



TUPPERWARE
**Season
 Serve**
 RECIPES



TUPPERWARE
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 Serve**



- Grid design in container and cover allows marinade to circulate around food.
- High domed container and cover provides extra space.
- Handy gripping area on seal and base makes it easy to hold and flip when the two are sealed together.
- Sheer material allows you to easily identify the contents.
- Ideal for thoroughly marinating meat, poultry, fish, seafood and vegetables.
- Container and cover seal together so they can be flipped without leaking.

MARINATING INFO

MARINATING TIMES		
PROTEIN	Time MINIMUM	Time MAXIMUM
SEAFOOD	15 MINUTES	30 MINUTES
TOFU	20 MINUTES	12 HOURS
CHICKEN	30 MINUTES	6 HOURS
LAMB	4 HOURS	12 HOURS
BEEF	2 HOURS	24 HOURS
PORK	2 HOURS	24 HOURS
VEGETABLES	15 MINUTES	30 MINUTES

Typically, there are three components: an acid, an oil, and flavors.

A sweetener is also often added to balance acidity.

You can think of the acid and oil as the liquid foundation that carries your flavorings.

ACIDS

Balsamic vinegar
 Rice wine vinegar
 Red wine vinegar
 Sherry
 Lemon
 Lime
 Orange
 Grapefruit
 Yogurt
 Buttermilk

MILD-FLAVORED OILS

Olive oil
 Grapeseed oil
 Sesame oil
 Avocado oil

FLAVORINGS

Salt
 Mustard
 Soy sauce
 Miso paste
 Garlic
 Shallots
 Ginger
 Herbs
 Spices
 Worcestershire sauce
 Tamari
 Aminos

SWEETENERS

Brown sugar
 White sugar
 Honey
 Jam or preserves
 Agave nectar
 Ketchup
 Stevia
 Maple syrup
 Cola
 Ginger ale

SEASON SERVE RECIPES

- Aloha Chicken
- Balsamic Marinade
- Buffalo Wings
- Buttered Corn
- Chili, Lime & Garlic Prawns
- Chimichurri Marinade
- Churrasco de Flank Steak
- Drunken Burgers with Marsala Onions
- Greek Salmon with Tzatziki Sauce
- Grilled Honey Sriracha Chicken
- Hawaiian Grilled Pork Chops
- Jerk Chicken Marinade
- Korean BBQ Marinade
- Korean Galbi Marinade
- Mojo Marinade
- Mulled Apple cider Pork Chops
- Southwest Chipotle Lime Chicken
- Spring Broccoli Cauliflower Salad
- Steak Fajitas
- Teriyaki Marinade
- Vegetable Kabobs with Herb Garlic Marinade

ALOHA CHICKEN

- 1 c. unsweetened pineapple juice
- ¾ cup ketchup
- ½ cup low-sodium soy sauce
- ½ cup brown sugar
- 2 cloves garlic, minced
- 1 tbsp. freshly grated ginger
- 1 lb. boneless skinless chicken breasts
- 1 pineapple, sliced into rings and halved
- 1 tsp. canola oil
- Green onions, for garnish



1. In the Season Serve Container combine pineapple juice, ketchup, soy sauce, brown sugar, garlic and ginger and whisk until combined.
2. Add chicken to the marinade mixture, Let marinate in the refrigerator at least 3 hours and up to overnight.
3. When ready to grill, heat grill to high. Oil grates and add chicken. Baste with marinade and grill until charred, 8 minutes per side.
4. Toss pineapple with oil and grill until charred, 2 minutes.
5. Serve chicken with pineapple and garnish with green onions.

BALSAMIC MARINADE

- ¼ cup extra virgin olive oil
- 2 tbsp. Worcestershire sauce
- ¼ cup balsamic vinegar
- 4 garlic cloves, peeled and crushed
- 1 tbsp. Simple Indulgence Steak & Chop Seasoning Blend



1. Combine all ingredients in a Quick Shake Container. Replace seal and shake well to blend.
2. Put meat in Season Serve Container. Toss with marinade. Cover; chill for 3 -8 hours.
3. Remove meat from marinade, pat dry, and grill.

