

UNITED STATES | SUMMER 2024

No. 62

ROYAL PRESTIGE®

Magazine



**Surprise them with
the chef inside you!**



**Never stop
*being surprised***



ROYAL PRESTIGE®
PRESSURE COOKERS

Recommendations when using Royal Prestige® Pressure Cooker



For more advice
on the Use and Care
of your
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communicate by Whatsapp.

Learn to cook safely and in less time, with the confidence you've always wanted, by following these simple recommendations for the use of your Royal Prestige® Pressure Cooker:

What to do

- Always add at least 1 cup of liquid.
- Do not fill the pot more than $\frac{2}{3}$ full for most foods, or $\frac{1}{2}$ full for foods that expand.
- Use an appropriated-sized heat source.
- Choose ingredients suitable for pressure cooking.
- Inspect your pot, especially the cover and seal, for any wear or damage before using.
- Ensure the cover is placed correctly.
- Before removing the cover, release the pressure completely.
- When uncovering, be cautious of the steam and keep a safe distance.

What to avoid

- Avoid using it for frying or cooking certain grains.
- Do not move the pot once cooking has started or when it is pressurized.
- Do not attempt to forcefully open the lid or move the indicator pin.
- Avoid placing the pot under cold water to speed up cooling.
- Keep children away from the pressure cooker during use.



By adhering to the suggestions, you can feel confident that you are maximizing the potential of your products.



Chef
Yisus

I am thrilled to welcome you to the second edition of **Royal Prestige® Magazine** de 2024!

As a chef and a father, I believe that demonstrating love involves caring for our loved ones with nutritious and delicious food. This magazine aims to inspire you to create delightful feasts and honor the everyday heroes we call Dad. Make the most of the warmth of your kitchen this summer and turn secret ingredients into joyful family gatherings.

Just imagine the smile on Dad's face when he tastes the delicious, juicy and flavorful **Matambre (Argentinian Stuffed Steak, pg. 24)** prepared with the superior quality of Royal Prestige® skillets. He will notice the difference and dedication in every bite.

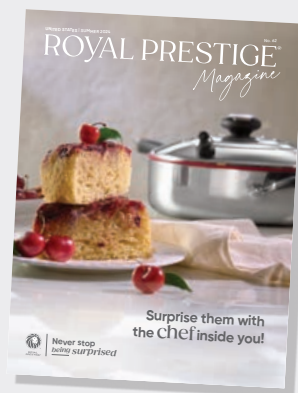
Don't forget about **Papas Chorreadas (Potatoes with Creamy Cheese Sauce, pg. 14)**, a beloved classic comfort food. It is so easy to prepare that anyone can do it at home.

No Dad can resist **Vegan Almond Cake (pg. 32)**, a delightful dessert that you can prepare directly on the stove without needing an oven. It is a light and appetizing treat.

In addition to these recipes that will make your celebration truly special, in this edition, I also invite you to learn how a protein-rich diet can **enhance your family's wellbeing (pg. 36)** and to take an intriguing journey into the story behind coffee while discovering **how to achieve the perfect cup (pg. 38)**.

So, are you ready to make the most of this vibrant season with a passion for celebration and enjoy extraordinary culinary experiences? In each page of this edition, you'll discover the best cooking methods, find dazzling recipes, and feel the immense affection we have for you as a special Royal Prestige® client.

Celebrate Dad with the quality he deserves!



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USA

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being surprised**

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UNITED STATES, SUMMER 2024

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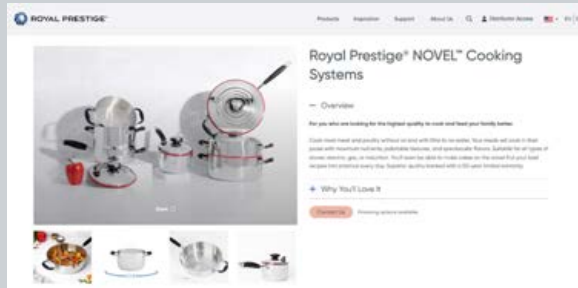




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LET'S COOK!

