

MICRO PRESSURE COOKER



Tupperware®

MICRO PRESSURE COOKER

By combining two cooking methods into one product, the microwave and traditional pressure, this revolutionary product makes slow cooking FAST! Innovative in design, it ensures even heat distribution with fast cooking times whilst maintaining food flavours and colours.



CARE

Thoroughly read the instruction manual that accompanies your Micro Pressure Cooker before use.

Insufficient liquid will cause overheating, damaging your product and burning your food.

Only use the Micro Pressure Cooker once the cover has been securely fastened with the handle locked into the base.

The Micro Pressure Cooker is only safe to open once the pressure indicator has dropped.

Remove from microwave and leave the Micro Pressure Cooker to rest until the pressure indicator drops.

FOR BEST RESULTS

Cut meat and vegetables into small, equal pieces for even cooking.

Never overfill the Micro Pressure Cooker — use the maximum fill line as indicated on the inside of the Micro Pressure Cooker base.

Allow the Micro Pressure Cooker to release pressure naturally, don't place under running water.

The maximum usable capacity is 2 litres.

Minimum 150ml of liquid.

Cooking times must not exceed 30 minutes.

All recipes are tested in a 900 watt microwave. Please adjust your microwave if necessary.

GUARANTEE

The Micro Pressure Cooker has the same Lifetime Guarantee as most Tupperware products, except the silicone cover gasket, the pressure indicator gasket with pressure indicator, pressure regulator valve and safety lock plug. These components are covered by our Q Guarantee.

In case of replacement, they all need to be replaced at the same time.

Pressure Regulator Valve

Regulates the working pressure during the cooking process.

Safety Lock Handle

Added security feature to prevent cover from opening while cooking under pressure. If the handle is not fastened, pressure will not be created during cooking.

Safety Lock Plug

Works in conjunction with the safety lock handle to fully and securely close the product.

Cover

Features two handles for safe handling. Specific and unique design shields food from microwaves, allowing pressurised cooking. Cautionary pictograms are etched on the inside of the cover to ensure safety points are always close at hand. Features bayonet closure to securely lock cover into base.

Silicone Cover Gasket

Firmly locks cover into the base. It can be easily removed for cleaning.

Pressure Indicator Valve & Pressure Indicator

These two components sit in the cover and work hand in hand. During cooking the indicator is upright, releasing excess pressure. After cooking has completed, the indicator drops, indicating that the Micro Pressure Cooker is safe to open.

Base

2L cooking capacity, suitable for feeding 4+ people.



For your cooking confidence, the Micro Pressure Cooker features several safety devices, including the **Safety Lock Handle, Pressure Regulator Valve, Pressure Indicator Valve, Pressure Indicator** and **Silicone Cover Gasket**.



The Micro Pressure Cooker gives extraordinary results: simply add food, add liquid, lock cover and microwave! Your meal is cooked in 30 minutes or less.



The modern and stylish finish means the Micro Pressure Cooker is also suitable for table service.



To lock: Align the arrow on the cover with the arrow on the base. Rotate cover clockwise to secure.



The cover has a safety lock handle. Once the cover has been secured, press down on the handle to lock it into place.

The **Pressure Regulator Valve** activates when the working pressure (0.6bar) is reached. It opens to release excess pressure (steam) in order to have optimal pressure and temperature that will cook the food in the best conditions to get the finest results!



NO/LOW PRESSURE



WORKING PRESSURE

The **Pressure Indicator** with **Pressure Indicator Valve** show when there is pressure inside the Micro Pressure Cooker (up). You can easily know when the pressure has subsided inside the Micro Pressure Cooker (down) and then it's safe to open.



