



# Learning to Cook

with ROYAL PRESTIGE®



# The Joy of Cooking with Royal Prestige®

For over half a century, Royal Prestige® has offered the finest cookware with the highest quality standards.

Following this tradition, the exclusive Royal Prestige Cooking Systems offer a unique and proven cooking method, which maximizes the nutritional value and flavor of your foods.

To help you enjoy its benefits since the very first day, we have developed this Basic Cooking Manual. Besides learning the correct use and care of your Cooking System, you will start making your favorite dishes in a faster and healthier way, with minimum trial-and-error.

But enough with the talking! Let's start enjoying this delicious cooking adventure, the Royal Prestige style.



# Getting to know your cookware



Small Cover



Medium Cover



Large Cover



Paella Pan Cover



Dome Cover



Junior Steamer/Colander



1½-quart Saucepan



2-quart Saucepan



8-inch Skillet



10½-inch Skillet



Senior Steamer/Colander



3-quart Dutch Oven



4-quart Dutch Oven



6-quart Dutch Oven



8-quart Dutch Oven



Paella Pan

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# Cookware Care and Cleaning

Keep your cookware looking like new.



RoyalShine™

The exclusive non-abrasive stainless steel cleaner by Royal Prestige®.

- Before using your new cookware for the first time, be sure to wash it thoroughly. Add ¼ cup of vinegar to hot soapy water, and with a sponge or dishcloth wash each piece. Cookware can discolor or stain if it is not washed properly before using it for the first time.
- Clean cookware well after each use once it has cooled completely. Cookware can discolor or stain if it is not properly cleaned before cooking again. Use mild dish soap and a sponge or wash cloth. The cookware is also dishwasher safe.
- To make sure the Redi-Temp® valve keeps working properly, every time you wash your cookware place the cover under the faucet and let hot water run through the open valve.
- Water spots (scaling) may occur due to the water condition in your area. To remove them, apply RoyalShine™ (the exclusive, non-abrasive stainless steel cleaner by Royal Prestige®) onto the dry cookware and rub in a circular motion with a paper towel. Once the stain is removed, wash pan in hot, soapy water and dry immediately.
- To prevent white spots or even pits at the bottom of your cookware, always add salt after the water has boiled or the food has reached cooking temperature.
- Overheating or allowing a pan to boil dry will cause yellow, bronze, blue or rainbow tints on the stainless steel surface. The tints are harmless and can be removed by using the RoyalShine™ by Royal Prestige®.
- Avoid scraping the pan or using metal scouring pads. When removing burned-on food, it is ok to use a double-face sponge. The scrub fiber can be used on the inside, but only the soft sponge on the outside. Fill pan half full with water, place on the stove and bring to a boil for a few minutes. Allow water to cool and wash the pan as usual. For severely encrusted grease or food, you may want to use a spray on oven cleaner. Spray liberally; let sit overnight and by morning the stains should come off easily.
- Storing food in stainless steel cookware for long periods of time may cause staining or pitting due to the salts, fats, seasonings, and acids in the food. Storing food could be considered improper use and void the warranty.
- Stainless steel can scratch if handled incorrectly. Scratches do not affect cookware performance, and therefore are not considered defects in workmanship or material. To avoid scratches: (1) Knives or sharp kitchen tools should not be used for cutting, stirring, or serving foods. (2) Do not use an electric mixer in your cookware.
- Your cookware features bolt-on handles, which allows the cookware to have a smooth interior with no rivet heads or weld marks. Over time, the handles may loosen but can easily be tightened (tool requirement: 10mm socket wrench). If the handle is damaged, do not use the saucepan and contact the warranty service department at 1-800-279-3373 for a handle replacement.

# Greaseless Cooking

A low-fat diet is a healthy way to feed your family. With that in mind, The Royal Prestige® Cooking System with its unique cooking method, let you cook all types of meat, poultry and some types of fish without any added grease, fat or cooking oil.

## How it works:

- All meats and poultry contain juices. Part of it is water, but unfortunately most of the juice is also fat. By trimming the visible fat from meat before cooking and then “pan broiling” the meat in the Cooking System without adding fats or oil, you can enjoy tender juicy meats that are much lower in fat and calories.
- Preheat the cookware at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. If they immediately disappear, this is a sign that the cookware is not ready to be used.



**To cook steaks:** After preheating at medium-high, reduce temperature to medium, add steaks (previously seasoned) and brown for about 4 minutes on one side with the cover ajar, to prevent grease from splattering. The meat will stick at first while browning. Turn it over and cook for about 4 more minutes with the cover ajar, for medium doneness.

**To cook steaks with vegetables:** After preheating at medium-high, reduce temperature to medium, add steaks (previously seasoned) and brown for about 4 minutes on one side with the cover ajar, to prevent grease from splattering. Turn steaks over, add chopped vegetables (if using hard vegetables, chop into very small pieces) and cover with Redi-Temp® valve open. The valve will whistle in about 3-5 minutes indicating the food is ready. Close valve and remove utensil from stove.

**To cook chicken pieces or breasts:** After preheating at medium-high, add chicken pieces (previously seasoned) and brown for about 5 minutes on one side with the cover ajar. Reduce temperature to low, turn them over and cover with the valve closed. Cook for about 15-20 more minutes, depending on the quantity.

## Hints for Success:

- Temperature settings vary from one stove to another. If “medium-high” is burning the meat surface instead of browning it nicely, try preheating at “medium” instead.
- For even juicier meats and for extra flavor, you can add any kind of sauce or liquid on top of the meat after browning and turning it. Try adding soy sauce or barbecue sauce on meat, orange marmalade or cherry jam on poultry, or the juice of an orange or lemon on fish.



# Waterless Cooking

The Royal Prestige® Cooking Systems are designed to cook fresh and frozen vegetables (and some fruits) with very little added water. This method reduces the loss of nutrients that occurs with other cooking techniques, while keeping the natural flavors.

## How it works:

- Vegetables and fruits have high water content, enough to cook them as long as heat is controlled and moisture is retained inside the pan.
- The multiple-ply construction of the Cooking Systems provides even heat distribution. This allows the vegetables on top to cook just as well as those on the bottom—without boiling water to distribute the heat.
- The Redi-Temp® valve signals when the proper cooking temperature is reached (approximately 180 °F). This temperature is enough to kill germs and bacteria, which may be on the food, without destroying all heat-sensitive nutrients.



