

# Microwave Pressure Cooker



# 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**; ensuring even heat distribution, improved food color, and fast cooking times.

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



## All about convenience...



### WOW demo at the party

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

Recipe results are impressive!

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

**Save money** by using inexpensive cuts of meat with **fabulous results**. Because food is cooked quicker, the Pressure Cooker also **saves energy!**

### Save time during the week

Prep meals the day before & cook in microwave later; there is no need to stir during the cooking process.

**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 TupperWave® Stack Cooker or Tupperware® SmartSteamer.**



## How it works

### what is pressure cooking?

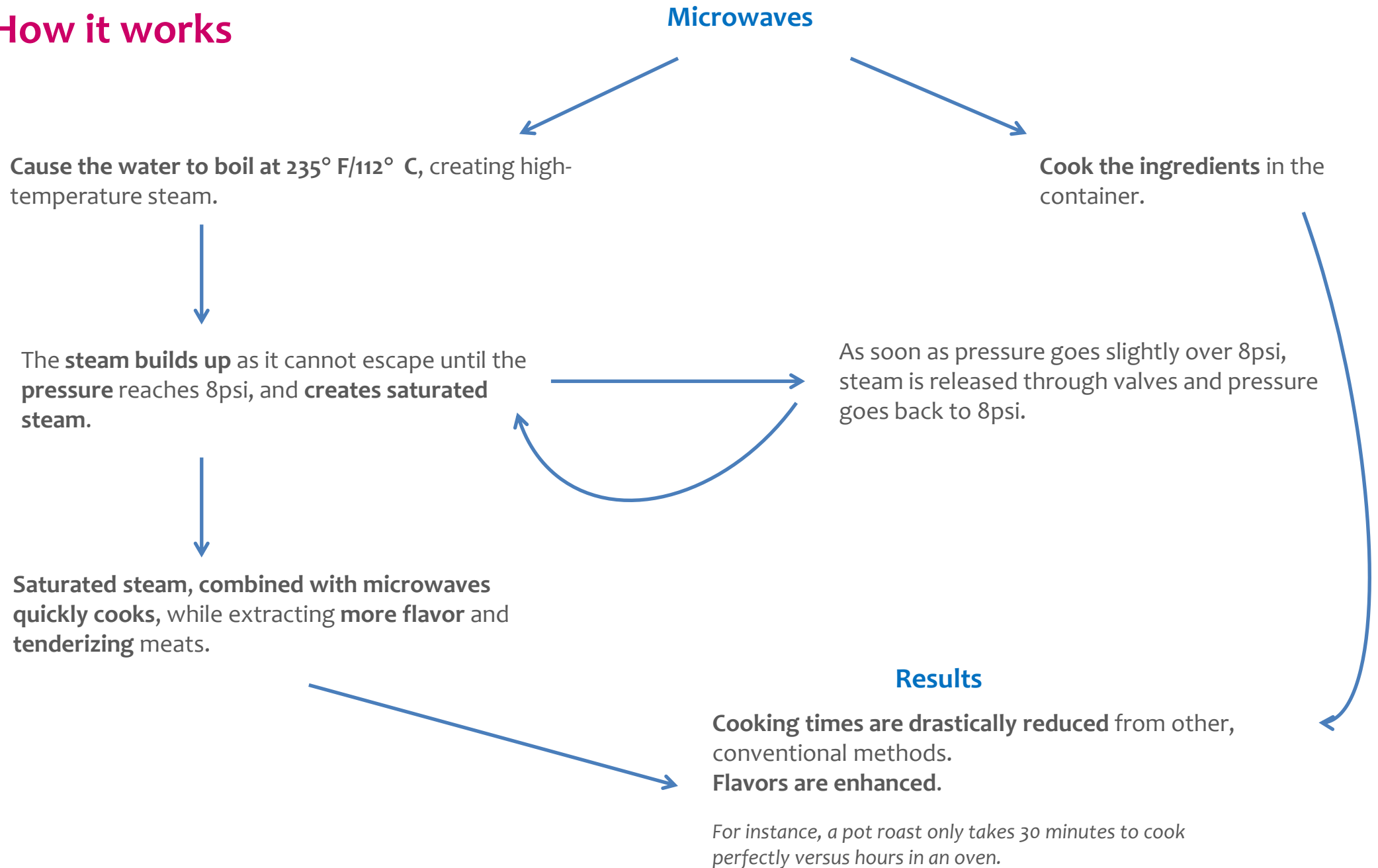
Pressure cooking is the process of cooking food, using water or other cooking liquids, in a sealed vessel—known as a pressure cooker, which **does not permit air or liquids to escape below a pre-set pressure (8psi)**. The increased pressure raises the boiling point of water (from 212° F /100° C to 235° F /112° C), **creating superheated water**.