BUFFALO WINGS

4 pounds chicken wings (about 24)

Marinade

- 1 cup cider vinegar
- 2 Tbsp. vegetable oil
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. chili powder
- 1 tsp. red pepper flakes
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. Tabasco (optional)

Blue Cheese Dipping Sauce

- 1 cup blue cheese, crumbled
- ⅓ cup sour cream
- ½ cup mayonnaise
- 2 Tbsp. milk (about)
- 2 cloves garlic, minced
- 2 tsp. Worcestershire sauce
- salt and pepper to taste



1. Combine marinade ingredients together and mix well. Place chicken wings in Season Serve container. Pour marinade over top. Turn to coat and refrigerate for 2 to 6 hours.
2. For blue cheese sauce, combine blue cheese, sour cream, mayonnaise, garlic & Worcestershire sauce in the base of the Power Chef, with the paddle attachment. Attach lid and pull cord until well mixed, add milk if needed. Season to taste.

BUTTERED CORN ON THE COB

- Corn on the cob
- One stick butter
- Desired seasoning



1. Cook corn as usual.
2. Place corn in Season Serve base.
3. Cut stick of butter into tablespoon size pieces, place on corn. Seal container, shake and invert to completely coat corn.

CHILI, LIME & GARLIC PRAWNS

1½ lbs./750g prawns, peeled (deveined with tails on) *To Serve*
2-3 cloves garlic
1 red chili, roughly chopped (optional)
1cm piece fresh ginger (optional)
1 tbs chili paste
1 tsp chili flakes
Salt and pepper
¼ cup (60ml) olive oil
1 lime, zest and juice



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1. Place the triple blade attachment in the Power Chef System, add garlic, fresh chili and ginger; lock cover into position and pull the cord several times until contents are finely chopped.
2. Remove cover and add chili paste, flakes and season with salt and pepper; lock cover into position and pull the cord several times until contents are combined. Empty ingredients into Quick Shake with olive oil, lime juice and zest. Cover and shake to combine.
3. Place prawns into Season Serve and place over marinade. Place on cover and shake to coat. Set aside in fridge to marinate for 30 minutes. Remove and pat dry.
4. If using the MicroPro Grill: In the base of the MicroPro Grill add shrimp in a single layer. Place cover on shrimp in the GRILL position. Microwave on high power 3 minutes. Remove from microwave, flip shrimp, Place cover on shrimp in the GRILL position. Microwave on high power an additional 2 minutes.
5. If Pan frying: Place shrimp in Chef Series Skillet on medium high heat, for 2-3 minutes, flip and cook until no longer pink.
6. Serve with coconut rice, fresh salad, lime wedges and coriander.

CHIMICHURRI MARINADE

½ cup red wine vinegar
1 tsp. kosher salt plus more
3-4 garlic cloves, minced
1 shallot, finely chopped
1 Fresno chile or red jalapeño, finely chopped
¾ cup minced fresh cilantro
¼ cup minced fresh flat-leaf parsley
¼ cup finely chopped fresh oregano
¼ cup extra-virgin olive oil



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1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ½ cup marinade for sauce. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3 -8 hours.
4. Remove meat from marinade, pat dry, and grill.

CHURRASCO DE FLANK STEAK

2 oranges, zested and juiced
3 limes, zested and juiced
¼ cup olive oil
3 garlic cloves, peeled
1 small onion, peeled, quartered
¼ cup fresh cilantro
1½ tbsp. Simple Indulgence Southwest Chipotle Seasoning Blend
1 lb. Flank Steak, Sirloin Steak or Skirt Steak,



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1. In the base of the Quick Chef Pro System, place garlic, onion and cilantro. Process until finely chopped. Transfer to a Quick Shake Container and add all juice and zest, plus olive oil. Cover and shake to combine.
2. Add seasoning blend to Quick Shake Container, cover and shake well to combine. Pour over beef in Season-Serve Container, seal, marinate 6 hours or overnight. Drain marinade and discard.
3. Grill or pan fry to preferred doneness.

DRUNKEN BURGERS WITH MARSALA ONIONS

1 lb. ground chuck
4 garlic cloves, peeled and minced
½ tsp. kosher salt
¼ cup fresh Italian (flat-leaf) parsley, chopped
¼ tsp. ground clove
¼ cup extra virgin olive oil
1 cup Marsala wine
2 tbsp. balsamic vinegar
2 medium yellow onions, sliced thin