**If you are cooking smaller or leafy vegetables (sliced carrots, broccoli, cabbage, cauliflower, etc.):** Start cooking at medium-high heat, until the Redi-Temp® valve whistles. If you are using an electric stove, turn it off, close the valve and let the saucepan rest on the burner for 5 minutes. If you are using a gas stove, reduce temperature to low when the valve whistles. Once the valve stops whistling, close it and continue cooking for 5 minutes.



**If you are cooking hard vegetables (potatoes, cassava, beet, corn on the cob, etc.):** Start cooking at medium-high heat. When the Redi-Temp® valve whistles, reduce heat to low. Once it stops whistling, close it and continue cooking for at least 10 minutes, depending on the quantity.



**If you are cooking frozen vegetables:** Rinse them before cooking in order to partially thaw them and melt some of the ice. It is not necessary to add water to the pan. Follow all other instructions for that type of vegetable (soft or hard).

## Hints for Success:

- Temperature settings vary from one stove to another. If “medium-high” on your stove tends to scorch the vegetables, try a lower setting.
- Don’t peek. Opening the cover lets out moisture and heat. It increases cooking time and the chances of foods drying out or burning.
- Select the pan that the vegetables will most nearly fill. A small quantity in a large pan will not create sufficient moisture to cook with this method.
- Chop hard vegetables into smaller pieces in order to reduce cooking time.
- When cooking softer vegetables, only use 1 ounce of water\* per each quart of the saucepan (2 ounces in a 2-quart Saucepan, 4 ounces in a 4-quart Dutch Oven, etc.). When cooking harder vegetables, double the water amount.
- When in doubt, use an extra ounce of water. As you learn the proper heat settings on your stove, you can reduce the quantity of added water until you are using just the amount of water recommended above.
- When cooking rice in the saucepans, you only need to add 1½ cups of water for each cup of rice.

\* To see how many tablespoons make up an ounce and other handy equivalences, see the conversion table on page 34.

# Perfect Cooking with Royal Prestige®

## Everything you need to know about your Cooking Systems

### Does the Royal Prestige® cooking method really retain more food nutrients? Is it energy efficient?

A study performed by Covance Laboratories in 2008, showed that the following vegetables retained a higher percentage of several vitamins and minerals recommended by the FDA, when using the Royal Prestige® waterless and greaseless method comparing to boiling: broccoli (103%); cabbage (82%); carrots (35%); potatoes (14%).

The same study indicated that cooking with the Royal Prestige® waterless and greaseless method is up to 78% more energy efficient than boiling vegetables and 54% more efficient than roasting in the oven.

### Which burner should I choose?

Always use a burner similar in diameter to the pan you are using. If cooking on a gas stove, the flame should just touch the bottom of the utensil. The flame should not cover the bottom or extend up the sides of the pan.

### Does it matter what size pan or cover I use?

Yes, choose a pan size that is appropriate for the amount of food you are preparing; ideally, you should fill the pan 2/3 full. Always use the cover that is intended for the specific pan you are using.

### What is the right temperature setting for my stove?

To prevent food from sticking, it is recommended to preheat the cookware at medium-high temperature. When cooking, it's better to keep the temperature between low and medium. High heat may be used when necessary, such as when boiling liquids.

### When using a pot with the Redi-Temp® valve, how do I know I am reducing the temperature properly?

Temperatures can vary from one stove to another.

In general, when the valve whistles you should reduce heat to low and wait until the valve stops whistling before closing it. If while you are cooking there is not steam coming out, you need to slightly increase the temperature. If instead you find that excessive steam is leaking, you should slightly lower the temperature. Remember that the key is an occasional escape of steam.

### Can I use my cookware in the oven?

Yes! Be sure to preheat the oven completely before placing cookware inside and never use a temperature higher than 400 °F/204 °C, neither the broiler setting in your oven. Also, be sure to use oven mitts when inserting or removing cookware from the oven. Never use your cookware in the microwave, broiler unit or grill.

### Why I can't remove the cover of my cookware?

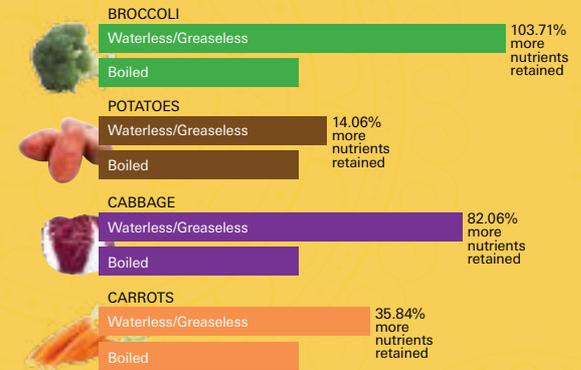
After cooking, there may be a tight water seal between the pan and cover. Do not pry the lid off. Simply open the Redi-Temp® valve to equalize pressure and the cover can then be removed easily. Always tilt the cover away from you to avoid steam burns.

If the lid is sealed, but the pan does not have a valve, reheat for 2 minutes at medium temperature. This will make the cover open easily.

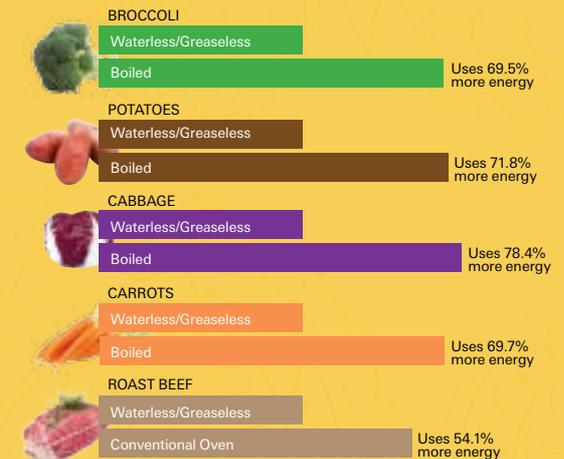
### What utensils are ideal for frying with oil?

To cook traditional recipes such as *Tacos Dorados*, fried plantain and eggs, it is necessary to use oil. In such cases we recommend using the Gourmet Skillets with their high performance and fast response to heat. When using these versatile tools, the amount of oil required can be reduced to make healthier recipes.

## Total average variance of nutrients tested



## Total average variance of energy tested





## Cooking with Royal Prestige®

Here are some basic guidelines to start using your new Royal Prestige® Cooking System and the versatile Gourmet Skillets.