### why does it cook faster and better than other, conventional methods?

Pressure cookers heat food quickly because the internal steam pressure from the boiling liquid causes **saturated steam to bombard and permeate the food**.

**Higher temperature steam** (i.e., increased energy), which **transfers heat more rapidly** compared to dry air, **cooks food very quickly**. Pressure cookers **also greatly reduce the amount of energy used to cook** a dish as the water is not boiling for a long period. Once the target temperature is reached, the only heat lost is through the surface of the pot or any venting that occurs. **It is an extremely energy-efficient method of cooking**.

## How it works



What makes ours the best on the market? A unique material PLUS four fail-proof safety features

**INNOVATIVE**  
TUPPERWARE MATERIAL  
PressureTherm™

A unique & revolutionary material, developed by Tupperware, the **PressureTherm™ Material** ensures that the Pressure Cooker can withstand **pressure up to 12 psi**, while being regulated at 8psi, and keeping temperature to 235°F /112°C .



If the **Pressure Indicator with Valve** is blocked and pressure exceeds a certain level, then it **will automatically pop out to prevent build up of too much pressure.**



If the **Pressure Regulator Valve** is blocked and pressure exceeds a certain level, then it **will automatically pop out to prevent build up of too much pressure.**



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



Fail-proof Silicone Gasket

**Unique fail-proof Silicone Gasket** took 50 design iterations to ensure that **excess pressure** in the container would cause the **Silicone Gasket to collapse into the container**, releasing all pressure at once.

# Microwave Pressure Cooker

## Innovative design:

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

**Pressure Release Plug**

Releases remaining pressure  
as you unlock the handle.

**Pressure Indicator Valve**

Indicator pops up to indicate that the container is  
pressurized and goes down when container is  
depressurized and can be opened.

**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**

**Pressure Regulator Valve**

Regulates the operating  
pressure.

**Silicone Gasket**

Locks-in the pressure while cooking.  
Located in the inside rim of the  
Cover.  
It also works as a safety feature.

**Pictograms**

Etched to the cover  
to show how to insert  
valves.

**Pictograms**

of basic uses



## Innovative design:

### Sturdy Handles

Ensure firm grip when holding the base



### 2-qt./2 L capacity

Ideal for a 4-person meal

### Wall Thickness

Established to withstand up to 12psi.

### Raised feet

Promote good air and microwaves circulation for even cooking and avoid condensation when set on a table.



## Quick safety checks before each use:



**Make sure that nothing is blocking the Pressure Indicator Valve and the Pressure Regulator Valve.** If valves are not clean, pressure may not be released from them. Also, make sure that you have assembled the valves properly. Failure may cause the valves to pop out during cooking and for the content of your Pressure Cooker to spit out onto your microwave - please refer to the “How to Add Valves to Cover” page for detailed instructions.



