

UNITED STATES | SPRING 2024

No. 61

ROYAL PRESTIGE®

Magazine



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amazing
recipes



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being surprised



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Chef
Yisus

Welcome!

It's an honor to greet you in the first edition of **Royal Prestige® Magazine 2024!** Allow me to introduce myself: I'm Chef Yisus and this is my first time as your culinary editor. I'm excited to embark on this journey of flavors with you.

The beginning of the year has been full of surprises and most of all, delicious foods! I'm sure you'll agree when you see everything that this magazine has in store for you.

This time of year is defined by Lent, a season filled with versatile and colorful dishes. If you love seafood, I invite you to try the classic **Shrimp Colonche (pg. 32)**. We also have some breakfast options like **Three Cheese & Asparagus Quiche (pg. 20)** that you can cook on the stove, without using your oven.

When it comes to dessert, you can choose from something fresh like a **Pineapple & Coconut Ice Cream (pg. 44)** or something sophisticated like **Pannacotta with Red Wine Reduction Sauce (pg. 42)**.

Speaking of fresh foods, how much do you know about **apples: the most widely consumed fruit in the world (pg. 54)**? They're not as boring as many people think and you can enjoy it in a large variety of dishes. Did you know that it shouldn't be refrigerated for more than six weeks?

Also, if you are like me and you like to provide the best quality for your family, discover why **you should say yes to filtered water (pg. 50)** and learn about the great advantages that **Royal Prestige® FrescaFlow** offers you.

And this is just a sampling. I invite you to browse through this edition that is filled with content created especially for our cherished **Royal Prestige®** clients.

Savor each of these pages and continue enjoying delicious foods in the company of your loved ones.

Here's to one more year of the highest quality meals!



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USA

Contributors

Chief Marketing Officer:
Daniela Ortiz

**Traditional Marketing
Director and Editor-in-Chief:**
Juan Carlos de la Vega

**Product Marketing
& Portfolio Director:**
Cynthia Helena Serra Oliveira

Culinary Editor:
Chef Yisus

Head Writer:
Berenice Gutiérrez

Proofreading & Copywriting:
Lilia Mancilla

**Portuguese Proofreading &
Translation:**
Heloisa Machado Agostini
Juliana Serralha Fantini

**Art, Photography, and Design
Director:**
Linda M. Castilleja H.

Graphic Design:
Linda M. Castilleja H.
Julie Desjarlais

Food Styling:
Éricka Fonseca Cortés

Photography:
Mucho Flavor Photo/Luis Sandoval
Sergio Fuentes

Art:
Adrián Pacheco

Logistics Coordination Mexico:
Georgina Cea
Rafael Elias Álvarez

Logistics Coordination Colombia:
Jorge Mario Ospina

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UNITED STATES, SPRING 2024

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20 recipes with a large variety of textures, ideal for sharing at special occasions like Mother's Day or Lent.



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Find out if your favorite foods have detox properties and join this trend with a recipe for a delicious juice.



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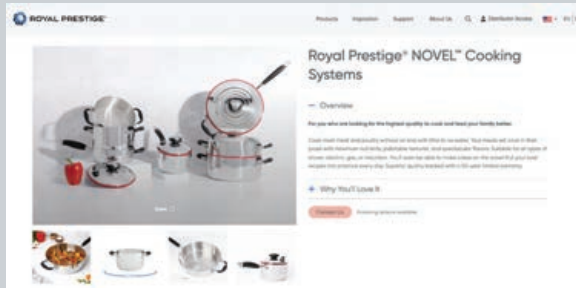
Who said apples were boring? Learn some interesting facts about this seasonal fruit.



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A kitchen scene featuring a loaf of bread, a pink spatula, a pan of food, and various flowers. The background is a white plate with the word 'Amazing!' written on it. The foreground shows a loaf of bread on a white cutting board, a pink spatula, a black pan with food, and several flowers including pink lilies and a pink dahlia. There are also some green peas and small black seeds scattered on the surface.

Amazing!

Created especially for you, the recipes in this edition are full of flavor and color. This Lent, explore unique combinations with your favorite ingredients: rice, fish, seafood, cheeses, and vegetables. And for this Mother's Day, choose from our selection of delicious desserts the ideal one to spoil your mom. Let's cook!





Pulpo Enamorado (Octopus Salad)



**Cook faster
and safely.**

Ingredients

- 3 cups water
 - ¼ onion
 - 3 bay leaves
 - 2 thyme sprigs
 - 3 whole peppercorns
 - 3-pound octopus, cleaned
- FOR THE PULPO ENAMORADO:**
- 7 ounces mayonnaise
 - ¼ onion, diced
 - 2 tomatoes, seeded and cubed
 - 2 serrano peppers, seeded and cubed
- 1 red bell pepper, seeded and cut into small cubes
 - Juice of one lime
 - Salt and pepper to taste

SERVE WITH:

- Romaine lettuce leaves
- 1 avocado
- Tostadas

Instructions

- 1 Boil water, onion and spices in the Royal Prestige® 6 L Pressure Cooker, partially covered, over medium-high heat.
- 2 Dip the octopus in the water three times to curl the tentacles, then place inside the pot. Cover and turn the valve to the pressure icon. Cook over medium-high heat until the indicator pin rises. Lower to medium-low heat and cook medium-low for 10 more minutes.
- 3 Turn off heat, turn the valve to release pressure and wait until the pin indicator drops. Open the pressure cooker, allow the octopus to cool and cut into medium-size cubes.
- 4 In a bowl, mix the octopus with the rest of the ingredients and add salt and pepper.
- 5 Serve with lettuce, avocado and tostadas.



Yield
5 to 7
portions



**Featured
Royal Prestige®
Cookware**

Royal Prestige®
6 L Pressure
Cooker



**Preparation
Time**
35 minutes

Patatas Bravas (Spicy Potatoes)



Royal Prestige® Benefits

Cook with
less water.

Powerful blending
in just seconds.