# Vegetables

## Hard

**UTENSILS:** 3-quart Saucepan with Cover

**COOKING TIME:** 20 minutes

**INGREDIENTS:**

- 2 pounds potato, diced
- Salt to taste

**DIRECTIONS:**

- 1 In the 3-quart Saucepan, add diced potatoes and  $\frac{3}{4}$  cup water (6 ounces); cover with Redi-Temp® valve open and cook at medium-high temperature until it whistles (approximately 6 minutes).
- 2 Reduce heat to low and, when the valve stops whistling, close it and cook for 14 more minutes. Season to taste.



## Soft

**UTENSILS:** 4-quart Dutch Oven with Cover

**COOKING TIME:** 14 minutes

**INGREDIENTS:**

- 1 pound broccoli
- 1 pound cauliflower
- 1 pound baby carrots
- Salt to taste

**DIRECTIONS:**

- 1 Add vegetables and 4 ounces of water to the 4-quart Dutch Oven. Cover with the Redi-Temp® valve open. Cook at medium-high, until the valve whistles (9 minutes).
- 2 If you are using an electric stove, turn it off, close the Redi-Temp® valve and let the saucepan rest on the burner for 5 minutes.
- 3 If you are using a gas stove, reduce temperature to low. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 4 Season to taste.





## Rice

**UTENSILS:** 4-quart Dutch Oven with Cover

**COOKING TIME:** 21 minutes

**INGREDIENTS:**

3 cups rice  
4½ cups water  
Salt to taste

**DIRECTIONS:**

- 1 In the 4-quart Dutch Oven, add 4½ cups water; cover with Redi-Temp® valve open and cook at medium-high temperature until it whistles (6 minutes approximately).
- 2 Add rice and salt to taste; stir. Reduce heat to low, cover with valve closed and cook for 15 minutes.



## Beans

**UTENSILS:** 4-quart Dutch Oven with Cover

**COOKING TIME:** 1 hour and 10 minutes

**INGREDIENTS:**

1 pound dried beans, rinsed and sorted  
Salt to taste

**DIRECTIONS:**

- 1 In the 4-quart Dutch Oven, add beans and 7 cups water; cover with Redi-Temp® valve open and cook at medium-high temperature until it whistles (10 minutes approximately).
- 2 Add salt to taste and stir.
- 3 Reduce heat to low, cover with the valve closed and cook for 1 hour.

**CHEF'S NOTE:** If you soak beans overnight they will be ready about 15 minutes faster. When adding the salt you may also include your favorite seasoning and vegetables.

# Steaks

**UTENSILS:** 10½-inch Skillet with Cover

**COOKING TIME:** 8 minutes

**INGREDIENTS:**

- 4 (6-ounce) sirloin steaks
- Salt and black pepper to taste

**DIRECTIONS:**

- 1 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Reduce temperature to medium and add steaks (previously seasoned). Brown for 4 minutes on one side with the cover ajar.
- 3 Turn them over and cook for 4 additional minutes with the cover ajar, for medium doneness.

**CHEF'S NOTE:** This recipe was made with ½-inch thick steaks.



# Chicken

**UTENSILS:** 10½-inch Skillet with Cover

**COOKING TIME:** 25 minutes

**INGREDIENTS:**

- 2 pounds chicken breast
- Salt and black pepper to taste

**DIRECTIONS:**

- 1 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Add chicken breasts (previously seasoned), and brown one side for 5 minutes with the cover ajar.
- 3 Reduce heat to low, turn them over, and cover with the Redi-Temp® valve closed. Cook for 20 additional minutes.

**CHEF'S NOTE:** If you want to brown chicken breasts even more, use medium temperature (instead of low) and cook uncovered the last 5 minutes.





# Eggs

## Hard boiled

**UTENSILS:** 8-inch Skillet with Cover

**COOKING TIME:** 15 minutes

**INGREDIENTS:**

- 6 eggs
- 2 paper towels
- Salt to taste

**DIRECTIONS:**

- 1 Soak paper towels in water and place them in the 8-inch Skillet. Arrange eggs on top.
- 2 Cover with Redi-Temp® valve open and cook at medium-high temperature until it whistles (about 3 minutes).
- 3 Reduce heat to low and, when the valve stops whistling, close it and cook for 12 more minutes.
- 4 Carefully rinse eggs with cold water and peel shell off. Salt to taste.

**CHEF'S NOTE:** If you don't have paper towels, add ¼ cup water. If boiling more than 6 eggs, don't use paper towels; instead, add ½ cup water.



## Sunny-side up

**UTENSILS:** 10-inch Gourmet Skillet

**COOKING TIME:** 2 minutes

**INGREDIENTS:**

- ½ teaspoon olive oil
- 2 eggs
- Salt to taste

**DIRECTIONS:**

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high for 2-3 minutes, or until oil is very hot.
- 2 Reduce heat to low and add eggs; cook for 2 minutes or until desired consistency.
- 3 Season with salt to taste.

## Omelet

**UTENSILS:** 10-inch Gourmet Skillet  
Slotted Turner (6-piece Kitchen Tool Set)

**COOKING TIME:** 1 minute

**INGREDIENTS:**

- 2 eggs
- ½ teaspoon olive oil
- Chopped vegetables to taste
- Shredded cheese to taste
- Salt and black pepper to taste

**DIRECTIONS:**

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high for 2-3 minutes, or until oil is very hot.
- 2 Reduce temperature to low. Add eggs, previously beaten and seasoned.
- 3 Sprinkle your favorite vegetables and shredded cheese. Cook for about 30 seconds or until desired consistency.
- 4 Carefully fold omelet with the turner.



## Scrambled

**UTENSILS:** 10-inch Gourmet Skillet

**COOKING TIME:** 2 minutes

**INGREDIENTS:**

- ½ teaspoon olive oil
- 4 eggs
- Salt and black pepper to taste

**DIRECTIONS:**

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high for 2-3 minutes, or until oil is very hot.
- 2 Reduce heat to low and add eggs, previously beaten and seasoned.
- 3 Cook for 2 minutes, while constantly stirring.





**CHEF'S NOTE:** For frying with oil we recommend using the Gourmet Skillets, but if you don't have them, you may also use the skillets of your Cooking System.

## Oily fish

Oily fish usually have higher oil content than white fish. Some examples of oil-rich fish are: salmon, tuna, sardine and anchovy.