**Make sure that the hole underneath the Handle Lock is not blocked.**

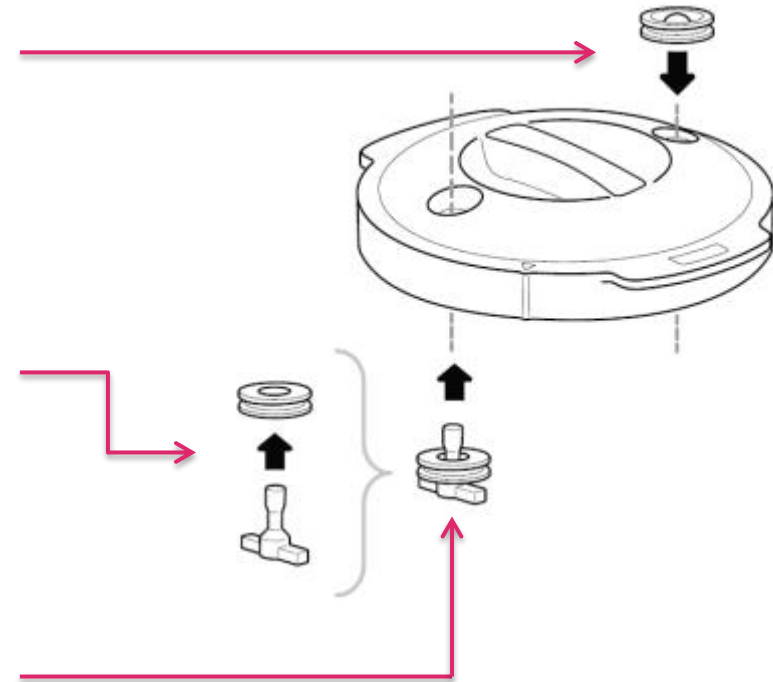


**Make sure the Silicone Gasket is clean** of any foreign body to ensure it properly seals the Pressure Cooker. **Without the gasket properly functioning, no pressure will build.**

Please note that the discoloration & pitting that may appear in the Microwave Pressure Cooker Base after use do not affect the high performance of the product, nor its safety for food contact in any way.

## How to add Valves to Cover:

1. Place the **Pressure Regulator Valve** on top of either one of the openings in the cover. Then press down until inserted into the opening, verifying that it's well-placed from both sides of the cover.
2. Insert the **Pressure Indicator** into the opening of the **Pressure Indicator Valve**.
3. Take the **Pressure Indicator Valve with Pressure Indicator** with the circular head facing up and **assemble it into the other opening in the cover**. **It is very important to do this assembly from the underside of the cover and that the rounded head of the Pressure Indicator faces outward on the top of the cover**; failure to do so may cause malfunctioning of the Pressure Indicator Valve.