NO PRESSURE
(safe to open)



PRESSURE
(do not open)

SOPHISTICATED MAC 'N CHEESE



5 mins



8 mins + resting time



4

INGREDIENTS

2½ cups (315g) macaroni

2 cups (500ml) boiling water

½–1 tsp salt

1 tbs (15g) butter

1 cup (250ml) thickened cream

180g ricotta cheese

60g tasty cheese, grated

2 tbs (40g) mascarpone
cheese

Salt and pepper

To serve

Garden salad

METHOD

Place macaroni, water and salt in the Micro Pressure Cooker, microwave at 900 watts for 8 minutes. Remove from the microwave and allow to rest until the pressure indicator drops.

Mix through butter, cream and cheeses. Season with salt and pepper and serve immediately with a garden salad.

TUPPER TIPS

- For a gluten-free version, simply substitute with gluten-free pasta of your choice.
- Make sure you serve this dish with a fresh salad or lots of vegetables!
- Add bacon for a different twist on Mac 'n Cheese.



SEAFOOD RISOTTO



5 mins



23 mins + resting time



4

INGREDIENTS

1½ cups (315g) Arborio rice,
rinsed

1 tsp garlic, minced

500g marinara mix

1 tsp salt

3½ cups (875ml) fat-free
chicken stock

¼ tsp dried chilli

2 tbs (30g) unsalted butter

1 lemon, zest only

1 tbs fresh parsley, chopped

½ cup (55g) grated parmesan

Salt and black pepper

To serve

Fresh lemon juice & wedges

METHOD

Place rice, garlic, marinara mix, salt and stock into the Micro Pressure Cooker, microwave at 900 watts for 23 minutes. Remove from the microwave and allow to rest until the pressure indicator drops.

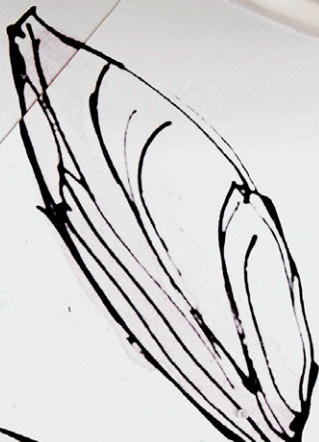
Stir through chilli, butter, lemon zest, parsley and parmesan.

Season with salt and pepper, and lemon juice to taste.

Serve immediately.

TUPPER TIPS

- If you cannot find marinara mix, substitute with 500g of your favourite seafood.



CLASSIC COQ AU VIN



10 mins



30 mins + resting time



4 – 5

INGREDIENTS

Bouquet garni

2 bay leaves

6 sprigs of parsley

1 stalk of thyme

White cotton string

Chicken

½ (50g) medium brown onion,
finely sliced

800g chicken pieces

1 tbs (10g) corn flour

½ cup (125ml) water

3 tbs (45g) tomato paste

150g small white
mushrooms, whole

2 garlic cloves, crushed

¼ cup (60ml) red wine

Salt and pepper

1 tbs (20ml) olive oil

To serve

Mashed or steamed potatoes

METHOD

To make the bouquet garni: bunch together herbs and tie one end with string, place in Micro Pressure Cooker with onion and chicken.

Combine cornflour with a little water to make a smooth paste. Add remaining water, tomato paste and pour over chicken. Add mushrooms, garlic, red wine, salt and pepper and microwave at 900 watts for 30 minutes.

Remove from the microwave and rest until the pressure indicator drops. Stir through oil and serve chicken with mashed or steamed potatoes.

TUPPER TIPS

- Chicken thighs, drumsticks and wings work well with this recipe.
- Steam potatoes and toss through with a small amount of butter, parsley and salt for a quick and delicious pairing dish.



LEMON & CINNAMON

LAMB SHANKS



10 mins



30 mins + resting time



2 - 4

INGREDIENTS

Lamb Shanks

850g lamb shanks
(2 full shanks)

½ (50g) medium
brown onion, diced

2 (240g) large carrots,
chopped into
1cm pieces

2 (200g) celery stalks,
cut into 1.5cm chunks

2 garlic cloves, crushed

1 bay leaf

2 sprigs of thyme

1 clove

2 cinnamon quills

200g tin diced tomatoes

⅓ cup (80ml) red wine

2 tbs (60g) tomato paste

2 tbs lemon zest

Mash

2 (400g) large potatoes,
peeled and diced

1 tsp garlic, minced

1 tbs (15g) butter

½ cup (55g) parmesan
cheese, grated

¼ cup (60ml) milk

METHOD

Place all shank ingredients (except lemon zest) into the Micro Pressure Cooker, and microwave at 900 watts for 30 minutes.