### Steamed

**UTENSILS:** 10½-inch Skillet with Cover

**COOKING TIME:** 6 minutes

**INGREDIENTS:**

- 1 pound salmon fillets
- Juice of 1 orange, freshly squeezed
- Salt to taste

**DIRECTIONS:**

- 1 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Add fillets (previously seasoned), reduce heat to medium, pour orange juice, and cook for 6 minutes with the cover on and the Redi-Temp® valve closed.

### Fried

**UTENSILS:** 10-inch Gourmet Skillet

**COOKING TIME:** 6 minutes

**INGREDIENTS:**

- 1 pound salmon fillets
- 1 teaspoon olive oil
- Salt and pepper to taste

**DIRECTIONS:**

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high for 2-3 minutes, or until the oil is very hot.
- 2 Add fillets (previously seasoned), reduce heat to medium and brown each side for 3 minutes.

# White fish

White fish usually have lower oil content. Some examples of white fish are: tilapia, hake, codfish, and gilt-head bream.

## Steamed

**UTENSILS:** 10½-inch Skillet with Cover

**COOKING TIME:** 6 minutes

### INGREDIENTS:

- 1 pound tilapia fillets
- Salt and pepper to taste
- Cooking oil

### DIRECTIONS:

- 1 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 2 Reduce temperature to low and spray the cooking oil.
- 3 Add fillets (previously seasoned), and cook for 6 minutes with the cover on and the Redi-Temp® valve closed.



## Fried

**UTENSILS:** 10-inch Gourmet Skillet with Cover

**COOKING TIME:** 6 minutes

### INGREDIENTS:

- 1 pound tilapia fillets
- 1 tablespoon olive oil
- Salt and lime juice to taste

### DIRECTIONS:

- 1 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high for 2-3 minutes, or until the oil is very hot.
- 2 Add fillets (previously seasoned), reduce heat to medium and brown each side for 3 minutes with the cover ajar.



## Basic Recipes

Now that you know the basic guidelines, enjoy cooking these easy and delicious recipes with Royal Prestige.

# Steaks with Mushroom Sauce

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
10½-inch Skillet with Cover

**COOKING TIME:** 18 minutes

**YIELD:** 8 servings

## INGREDIENTS:

- 2 small onions, chopped
- ½ clove garlic, minced
- 2 cups mushrooms, sliced
- 8 (4-ounce) lean tenderloin steaks
- 1 tablespoon rosemary, chopped
- 1 tablespoon thyme, chopped
- ½ cup red wine
- ½ cup beef broth
- 1 cup table cream
- Salt and black pepper to taste

## DIRECTIONS:

- 1 Cut vegetables.
- 2 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 3 Reduce heat to medium and place steaks (previously seasoned with salt and pepper). Brown one side for 4 minutes with the cover ajar.
- 4 Turn steaks over and cook with the cover ajar for 4 additional minutes, for medium doneness.
- 5 Remove steaks and use the same skillet to sauté onions, garlic, mushrooms, rosemary and thyme for 5 minutes. Add wine, beef broth and table cream; mix well. Cook sauce for 5 more minutes or until thickened.
- 6 Serve with mashed potatoes and asparagus.





# Delicious Elbow Noodles

## UTENSILS:

4-quart Dutch Oven with Cover  
Junior Steamer/Colander  
Chef's Knife  
1 & 3 quart Mixing Bowls

2-quart Saucepan with Cover  
8-inch Skillet with Cover  
Carving Knife  
Bamboo Cutting Board

**COOKING TIME:** 56 minutes (noodles: 22 min. / chicken: 25 min. / carrots: 9 min.)

**YIELD:** 6 Servings

## INGREDIENTS:

1 (1/2-pound) bag elbow noodles	2 tablespoons mustard
1 cup seeded tomato, diced	2 tablespoons nonfat mayonnaise
1 1/4 cups red apple, diced	1 1/2 tablespoons honey
1 1/2 cups carrot, diced	1/2 cup nonfat cheddar cheese, shredded
3/4 pound chicken breasts, boneless and skinless	Salt to taste
1 (8-ounce) can sweet corn	

## DIRECTIONS:

- 1 Fill 3/4 parts of the 4-quart Dutch Oven with water and cover with the Redi-Temp® valve open; bring to a boil at medium-high temperature. When the valve whistles (8 minutes approximately), add elbow noodles and cook for 14 minutes without covering; stir frequently. Drain noodles with the Colander. Using the Chef's Knife, dice tomatoes, apples and carrots.
- 2 In the 2-quart Saucepan, add 2 ounces of water and carrots; cover with the valve open and cook at medium-high temperature, until the valve whistles (about 4 minutes). If you are using an electric stove, turn it off, close the valve and let the saucepan rest on the burner for 5 minutes. If you are using a gas stove, reduce temperature to low when the valve whistles. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 3 Preheat the 8-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 4 Add chicken breasts (previously seasoned with salt to taste), and brown one side for 5 minutes with the cover ajar.
- 5 Reduce heat to low, turn chicken breasts over, cover with the valve closed and cook for about 20 minutes, or until done. Remove chicken breasts and allow cool off. Dice them with the Carving Knife.
- 6 In the 3-quart Mixing Bowl, mix pasta, corn, carrot, tomato, apple, chicken, and salt to taste. In the other bowl, add mustard, mayonnaise, and honey; mix well.
- 7 Add dressing to the rest of the ingredients and stir well. Serve in bowls and garnish with shredded cheese.

# Country Salad

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
Junior Steamer/Colander  
2-quart Saucepan with Cover  
5-quart Mixing Bowl

**COOKING TIME:** 15 minutes

**YIELD:** 4 servings

## INGREDIENTS:

- 1 pound medium potatoes, small diced
- ½ cup carrot, small diced
- 1 cup celery, sliced
- ½ cup frozen green peas
- 2 tablespoons Dijon mustard
- ½ cup low-fat mayonnaise
- ½ cup nonfat plain yogurt
- Salt and ground black pepper to taste

## DIRECTIONS:

- 1 Wash and cut vegetables; it is not necessary to peel off potatoes. Using the Colander, rinse and drain green peas in order to thaw them.
- 2 Place diced potatoes and carrots in the 2-quart Saucepan. Add 3 ounces water, cover and leave the Redi-Temp® valve open. Cook at medium-high heat until the valve whistles. Reduce heat to low and, when the valve stops whistling, close it and cook for about 10 minutes, or until potatoes and carrots are cooked.
- 3 Drain them in the colander; sprinkle lightly with cold water.
- 4 Put all other ingredients in the bowl. Drain potatoes and carrots again, and add them to the bowl. Mix well and refrigerate until ready to serve.