Ingredients

4 medium potatoes, peeled
and cut into medium-size
cubes of equal size

2 cups water

Salt to taste

Olive oil cooking spray

FOR THE SAUCE:

Olive oil cooking spray

1 onion, chopped

4 garlic cloves, chopped

2 tablespoons paprika

2 tablespoons cayenne pepper

2 tablespoons vinegar

½ cup tomato puree

1 cup chicken broth

Instructions

- 1 Place the potatoes, water and salt to taste in the Royal Prestige® NOVEL™ 3 QT Dutch Oven. Cover with the Redi-Temp™ Valve open and cook over medium-high heat.
- 2 When the valve whistles, reduce heat to low, close the valve and cook for 12 to 15 more minutes or until the potatoes are cooked through.
- 3 Grease the Royal Prestige® Deluxe Easy Release 12" Skillet with cooking spray and remove any excess with a paper towel. Fry the potatoes in two or more batches if necessary until browned. Add salt and set aside.
- 4 **For the sauce:** grease the Royal Prestige® Deluxe Easy Release 10" Skillet with cooking spray and remove any excess with a paper towel. Preheat for 40 seconds over medium heat.
- 5 Add onion and garlic. Cook for a couple minutes until the onion softens a little.
- 6 Add paprika and cayenne pepper. Cook for a few more seconds, stirring. Pour in the vinegar and stir for a few more seconds.
- 7 Add the tomato puree and chicken broth. Cook for a couple minutes to blend the flavors.
- 8 Bring to the Royal Prestige® Max Cup and blend in the Royal Prestige® Power Blender Max until an even consistency is achieved. If you want a thicker sauce, cook over medium heat for a few more minutes to reduce.
- 9 Serve the potatoes with the spicy sauce.



Yield
3 to 4
portions



**Featured
Royal Prestige®
Cookware**

Royal Prestige®
NOVEL™ 3 QT
Dutch Oven



**Preparation
Time**
30 minutes



Garbanzo Stew



Royal Prestige® Benefit

Cook faster and safely.

Ingredients

7 ounces bacon, cut into medium-size cubes

2 Spanish chorizos, cut into rounds

½ onion, chopped

3 garlic cloves, chopped

½ red bell pepper, cut into small cubes

10 ounces spinach, chopped

2 tomatoes, cut into small cubes

1 bay leaf

1 tablespoon sweet paprika

14 ounces garbanzo beans, cleaned, soaked overnight and drained

Water

Salt to taste

Instructions

- 1 Preheat the Royal Prestige® 6 L Pressure Cooker for 3 minutes over medium-high heat. Brown the bacon and chorizo. Remove from the pot and set aside.
- 2 Add onion, garlic, and bell pepper. Cook until the onion and bell pepper have softened. Add spinach and salt and cook for a couple more minutes.
- 3 Add the tomatoes, bay leaf, and sweet paprika, stirring to mix the paprika evenly.
- 4 Add garbanzos, chorizo, and enough water to cover all the ingredients, without exceeding $\frac{2}{3}$ of the pressure cooker's capacity. Add more salt if needed.
- 5 Cover and turn the valve to the pressure icon. Cook over medium-high heat until the indicator pin rises. Reduce to low heat and cook for 15 more minutes.
- 6 Turn off heat, turn the valve to release pressure and wait until the pin indicator drops. Open the pressure cooker and add the browned bacon. Serve.



Yield
6 to 8 portions



**Featured
Royal Prestige®
Cookware**
Royal Prestige®
6 L Pressure Cooker



**Preparation
Time**
40 minutes





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Three Cheese & Asparagus Quiche



Royal Prestige® Benefits

Cook the quiche on the stove, without using an oven.

Blend directly in the bowl in just seconds.

Ingredients

FOR THE DOUGH:

- 1 pound all purpose flour
- 6 ounces cold butter, cut into medium-size cubes
- 1½ teaspoons salt
- 2 eggs
- 3 ounces cold water

FOR THE FILLING:

- 10 ounces sweet cream
- 7 eggs
- 7 ounces manchego cheese

- 5 ounces parmesan cheese
- 2 ounces blue cheese
- 8 asparagus spears, blanched and cut into rounds
- 4 slices serrano ham, cut into small cubes
- 2 ounces dried cranberries
- Salt and pepper to taste

Instructions

- 1 For the dough:** place the flour, butter, and salt in a bowl. With a spatula, mix the ingredients to form crumbs.
- 2** Add eggs and mix, without kneading. Add water little by little. When all ingredients are mixed, place the dough in a bowl and refrigerate for 30 minutes.
- 3 For the filling:** place the sweet cream, eggs, and cheeses in another bowl. Blend with the Royal Prestige® Power Blender Go. Add asparagus, serrano ham and dried cranberries. Mix well and add salt and pepper. Set aside.
- 4** Roll out the dough with a rolling pin until ¼" thick. Place it in the Royal Prestige® NOVEL™ 10.5" Skillet so that it covers the bottom and 1 inch up the sides. Empty filling into skillet.
- 5** Cover the skillet and cook over low heat for 35 minutes.
- 6** When cooking time is finished, allow the quiche to cool and settle.



Yield

8 portions



Featured
Royal Prestige®
Cookware

Royal Prestige®
Power Blender
Go



Preparation
Time

50 minutes



Three Cheese & Prosciutto Pizza



Royal Prestige® Benefits

Cook the pizza on the stove, without using an oven.

Blend directly in the bowl in just seconds.

Ingredients

FOR THE DOUGH:

2 $\frac{2}{3}$ cups flour
½ teaspoon baking powder
2 ounces butter
½ teaspoon sugar
¼ teaspoon salt
4 ounces water

FOR THE POMODORO SAUCE:

¼ onion, finely chopped
1 clove garlic, finely chopped

½ cup tomato puree
2 tomatoes, chopped
3 sprigs basil
1 teaspoon dried oregano

Salt and pepper to taste

TOPPINGS:

7 ounces shredded mozzarella cheese
2 ounces gorgonzola cheese
2 ounces parmesan cheese

1 beefsteak tomato, sliced
4 slices prosciutto
1 teaspoon dried oregano
5 figs, halved
1 cup arugula

Instructions

- 1 For the dough:** in a bowl, mix all ingredients except water. Add half the water and knead. Add the remaining liquid little by little, constantly kneading. The result should be a smooth, uniform dough. Set aside for about 10 minutes.
- 2 For the pomodoro sauce:** preheat the Royal Prestige® NOVEL™ 1.5 QT Saucepan and sauté the onion and garlic for a couple minutes. Add the tomato puree and tomatoes. Season with oregano, basil, salt, and pepper. Boil for 2 minutes, blend with the Royal Prestige® Power Blender Go, turn off the stove and set aside.
- 3** Flour the surface where you will work with the dough and roll it out.
- 4** Preheat the Royal Prestige® NOVEL™ 14" Paella Pan over low heat for 30 seconds. Place the rolled out dough in the pan, cook for 6 minutes, and turn over.
- 5** Pour the pomodoro sauce over the dough. Evenly distribute the three cheeses and the beefsteak tomato slices.
- 6** Cover with the Redi-Temp™ Valve closed and cook for 7 more minutes.
- 7** When the cooking time is finished, remove the pizza from the paella pan. Garnish with prosciutto, oregano, figs and arugula.