Meanwhile, to cook the mash, place potatoes in a medium saucepan, cover with water, bring to the boil and simmer for 10 minutes until tender. Strain potatoes and return to warm saucepan. Add garlic, butter, parmesan, milk and mash until smooth.

Remove Micro Pressure Cooker from the microwave and allow to rest until the pressure indicator drops. Stir through lemon zest and serve immediately with mashed potato.



MEXICAN STYLE PULLED PORK



10 mins



30 mins + resting time



12 entrée size

INGREDIENTS

850g pork shoulder, roughly chopped into 12 x 7cm pieces

1 red chilli, cut into 3 pieces

1 (100g) small red onion, diced

125ml water

200g finely sliced pineapple

4 tbs (160g) sugar

1 head butter lettuce, washed and dried

12 mini soft tortillas

2 limes, cut into wedges

Spice mix

1 tsp cocoa powder

1 tsp salt

1 tsp chilli flakes

2 tsp oregano

1 tsp black pepper

1 tsp garlic powder

1 tsp cumin

1/8 tsp ground coriander

1/8 tsp cayenne pepper

METHOD

Combine all spice ingredients and generously rub into pork shoulder*. Place pork, chilli, onion and water in the Micro Pressure Cooker, thoroughly mixing together. Microwave for 30 minutes.

Remove from the microwave and allow to rest until the pressure indicator drops. Using two forks, gently pull the flesh into strips.

Heat a medium sized fry pan over a moderate heat. Add pineapple slices and sugar in batches, cooking until caramelised and golden. Remove from heat and place in serving bowl. Prepare the tortillas according to instructions on packet.

Serve pulled pork in tortillas topped with pineapple, lettuce and lime juice.

TUPPER TIPS

- Pork pieces can be substituted with chicken.

* If time permits leave meat to marinate in spice mix overnight.



CHAR SIU PORK



5 mins



30 mins + resting time



4 – 6

INGREDIENTS

1kg pork fillets,
cut into 5cm pieces

2 tbs (40ml) light soy sauce

2 tbs (40ml) dry sherry

1 cup (250ml) char siu sauce

4 tbs (80ml) honey

To serve

Steamed rice

Steamed Asian greens

METHOD

Preheat oven to 180°C.

Place all ingredients into the Micro Pressure Cooker, mix together to combine.

Microwave at 900 watts for 20 minutes. Remove from microwave and leave the Micro Pressure Cooker to rest until the pressure indicator drops.

Using a slotted spoon, transfer pork to baking tray. Discard excess juices. Bake pork for 10 minutes.

To serve; slice pork in ½cm pieces and serve immediately with rice and steamed greens.

TUPPER TIPS

- Pork pieces can be substituted with chicken.
- Char siu sauce can be found in the Asian aisle at your supermarket.



VIETNAMESE CHICKEN CURRY



15 mins



24 mins + resting time



6

INGREDIENTS

- 1 (300g) small eggplant, peeled and diced
- 1 tsp salt
- 850g chicken pieces
- 2 (240g) carrots, peeled and sliced into ½cm pieces
- 1 (200g) medium potato, peeled and thinly sliced
- 1 (100g) medium brown onion, peeled and diced
- 3 tsp (10g) minced garlic
- 1 green chilli, seeded and finely diced
- 1 tbs (15g) fresh ginger, grated
- 1 tsp curry powder
- 1 star anise
- 2 (180g) small diced tomatoes
- 2 tbs (40ml) fish sauce
- 1 tbs (10g) corn flour
- 1 tbs (20ml) cold water
- 1 tbs (20ml) peanut oil

To serve

- 3 spring onions, finely diced
- ½ cup coriander, roughly chopped
- Steamed rice

METHOD

Combine eggplant and salt. Rest for 10 minutes. Rinse eggplant thoroughly, strain and place in the Micro Pressure Cooker.