**CHEF'S NOTE:** To cut calories you may use ¼ cup low-fat mayonnaise, instead of ½ cup.





# Oriental Salad

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
10-inch Gourmet Skillet with Cover  
Carving Knife  
1 & 5-quart Mixing Bowls

**COOKING TIME:** 25 minutes

**YIELD:** 6 servings

## INGREDIENTS:

$\frac{3}{4}$  pound chicken breast, boneless and skinless  
1 cup green onion, chopped  
2 cups peapods  
2 cups carrot, peeled and cut into strips  
2 cups red bell pepper, cut into strips  
2 cups red cabbage, cut into thin strips  
 $\frac{1}{2}$  cup Asian dressing  
1 cup orange juice, freshly squeezed  
 $\frac{1}{4}$  cup cilantro, chopped  
Salt and black pepper to taste

## DIRECTIONS:

- 1 Season chicken breasts with salt and black pepper to taste. Cut vegetables with the Chef's Knife.
- 2 Preheat the 10-inch Gourmet Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating.
- 3 Add chicken breasts and brown one side for 5 minutes with the cover ajar.
- 4 Reduce heat to low, turn chicken breasts over, cover with the valve closed and cook for about 20 minutes, or until done. Remove them from the skillet and let them cool off for 7 minutes. With the Carving Knife, cut chicken breasts into thin strips. Refrigerate for 10 minutes.
- 5 Add chicken strips to the 5-quart Mixing Bowl. Mix them with green onion, peapod, carrot, bell pepper and cabbage.
- 6 In the other bowl, combine Asian dressing with orange juice. Pour it over the salad and mix well.
- 7 Add cilantro and serve at room temperature.

# Red Wine Beef Fajitas

## UTENSILS:

Bamboo Cutting Board  
1-quart Mixing Bowl with Cover

Chef's & Carving Knives  
10½-inch Skillet with Cover

**COOKING TIME:** 12 minutes

**YIELD:** 8 servings

## INGREDIENTS

### GUACAMOLE:

- 2 avocados, peeled
- ½ cup onion, small diced
- 1 cup tomato, small diced
- 1 Serrano pepper, minced
- 3 tablespoons cilantro, chopped
- Juice of 1 lime, freshly squeezed
- Salt and black pepper to taste

### FAJITAS:

- 2 pounds sirloin steak, cut into long strips
- ¼ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon chili powder
- 1 clove garlic, minced
- 1 large red pepper, julienned
- ½ large onion, julienned
- ¼ cup red wine
- 16 corn tortillas
- 1 cup low-fat, shredded cheddar cheese
- 1 cup nonfat sour cream or nonfat yogurt
- Salt and black pepper to taste

## DIRECTIONS

### GUACAMOLE:

- 1 In the bowl, mash avocados and add onion, tomato, Serrano pepper, cilantro, lime juice, salt and pepper; mix well.
- 2 Place one avocado pit into the center of the guacamole to prevent browning. Cover bowl and refrigerate until ready to serve.

### FAJITAS:

- 1 Season steak with cumin, oregano, chili powder, garlic, salt and pepper.
- 2 With the Carving Knife, cut steak into long strips.
- 3 Preheat the 10½-inch Skillet at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. Add steak strips and reduce temperature to medium; cover with the Redi-Temp® valve open and cook until the valve whistles. Add vegetables and wine. Cover and when the valve whistles again, close it and turn off the heat.
- 4 Serve steak strips with tortillas, cheese, sour cream and guacamole. Each person can make their own fajitas.





# Royal Omelet

## UTENSILS:

Carving Knife  
Chef's Knife  
Bamboo Cutting Board  
1-quart Mixing Bowl  
10-inch Gourmet Skillet  
Slotted Turner (6-piece Kitchen Tool Set)

**COOKING TIME:** 1 minute

**YIELD:** 1 serving

## INGREDIENTS:

2 tablespoons lean ham, chopped  
2 tablespoons button mushrooms, sliced  
1 whole large egg  
1 large egg white  
½ teaspoon fresh thyme  
½ teaspoon olive oil  
2 tablespoons skim mozzarella cheese, shredded  
Salt and black pepper to taste

## DIRECTIONS:

- 1 Chop ham with the Carving Knife and mushrooms with the Chef's Knife. Beat egg and egg white in the mixing bowl. Stir in all ingredients (except oil and cheese).
- 2 Add olive oil to the 10-inch Gourmet Skillet, and preheat at medium-high heat for 2-3 minutes, or until the oil is very hot. Reduce heat to low and add egg mixture.
- 3 Cook for about 30 seconds, until desired consistency; cover with cheese. Carefully fold with the turner, and serve.

# Fish in Coconut Milk

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
14-inch Paella Pan with Cover  
Solid Spoon (6-piece Kitchen Tool Set)

**COOKING TIME:** 30 minutes

**YIELD:** 12 servings

## INGREDIENTS:

- 2 cloves garlic, crushed
- ¼ onion, chopped
- ¼ green bell pepper, chopped
- ¼ red bell pepper, chopped
- ½ cup cilantro, chopped
- 1 chicken flavor bouillon cube
- 2 tablespoons tomato paste
- 2 (13.5 ounce) cans coconut milk
- ½ cup water
- 5 pounds tilapia fillets
- 1 tablespoon lime, freshly squeezed
- Salt and oregano to taste

## DIRECTIONS:

- 1 Cut vegetables.
- 2 Preheat the Paella Pan at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. Reduce temperature to medium; add garlic, onion, bell peppers, cilantro, chicken bouillon cube and tomato paste. Pour coconut milk, stir several times with the Solid Spoon and add ½ cup water. Keep stirring until the mixture is well combined.
- 3 Add fish fillets, lime juice and salt to taste. Cover with the Redi-Temp® valve open and cook at medium-low temperature until it whistles (about 10 minutes). Reduce heat to low and, when the valve stops whistling, close it and cook for 20 more minutes. Sprinkle oregano to taste and serve with white rice.

Thanks to María and José López for sharing their delicious recipe!