Yield
8 portions



Featured Royal Prestige® Cookware
Royal Prestige® NOVEL™ 14" Paella Pan



Preparation Time
1 hour

Risotto with Mushrooms & Asparagus

Royal Prestige® Benefit

Cook a delicious meal, easy, in just minutes.

Ingredients

7 ounces butter

¼ onion, finely chopped

2 garlic cloves, finely chopped

1 pound arborio rice

1¼ cups white wine

1 quart vegetable broth

5 ounces mushrooms, cut into small cubes

7 asparagus spears, cut into small pieces

Salt and pepper to taste

7 ounces parmesan cheese, grated

SERVE WITH:

Sliced bread

Instructions

- 1 Melt the butter in the Royal Prestige® 12" Gourmet Skillet over medium heat. Sauté the onion and garlic.
- 2 Next, add the rice and fry it. Add white wine and reduce to ¾.
- 3 Add the broth little by little.
- 4 Next, add the mushrooms and asparagus. Add salt and pepper and mix well.
- 5 Cover the skillet and cook for 20 minutes.
- 6 When the rice is just right, add the parmesan cheese.
- 7 Serve with sliced bread.



Yield

8 to 10 portions



Featured Royal Prestige® Cookware

Royal Prestige® 12" Gourmet Skillet



Preparation Time

40 minutes



Rib-eye with Kale & Mushrooms



Royal Prestige® Benefit

Cook a delicious meal, easy, in just minutes.

Ingredients

3 pounds rib eye medallions
Olive oil
Fresh rosemary
7 ounces kale
7 ounces oyster mushrooms
7 ounces mushrooms, sliced
Salt and pepper to taste

FOR THE CHIMICHURRI:
1½ cups fresh parsley leaves, chopped
6 chopped basil leaves or ½ cup chopped cilantro
6 tablespoons corn oil or olive oil

4 garlic cloves, chopped
1 teaspoon sweet paprika
1 teaspoon dried oregano
1 teaspoon pepperoncino
1 teaspoon ground cumin
3 tablespoons white vinegar
Salt and pepper to taste

Instructions

- 1 Season the medallions with salt and pepper and cover with a little olive oil. Then sprinkle with fresh rosemary. Allow to rest for a few minutes.
- 2 Add a tablespoon of olive oil to the Royal Prestige® Deluxe Easy Release 12" Skillet and preheat for 40 seconds over medium heat.
- 3 Sear the meat for about 5 minutes per side with the skillet partially covered. Cook to desired doneness.
- 4 **For the kale:** rub the leaves with olive oil. Fry for a couple minutes in the skillet with the meat. Remove and set aside.
- 5 **For the mushrooms:** add salt to taste and coat with olive oil. Cook the mushrooms in the skillet with the meat until caramelized.
- 6 **For the chimichurri:** place all the ingredients in a bowl and mix well. Preferably, allow it to sit for at least one night.
- 7 Serve the meat over a bed of kale with a side of mushrooms. Coat with a little bit of chimichurri.



Yield
4 to 5 portions



Featured Royal Prestige® Cookware
Royal Prestige® Deluxe Easy Release 12" Skillet



Preparation Time
20 minutes



Shrimp with Coconut Sauce

Royal Prestige® Benefits

Blend directly in the saucepan in just seconds.

Ingredients

15 large shrimp, peeled and deveined

Olive oil

½ teaspoon garlic powder

¼ teaspoon onion powder

½ teaspoon paprika

½ teaspoon dried mixed herbs

Salt and pepper to taste

2 carrots, cut into half moons

1 green bell pepper, cut into medium-size cubes

½ cup edamame, shelled

FOR THE SAUCE:

3 tablespoons butter

¼ onion

2 garlic cloves

1¾ cups coconut cream

3½ ounces cream cheese

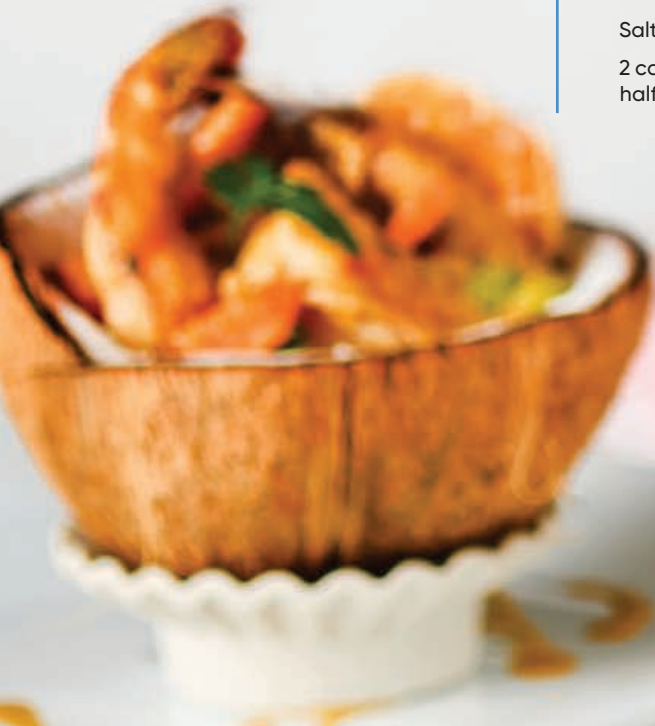
2 tablespoons sriracha

Salt and pepper to taste

SERVE WITH:

Coconut halves

White rice



Instructions

- 1 In a bowl, mix the shrimp with olive oil, garlic powder, onion powder, paprika, dried herbs, salt, and pepper. Set aside.
- 2 Moisten the Royal Prestige® Deluxe Easy Release 12" Skillet with olive oil. Preheat it for 40 seconds over medium-low heat and sear the shrimp.
- 3 Add the vegetables and cook for 5 minutes. Cover and set aside.
- 4 **For the sauce:** melt the butter in the Royal Prestige® NOVEL™ 2-Quart Saucepan and sauté the onion and garlic. Add the remaining ingredients and season with salt and pepper. Bring to a boil.
- 5 Let the mixture cool and blend with the Royal Prestige® Power Blender Go.
- 6 Add the sauce to the shrimp and boil for 2 more minutes.
- 7 Serve in coconut halves with white rice.