In this edition, we bring you the freshness you are looking for in every meal and a wide variety of recipes to pamper Dad on his day.



Creamy Vegetable Soup

Click here to watch the video



Royal Prestige® Benefits:

Cook with less water.

Blend directly in the Dutch Oven in just seconds.

Ingredients

4 paper towels, saturated with water
3 cups broccoli florets
3 cups cauliflower florets
1 zucchini, cut into medium-size cubes
4 garlic cloves
1 onion, cut into medium-size cubes
3 bell peppers, julienned

2 cups spinach
8 cups vegetable broth or water
2 cups sour cream or half & half, optional
Salt to taste

GARNISHES

Sour cream
Croutons

Instructions

- 1 Place the paper towels at the bottom of the Royal Prestige® NOVEL™ 6 QT Dutch Oven. Then, place the broccoli, cauliflower, zucchini, garlic, onion, and bell peppers on top.
- 2 Cover the Dutch Oven with the Redi-Temp™ Valve open and cook over medium-high heat until it whistles.
- 3 Reduce the heat to low, close the valve, and cook for 20 minutes or until the vegetables become soft.
- 4 Remove the paper towels and add spinach and broth. Blend directly in the Dutch Oven with the Royal Prestige® Power Blender Go.
- 5 Cook over medium-high heat, add the sour cream, season with salt to taste, and bring to a boil. Stir occasionally to avoid burning.
- 6 Lower heat to medium and let it simmer over low heat for a couple more minutes.
- 7 Serve and garnish.



Yield:
6 to 8 portions



Featured Royal Prestige® Cookware:

Royal Prestige® Power Blender Go



Time:
40 minutes





Papas Chorreadas

(Potatoes with Creamy Cheese Sauce)

[Click here to watch the video](#)



**Royal Prestige®
Benefit:**

Cook with less water.

Ingredients

8 medium red potatoes
4 paper towels, saturated with water
Olive oil cooking spray
2 cups tomatoes, cut into small cubes
½ red onion, chopped
2 garlic cloves, chopped
½ teaspoon ground cumin
Salt to taste
Pepper to taste

1 cup sour cream
1 cup mozzarella cheese

GARNISHES
Green onion, chopped
Cilantro, chopped

Instructions

- 1 Partially peel the potatoes, leaving most of the skin intact.
- 2 Place the paper towels at the bottom of the Royal Prestige® NOVEL™ 6 QT Dutch Oven, and then arrange the potatoes on top.
- 3 Cover the Dutch Oven with the Redi-Temp™ Valve open and cook over medium-high heat until it whistles.
- 4 Reduce the heat to low, close the valve, and cook for 25 minutes or until the potatoes are cooked.
- 5 Grease the Royal Prestige® Deluxe Easy Release 3 QT Saucepan with olive oil cooking spray and preheat over medium heat for 30 seconds.
- 6 Sauté the tomatoes, onion, and garlic for 5 minutes or until the onion is translucent.
- 7 Add the cumin, salt, and pepper and cook for one more minute.
- 8 Stir the sour cream and bring to a boil.
- 9 Lower the heat, add the mozzarella cheese, and allow it to melt completely.
- 10 Serve the mixture over the potatoes and garnish.



Yield:
4 portions



**Featured
Royal Prestige®
Cookware:**

Royal Prestige®
NOVEL™ 6 QT
Dutch Oven

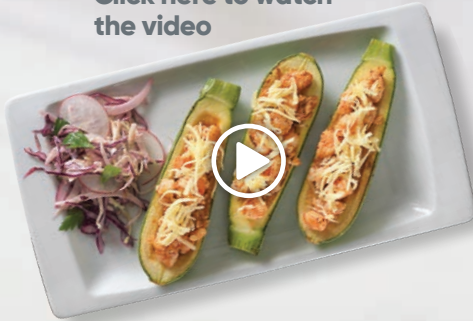


Time:
15 minutes



Shrimp-Stuffed Zucchini Boats

Click here to watch the video



Royal Prestige® Benefit:

Enjoy a quick and tasty meal, prepared in just minutes.