# Bean Quesadillas

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
8-inch Skillet  
Double Griddle  
Slotted Turner (6-piece Kitchen Tool Set)

**COOKING TIME:** 10 minutes

**YIELD:** 4 servings

## INGREDIENTS:

2 tablespoons garlic, minced  
½ cup onion, minced  
2 tablespoons jalapeño pepper, seeded and minced  
1 teaspoon olive oil  
1½ cups cooked black beans\*  
1½ cups cooked pinto beans\*  
8 (6-inch) corn tortillas  
1 cup Monterey jack cheese, shredded  
½ cup low-fat sour cream (optional)  
½ ½ cup cilantro (optional)  
Salt to taste

## DIRECTIONS:

- 1 Cut ingredients as directed. Add olive oil to the 8-inch Skillet and preheat at medium-high for about 3 minutes.
- 2 Sauté garlic for about 30 seconds, while stirring. Add onion and sauté for other 30 seconds. Stir in black beans, and then the pinto beans. Add jalapeño pepper, adjust salt as needed and mix well. Reduce temperature to medium and cook for approximately 5 minutes.
- 3 Preheat Double Griddle at medium-high for about 3 minutes. Reduce temperature to low. Place 4 tortillas and warm them up for about 30 seconds. Turn them over, sprinkle cheese evenly and top with remaining tortillas. Cook for additional 30 seconds. Turn them over again and let them cook for 1 more minute.
- 4 Remove quesadillas from the griddle. Serve with beans, and garnish with sour cream and cilantro, if desired.

\*As a reference, you may use the basic bean recipe shown on page 10.

# Tilapia Tacos in Barbecue Sauce

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
3-quart Mixing Bowl  
2-quart Mixing Bowl  
14-inch Paella Pan with Cover  
Round Grill

**COOKING TIME:** 16 minutes

**YIELD:** 6 servings (2 tacos per serving)

## INGREDIENTS:

2	cups green cabbage, cut into thin strips	2	teaspoons sugar
2	cups red cabbage, cut into thin strips	1	teaspoon Dijon mustard
1/2	cup cilantro, chopped	1/4	cup barbecue sauce
1/2	cup fat free Italian dressing	6	tilapia fillets (1 1/2 pounds)
3	tablespoons ground ancho chile pepper	1/4	cup orange juice
		12	(6-inch) whole wheat tortillas
		1	lime (optional)

## DIRECTIONS:

- 1 With the Chef's Knife, cut vegetables.
- 2 In the 3-quart Mixing Bowl, add half of the Italian dressing, 1 tablespoon ancho chile pepper, sugar and mustard; mix well. Add cabbages and cilantro; mix.
- 3 In the other bowl, combine barbecue sauce and 2 remaining tablespoons of ancho chile pepper; coat fillets with mixture.
- 4 In the 14-inch Paella Pan, add remaining Italian dressing, orange juice and coated fish fillets; cover with the Redi-Temp® valve open and cook at medium-high temperature until it whistles (5 minutes). Reduce heat to low, flip fillets and, when the valve stops whistling, close it and cook for 3 minutes or until fillets easily flake.
- 5 Preheat Round Grill at medium-high for approximately 3 minutes. Add tortillas one by one and warm each side for 20 seconds. Place half fillet in each tortilla, top with cabbage mixture and roll them up. If desired, squeeze lemon juice over tacos. Serve.





# Stuffed Tomatoes

## UTENSILS:

Paring Knife  
Bamboo Cutting Board  
10½-inch Skillet with Cover  
3-quart Mixing Bowl  
Junior Steamer/Colander

**COOKING TIME:** 10 minutes

**YIELD:** 6 servings

## INGREDIENTS:

6 medium vine-ripened tomatoes  
2 cups frozen mixed vegetables  
¾ cup nonfat mayonnaise  
1 tablespoon oregano  
¼ cup bread crumbs  
1 tablespoon smoked paprika  
Salt and black pepper to taste

## DIRECTIONS:

- 1 With the Paring Knife, make a crosscut at the top of the tomatoes. In the 10½-inch Skillet, heat 2 cups water at medium-high for 3 to 4 minutes with the cover on and the Redi-Temp® valve open.
- 2 Place tomatoes in the hot water, cover skillet, and close the valve. Let them in the skillet for 1 minute in order to peel them easily. Carefully remove tomatoes and discard water.
- 3 Peel tomatoes and, with the knife you previously used, make a hole in each of them. Cut out ¾ of the way into the tomatoes. Carefully spoon pulp out. Empty half in the bowl and set aside.
- 4 Rinse and drain vegetables in the Colander in order to thaw them partially and melt some of the ice. Add them to the skillet. Cook at medium-high heat with the cover on and the valve open, until it whistles.
- 5 If you are using an electric stove, turn it off, close the Redi-Temp® valve and let the saucepan rest on the burner for 5 minutes. If you are using a gas stove, reduce temperature to low when the valve whistles. Once the valve stops whistling, close it and continue cooking for 5 minutes.
- 6 Place cooked vegetables in the bowl where you had reserved tomato pulp; add nonfat mayonnaise, oregano, bread crumbs, salt and pepper to taste. Mix well. Carefully stuff tomatoes with this mixture, sprinkle with smoked paprika, and serve.

# Pineapple Upside Down Cake

## UTENSILS:

10½-inch Skillet with Cover  
5-quart Mixing Bowl  
Ladle (6-piece Kitchen Tool Set)

**COOKING TIME:** 15 minutes

**YIELD:** 12 servings

## INGREDIENTS:

- 1 (18.25-ounce) pineapple cake mix
- 2 eggs
- 2 tablespoons butter
- ½ cup brown sugar
- 8 pineapple slices, canned, in their own juice
- 8 maraschino cherries, canned or jarred

## DIRECTIONS:

- 1 In the 5-quart Mixing Bowl, add pineapple cake mix, the juice from the pineapple can and the eggs; beat well until mixture reaches proper consistency.
- 2 Add butter to the 10½-inch Skillet, and heat at medium for approximately 2 minutes, or until melted. Pour sugar and mix well for 1 minute or until dissolved.
- 3 Arrange 8 pineapple slices in the skillet with 1 cherry in the center of each slice. Spoon the cake mixture evenly, starting in the middle.
- 4 Reduce temperature to low, cover with the Redi-Temp® valve closed and cook for 12 minutes.
- 5 Carefully invert skillet onto a large serving plate or into the cover; leave the skillet in place for 1 minute. Remove the skillet and spread any remaining syrup over the cake. Serve warm or cold.