Add remaining ingredients (except corn flour, water and oil) to the Micro Pressure Cooker, thoroughly mixing together.

Combine corn flour and water, pour over chicken and lightly stir.

Microwave at 900 watts for 24 minutes. Remove from microwave and leave the Micro Pressure Cooker to rest until the pressure indicator drops.

Stir through oil, top with spring onions and coriander. Serve immediately with steamed rice.

TUPPER TIPS

- Chicken thighs, drumsticks and wings work well with this recipe.
- Chicken pieces can be substituted with tofu or pork pieces.



STOCKS



5 mins



20 mins + resting time



Makes approx. 1L

Chicken Stock

700g chicken parts, including a drumstick or two

1 (100g) medium brown onion, trimmed and quartered but not peeled

1 litre water

2 large garlic cloves, smashed

1 (120g) large carrot, washed and unpeeled, cut into 2cm chunks

1 tsp salt

¼ tsp whole black peppercorns

2 bay leaves

Place all ingredients in the Micro Pressure Cooker, and microwave at 900 watts for 20 minutes. Remove from the microwave and rest until the pressure indicator drops.

Place a sieve over a large bowl and carefully ladle the stock into the sieve and strain. Discard the solids.

Vegetable Stock

1 (100g) medium brown onion, trimmed and quartered but not peeled

1.25 litres water

2 large cloves of garlic, smashed

2 (240g) medium carrots, washed and unpeeled, cut into 2cm chunks

3 (300g) stalks of celery, cut in half

100g leeks, washed and chopped into 2cm pieces

1 tsp salt

10 whole black peppercorns

2 bay leaves

Place all ingredients in the Micro Pressure Cooker, and microwave at 900 watts for 20 minutes. Remove from the microwave and rest until the pressure indicator drops.

Place a sieve over a large bowl and carefully ladle the stock into the sieve to strain. Discard the solids.



STEWED STONE FRUIT



5 mins



10 mins + resting time



6

INGREDIENTS

600g ripe stone fruit,
cut into wedges

¼ cup (35g) dried cranberries

½ cup (75g) dried apricots

1 vanilla bean, sliced, seeds
scraped and skin reserved

1 star anise

3 cardamom pods, crushed

¼ cup (60ml) water

¼ cup (55g) white sugar
(add additional for taste)

1 cinnamon stick

1 tbs orange zest

To Serve

½ cup (125g) mascarpone

1 tsp caster sugar

1 tbs (20ml) orange juice

METHOD

Place ingredients in Micro Pressure Cooker and gently combine. Microwave at 900 watts for 10 minutes. Remove from the microwave and rest until the pressure indicator drops.

Meanwhile, combine mascarpone, sugar and juice in a small bowl.

Serve fruit warm with mascarpone for a delicious dessert.

TUPPER TIPS

- White and yellow peaches and nectarines work well for this recipe.
- Serve with yoghurt and granola for a healthy breakfast.
- Substitute white sugar with coconut sugar for a refined sugar-free option.



PRESSURE COOKING GUIDELINES

Depending on the ingredient; peel, rinse, slice and dice or cut in equal small/medium pieces.

Never cook without liquid. This table is intended to be a guide only for cooking and standing times.

The times specified are indicative for a 900 watt microwave oven.

Depending on your own microwave oven, adapt your timing and amount of food accordingly.