TUPPERWARE



1. Season beef with salt and pepper. Using the Hamburger Press & Keepers Deluxe Set, divide ground beef evenly between 4 keepers; insert press to form patties. Refrigerate until ready to marinate.
2. In the base of the Power Chef System fitted with blade attachment, add garlic, salt, parsley, clove, olive oil, Marsala, and balsamic. Cover and pull cord until garlic is minced. Pour marinade into the base of the Season-Serve container; add onions.
3. Place burger patties in marinade. Seal and refrigerate 3 hours. Flip Season-Serve container to marinate other side of patties; refrigerate an additional 3 hours or overnight.
4. Remove burgers from marinade. On a medium grill, or in a non-stick skillet over medium heat, cook burgers 6 minutes; flip and cook an additional 3 minutes or until burgers register 155° F/66° C.
5. Meanwhile, pour marinade and onions into a non-stick skillet. Bring to boiling, reduce heat to medium. Cook, stirring occasionally, until marinade thickens and onions become soft, about 8 minutes.
6. Serve burgers with Marsala onions and your choice of buns.

GREEK SALMON WITH TZATZIKI SAUCE

1½ lb. fresh salmon
 2 tbsp. Olive Oil (extra virgin)
 1 tsp. lemon zest
 2 tbsp. lemon juice, fresh
 2 cloves of garlic, minced
 1 tsp. salt
 ½ tsp. fresh dill
 ½ tsp. dried oregano
 ½ tsp. crushed red pepper
 ½ tsp. sumac

6oz plain greek yogurt
 1 clove garlic, minced
 1 cup shredded cucumber
 ½ tsp. lemon zest
 1 tbsp. lemon juice
 ½ tsp. fresh dill
 Salt to taste

1. Mix together the olive oil, lemon zest, lemon juice, 2 cloves of garlic, salt, fresh dill, dried oregano, crushed red pepper and sumac.
2. Place the salmon fillet in the Season Serve Container and pour the marinade over the salmon, seal container and refrigerate and allow the fish to marinade for about 20-30 minutes. Grill pan-fry or bake in a 400° oven for 15-20 minutes, brushing with marinade while cooking.
3. For tzatziki sauce, combine all ingredients in the base of the Power Chef, with the paddle attachment. Attach lid and pull cord until well mixed, add milk if needed. Season to taste.

HAWAIIAN GRILLED PORK CHOPS

Marinade

2 cans (6 oz. each) unsweetened pineapple juice (1½ cups)
 3 scallions, white parts sliced into thin rounds
 3 Tbsp. peeled and minced ginger
 3 Tbsp. reduced-sodium soy sauce
 2 Tbsp. Asian dark sesame oil
 2 Tbsp. light brown sugar
 ¾ tsp. freshly ground black pepper
 ½ tsp. coarse salt

4 bone-in pork loin chops, cut ¾-in. thick

1. Mix together the marinade ingredients.
2. Place the pork chops in the Season Serve Container and pour the marinade over the pork chops, seal container and refrigerate for 2-10 hours, turning the season serve container every couple hours.
3. Remove chops from marinade and pat off excess marinade with paper towels. Discard remaining marinade.
4. Prepare a medium-hot fire in grill. Brush grill grate clean and lightly oil grate. Grill chops directly over heat, 8 to 10 min., turning once, until internal temperature on a thermometer reads 145°F, followed by a 3-minute rest.

HONEY SRIRACHA CHICKEN

¼ cup honey
 2 Tbsp. Sriracha
 5 cloves garlic crushed (1½ Tbsp. minced garlic)
 2 Tbsp. rice wine vinegar
 1½ Tbsp. low sodium soy sauce
 1 Tbsp. freshly squeezed lime juice
 6 boneless chicken thighs with or without skin
 2 Tbsp. cooking oil
 Salt and pepper to season

To Serve
 Sliced green onions, to serve
 Sesame seeds to serve
 Lime wedges to serve

1. In a shallow bowl, mix the honey, Sriracha, garlic, rice wine vinegar, soy sauce and lime juice together until well combined. Spoon 4 tablespoons of marinade out of the bowl and reserve to use for later as a dipping sauce.
2. Place chicken in the Season Serve Container, pour marinade over chicken, marinade for 30 minutes - 2 hours in the refrigerator.
3. Heat oil in Chef Series II Fry Pan over medium heat. Sear the chicken in two batches, on both sides, cook chicken until the chicken is cooked through and no longer pink in the middle; the skin is crisp and golden browned, and the underside is charred. Transfer chicken to a warm plate, pour any pan juices over chicken, tent with foil and allow to rest for 5 minutes.
4. Serve chicken with the remaining marinade. Garnish with sliced green onion, sesame seeds and lime wedges. Serve with steamed veggies, over rice or noodles.