Yield
3 to 4
portions



**Featured
Royal Prestige®
Cookware**
Royal Prestige®
Deluxe Easy Release
12" Skillet



**Preparation
Time**
40 minutes



Almond Chicken



Royal Prestige® Benefit

Cook without added fat or oil, in just minutes.

Ingredients

½ cup soy sauce
½ teaspoon corn starch
1½ chicken breast, cleaned and cut into medium-size pieces
½ onion, chopped into medium-size cubes
1 red bell pepper, cut into medium-size cubes
1 green bell pepper, cut into medium-size cubes
2 carrots, julienned
1 cup jicama, cut into medium-size cubes

¾ cup slivered almonds, toasted
4 baby corns, cut into small pieces
1 inch ginger root, finely chopped
Salt and pepper to taste

Instructions

- 1 In a bowl, dissolve the corn starch in the soy sauce. Set aside.
- 2 Preheat the Royal Prestige® NOVEL™ 10.5" Skillet over medium-high heat for two to three minutes, or until drops of water roll over the surface instead of evaporating.
- 3 Sear the chicken breast with the skillet partially covered.
- 4 Next, add the rest of the ingredients. Cook partially covered for 3 more minutes.
- 5 Add the soy sauce mixture, lower to medium heat and thicken for 2 minutes.
- 6 Adjust seasoning and serve.



Yield
8 to 10 portions



Featured Royal Prestige® Cookware

Royal Prestige® NOVEL™ 10.5" Skillet



Preparation Time
25 minutes



Shrimp Colonche



Royal Prestige® Benefits

Cook a delicious meal, easy, in just minutes.

Powerful blending in just seconds.

Ingredients

2 plantains, cut into approximately 1 inch rounds

Oil

FOR THE SHRIMP SAUCE:

4 cups water

9 ounces shrimp shells and heads

FOR THE SOFRITO:

Oil

½ teaspoon *achiote*

1 red onion, cut into small cubes

3 garlic cloves, finely chopped

2 green bell peppers, cut into medium-size cubes

¼ teaspoon ground cumin

4 tablespoons peanut butter

2 pounds shrimp, peeled and deveined

4 cilantro sprigs, finely chopped

4 parsley sprigs, finely chopped

SERVE WITH:

Steamed rice

Instructions

- 1 In the Royal Prestige® NOVEL™ 2 QT Saucepan, fry the plantain rounds in oil over medium-high heat. Remove the plantains from the pot and mash them with a flat container or a *tostonera*. Return them to the oil for 2 more minutes. Remove excess oil, cut into pieces and set aside.
- 2 In the Royal Prestige® Power Blender Max, blend the water with the shrimp shells and heads. Strain and set aside.
- 3 Preheat the Royal Prestige® NOVEL™ 6 QT Dutch Oven over medium-high heat. Add the oil and *achiote* and fry the onion and garlic until translucent.
- 4 Add the green bell peppers, cumin, peanut butter, and shrimp broth. Boil for 2 minutes.
- 5 Next, add the shrimp and salt and pepper.
- 6 Add the plantains and allow to thicken for 3 more minutes.
- 7 Adjust the seasoning and sprinkle with cilantro and parsley.
- 8 Serve with steamed rice.



Yield
8 to 10 portions



Featured Royal Prestige® Cookware

Royal Prestige® NOVEL™ 6 QT Dutch Oven



Preparation Time
45 minutes

Fish Tacos *al Pastor*

Ingredients

5 white fish fillets, cut into strips

FOR THE MARINADE:

4 *puya* chiles, cleaned and soaked

4 *guajillo* chiles, cleaned, toasted and soaked

4 whole peppercorns

4 whole allspice

3 cloves

¼ onion

2 cloves garlic

¼ cinnamon stick

1½ cups water

⅔ cup orange juice

½ cup apple cider vinegar

¼ teaspoon dried oregano

½ bar *achiote*

Salt to taste

SERVE WITH:

2 slices roasted pineapple

1 cup cilantro, chopped

¼ onion, chopped

Halved limes

Tortillas

Guacamole



Royal Prestige® Benefits

Cook without
added fat or oil.

Powerful blending in
just seconds.



Yield
10 portions



Featured
Royal Prestige®
Cookware
Royal Prestige®
NOVEL™ 10.5"
Skillet



Preparation
Time
1 hour



Instructions

- 1 Preheat the Royal Prestige® Square Griddle over medium heat and toast the chiles, peppercorns, allspice, cloves, onion, garlic and cinnamon stick.
- 2 In the Royal Prestige® NOVEL™ 2 QT Saucepan, heat the water and soak the chiles and spices for 5 minutes.
- 3 Drain the chiles and blend them in the Royal Prestige® Power Blender Max with the orange juice, vinegar, oregano, *achiote* and salt.
- 4 Add the rest of the toasted ingredients and blend again until mixture is smooth.
- 5 In a bowl, combine the marinade and the fish and allow to marinate for 30 minutes in the refrigerator.
- 6 Preheat the Royal Prestige® NOVEL™ 10.5" Skillet over low heat and add the marinated fish. Cover with the Redi-Temp™ Valve open and cook for approximately 18 minutes or until the fish is cooked through.
- 7 Prepare the tacos and serve with garnishes.

Chicken Escabeche



Royal Prestige® Benefit

Cook large amounts of food, without added fat or oil.

Ingredients

12 pieces of chicken (skinless thighs and drumsticks), seasoned with salt and pepper

1 onion, thinly sliced

3 garlic cloves, finely chopped

5 carrots, cut into half moons

7 tomatoes, seeded and chopped

5 jalapeños, cut into strips

1 cup white wine

1½ cups white vinegar

½ cup capers

1½ cups green olives

5 bay leaves

3 sprigs marjoram

3 sprigs thyme

½ teaspoon oregano

Salt and pepper to taste

Instructions

- 1 Preheat the Royal Prestige® NOVEL™ 14" Paella Pan over medium-high heat and sear the chicken.
- 2 Add the onion and garlic and cook for one more minute. Next, add the carrots, tomatoes and jalapeños. Cover the paella pan and cook for 3 minutes over medium heat.
- 3 Add the rest of the ingredients and season with salt and pepper. Cook with the paella pan covered for 40 more minutes.
- 4 Serve with red rice.