Ingredients

2 zucchinis, cut in half lengthwise

Olive oil cooking spray

4 garlic cloves, chopped

¼ white onion, thinly sliced

1 pound large shrimp, tail off, peeled and deveined

½ tablespoon chili powder

1 teaspoon ground cumin

Salt and pepper to taste

1 tablespoon unsalted butter

½ cup Chihuahua cheese, grated

FOR THE CABBAGE SALAD

¼ purple cabbage, thinly sliced

¼ white cabbage, thinly sliced

½ white onion, thinly sliced

½ cup radishes, thinly sliced

½ cup mayonnaise

Juice from ½ lime

Salt to taste

GARNISHES

Table cream

Fresh cilantro leaves

Instructions

- 1 Scoop up the pulp from the zucchini to create hollow spaces for the filling and leave some pulp on the edges.
- 2 Coat the Royal Prestige® Deluxe Easy Release 12" Skillet with olive oil cooking spray and preheat it over medium heat for 30 seconds.
- 3 Sauté the onion and garlic in the skillet.
- 4 Add the shrimp, chili powder, and cumin. Season with salt and pepper to taste and cook until the shrimp becomes opaque. Set aside.
- 5 In the same skillet, melt the butter over medium heat and brown the zucchini on both sides.
- 6 Fill each zucchini half with the cooked shrimp and grated cheese.
- 7 Cover the skillet and cook until the cheese melts.
- 8 In a mixing bowl, combine all the ingredients for the cabbage salad.
- 9 Garnish the zucchini and serve with the cabbage salad.



Yield:

4 portions



Featured
Royal Prestige®
Cookware:

Royal Prestige®
Deluxe Easy Release
12" Skillet



Time:

30 minutes



ROYAL PRESTIGE®
NOVEL™ COOKING SYSTEMS

Enjoy movie night with Dad!



Make popcorn just the way you like it, with that special touch only you can give. Elevate your movie night with perfectly made popcorn using the Royal Prestige® NOVEL™ 5- and 10-piece Cooking Systems, now featuring the Royal Prestige® Perfect Pop.

The pieces shown in the image correspond to the NOVEL™ 5-Piece Complementary Cooking System and NOVEL™ 10-Piece Family Cooking System, as well as the NOVEL™ 6 QT Dutch Oven and the Perfect Pop.



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to see a recipe that
will tantalize your
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Creamy Garlic Chicken with Spinach

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Royal Prestige® Benefit:

Cook without added fat or oil.

Ingredients

2 boneless, skinless chicken breasts, halved
Salt and pepper to taste
¼ onion, chopped
2 garlic cloves, chopped
2 cups fresh spinach
½ cup mushrooms, sliced
1 cup sour cream

1 teaspoon lime juice
½ cup parmesan cheese

SERVE WITH

Cambray potatoes

Instructions

- 1 Season the chicken with salt and pepper on both sides and set aside.
- 2 Preheat the Royal Prestige® NOVEL™ 10" Paella Pan over medium-high heat for 3 minutes.
- 3 Sear the chicken on both sides with the pan partially covered.
- 4 Add and cook the onion and garlic for a couple of minutes.
- 5 Add the spinach and mushrooms and cook until the spinach dries out a little.
- 6 Add the sour cream and lime juice and mix well. Cook to reduce. Adjust the seasoning.
- 7 Reduce the heat to low, cover with the Redi-Temp™ Valve closed, and cook for 10 more minutes or until the chicken is cooked.
- 8 Serve the chicken with some of the sauce on top and add parmesan cheese.



