in microwave safe container. Microwave at full power in 30 sec. intervals, for 90 seconds total, stirring after each interval.
2. In the **Whip N' Mix Chef**, pour melted butter, both sugars, milk, vanilla extract and any other liquid ingredients from chosen variant. Mix on gear I.
3. Add heat treated flour, salt and any other dry ingredients from chosen variant. Mix on gear II.
4. Remove cover and fold in the candy of your chosen variant.
5. Using the **Small Portioning Scoop**, scoop out edible cookie dough and place in a fridge safe container.
6. Place in fridge until ready to serve.

Tip:

*Flour is a raw ingredient and must be heat treated to eliminate harmful bacteria before consuming.



USING THE PORTIONING SCOOPS FOR YOUR OWN RECIPES



You can use your Portioning Scoops to measure dry ingredients such as flour, sugar and cocoa powder.

For some ingredients, g (weight) is different from ml (volume).

Below is a list of approximate quantities of ingredients per scoop in grams. Weight (g) of ingredients per scoop can vary depending on brands and humidity level.

Ingredient (leveled scoop without compacting)	Quantity in the chart in G		
	Small Scoop (15 mL/1 tbsp)	Medium Scoop (30 mL/2 tbsp)	Large Scoop (55 mL/3¾ tbsp)
Almond flour	7	15	25
Almonds	-	20	35
Baking powder	15	-	-
Beans (red, pinto...)	-	25	40
Breadcrumbs	8	15	30
Bulgur	12	25	40
Cashews	-	20	30
Chickpeas	12	25	45
Chocolate chips	12	25	45
Cocoa powder	7	15	25
Coconut (dry grated)	5	10	20
Coconut (larger flakes)	5	10	15
Coffee (ground)	5	10	20
Red lentils	12	25	45
Corn flakes	-	5	10
Corn Starch	10	20	35
Couscous	10	20	35
Flour	10	20	35
Grated cheese	5	10	20

TO HAVE THE MOST PRECISE MEASUREMENT POSSIBLE:



1. First gently stir the powder to loosen it and avoid scooping into compacted areas.
2. Scoop without compacting.
3. Scrape the top with a tool like the Silicone Spatula (avoid pressing against the side of the container as it would compact the powder and change the quantity measured).
4. Pour out the ingredients.

Ingredient (leveled scoop without compacting)	Quantity in the chart in G		
	Small Scoop (15 mL/1 tbsp)	Medium Scoop (30 mL/2 tbsp)	Large Scoop (55 mL/3¾ tbsp)
Hazelnut	-	15	30
Lentils	12	25	45
Ground beef	15	30	55
Oats (regular)	5	10	20
Oats (Steel cut)	10	20	35
Pearl couscous	10	20	40
Polenta	10	20	35
Quinoa	10	20	40
Raisins	10	20	35
Rice	-	25	45
Salt (coarse)	15	30	55
Salt (fine)	20	40	70
Semolina	10	20	40
Sugar (brown)	12	25	45
Sugar (Icing/powdered sugar)	10	20	30
Sugar	15	30	55
Thick cream/Sour cream	15	30	50
Granulated walnuts	-	10	20
Yogurt	15	30	55



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