Yield
12 portions



Featured
Royal Prestige®
Cookware
Royal Prestige®
NOVEL™
14" Paella Pan



Preparation
Time
1 hour





Banana Bread with Chocolate Ganache



Royal Prestige® Benefits

Cook the cake over the stove, without using an oven.

Blend directly in the bowl in just seconds.

Ingredients

2½ eggs
12 ounces butter
2 ounces sugar
2 medium-size ripe bananas
8 ounces flour, sifted
¼ teaspoon baking powder
¾ cup chocolate chips
Grapeseed oil

FOR THE GANACHE:

3½ ounces sweet cream
4½ ounces semisweet chocolate
¾ ounce butter, softened

GARNISHES:

Banana chips
¼ cup chocolate chips
Edible gold leaf sheets

Instructions

- 1 In a bowl, beat the eggs with the Whisk until frothy. Set aside.
- 2 In another bowl, cream the butter and sugar until lightened and add mashed banana.
- 3 Add the sifted flour and baking powder.
- 4 Fold in eggs.
- 5 Add chocolate chips.
- 6 Pour the above mixture into the Royal Prestige® NOVEL™ 8" Skillet, previously greased with grapeseed oil. Cover with the Redi-Temp™ Valve open and cook over very low heat for approximately 30 minutes, or until cooked through.
- 7 Turn off heat and allow the covered skillet to sit for 10 more minutes. Keep covered when cooling.
- 8 **For the ganache:** heat the cream in the microwave. In a bowl, mix the cream with the chocolate and butter. Emulsify using the Royal Prestige® Power Blender Go.
- 9 Cover the banana bread with the chocolate ganache and decorate.



Yield
6 to 8 portions



Featured Royal Prestige® Cookware

Royal Prestige® NOVEL™ 8" Skillet



Preparation Time

1 hour and 30 minutes

Spiced Mocha with Mint Liqueur

Ingredients

3 cups water	¼ teaspoon ground ginger	¼ mint liqueur
½ cup ground coffee	½ cup milk	GARNISHES:
¼ teaspoon ground cloves	1 tablespoon simple syrup	1 star anise
		½ teaspoon ground cinnamon

Instructions

- For the coffee:** add the ground coffee to the Royal Prestige® Barista. Pour water and, with the Piston raised, place the Cover on.
- Align the Heat Icon to the Spout. Open the Redi-Temp™ Valve and heat over medium or medium-high temperature until the Valve whistles. Immediately and with caution, remove from the stove. Let stand for 2 minutes on top of a heat-resistance surface.
- Slowly and firmly, push the Piston down. Close the Valve and rotate the Cover to Serve Icon.
- Place the remaining ingredients except the liqueur in a bowl and blend with the Royal Prestige® Power Blender Go until frothy.
- In a mug, first add the hot coffee, then the liqueur and finally the above mixture.
- Garnish with star anise and ground cinnamon.



Yield
4 portions



Featured Royal Prestige® Cookware
Royal Prestige® Barista



Preparation Time
30 minutes

Frozen Citrus Coffee

Ingredients

FOR THE COFFEE:	2 tablespoons simple syrup	GARNISHES:
3 cups water	Juice of 1 orange	Orange wedges
½ cup ground coffee	Juice of ½ lime	Lime zest
FOR THE FROZEN:	1 teaspoon ground ginger	
2 cups ice		
1 cup espresso		

Instructions

- For the coffee:** add the ground coffee to the Royal Prestige® Barista. Pour water and, with the Piston raised, place the Cover on.
- Align the Heat Icon to the Spout. Open the Redi-Temp™ Valve and heat over medium or medium-high temperature until the Valve whistles. Immediately and with caution, remove from the stove. Let stand for 2 minutes on top of a heat-resistance surface.
- Slowly and firmly, push the Piston down. Close the Valve and rotate the Cover to Serve Icon.
- In the Royal Prestige® Power Blender Max, blend the frozen ingredients.
- Serve in a cup and garnish with orange wedges and lime zest.



Yield
6 portions



Featured Royal Prestige® Cookware
Royal Prestige® Barista



Preparation Time
25 minutes

Chocolate Vanilla Frozen

Ingredients

½ measure of ground dark-roast coffee	1 teaspoon sugar
¼ cup water	GARNISHES:
¾ cup milk	2 tablespoons chocolate vanilla liqueur
½ cup ice	¼ cup whipped cream
2 tablespoons chocolate syrup	Shaved chocolate

Instructions

- For the espresso:** In the Royal Prestige® Espresso 4-Cup, fill boiler with ¼ cup water. Insert main filter into boiler and fill with the ground coffee, avoiding packing the ground. Screw together the top container and boiler. Bring to boil on medium or medium-high heat. Remove from heat when the espresso is ready.
- Blend the espresso and the rest of the ingredients in the Royal Prestige® Power Blender Max.
- Serve in a cup and pour liqueur on top.
- Garnish with whipped cream and shaved chocolate.



Yield
4 portions



Featured Royal Prestige® Cookware
Royal Prestige® Power Blender Max



Preparation Time
30 minutes

Coconut Coffee

Ingredients

3 cups water	½ cup coconut milk	GARNISHES:
½ cup ground coffee	Coconut liqueur	1 tablespoon shredded coconut
Ice		Ground cinnamon

Instructions

- For the coffee:** add the ground coffee to the Royal Prestige® Barista. Pour water and, with the Piston raised, place the Cover on.
- Align the Heat Icon to the Spout. Open the Redi-Temp™ Valve and heat over medium or medium-high temperature until the Valve whistles. Immediately and with caution, remove from the stove. Let stand for 2 minutes on top of a heat-resistance surface.
- Slowly and firmly, push the Piston down. Close the Valve and rotate the Cover to Serve Icon.
- In a cup, mix ice, coconut milk, coconut liqueur and coffee.
- Garnish with shredded coconut and ground cinnamon.



Yield
8 portions



Featured Royal Prestige® Cookware
Royal Prestige® Barista



Preparation Time
20 minutes

Four Coffees



Royal Prestige® Benefits

Prepare a delicious coffee in the comfort of your home.

Powerful blending in just seconds.

Frozen Citrus Coffee

Spiced Mocha with Mint Liqueur

Chocolate Vanilla Frozen

Coconut Coffee



Pannacotta with Red Wine Reduction Sauce



Royal Prestige® Benefit

Cook a delicious dessert easily.