## Advanced Recipes

To make the most of what you have learned so far, we encourage you to start cooking with Royal Prestige® these original and more sophisticated recipes that will surprise your family and friends.



# Arroz con Gandules

## (Puerto Rican Rice)

### UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
Carving Knife  
14-inch Paella Pan with Cover

**COOKING TIME:** 35 minutes

**YIELD:** 15 servings

### INGREDIENTS:

- |   |   |
|---|---|
| 1 cup onion, chopped                        | 1 tablespoon sazón (ground annatto and coriander seasoning) |
| 1 cup green bell pepper, seeded and chopped | 1 tablespoon ground cumin                                   |
| 1 cup red bell pepper, seeded and chopped   | 4 cups long grain rice                                      |
| 2 tablespoons garlic, minced                | 6½ cups water   |
| ½ cup cilantro leaves, chopped              | 2 (15-ounce) cans pigeon peas, drained ( <i>gandules</i> )  |
| ½ cup stuffed olives, halved                | Salt and black pepper to taste                              |
| ¾ pounds pork chops, diced                  |   |

### DIRECTIONS:

- 1 Using the Chef's Knife cut vegetables. Dice pork chops with the Carving Knife.
- 2 Preheat the Paella Pan at medium-high for about 3 minutes. The temperature is correct when a few drops of water are sprinkled on the utensil and they move around the surface without evaporating. Add diced pork chops and brown for 5 minutes; stir frequently.
- 3 Reduce heat to medium and incorporate remaining ingredients, except rice, stuffed olives, pigeon peas and water; mix for 2 minutes or until onion is translucent.
- 4 Add rice and stir. Add stuffed olives, pigeon peas and water; stir once. Cover with the Redi-Temp® valve open and cook until it whistles (approximately 8 minutes).
- 5 Reduce heat to low and, when the valve stops whistling, close it and cook for 20 more minutes or until rice is cooked. Gently fluff with a fork. Serve while it's hot.





# Vegetarian Rice

## UTENSILS:

3-quart Dutch Oven with Cover  
Chef's Knife  
Bamboo Cutting Board  
4-quart Wok with Cover  
Solid Spoon (6-piece Kitchen Tool Set)

**COOKING TIME:** 41 minutes

**YIELD:** 4 servings

## INGREDIENTS:

2 cups rice  
3 cups water  
1 (14-ounce) package firm tofu, cut into medium-size cubes  
1 tablespoon garlic, minced  
½ cup onion, minced  
½ cup chives, chopped  
2 cups mushrooms, sliced  
2 cups green bell pepper, small diced  
3 tablespoons olive oil  
4 eggs  
¼ cup soy sauce

## DIRECTIONS:

- 1 In the 3-quart Dutch Oven, add water. Cover and cook at medium-high heat with the Redi-Temp® valve open, until it whistles (about 6 minutes). Add rice and stir. Reduce heat to low, cover with the valve closed and cook for 15 minutes, or until done. Remove from the stove and allow cool off.
- 2 Cut tofu and vegetables.
- 3 Preheat the 4-quart Wok with olive oil at medium-high heat for about 3 minutes. Add garlic, onion and chives; sauté for 2 minutes. Add tofu, mix well and cook for 7 minutes. Add eggs; mix well for 3 minutes. Add cooked rice, soy sauce, mushrooms and bell pepper; stir all ingredients well for 3 minutes. Cover, reduce heat to low and cook for 5 more minutes. Serve.

# Italian-Style Artichoke Frittata

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
12-inch Gourmet Skillet  
3-quart Mixing Bowl  
Royal Cutter (Cone #4)  
2-quart Mixing Bowl  
10½-inch Skillet

**COOKING TIME:** 58 minutes

**YIELD:** 8 servings

## INGREDIENTS:

- 2 cups mushrooms, sliced
- 1 (14-ounce) can artichoke hearts in water, halved
- 12 ounces fresh spinach
- 16 large eggs
- ¼ cup skim milk
- 2 tablespoons ground thyme
- 8 medium red potatoes  
Non-stick cooking spray  
Salt and black pepper to taste

## DIRECTIONS:

- 1 Preheat the 12-inch Gourmet Skillet at medium for 3 minutes. Add mushrooms and artichoke hearts, previously cut as directed. Cook for 4 minutes, while constantly stirring. Add spinach and cook for 4 additional minutes; set aside.
- 2 In the 3-quart Mixing Bowl, combine eggs, milk and thyme. Stir in mushrooms, artichoke hearts, and spinach. Season with salt and pepper and set aside.
- 3 Preheat oven to 300 °F. Using the Royal Cutter (Cone #4), slice potatoes into the other bowl (no need to peel them). Coat 10½-inch Skillet with non-stick spray and evenly place potato slices.
- 4 Place skillet in the oven for 20 minutes. Remove skillet from oven and pour egg mixture over potatoes; bake for 30 additional minutes or until eggs are cooked. Let it rest for 10 minutes and serve.





# Pasta Primavera

## UTENSILS:

Chef's Knife  
Bamboo Cutting Board  
4-Quart Dutch Oven  
Junior Steamer/Colander  
10-inch Paella Pan with Cover

**COOKING TIME:** 30 minutes  
**YIELD:** 6 servings

## INGREDIENTS:

- 1 medium onion, julienned
- 4 cloves garlic, minced
- ½ medium green bell pepper, seeded and julienned
- ½ medium red bell pepper, seeded and julienned
- ½ medium yellow bell pepper, seeded and julienned
- 8 ounces fresh shiitake mushrooms, sliced
- ¼ cup fresh basil, chopped
- 16 ounces linguine
- 2 (14½-ounce) cans diced tomatoes, undrained
- 4 ounces fresh snow peas
- ⅓ cup pine nuts
- ⅓ cup parmesan cheese, freshly grated

## DIRECTIONS:

- 1 Cut vegetables. In the 4-quart Dutch Oven, cook linguine according to package directions until al dente, without adding oil or salt. Drain with colander and keep warm.
- 2 In the 10-inch Paella Pan pour liquid from tomato cans, add onions and garlic. Cover with the Redi-Temp® valve open, and cook at medium-high heat for 5 minutes, or until the valve whistles. Add bell peppers, tomatoes, mushrooms, snow peas and basil; mix well. Cover again with the valve open, and cook for additional 5 minutes, or until it whistles. Reduce heat to low and, when the valve stops whistling, close it and cook for 10 to 15 minutes, to desired doneness.
- 3 Remove Paella Pan from heat. Add pine nuts and pasta; toss to coat evenly. Serve immediately and top with parmesan cheese.