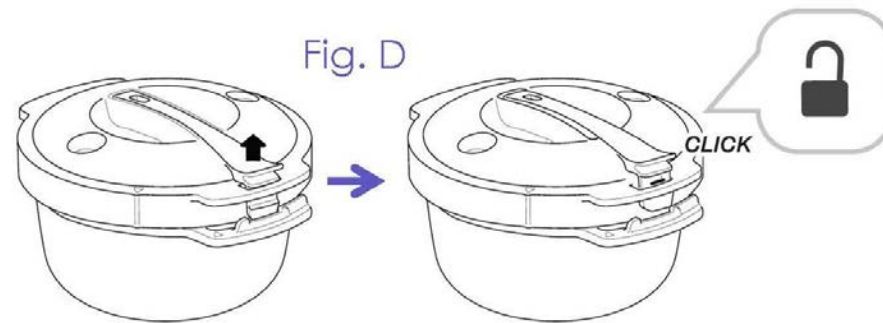


### Note:

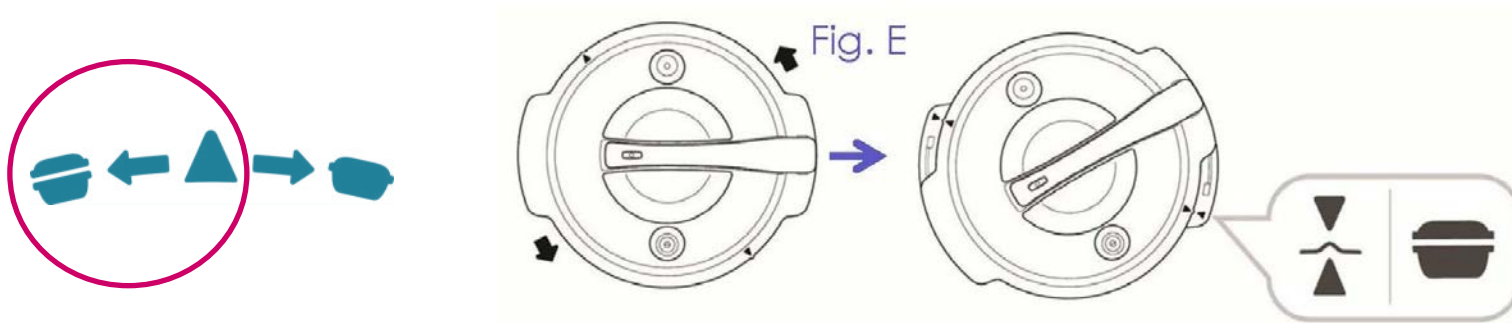
- To disassemble both valves, just push down with one finger until the valve or valve with indicator falls out. Take care to do this away from a sink as the valves and components are small.
- To disassemble the Pressure Indicator, simply push down with one finger on the rounded head until the indicator pops out.

## How to open:

1. **Lift the Handle Lock by its tab** (at the end of the handle) until you hear a click (fig. D).



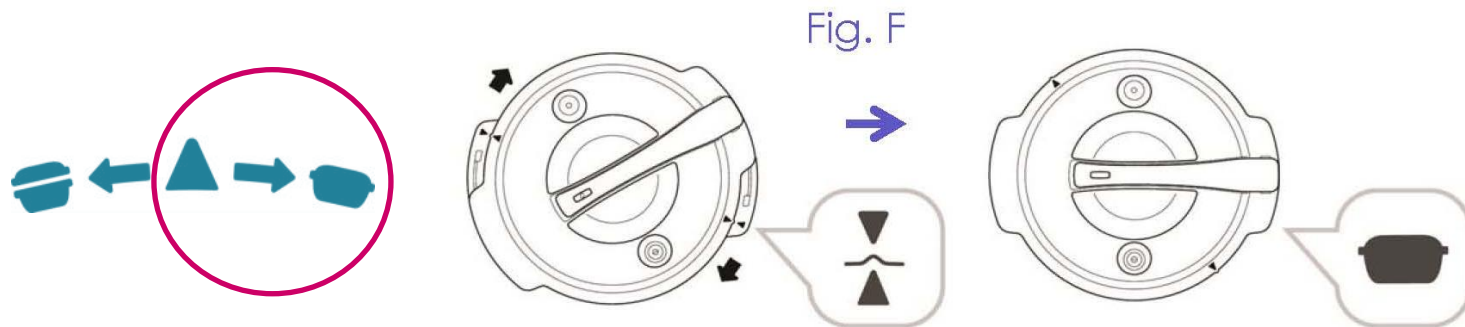
2. **Turn the cover counter clockwise**, until arrows on the cover & base are aligned (fig. E).



3. **Remove the cover.** Either hold the cover by its side handles or by the handle integrated in the center of the cover.  
**Never use the safety lock handle to turn** the cover as it may lead to breakage.

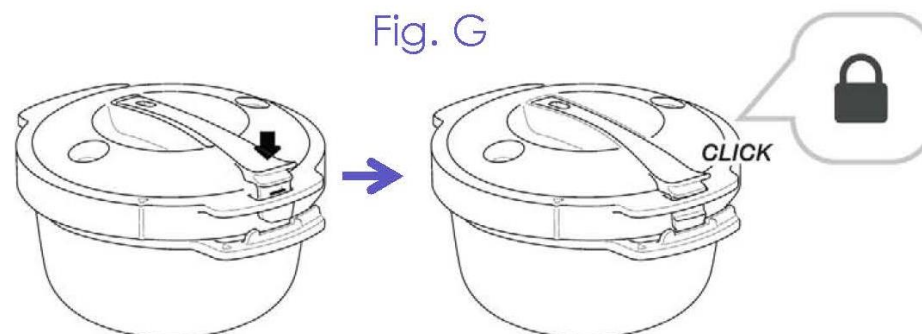
## How to close:

1. Match up the arrows on the cover to the arrows on the base (fig. F).



2. Turn the cover clockwise, until side handles of the cover & the base are aligned (fig. F). *If you feel excessive resistance, ensure that the silicone cover gasket is positioned correctly inside the cover rim.*

3. Push down the Handle Lock to lock the Microwave Pressure Cooker until you hear a click (fig. G).





# Microwave Pressure Cooker



## What the pictograms mean:



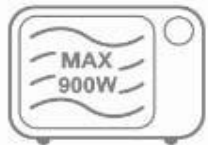
Do NOT over fill – respect the fill line.



Do not cook without adequate fluids or the Pressure Cooker will be damaged.



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

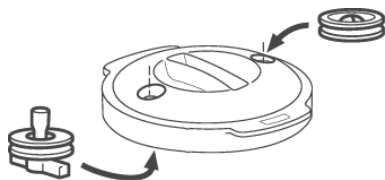


The Microwave Pressure Cooker is certified for a maximum use of 900 watts



Do NOT run under water when still hot. It may cause your Pressure Cooker to crack.

max +120°C +248°F



Check before use to ensure the **Removable Pressure Regulator Valve** and **Pressure Indicator Valve** are clean and not blocked with foreign objects such as food particles.

## How to cook:

1. **Prepare** your ingredients
2. **Place** your ingredients **in** the Microwave Pressure Cooker **Base**
3. **Close & Lock**
4. Place the Microwave Pressure Cooker in the microwave and **cook, according to recipe.**
5. **Respect standing time** after cook, as indicated in recipe
6. Once the **Pressure Indicator Valve** has fully lowered, **open** the Microwave Pressure Cooker
7. **Simply enjoy delicious food!**

## Tips for better results

**Cover all ingredients with liquid.** Food not covered in liquid that is exposed to both microwaves and pressure for a long period of time will become too tough to eat.

**Don't fill above the Max Fill line.** If your pressure cooker is too full it won't be able to come to pressure.

⇒ *Tip – if the cut of meat you are using is shaped in such a way that it makes covering it with liquid impossible without going above the Max Fill line, cut it so that it is submerged and the liquid doesn't rise about the fill line.*

**Cooking ingredients with starch.** If you are cooking anything with starch – like risotto – rinse the grains until the water runs clear; this helps reduce the starch on the grains. It also helps prevent clogging of the gaskets.

## When to open after cooking?



Pressure



No 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 Cooker (down)** and then it's safe to open the Microwave Pressure Cooker.





## Quick cooking chart reference:

Meat, poultry & fish	Quantity/Basic Instruction	Liquid	Cooking Time
Sausage links	4-5 links	2-3 cups	10-15 minutes
Chicken Breasts	boneless; skinless 2 lbs	2-3 cups	12-20 minutes
Whole Chicken	3-4 lbs.	until submerged 3-4 cups	20-30 minutes
Chicken Thighs	2 lb. boneless	until submerged	10-15 minutes
Chicken Wings	to make crispy; broil in oven afterwards	until submerged	10-15 minutes
Pork Tenderloin	2-3 lb.	2-3 cups	10-15 minutes
Pork Loin	3-4 lb.	3-4 cups	12-18 minutes
Pork Butt	2-3 lb. ; cut in half, boneless	2-4 cups	30 minutes
Flank steak	1.5-2 lb.	2-3 cups	30 minutes
Chuck roast	1.5-2 lb.	2-3 cups	25-30 minutes
Eye round or rump roast	3 lb. ; trim as necessary to submerge	3 cups	15-30 minutes depending on desired doneness and size of the cut
Ground beef/chicken/pork/turkey	1 lb.	2 cups	10-15 minutes
Turkey breast	2 1/2 lb. boneless	3-4 cups	15-20 minutes
Salmon filet	2 6 oz. filets	coated; 1-2 cups	6-10 minutes
Vegetables	Quantity/Basic Instruction	Liquid	Cooking Time
Dried Beans	Soak overnight; quick soak 12-16 oz.	max fill line	30 minutes
Lentils	1 1/2 cups	2 cups	18-25 minutes
Beets	peeled & thick slice	until mostly covered	10 minutes
Carrots	peeled & cut in 2" pieces	until mostly covered	5-10 minutes
Red potatoes	1-2 lbs. unpeeled, medium, whole	3-4 cups	15-25 minutes depending on desired doneness
Corn on the Cob	shucked, 4 ears	1 cup; until mostly covered	8-10 minutes
Artichoke	1 trimmed	4-6 cups, mostly covered	12-18 minutes
Grains & Pasta	Quantity/Basic Instruction	Liquid	Cooking Time
Arborio Rice	1 cup; rinsed	2 1/4 cup	12-20 minutes
Pasta	elbow or bowtie; 8 oz.	3-4 cups	10-20 minutes depending on desired doneness
Russet Potatoes	4-5 peeled	2-3 cups	15-25 minutes
Soups & Stews	broth based	max fill line	20-30 minutes
White rice converted (parboiled)	2 cups	3 1/2 cups	15 minutes
Quinoa	1 cup; rinsed	2 1/3 cup	10-15 minutes
Fruits	Quantity/Basic Instruction	Liquid	Cooking Time
Pears	2; peeled & halved	1-2 cups	10 minutes