Meat

Meat	Water	Cooking time	Standing time	Weight	Comments
Beef stew type (chuck, blade or gravy)	750ml	30 min	15 min	600g beef cubed + 200g vegetables	Make a mix of vegetables (leek, carrot, onions, celery) peeled, sliced, diced or chopped in similar size. For beef, results will be better if you use warm liquid before cooking in the microwave. Marinating the meat is better for tenderness before cooking. Be sure that all the meat is immersed in liquid.
Chicken pieces	400ml	12 min	15 min	500g chicken breasts + 600g max. vegetables	Chicken breasts have to be cubed. Vegetables have to be peeled, rinsed, drained and sliced or diced. Be sure that all the meat is immersed in liquid.
Lamb stewed	200ml	20 min	15 min	500g – 800g lamb + 400g vegetables	Cube the lamb and quarter the vegetables. Be sure that all the meat is immersed in liquid.
Pork stewed	400ml	25 min	15 min	500g – 800g pork 500g – 800g vegetables	Cube the pork in equal, medium sized pieces. Peel, slice, dice or chop vegetables in similar size. Be sure that all the meat is immersed in liquid.
Veal stewed	500ml	30 min	15 min	500g veal cubed + 800g vegetables chopped in similar size	Cube the veal in equal, medium sized pieces. Be sure that all the meat is immersed in liquid.
Meatballs	500ml	10 min	15 min	600g	Be sure that all the meat is immersed in liquid.
Sausage	500ml	18 min	15 min	500g sausage + 500g potatoes + 400g carrots + 1 onion	Be sure that all the meat is immersed in liquid. Pierce skin of sausage before cooking. It helps reduce splitting so that the skins do not burst.

Cooking instructions

Cube meat in medium and equal sized pieces.

Respect quantities and timings.

Select pieces with similar size and weight for even cooking.

Avoid bones in contact with inside wall of the Micro Pressure Cooker.

Fish and Seafood

Fish	Water	Cooking time	Standing time	Weight	Comments
Cod	150ml	11 min	5 min	600g cod + 300g vegetables	For the vegetables use a mix of mushrooms, zucchini and sweet pepper thinly diced.
Mussels (small)	150ml	5 – 7 min	5 min	1kg max.	Mussels double in space after cooking. Add 1 shallot peeled and chopped before cooking.
Salmon (thawed or fresh)	150ml	5 min	5 min	800g	Add salt and pepper after cooking.
Salmon (frozen)	150ml	7 min to defrost	5 min	500g	Add salt and pepper after cooking.
Scallops (thawed or fresh)	150ml	5 min	5 min	400g	
Shrimps (raw and frozen)	150ml	5 min	5 min	400g	
Fish soup	150ml	12 min	5 min	600g raw fish	Cube the fish and cut vegetables in medium pieces. After cooking add 150ml boiling water and cream.

Cooking instructions

Most seafood and fish cook quickly. The Micro Pressure Cooker will cook even quicker.

Cook fish with vegetables or in amounts as specified.

Roll fillets when possible.

Never cook seafood in shells, except mussels.

