

Press Release

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TUPPERCHEF™ inspire

无油无水健康烹饪法 保留食物原有风味

“工欲善其事，必先利其器。”只要善用恰当的炊具，要烹调出健康美食，实践健康人生，其实并不难。特别设计的TupperChef™ Inspire 炊具系列能有效保存食材的营养，使食物保持原汁原味，而方便简单的烹调过程，更能让您吃得健康，又有营养。



耐烫塑料握柄

- 握柄采用绝热的耐烫塑料制造，使握柄在整个烹调过程不烫手，方便又安全。
- 采用人体工学设计，拿捏时平稳舒适。

无水烹饪法

无水烹调概念是指仅添加少量或完全不添加水分的烹调法。传统烹调法多半需要添加大量水份，导致食物的营养在烹煮过程中蒸发，使食物流失其营养价值。如此一来，健康自然会大打折扣。采用无水烹饪后，就是用食材本身所含的水份烹调，食物中大部份的营养成分可得到保留。由于食物的原味并未被水稀释，所以吃起来就更美味可口。

无油烹饪法

无油烹饪概念是指仅添加少量或完全不添加水分的烹调法，以肉类所含的天然油脂进行干炒、香煎或烧烤，让人享受口感佳、营养又美味的健康膳食。这也完全符合现代人对健康膳食的要求。

健康一锅棒

保留食物中高达98%的天然维生素、矿物质和其他微量元素。保存食物的原汁原味。少油或无水烹饪，降低脂肪和卡路里的摄取量。



蒸汽调节阀

- 不进行无水烹饪，例如热汤和煮粥时，宜打开蒸汽阀。
- 进行无水烹饪时，宜关上蒸汽阀，不让水蒸汽外泄，以锁住食材中的水分来烹调菜肴。



钢化玻璃锅盖

- 坚固耐用，不易破裂。
- 可从玻璃锅盖透视烹饪进度，不开锅盖也能知道食物是否已煮熟。
- 独特锅盖，蒸汽调节阀及盖缘设计促进水蒸汽的形成，利用食物的天然水份烹煮食物，保存食物的原汁原味。



锅身防锈防腐

- 锅外沿用抛光设计，锅内则光洁如缎，容易清洗，使用多年后仍然亮丽如新。
- 锅身和锅底采用三层不锈钢材质制造（18%不锈钢和8%镍），以确保热能传导快速，并能分布均匀。优质材质经证实坚固耐用，并具有防锈防腐性等特质。
- 锅底以压缩磁性不锈钢制造，呈扁平状，确保导热均匀迅速。
- 专利待批的平面锅底设计增强材质的韧韧度和黏附力，以防止材质在重复加热后变形。

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酸甜三文鱼

Salmon with Sweet & Sour Sauce



【材料】
 三文鱼300克 (横切成半, 用少许盐涂抹腌好)、食用油适量

【酱汁材料】
 Asian Meals 酸甜酱1盒 (2包)、黄梨30克 (切粒)、青瓜20克 (切粒)、番茄30克 (切粒)、清水60-80毫升、麻柑叶5片 (切丝)

【做法】

- 先在 TupperChef™ Inspire Fryer 烧热少许油, 将三文鱼两面煎成微黄, 捞起沥干油备用。(图1)
- 将三文鱼摆碟。
- 在同一个 TupperChef™ Inspire Fryer 内倒出多余的油, 放入 Asian Meals 酸甜酱、黄梨、青瓜、番茄及清水煮滚。(图2-4)
- 以少许盐调味后, 加入麻柑叶焖煮2分钟后熄火。将酱汁铺在三文鱼上, 趁热享用。(图5)

【Ingredients】
 300g salmon (cut into 2 horizontally, season with salt), cooking oil to pan fry salmon

【Sauce Ingredients】
 1 box Asian Meals Pineapple Sauce (2 sachets), 30g pineapple (cubed), 20g cucumber (cubed), 30g tomatoes (cubed), 60-80 ml water, 5 pieces kaffir lime leaves (sliced)

【Method】

- Heat oil in TupperChef™ Inspire Fryer, pan fry the salmon till lightly brown. (pic 1)
- Remove salmon into a serving plate.
- Remove oil from the TupperChef™ Inspire Fryer. Using the same fryer, pour Asian Meals Pineapple Sauce with cubed pineapple, cucumber, tomatoes and water. (pic 2-4)
- Add salt to taste. Add the kaffir lime leaves and cook for another 2 minutes. Pour the sauce over the fried salmon and serve immediately. (pic 5)



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TUPPERCHEF™ INSPIRE
 食譜製作 Debbie Teoh 攝影 Kenneth Lim