Ingredients

2 cups milk
1 teaspoon vanilla extract
3 ounces sugar
9 ounces sweet cream
½ ounces gelatin
5 tablespoons cold water

FOR THE RED WINE REDUCTION SAUCE:

2 cups red wine
5 ounces sugar
1 medium cinnamon stick

2 star anises
Zest of 1 orange

SERVE WITH:

Vanilla ice cream
Strawberries
Organic flowers
Edible gold leaf sheets

Instructions

- 1 In the Royal Prestige® NOVEL™ 3 QT Dutch Oven, heat the milk, vanilla extract, and sugar. Allow to cool and place in a bowl. Add sweet cream and mix well.
- 2 Dissolve the gelatin in cold water. Melt it in a water bath or in the microwave for 20 second intervals until it forms a syrup. Mix with the above mixture.
- 3 Place in individual molds and refrigerate for 1 hour.
- 4 **For the sauce:** place the sauce ingredients in the Royal Prestige® NOVEL™ 2 QT Saucepan. Boil until reduced and allow to cool slightly until the sauce is warm.
- 5 Serve the pannacotta with ice cream and red wine reduction sauce. Garnish.



Yield
8 portions



Featured
Royal Prestige®
Cookware
Royal Prestige®
NOVEL™ 3 QT
Dutch Oven



Preparation
Time
1 hour and
30 minutes



Pineapple & Coconut Ice Cream



Royal Prestige® Benefit

Prepare ice cream conveniently and easily.

Ingredients

1 pineapple, cleaned and cut into medium-size cubes
2 cups coconut milk
2 cups coconut cream
2 tablespoons vanilla extract

SERVE WITH:

7 ounces toasted coconut
Chocolate cookies
Sliced almonds

Instructions

- 1 In a bowl, mix the ice cream ingredients and freeze for 24 hours before using.
- 2 Allow the frozen mixture to rest for about 5 minutes at room temperature and cut into pieces. Process in the Royal Prestige® Juicer with the Strainer for Ice Cream attached.
- 3 Serve with toasted coconut, sliced almonds, and chocolate cookies.





Yield
10 portions



Featured
Royal Prestige®
Cookware
Royal Prestige®
Juicer



Preparation
Time
30 minutes



Crepes Suzette



Royal Prestige® Benefits

Cook easily and in just minutes.

Powerful blending in just seconds.

Ingredients

Plastic wrap

FOR THE CREPES:

1 cup milk

4 ounces flour

$\frac{3}{4}$ ounces melted butter

1 egg

$\frac{1}{2}$ ounces sugar

1 tablespoon vanilla extract

FOR THE SAUCE:

2 ounces butter

$\frac{1}{2}$ ounces granulated sugar

Juice of 2 oranges

Juice of $\frac{1}{2}$ lime

1 tablespoon brandy

2 tablespoons orange liqueur

GARNISH:

Orange supremes

Instructions

- 1 In the Royal Prestige® Power Blender Max, blend the crepe ingredients until smooth. Pour into a bowl and refrigerate for 20 minutes.
- 2 Preheat the Royal Prestige® Deluxe Easy Release 12" Skillet for 40 seconds over medium-low heat with a little butter. Pour a little of the mixture into the skillet and spread evenly in a thin circle. Cook about one minute per side until lightly browned.
- 3 Fold the crepes into squares or triangles and set aside on a plate. Continue with the rest of the mixture and cover the crepes with plastic wrap.
- 4 **For the sauce:** in the Royal Prestige® 10" Gourmet Skillet, melt the butter over medium heat.
- 5 Add the sugar, orange juice and lime juice to create a syrup.
- 6 Add the brandy and orange liqueur and flambe.
- 7 Cover the crepes with the sauce and serve with orange supremes.



Yield

10 portions



Featured
Royal Prestige®
Cookware

Royal Prestige®
Deluxe Easy Release
12" Skillet



Preparation
Time

45 minutes



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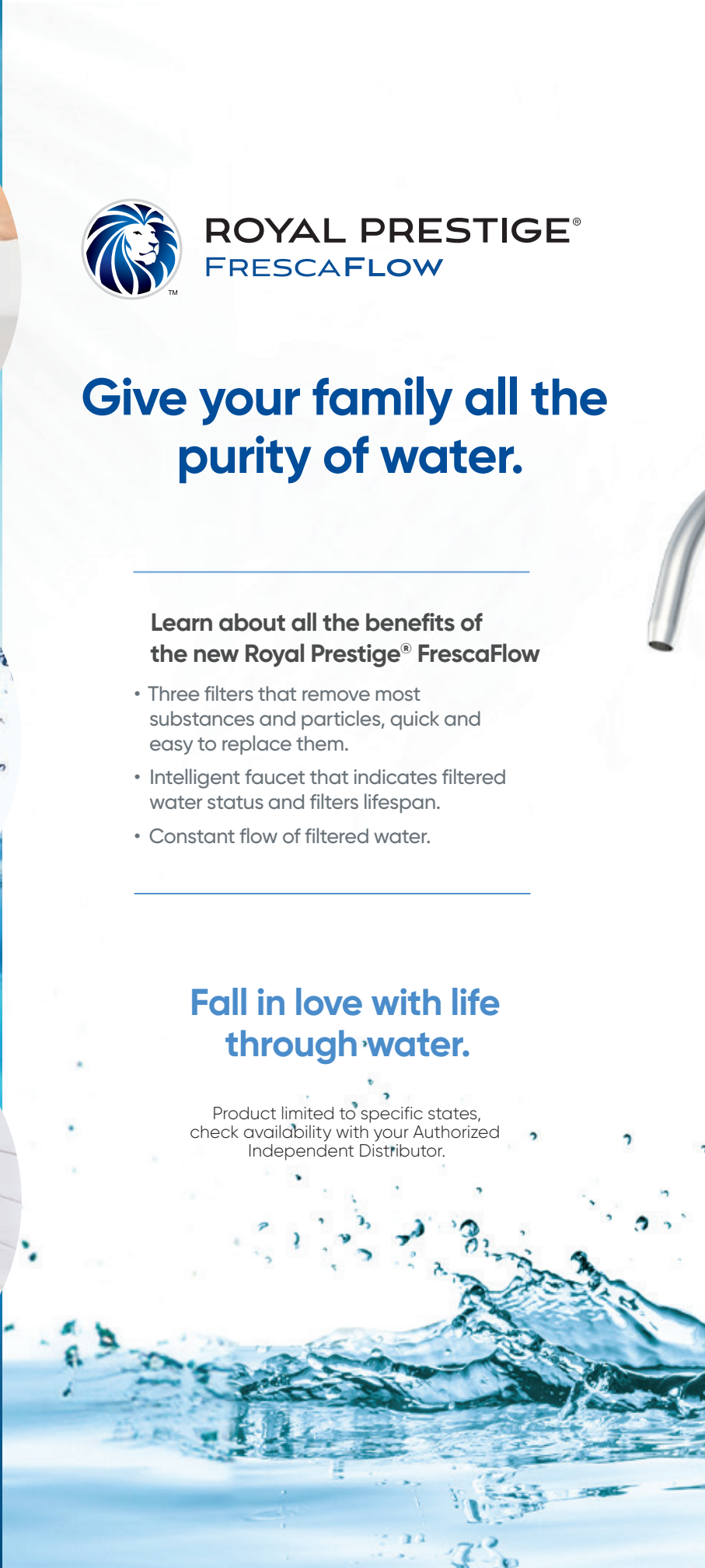