## Date Me cards

### 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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### 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 evenly 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 sensitive 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 washing in hot, soapy water.

\*It is recommended always allowing pressure to naturally release. This product should not be used to cook cooking and meat tender and easier to open the Pressure Cooker.

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Serves 8 - Serving size 1/2 cup

**18 minutes** PREP: 5 minutes  
COOK: 13 minutes  
(heated in 900-watt microwave)

### Mushroom RISOTTO

1. Cook Arbor-Rio (1/2-cup vegetable stock or water)
2. Add 2 1/2 cups fresh mushrooms, sliced
3. Small onion, peeled, halved and chopped using Chop 'N Prep Chef
4. 1 tsp. cooking butter cut
5. 1 tbsp. extra virgin olive oil
6. 1 cup Parmesan cheese

1. Place Arbor-Rio in trivet 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 15 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator falls below seal, about 4-5 minutes. Seal the opening.
4. Remove cover and stir in Parmesan cheese.

\*Naturally, some microwave ovens may release steam to top of the vent or separator with release.

Nutritional Information (per serving):  
Calories: 170 Total Fat: 4.5g Saturated Fat: 3g Cholesterol: 5mg Carbohydrate: 25g Fiber: 1g Protein: 1g Sodium: 30mg Vitamin A: 6% Vitamin C: 6% Calcium: 8% Iron: 2%

**TO DEMO:** Microwave Pressure Cooker

**OPTIONAL:** Chop 'N Prep Chef, Measuring Cup, Measuring Spoon, Silicone Spatula

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Serves 4 - Serving size 4-6 oz./125-25 g beef with veggies and broth

**35 minutes** PREP: 5 minutes  
COOK: 30 minutes  
(heated in 900-watt microwave)

### 30-Minute POT ROAST

- 1-2 lb. (450-900 g) 1 kg beef chuck roast
- 1/4 tsp. Steak & Chop Seasoning
- 1/2 cup all-purpose flour
- 2 cups beef stock
- 2 tbsp. apple cider vinegar
- 2 large carrots, peeled and cut in 1/2" (1.25 cm) disks
- 1 onion, peeled and sliced thin
- 1/4 lb. (225 g) mushrooms, cut in half

1. Cut chuck roast along fat seam and sprinkle with seasoning. Place into base of Microwave Pressure Cooker.
2. In a small bowl, whisk flour into stock and pour over beef.
3. Add remaining ingredients to Pressure Cooker base and seal.
4. Microwave on high power 30 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator falls below seal, about 10 minutes. Seal the opening.
5. Remove beef and place on cutting board. Let beef rest 5 minutes before slicing.
6. Serve with the vegetables and potatoes.