冷当脆包 Rendang Crispy Bun



【麵皮上層麵團】
 面粉150克、糖4湯匙、牛油150克
【下層麵團】
 滾水240毫升、牛油120克、面粉170克(過篩)、A蛋3粒
【冷當餡料】
Asian Meals 冷當醬1盒(2包)、雞肉300克(切小塊)、將椰絲25克、薑蔥碎2粒、小洋葱及蒜末碎
 擠袋1個、6cm圓形切刀
【上層麵皮或餡料層】
 在一個碗內將粉料、糖及牛油拌成團，用保鮮膜包好鬆弛備用。(圖1)
【下層麵皮做法】
 ①在 TupperChef™ Inspire Saucepan 注入滾水、牛油、糖及糖，煮滾後加入面粉，攪成厚或滾稠團，熄火，將團移入電動攪拌缸內，冷卻備用。(圖2-3)
 ②啟動電動攪拌器，逐粒加入雞蛋與面粉，攪拌至極滑。(圖4)
【餡料做法】
 ①在 TupperChef™ Inspire Fryer，倒入 Asian Meals 冷當醬及雞肉煮至熟透，加入椰絲和黃姜叶攪勻，以少許盐和雞調味，熄火。(圖5-6)
【備註】
 1. 分別把上下層麵團放入擠袋，在烤盤上擠上直徑6cm，厚3mm的圓餅。(圖7)
 2. 在每一塊下層麵團上擠上一個上層麵團，放入預熱至210°C的烤爐內烤約20分鐘或至呈微黃。(圖8-9)
 3. 將餅烤好後至150°C，繼續烤約5分鐘，取出待冷。
 4. 用剪刀將麵包中間切半，填入肉餡料，即可享用。(圖10)



【Crispy top dough】
 150g plain flour, 4 tbsp sugar, 105g butter
【Bottom dough】
 240ml water, 120g butter, 170g plain flour (sifted), 3 "Grade A" eggs
【Rendang filling】
 1 box Asian Meals Rendang Paste (2 sachets), 300g chicken meat(cubed), 25g kerisek, 2 leaves turmeric "daun kunyit" (sliced), pinch of salt and sugar to taste
 piping bag, round cutter 6cm diameter
【To prepare crispy topping】
 Combine the flour and sugar, add butter into the dry ingredients, kneading lightly. Cover with a plastic wrap & set aside. (pic 1)
【To prepare bottom pastry】
 1. Pour water, butter, salt and sugar in TupperChef™ Inspire Saucepan. Bring mixture to a boil and pour the flour over the water mixture. Stir until mixture forms into a ball of dough. Turn off heat, remove and leave to cool. (pic 2-3)
 2. Place dough in an electric beater, beat in eggs one at a time and mix well. (pic 4)
【To prepare filling】
 Pour Asian Meals Rendang Paste into TupperChef™ Inspire Fryer. Add the cubed chicken meat and cook until meat is cooked. Add kerisek, sliced turmeric leaves, salt and sugar to taste. Turn off heat & leave filling to cool. (pic 5-6)
【To assembly】
 1. Pipe the bottom and topping pastry about 6cm diameter rounds and 3 mm thick sheet on the prepared baking pan. (pic 7)
 2. Place one topping dough on each bottom dough. Bake in preheat @ 210°C oven for 20 minutes or until buns are lightly golden. (pic 8-9)
 3. Reduce the temperature to 150°C and bake for another 5 minutes. Remove and leave to cool.
 4. Use scissors to slit each cooled bun. Spoon the rendang filling into the pastry, serve immediately. (pic 10)

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叁峇酸辣鱼

Sambal Tumis Ikan Pari



【材料】
 Asian Meals 叁峇酱1盒(2包)、魔鬼鱼350克(斩小块,用少许盐腌好)、清水250-300毫升、黄梨50克、槟榔叶4片、番茄1粒(切块)、姜花1棵(切丝)、适量盐及糖调味

【做法】
 1.在TupperChef™ Inspire Saucepan 内注入清水,加入Asian Meals 叁峇酱、黄梨、槟榔叶与番茄一起煮至滚。(图1-3)
 2.加入魔鬼鱼及姜花焗片刻,以少许糖及盐调味。(图4-6)
 3.鱼熟后熄火。趁热配白饭享用。

【Ingredients】
 1 box Asian Meals Sambal Tumis Sauce (2 sachets), 350g stingray 'ikan pari' (cut into bite sizes, marinate with salt), 250-300 ml water, 50g pineapple(sliced), 4 kaffir lime leaves, 1 large tomato(cut into wedges), 1 bunga kantan(sliced), salt and sugar to taste

【Method】
 1. In a TupperChef™ Inspire Saucepan, boil Asian Meals Sambal Tumis Sauce with water, pineapple, kaffir lime leaves, tomatoes.(pic 1-3)
 2. Add the stingray pieces, sliced bunga kantan, adjusting sugar and salt to taste.(pic 4-6)
 3. Turn off heat once stingray is cooked, serve immediately with steaming hot rice.