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WHY YOU SHOULD SAY *yes to filtered water*

BY LILIA MANCILLA



We are always looking for the best ways to protect our wellbeing and that of our families. Providing quality water, a liquid that is so vital to our bodies, has become a priority in the last few years.

We are faced with many decisions when it comes to something this important, such as whether it's better to drink tap, filtered or bottled water; what type of filter is best suited to our needs; and how we can better protect the environment without diminishing the quality of the water we drink every day.

Researching and documenting all of the available options is a great first step toward making an informed decision.

PROS OF filtered water.

They say that filtered water is safe, easily available and eco-friendly.

According to the Centers for Disease Control and Prevention, the United States has one of the safest water supplies in the world.

However, it's possible that some regions are more exposed to impure substances, whether from industrial waste or old pipelines. When you have a home filtration system, you can ensure better water quality and safety, making it more convenient and always available.

Despite the energy and chemicals that are used to treat water, the environmental impact is much less when compared to the use of bottled water. The whole production process involves high energy consumption and only 20% of single-use plastic bottles are recycled.

In addition, a filtration system can help improve the taste of water, which is one of the main reasons why many consumers prefer bottled water.

HOW TO CHOOSE the right water filter for your home.

It is very important to know what is in the tap water in your area. From there, you can compare the different types of filters that exist and choose which ones best eliminate the impurities present in your water supply.

Every filtration system is very specific when it comes to reducing the levels of foreign particles in water. However, it is also important to take other factors into account, such as the layout and size of your

kitchen, verifying that the filtration system is endorsed by a certification organization, and cost.

Once you have chosen the filter that best meets your needs, it is essential to maintain it regularly. Follow the manufacturer's instructions and recommendations, especially when substituting cartridges. This will guarantee that it functions correctly and provides high-quality water.

If one of your goals this year is to drink more water, these small steps can help you achieve it.

1.

To make it a habit, establish an achievable and motivating daily goal.

2.

If you can't always drink more during the day, drink a glass of water before each meal, another when you wake up and one more before going to sleep.

3.

Take a reusable bottle with you everywhere. You will help the environment by not buying bottles of water made with single-use plastic.



How does a reverse osmosis filter work?

This filtering system has a semipermeable membrane that blocks any particle larger than a water molecule, effectively eliminating many impurities.

Most of them include an activated carbon filter to remove other smaller substances that are not filtered out by the reverse osmosis membrane.

Sources:

"Is Bottled or Tap Water Better for Your Health?", Healthline. "Guía paso a paso para elegir un filtro de agua del grifo para el hogar", EWG. "Purified vs Distilled vs Regular Water: What's the Difference?", Healthline. "12 Simple Ways to Drink More Water", Healthline.

IMPROVE your quality of life with *detox* foods

BY LILIA MANCILLA

Cleansing foods are those that have high levels of antioxidants – components that can improve your health at different levels and even protect you against chronic disease.

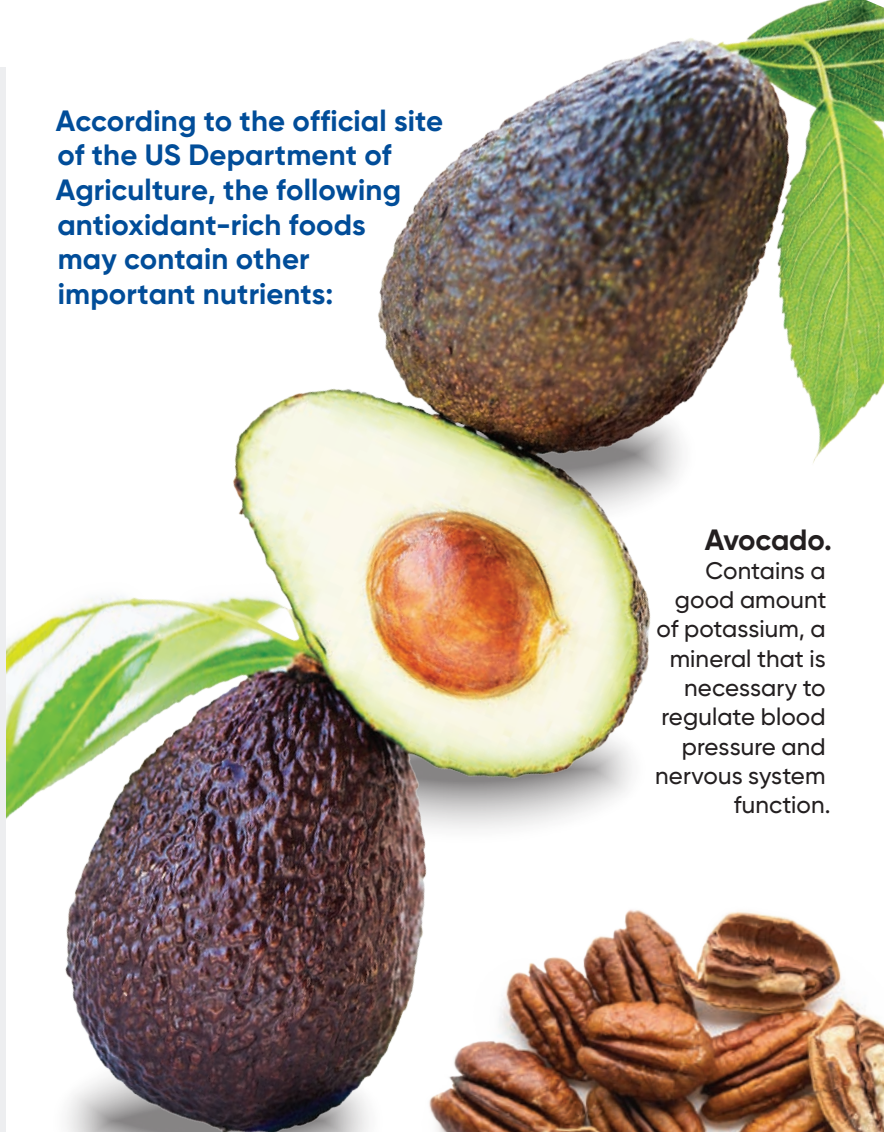
The word detox has been made very popular in the last few years. Because of this, many types of diets, teas and products that promise to cleanse or detoxify your body have emerged, many of which do not have a scientific basis.