JERK CHICKEN MARINADE

6 tbsp. vegetable oil, divided
 ¼ cup fresh lime juice
 4 scallions, chopped
 2-4 Scotch bonnet or habanero chiles, stemmed, seeded, finely chopped
 3 garlic cloves, minced
 2 tbsp. fresh thyme, chopped
 1 tbsp. Fresh ginger, minced
 1 tbsp. (packed) dark brown sugar
 1 tsp. allspice
 1 tsp. kosher salt plus more
 ¼ tsp. ground black pepper
 2 tbsp. distilled white vinegar

1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ¼ cup for sauce.
4. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
5. Remove meat from marinade, pat dry, and grill.

KOREAN BBQ MARINADE

- ½ cup low-sodium soy sauce
- 2 tbsp. water
- 1½ tbsp. raw or turbinado sugar
- 1 tbsp. minced garlic
- 1 tsp. Asian sesame oil
- 1 tsp. grated peeled fresh ginger
- ½ tsp. freshly ground black pepper
- ½ cup chopped scallions



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
4. Remove meat from marinade, pat dry, and grill.

KOREAN GALBI MARINADE

- ½ cup brown sugar, packed
- ½ cup low-sodium soy sauce
- ¼ cup water
- 2 tbsp. sweet mirin
- ½ small onion, peeled and finely chopped
- 1 small Asian pear, peeled and finely chopped
- 4 garlic cloves, minced
- 1 tbsp. sesame oil
- 1 tsp. Steak & Chop Seasoning Blend



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ¼ cup for sauce.
4. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
5. Remove meat from marinade, pat dry, and grill.

MOJO MARINADE

- 1¼ cups fresh orange juice
- ½ cup fresh lemon juice
- ½ cup fresh lime juice
- ¼ cup fresh oregano, chopped
- ¼ cup corn or vegetable oil
- 10 garlic cloves, minced
- 3 jalapeños, diced, no seeds
- 1½ tsp. kosher salt



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Reserve ½ cup marinade for sauce. Put pork or seafood in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-8 hours.
4. Remove pork or seafood from marinade, pat dry, and grill.

MULLED APPLE CIDER PORK CHOPS

- 1½ lbs. bone-in OR boneless pork chops
- 1 Tbsp. extra virgin olive oil
- 2 cups apple cider
- 1 large white onion, thinly sliced
- 2 tbsp. apple cider vinegar
- 3 tbsp. mulling spices
- 1 large garlic clove, crushed
- ¼ yellow onion, finely diced
- 4 whole fresh thyme sprigs
- 1 tsp. coarse kosher salt



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Place meat in the Season Serve Container, pour marinade over meat, let marinate for 12-24 hours in the refrigerator.
4. Heat olive oil over medium-low heat in a 12" skillet. Cook onions, stirring occasionally for about 5 minutes, or until onions are very soft. Add pork chops to the skillet. Cook 4-5 minutes on each side or until pork is cooked through. Stir onions occasionally as the pork cooks. Remove them if they begin to burn. Serve pork chops warm topped with onions.



SOUTHWEST CHIPOTLE LIME CHICKEN

4 boneless chicken breasts
 1–2 tbsp. Southwest Chipotle Seasoning Blend
 1 tbsp. fresh oregano
 2 tbsp. fresh cilantro
 2 cloves garlic
 ¼ cup lime juice
 ¼ cup vegetable oil
 salt and pepper, to taste



1. Place chicken in Season-Serve Container.
2. Add seasoning blend, oregano, cilantro, and garlic to base of Chop 'N Prep Chef. Cover and pull cord to finely chop. Add lime juice, oil and season to taste with salt and pepper. Replace cover and process until well blended.
3. Pour over meat, seal Season-Serve Container and refrigerate anywhere from 4-8 hours.
4. Remove meat from marinade (discarding marinade), and grill over medium-high heat until internal temperature reaches 165°F/73°C and juices run clear, approximately 15 minutes.



SPRING BROCCOLI CAULIFLOWER SALAD

2 cups cauliflower, cut in bite size pieces
 2 cups broccoli, cut in bite size
 ¼ cups celery
 1 cup frozen peas
 1½ cups cooked and chopped bacon

Dressing
 2 cups mayonnaise
 ¼ cup sugar
 ¼ cup Parmesan cheese
 2 teaspoons vinegar
 ¼ teaspoons salt
 ¼ cup chopped onion



1. In the Season Serve Container combine cauliflower, broccoli, celery, peas and bacon together and mix well.
2. Combine the dressing ingredients in the base of the Power Chef, with the paddle attachment. Attach lid and pull cord until well mixed, add milk if needed.
3. Pour dressing over vegetables, seal cover and flip to combine every couple hours, best if made the night before.



