

5 Minute Microwave Chocolate Cake

250ml Flour

5ml Vanilla Essence

37,5ml Cocoa

2 Large Eggs (60g ea.)

250ml Hot Water

250ml Castor Sugar

1ml Salt

12,5ml Baking Powder

In the Base of the extra Chef add vanilla and cocoa and water

Add Eggs and mix well together (about 3 pulls)

Add the flour, Castor sugar, Baking Powder and Salt.

Pull the cord of the extra chef 8-10 times, (if using an electric mixer use for about 30 sec)

Pour the mixture into your Tupperware Rice maker, put on the outer cover (don't use the insert, don't oil or spray the container)

Bake for 5-6 minutes on High. After Baking if cake is still moist on top, cover with a piece of paper towel and press lightly to absorb the moisture, loosen the cake with the Tupperware Paddle Scraper and tip it out onto a wire rack to cool.

Using a piece of string split the cake in 2 and ice or spread caramel over. Enjoy!

5 Minute Microwave Gluten Free Chocolate Cake

250ml Entice Self Raising Self Binding Rice Flour

5ml Vanilla Essence

37,5ml Cocoa

2 Large Eggs (60g ea.)

250ml Hot Water

250ml Castor Sugar

1ml Salt

In the Base of the extra Chef add vanilla and cocoa and water

Add Eggs and mix well together (about 3 pulls)

Add the flour, Castor sugar, Baking Powder and Salt.

Pull the cord of the extra chef 8-10 times, (if using an electric mixer use for about 30 sec)

Pour the mixture into your Tupperware Rice maker, put on the outer cover (don't use the insert, don't oil or spray the container)

Bake for 5-6 minutes on High. After Baking if cake is still moist on top, cover with a piece of paper towel and press lightly to absorb the moisture, loosen the cake with the Tupperware Paddle Scraper and tip it out onto a wire rack to cool.

Using a piece of string split the cake in 2 and ice or spread caramel over. Enjoy!

Tupperware Microwave Pap Recipe

Ingredients

500 ml maize meal

250 ml cold water

5 ml salt

750 ml boiling water

Method

- Combine the maize meal and salt with 250 ml cold water in the Rice Maker bowl, mix with a Paddle Scraper.
- Add 500 ml boiling water to the mixture and stir. Cover with Rice Maker inner and outer cover and lock the lid securely.
- Place in the microwave and cook on high for 5 minutes.
- Remove from microwave and stir the mixture to break it up.
- Add 250 ml boiling water and stir, place in microwave on high for 5 minutes. (Add less water for a stiffer texture.)
- Remove from microwave and serve.
- Cooking time may vary per microwave.

How I make it: I only use one cup of Maize meal and I omit one cup of the Boiling water, it makes a wetter pap and that's how I prefer it. The recipe above is for a crumbly dry pap, why not experiment for yourself and see how you like it.

Tupperware Microwave Polenta Recipe

Ingredients

250 ml Polenta
5 ml salt

250 ml cold water
500 ml boiling water

Method

- Combine the polenta and salt with 250 ml cold water in the Rice Maker bowl, mix with a Paddle Scraper.
- Add 250 ml boiling water to the mixture and stir. Cover with Rice Maker inner and outer cover and lock the Lid securely.
- Place in the microwave and cook on high for 5 minutes.
- Remove from microwave and stir the mixture to break it up.
- Add 250 ml boiling water and stir, place in microwave on high for 5 minutes. (Add less water for a stiffer texture.)
- Remove from microwave and serve.
- Cooking time may vary per microwave.

Sushi Rice



Wash and Drain Sushi Rice

Use 1 Part Rice to 3 Parts Water (Usually I use 1 Cup of Rice and 3 Cups water)

Cook for 15 min in the Tupperware Rice Maker, don't open it or drain it

Let it cool down (about an hour) You will now have perfect rice for sushi.

Using a paddle scraper mix in 3 TBS Rice Vinegar

Some tips on how to get the perfect rice:

For Basmati I usually do 1 part rice and 3 Parts water

For White Rice I do 1 Part Rice to 2.5 Parts Water

and Brown rice 1 part rice to 3 parts water

I usually don't wash my rice, and I don't add salt, they recommend only adding salt afterwards, otherwise you have to cook it longer. Usually I cook it for 12-15 minutes and then I like letting it stand for 10-20 min, so that it can finish steaming.

It all depends on your brand of rice (I only use tastic) and on how powerful your microwave is, mine is a 900w.

Watch this video, this explains it well. <https://www.youtube.com/watch?v=OAZlk99objo>

This might also help...

<http://tupperwaretalk.blogspot.com.au/2009/12/tupperware-microwave-rice-maker.html?m=1>