However, multiple studies have been carried out regarding certain fruits and plants to prove which types of antioxidants they contain and how they can benefit our health, such as legumes, berries, rosemary, broccoli, and others.

Dark Chocolate.

Contains natural fats like oleic acid and stearic acid. The first of these is also found in olive oil and can be beneficial for heart health. The second seems to have a natural cholesterol neutralizing effect in the blood.

According to the official site of the US Department of Agriculture, the following antioxidant-rich foods may contain other important nutrients:



Avocado. Contains a good amount of potassium, a mineral that is necessary to regulate blood pressure and nervous system function.

Pecans.

One of their main components is copper, an essential mineral for immune system function, brain cells and the production of red blood cells.



Artichokes.

According to a study published in the scientific journal *Plant Foods for Human Nutrition*, they contain an antioxidant called luteolin, which prevents the formation of cholesterol in the blood.



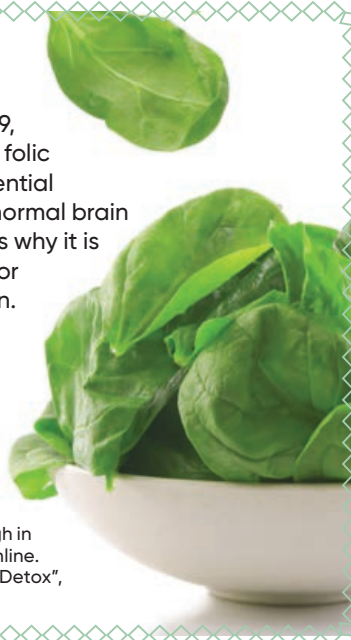
Ginger.

Gingerols are the main bioactive component of ginger and they are believed to be responsible for many of this plant's medicinal properties. It can help reduce oxidative stress and inflammation.



Spinach.

Rich in vitamin B9, better known as folic acid, it is an essential component for normal brain function, which is why it is recommended for pregnant women.

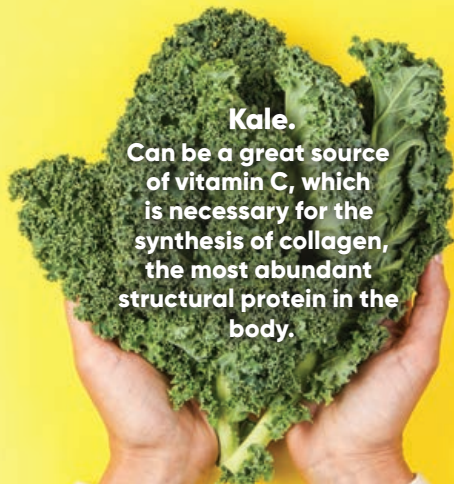


Sources:

"14 Healthy Foods High in Antioxidants", Healthline.
"9 Foods to Naturally Detox", patientfirst.com

Kale.

Can be a great source of vitamin C, which is necessary for the synthesis of collagen, the most abundant structural protein in the body.



Beets.

Have a high iron content, an essential mineral for transporting oxygen in red blood cells.

How to incorporate these foods into your daily life.

The best way is little by little. You can start by including them in snacks or mixing them into your favorite recipes.

But if you love juices, you can take advantage of them in the morning with this recipe:

Detox Juice

INGREDIENTS:

- | | |
|-----------------------|---------------------|
| 1 celery stick | 3 green apples |
| 1 cucumber | 1 beet, peeled |
| A piece of ginger | Juice from one lime |
| 1 bunch fresh spinach | |

INSTRUCTIONS:

- 1 Process all the ingredients except the lime juice using the Royal Prestige® Juicer. If you wish, you can use the Strainer for Pulp attachment.
- 2 Add lime juice and drink immediately.

Cranberries. They are rich in vitamin C and vitamin K1. These are important antioxidants for the immune system and for the nutrients involved in adequate blood clotting, respectively.



APPLES:

THE MOST WIDELY CONSUMED FRUIT IN THE WORLD

BY LILIA MANCILLA

Known for their culinary diversity and variety of colors and flavors, apples are one of the most popular fruits in the world.

Apples are native to Central Asia and there are more than 7,500 different types. Among the most recognized are Red Delicious, Granny Smith, Golden Delicious, Fuji and Gala.

According to various health and food institutions, it is recommended that you eat 2 cups of fruit as part of a 2000 calorie daily diet.

What benefits are attributed to apples?

Some studies show that their high flavonoid and antioxidant content is associated with a reduced risk of heart disease and diabetes.

It is said to contain pectin, a type of fiber that acts as a prebiotic in the intestinal microbiome, stimulating digestive health.

According to research by the Royal Society of Chemistry in the United Kingdom, it can reduce inflammation in the respiratory tract.

What is the average apple shelf life?

According to the US Department of Health and Human Services:

- On a kitchen table or counter: 5 to 7 days.
- In a pantry: 3 weeks.
- In the refrigerator: 4 to 6 weeks.
- Cut up: 3 to 5 days in the refrigerator, 8 months in the freezer.
- Cooked or included in a dish: 3 to 5 days in the refrigerator.



Apple nutrient content:

- Vitamin K
- Vitamin E
- Vitamin B1
- Vitamin B6
- Copper
- Potassium
- Phosphorus

Nutrition Information

One medium-size apple (200 grams) contains:

- 171 grams of water
- 28 grams of carbohydrates
- 4.8 grams of fiber
- 0.52 grams of protein
- 0.34 grams of total fat

Sources: "10 Impressive Health Benefits of Apples", Healthline. FoodData Central. "How Long Do Apples Last?", Healthline. "What's the Healthiest Apple? 5 of the Best Types", Healthline.



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