STEAK FAJITAS

Marinade

¼ cup soy sauce
 ¼ cup lime juice, from 6 to 8 limes
 ½ cup canola oil
 ¼ cup packed brown sugar
 2 tsp. ground cumin seed
 2 tsp. freshly ground black pepper
 1 Tbsp. chili powder (see note)
 3 medium cloves garlic, finely minced (about 1 tablespoon)

1 red bell pepper, cut into ½" wide strips
 1 yellow bell pepper, cut into ½" wide strips
 1 green bell pepper, cut into ½" wide strips
 1 white or yellow onion, cut into ½" wide strips
 12 to 16 fresh flour or corn tortillas, hot

Guacamole, pico de gallo, sour cream, shredded cheese, and salsa, for serving, if desired

2 lbs. trimmed skirt steak (about 1 whole steak), cut crosswise into 5- to 6-inch pieces



1. In the base of the Quick Shake container add all the marinade ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Transfer ¼ cup of marinade to a large bowl add vegetables and refrigerate.
4. Put meat in Season Serve Container. Toss with remaining marinade. Cover; chill for 3-10 hours.
5. Remove meat from marinade, cook as desired.
6. When ready to cook, remove steaks from marinade, wipe off excess, and transfer to a large plate. Light one chimney full of charcoal. When all charcoal is lit and covered with gray ash, pour out and arrange coals on one side of charcoal grate. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Clean and oil grilling grate.
7. Place a large cast iron skillet over cooler side of grill. Transfer steaks to hot side of grill. Cover and cook for 1 minute. Flip steaks, cover, and cook for another minute. Continue cooking in this manner, flipping and covering, until steaks are well charred and an instant-read thermometer inserted into their center registers 115 to 120°F (46 to 49°C) for medium-rare or 125 to 130°F (52 to 54°C) for medium. Transfer steaks to a large plate, tent with foil, and allow to rest for 10 to 15 minutes.
8. Meanwhile, transfer cast iron skillet to hot side of grill and allow to preheat for 2 minutes. Add pepper and onion mix and cook, stirring occasionally, until vegetables are softened and beginning to char in spots, about 10 minutes. When vegetables are cooked, transfer steaks to a cutting board and pour any accumulated juices from plate into skillet with vegetables. Toss to coat.
9. Transfer vegetables to a warm serving platter. Thinly slice meat against the grain and transfer to platter with vegetables. Serve immediately with hot tortillas, guacamole, pico de gallo, and other condiments as desired.



TERIYAKI MARINADE

¼ cup soy sauce (or tamari*)
 ¼ cup rice wine vinegar
 2 Tbsp. honey
 3 Tbsp. peanut oil (or olive oil)
 1 tsp. sesame oil
 ½ tsp. garlic powder
 ½ tsp. ground ginger



1. In the base of the Quick Shake container, add all ingredients. Secure Quick Shake cover.
2. Shake until well combined.
3. Put meat in Season Serve Container. Toss with marinade. Cover; chill for required time amount.
4. Remove meat from marinade, cook as desired.

VEGETABLE KABOB WITH HERB GARLIC MARINADE

Marinade

- ½ cup olive oil
- ½ cup lemon or lime juice
- ½ cup water
- ¼ cup Dijon mustard
- 2 Tbsp. maple syrup
- 2 Tbsp. minced garlic
- 2 Tbsp. chopped fresh basil leaves
- ¼ teaspoon salt
- ¼ teaspoon fresh ground black pepper
- 2 medium red or white potatoes
- 1 cup firm or extra-firm tofu chunks
- 1 cup red, yellow or green bell pepper chunks
- 1 cup pineapple chunks
- 1 cup red onion chunks
- 1 cup white button mushrooms
- 1 cup zucchini or yellow squash chunks
- 1 cup cherry tomatoes



1. Whisk together marinade all ingredients in a small bowl; place in the refrigerator.
2. Cook potatoes in salted water until fork tender; let cool and cut into 1-inch chunks.
3. Place potatoes and the vegetables in the Season Serve Container and pour Marinade over vegetables. Cover and refrigerate for 2 hours.
4. Preheat an outdoor grill to medium heat.
5. Remove vegetables from the Marinade, reserving Marinade.
6. Thread vegetables onto skewers, alternating colors.
7. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved Marinade and turning occasionally.