Nutritional Information (per serving):  
Calories: 310 Total Fat: 13g Saturated Fat: 5g Cholesterol: 10mg Carbohydrate: 14g Sugar: 1g Fiber: 3g Protein: 25g Sodium: 30mg Vitamin A: 6% Vitamin C: 10% Calcium: 4% Iron: 1%

**TO DEMO:** Microwave Pressure Cooker, Steak & Chop Seasoning

**OPTIONAL:** Measuring Cup, Measuring Spoon, Silicone Spatula

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Serves 4 - Serving size 3/4 cup

**15 minutes** PREP: 5 minutes  
COOK: 10 minutes without vent  
25 minutes with vent  
(heated in 900-watt microwave)

### One Pot PASTA

- 1 onion, peeled and quartered
- 1 garlic clove, peeled
- 1 tsp. butter herb seasoning
- 8 oz. (225 g) penne pasta
- 2 1/2 cups (500 g) tomatoes
- 1 cup beef broth

1. Add onion and garlic to base of Chop 'N Prep Chef Cover and pulsed to finely chop.
2. Combine onion and garlic with seasoning, pasta, tomatoes and beef 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 falls below seal, about 2-3 minutes, before cooking.
3. Serve topped with Parmesan cheese and basil, if desired.

Nutritional Information (per serving):  
Calories: 360 Total Fat: 13g Saturated Fat: 3g Cholesterol: 5mg Carbohydrate: 55g Sugar: 14g Fiber: 5g Protein: 11g Sodium: 30mg Vitamin A: 16% Vitamin C: 10% Calcium: 6% Iron: 10%

With 1/2-cup (225 g) beef (steak or sirloin):  
1. Place Microwave Pressure Cooker base underneath Bacon Masher™. Press with the coarse rubber disk. Fit topper with beef and turn handle through processing. Chop these in rice in the topper, add remaining beef. Remove topper and garlic, and allow beef to be processed.
- 2. Add seasoning, pasta, tomatoes and broth to main Pressure Cooker base and microwave on high power 10 minutes. Remove from microwave and allow pressure to release naturally until red pressure indicator falls below seal, about 3-5 minutes, before cooking.
- 3. Serve topped with Parmesan cheese and basil, if desired.

Nutritional Information (per serving):  
Calories: 400 Total Fat: 15g Saturated Fat: 3g Cholesterol: 5mg Carbohydrate: 55g Sugar: 14g Fiber: 5g Protein: 22g Sodium: 30mg Vitamin A: 16% Vitamin C: 10% Calcium: 6% Iron: 10%

**TO DEMO:** Microwave Pressure Cooker, Bacon Masher

**OPTIONAL:** Chop 'N Prep Chef, Measuring Cup, Measuring Spoon, Silicone Spatula

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## 16 additional recipes...



Chicken Curry



Pork Tenderloin with  
Raisin Cream Sauce



Lentil Sloppy Joes



Summer Poached Pears



## 16 additional recipes...



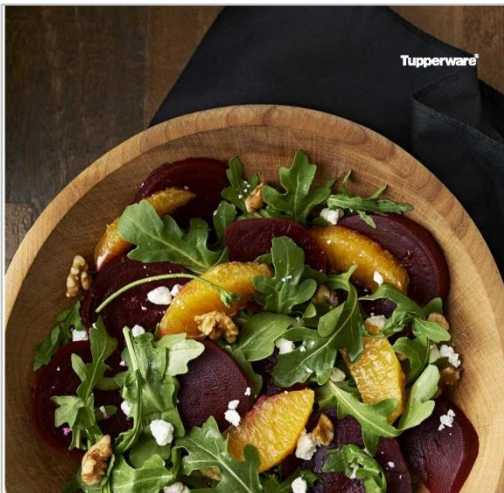
Cajun Red Beans



Chicken Orzo Soup



Cheeseburger Pasta



OJ Beet Salad



Black Bean Soup



Beef & Broccoli



## 16 additional recipes...



Shredded Chicken Nachos



Chicken Parmesan Meatballs



Sausage & Peppers



Pulled Pork Sandwich



Roast Beef



Apricot Chutney

# Microwave Pressure Cooker