Yield:
2 portions



**Featured
Royal Prestige®
Cookware:**
Royal Prestige®
NOVEL™ 10" Paella Pan

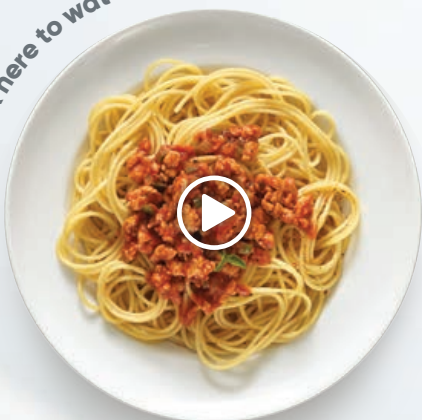


Time:
20 minutes



Spaghetti with Ground Turkey

Click here to watch the video



Royal Prestige® Benefit

Cook without added fat or oil in just minutes.

Ingredients

- 1 pound ground turkey
- ¼ yellow onion, chopped
- 4 garlic cloves, chopped
- 1 jalapeño, seeded and chopped
- 2 cups tomato sauce
- ½ cup water
- Salt to taste
- 8 ounces spaghetti, cooked to al dente

GARNISHES

- Parmesan cheese, grated
- Chili powder
- Basil leaves

Instructions

- 1 Preheat the Royal Prestige® NOVEL™ 10.5" Skillet over medium-high heat for 3 minutes.
- 2 Sear the ground turkey with the skillet partially covered.
- 3 Add the onion, garlic and jalapeño. Mix well.
- 4 Add the tomato sauce and water, adjust the seasoning, and bring to a boil.
- 5 Serve the cooked spaghetti with the turkey spooned on top and garnish.



Yield:
4 portions



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



Time:
15 minutes

Matambre (Argentinian Stuffed Steak)

Click here to watch
the video



Royal Prestige® Benefit:

Enjoy a delicious meal,
prepared with high-
quality cookware.

Ingredients

- ¼ cup olive oil
- 6 garlic cloves, chopped
- ½ bunch parsley, chopped
- 1 tablespoon dried oregano
- 1 cup parmesan cheese, grated
- Salt and pepper to taste
- 2 pounds skirt steak
- Plastic wrap
- ¼ cup yellow mustard
- 4 hard boiled eggs, halved
- ½ green bell pepper, julienned
- ½ red bell pepper, julienned
- 1 cup shredded carrot
- Cooking twine
- 2 tablespoons olive oil

SERVE WITH

Russian salad

Instructions

- 1 Preheat the oven to 375°F.
- 2 In a mixing bowl, combine olive oil, garlic, parsley, oregano, parmesan cheese, and salt and pepper to taste. Set aside.
- 3 Cut the meat in half without completely separating it .
- 4 Cover the meat with plastic wrap and flatten it by pressing down.
- 5 Trim the edges to form a rectangle that fits in the skillet.
- 6 Season the meat with salt and pepper on both sides.
- 7 Spread the mustard and parsley mixture evenly on one side of the meat.
- 8 Arrange the hard-boiled eggs, bell peppers, carrots, and the trimmed ends of meat in a row.
- 9 Roll the meat tightly and tie it with cooking twine.
- 10 Preheat the Royal Prestige® Gourmet 12" Skillet for 2 minutes over medium-high heat and add the oil.
- 11 Sear the meat on all sides.
- 12 Roast for 30 minutes, and then allow it to rest at room temperature for at least 10 minutes.
- 13 Remove the cooking twine, slice the meat, and serve with Russian salad.



Yield:
6 to 8
portions



**Featured
Royal Prestige®
Cookware:**

Royal Prestige®
Gourmet 12" Skillet



Time:
1 hour
20 minutes



Skillet Salmon with Spicy Tomato Sauce

Click here to watch the video



Royal Prestige® Benefit:

Enjoy a quick and tasty meal, prepared in just minutes.