# Strawberry Cheesecake

## UTENSILS:

- 1 & 5 quart Mixing Bowls
- Ladle (6-piece Kitchen Tool Set)
- Bamboo Cutting Board
- 2 Cake Pans (7-piece Bakeware set)
- Paring Knife
- 1½-quart Saucepan with Cover

**BAKING TIME:** 53 minutes

**YIELD:** 12 servings

## INGREDIENTS

### CRUST:

- 2 cups graham cracker crumbs
- ⅔ cup melted butter
- ⅔ cup sugar

### FILLING:

- 4 cups ricotta cheese
- 4 egg yolks
- 3¼ cups powdered sugar
- 1 teaspoon vanilla essence

## DIRECTIONS

### CRUST:

- 1 Preheat oven at 350 °F. Combine crackers crumbs with butter and sugar in the 1-quart Mixing Bowl.
- 2 Evenly distribute this mixture into both Cake Pans —previously greased— to shape the crust. Bake for 8 minutes; remove pans from oven and allow cooling off.

### FILLING:

- 1 In the 5-quart Mixing Bowl, beat ricotta cheese, yolks, powdered sugar and vanilla.
- 2 Evenly pour this mixture over the two crusts and bake for 45 more minutes.
- 3 Remove cakes from oven. While still hot, run the Paring Knife around the edge of each cake to loosen them from the pans.

### STRAWBERRY SYRUP:

- 1 Mince strawberries. In the 1½-quart Saucepan, place strawberries, sugar and water; cover with the Redi-Temp® valve open and cook at medium-high temperature. When the valve whistles (about 3 minutes), turn off stove.
- 2 Pour strawberry syrup over the two cakes and refrigerate for at least 3 hours before serving.

### STRAWBERRY SYRUP:

- 2 pounds fresh strawberries, minced
- ½ cup sugar
- 2 tablespoons water



# Basic Cooking Conversions

## Measure Equivalents

<b>1 tablespoon (Tbsp) =</b>	3 teaspoons (tsp)	1 teaspoon	5 ml
<b>1/16 cup (c) =</b>	1 Tbsp	1/2 fluid ounce	15 ml
<b>1/8 cup =</b>	2 Tbsp	1 fluid ounce	30 ml
<b>1/6 cup =</b>	2 Tbsp + 2 tsp		40 ml
<b>1/4 cup =</b>	4 Tbsp	2 fl oz	60 ml
<b>1/3 cup =</b>	5 Tbsp + 1 tsp		80 ml
<b>3/8 cup =</b>	6 Tbsp		90 ml
<b>1/2 cup =</b>	8 Tbsp	4 fl oz	120 ml
<b>2/3 cup =</b>	10 Tbsp + 2 tsp		160 ml
<b>3/4 cup =</b>	12 Tbsp	6 fl oz	180 ml
<b>1 cup =</b>	48 tsp		
<b>1 cup =</b>	16 Tbsp		
<b>8 fluid ounces (fl oz) =</b>	1 cup	1/2 pint	240 ml
<b>1 pint (pt) =</b>	2 cups	16 fl oz	475 ml
<b>1 quart (qt) =</b>	2 pints		
<b>4 cups =</b>	1 quart		950 ml
<b>1 gallon (gal) =</b>	4 quarts		3.8 L
<b>16 ounces (oz) =</b>	1 pound (lb)		
<b>1 milliliter (ml) =</b>	1 cubic cm (cc)		
<b>1 inch (in) =</b>	2.54 cm		

## Weights of common ingredients in grams

<b>Ingredient</b>	<b>1 cup</b>	<b>3/4 cup</b>	<b>2/3 cup</b>	<b>1/2 cup</b>	<b>1/3 cup</b>	<b>1/4 cup</b>	<b>2 Tbsp</b>
Flour, all purpose (wheat)	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Flour, well sifted all purpose (wheat)	110 g	80 g	70 g	55 g	35 g	27 g	13 g
Sugar, granulated cane	200 g	150 g	130 g	100 g	65 g	50 g	25 g
Confectioner's sugar (cane)	100 g	75 g	70 g	50 g	35 g	25 g	13 g
Brown sugar, packed firmly (but not too firmly)	180 g	135 g	120 g	90 g	60 g	45 g	23 g
Corn meal	160 g	120 g	100 g	80 g	50 g	40 g	20 g
Corn starch	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Rice, uncooked	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Macaroni, uncooked	140 g	100 g	90 g	70 g	45 g	35 g	17 g
Couscous, uncooked	180 g	135 g	120 g	90 g	60 g	45 g	22 g
Oats, uncooked quick	90 g	65 g	60 g	45 g	30 g	22 g	11 g
Table salt	300 g	230 g	200 g	150 g	100 g	75 g	40 g
Butter	240 g	180 g	160 g	120 g	80 g	60 g	30 g
Vegetable shortening	190 g	140 g	125 g	95 g	65 g	48 g	24 g
Chopped fruits and vegetables	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, chopped	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Nuts, ground	120 g	90 g	80 g	60 g	40 g	30 g	15 g
Bread crumbs, fresh, loosely packed	60 g	45 g	40 g	30 g	20 g	15 g	8 g
Bread crumbs, dry	150 g	110 g	100 g	75 g	50 g	40 g	20 g
Parmesan cheese, grated	90 g	65 g	60 g	45 g	30 g	22 g	11 g

## Conversions

<b>LENGTH</b>	
<b>Customary quantity</b>	<b>Metric equivalent</b>
1/8 inch	3 mm
1/4 inch	6 mm
1/2 inch	13 mm
3/4 inch	19 mm
1 inch	2.5 cm
2 inches	5 cm
3 inches	7.6 cm
4 inches	10 cm
5 inches	13 cm
6 inches	15 cm
7 inches	18 cm
8 inches	20 cm
9 inches	23 cm
10 inches	25 cm
11 inches	28 cm
12 inches/1 foot	30 cm

<b>WEIGHT</b>	
<b>Customary quantity</b>	<b>Metric equivalent</b>
1 ounce	28 g
4 ounces or 1/4 pound	113 g
1/3 pound	150 g
8 ounces / 1/2 pound	230 g
2/3 pound	300 g
12 ounces / 3/4 pound	340 g
1 pound / 16 ounces	450 g
2 pounds	900 g