Fruit and vegetables

Produce	Water	Cooking time	Standing time	Weight	Comments
Apricot (fresh)	150ml	12 min	5 min	1kg whole fruit (920g to cook)	Remove the stone before cooking. Add sugar after cooking.
Dried fruits	350ml	12 min	10 min	500g max.	Add spices and sugar before cooking.
Peaches (fresh)	150ml	6 min	5 min	1kg whole fruit (900g to cook)	Peel, stone and chop before cooking. Add sugar after cooking.
Pears (fresh)	300ml	10 min	5 min	1.2kg whole fruit (900g to cook)	Peeled, cored and cut in 4 equal wedges. Add sugar and spices before cooking.
Plums	150ml	8 min	10 min	600g max.	Add sugar after cooking.
Red berries (fresh)	150ml	10 min	10 min	1kg to cook	Add sugar after cooking. Mash for a nice compote and strain to get a coulis.
Artichoke (whole)	200ml	15 min	15 min	800g	No need to blanch before cooking. Cut the head for best result.
Asparagus (fresh, green, whole)	150ml	10 min	10 min	1kg (600g to cook)	Place tops in the same direction.
Beans (dried), small sized	1L	30 min	15 min	250g max.	Dried beans need to be soaked in water overnight before cooking. When re-hydrated, drain and add 1 tsp salt and 1 cube vegetable stock crumbled in the water.
Beans (fresh)	500ml	20 min	5 min	600g max.	Add 1 tsp salt before cooking.
Beetroot (fresh)	200ml	22 min	10 min	800g	Peel before cooking. Let chill before dicing or grating.
Broad beans (dried)	600ml	25 min	15 min	250g max.	Has to be soaked in water overnight before cooking. Add 1 tsp salt before cooking.
Broccoli (florets)	150ml	6 min	5 min	600g	Separate into florets.
Brussels sprouts	150ml	12 min	5 min	800g	
Cabbage	200ml	10 min	10 min	500g	Slice and wet the cabbage before cooking.
Carrots	150ml	10 min	5 min	1kg	Slice or dice before cooking.
Capsicum	150ml	9 min	5 min	1kg (800g to cook)	Peel, seed and slice before cooking.
Cauliflower (florets)	200ml	15 min	15 min	600g	Separate the florets before cooking.
Corn on the cob	150ml	6 min	10 min	500g (2 pieces)	Remove husks.
Eggplant (chopped)	150ml	10 min	5 min	3 eggplants (900g) makes 600g to cook	
Green beans	150ml	8 min	5 min	600g	Make sure all the pieces are similar in length so they cook evenly.

Produce	Water	Cooking time	Standing time	Weight	Comments
Fennel bulb	150ml	8 min	5 min	600g max.	Trim, quarter or slice the fennel before cooking.
Leeks	150ml	8 min	10 min	600g max.	Cube before cooking. Drain and salt after cooking.
Lentils (dried)	550ml	18 min	10 min	165g	Salt has to be added before cooking. Be sure that the lentils are immersed in water. To get a richer taste add a fat free stock cube crumbled and 2 garlic cloves crushed before cooking.
Mushroom (White button)	150ml	6 min	10 min	600g max.	Remove the foot before cooking.
Onions (chopped)	150ml	12 min	5 min	800g	Peel and chop before cooking.
Peas	150ml	6 min	10 min	1kg	Use fresh spring ones.
Potatoes (whole & peeled, small size)	150ml	13 min	5 min	1kg (750g to cook)	
Potatoes (peeled and chopped)	150ml	10 min	5 min	1kg	Specific for mashed potatoes.
Potatoes (unpeeled, small size)	150ml	10 min	5 min	750g max.	Prick the skin before cooking.
Pumpkin	150ml	6 min	5 min	600g	Peel and cube before cooking.
Spinach	150ml	5 min	5 min	200g max.	Rinse and drain spinach before cooking.
Sweet potatoes	150ml	8 min	5 min	1.2kg	Peeled, chopped or cubed.
Tomatoes (fresh)	150ml	8 min	5 min	1kg max.	Cut in equal pieces.
Ratatouille	300ml	17 min	10 min	1.3kg max.	Peel and chop the vegetables before cooking.
Turnip	150ml	8 min	10 min	1kg	Peel and chop before cooking.
Zucchini	150ml	12 min	10 min	1kg	Slice or dice before cooking.
Vegetable soup	500ml	15 min	5 min	1kg fresh vegetables	Cut in pieces, add fat free stock cube crumbled before cooking. After cooking add 1 litre boiling water and stir.

Cooking frozen vegetables

Frozen vegetables may be frosty.

Some are a solid block when removed from the freezer. If it is possible, separate frozen pieces by hand before placing them into the Micro Pressure Cooker.

Do not thaw before cooking.

Do not rinse before cooking.

Even when cooking from frozen, add minimum 150ml water per 10 min of cooking time.

Cooking fresh vegetables

Use amounts as recommended in the cooking charts.

Temperature, freshness, size, homogeneous and quantity will affect cooking time and quality of results.

When fresh, use crisp and firm vegetables. Ideal to cook seasoned vegetables.

Select uniform foods or cut pieces as evenly as possible.

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