Ingredients

- 2 salmon fillets
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 garlic cloves, thinly sliced
- ½ shallot, chopped
- 1½ cups cherry tomatoes, halved
- 1 sprig of thyme or rosemary
- Zest from 1 lime
- 1 teaspoon chili pepper flakes
- ½ bunch baby broccoli

GARNISHES

- Lime wedges, roasted
- Thyme leaves
- Rosemary leaves

Instructions

- 1 Brush the salmon fillets with olive oil and season with salt and pepper.
- 2 Preheat the Royal Prestige® NOVEL™ 10.5" Skillet over medium-high heat for 3 minutes.
- 3 Sear the salmon on both sides with the skillet partially covered. Set aside.
- 4 In the same skillet, add all the remaining ingredients except the baby broccoli. Season with salt and pepper, mix well, and cook for 5 minutes until thickened.
- 5 Add the baby broccoli and cook over high heat with the Redi-Temp™ Valve open for 2 more minutes.
- 6 When the valve whistles, close the valve and turn off the heat.
- 7 Serve the salmon some of the sauce on top and garnish.



Yield:
2 portions



**Featured
Royal Prestige®
Cookware:**

Royal Prestige®
NOVEL™ 10.5" Skillet



Time:
20 minutes



New York Strip with Stir Fry Veggies

Click here to watch the video



Royal Prestige® Benefit:

Enjoy a quick and tasty meal,
prepared in just minutes.

Ingredients

1 New York Strip, 1" thick
Salt and pepper to taste
Oil spray
½ yellow onion, sliced
½ green bell pepper,
julienned
½ red bell pepper,
julienned
½ yellow bell pepper,
julienned
½ orange bell pepper,
julienned
2 garlic cloves, chopped
¼ cup soy sauce

2 tablespoons agave
syrup
White rice
GARNISH
Cilantro, chopped

Instructions

- 1 Season the meat with salt and pepper on both sides and set it aside.
- 2 Preheat the Royal Prestige® NOVEL™ 10" Paella Pan over medium-high heat for 3 minutes.
- 3 Sear the meat on both sides with the pan partially covered. After sealing the meat, cook it to preferred level of doneness, then remove it from the heat and slice.
- 4 Spray the Royal Prestige® Deluxe Easy Release 10" Skillet with oil spray and preheat it over medium-high heat for 3 minutes.
- 5 Stir-fry the onion, bell peppers, and garlic with a little salt and pepper.
- 6 Add the soy sauce, and agave syrup. Mix well.
- 7 Serve with rice and garnish.



Yield:
2 portions



**Featured
Royal Prestige®
Cookware:**

Royal Prestige®
Deluxe Easy Release
10" Skillet



Time:
20 minutes





Cherry Upside-Down Cake

Click here to watch the video



Royal Prestige® Benefit:

Make this cake
without an oven.

Ingredients

1 box French vanilla cake mix
3 large eggs, room temperature
½ cup canola oil
1 cup water
20 ounces frozen, pitted cherries
½ cup agave syrup
1 cup brown sugar, divided

Juice from 1 lime
Zest from 1 lime
2 ounces unsalted butter, melted

GARNISH

Fresh cherries, pitted

Instructions

- 1 In a mixing bowl, mix the cake mix, eggs, oil and water. Set aside.
- 2 In another mixing bowl, add the frozen cherries, agave syrup, ½ cup brown sugar, lime juice, and zest.
- 3 Grease the Royal Prestige® NOVEL™ 10.5" Skillet with the melted butter and sprinkle the rest of the brown sugar over the bottom of the skillet.
- 4 Place the frozen cherries on top, increase heat to high, and cook for 1 minute.
- 5 Evenly add the cake batter and some fresh cherries. Cover with the Redi-Temp™ Valve closed, reduce the heat to low, and cook for 16 minutes.
- 6 Turn off the heat, remove the skillet, and allow to cool.
- 7 Turn out the cake and decorate it with garnishes.



Yield:
12 portions



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

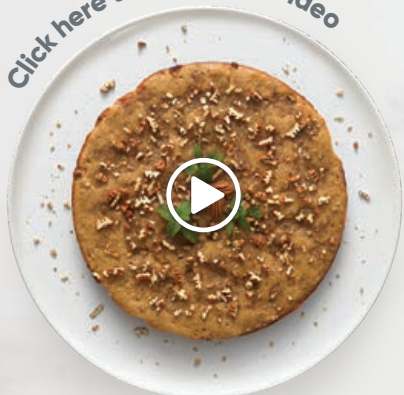


Time:
45 minutes



Vegan Almond Cake

Click here to watch the video



Royal Prestige® Benefit:

Cook a delicious dessert without an oven.

Ingredients

Cooking spray

FOR THE CAKE

3 cups almond flour

1 teaspoon baking soda

1 teaspoon baking powder

½ teaspoon salt

½ cup natural applesauce

½ cup almond milk

½ cup agave syrup

1 teaspoon vanilla extract

½ cup olive oil

¼ cup coconut sugar (may substitute with brown sugar)

1 tablespoon ground cinnamon

3 tablespoons corn starch

FOR THE CRUMB TOPPING

¼ cup almond flour

¼ cup coconut sugar (may substitute with brown sugar)

3 tablespoons chopped walnuts

2 tablespoons agave syrup

GARNISHES

Chopped walnuts

Mint leaves

Instructions

- 1 In a mixing bowl, mix the almond flour, baking soda, baking powder, and salt. Set aside.
- 2 In another mixing bowl, whisk together the applesauce, almond milk, agave syrup, vanilla extract, and olive oil.
- 3 Add the dry ingredients to the wet ingredients and mix well.
- 4 In a mixing bowl, mix all the crumb topping ingredients and set aside
- 5 Grease the Royal Prestige® Deluxe Easy Release 12" Skillet with cooking spray and pour in half of the batter.
- 6 Evenly sprinkle the coconut sugar and ground cinnamon, then pour the remaining batter and cover with the crumb topping.
- 7 Cook over low heat for 30 minutes or until cooked through.
- 8 Allow to cool. Decorate with garnishes and serve.



Yield:

8 portions



Featured
Royal Prestige®
Cookware:

Royal Prestige®
Deluxe Easy Release
12" Skillet



Time:

50 minutes

Celebrate dad by preparing delicious SNACKS

BY SEBASTIÁN TORRES

Whether it's making sandwiches, snacks, or appetizers, Dad loves to gather with family and friends to enjoy a great game and some tasty treats.

If you're a sports fan and love food, surprise Dad with flavors that will make him feel like a true champion! Use Royal Prestige® cookware to transform his kitchen into an irresistible party.

Why choose healthy snacks?

Snacks can be a nutritious addition to any event, especially during sports gatherings. It's a good idea to consider healthy options that are both nutritious and delicious for a memorable experience.

Which cookware gives the most success in the kitchen?

It doesn't matter what Dad's favorite sport is, or the colors of his favorite team because, when he cooks with the best quality cookware, he has a whole team that takes care of providing better nutrition.

- The Royal Prestige® NOVEL™ Cooking Systems: an efficient front line for cooking meals with less water and without oil.
- The Royal Prestige® Deluxe Easy Release Skillets: providing superior quality plasma and non-stick technology for exceptional results.
- The Royal Prestige® Perfect Pop: an explosion of flavor that lets you personalize popcorn to your taste right in your own home.

This selection of cookware will help you prepare the snack of champions to enjoy an unforgettable time with Dad.

How to choose the best snack?

If you are willing to experiment with unique combinations, keep in mind these key elements:

Flavor: The main motivator for choosing a snack.

Novelty: Most guests enjoy trying new snacks.

Craving: Satisfying a craving is a great way to prepare something with joy.

Ingredients: Natural ingredients are the healthiest option.

Speed: You should be able to prepare the dish in just a few steps and get it to the table quickly.

When game time comes, Dad becomes the most valuable player in the house and in the kitchen. He can elevate his cooking experience and encourage his favorite team with snacks that are a celebration in and of themselves. Enjoy every bite with the quality, innovation and unparalleled distinction of Royal Prestige®!

Must-have snack options



- **Tex-Mex Wrap:** a classic for when you shout GOOOOAAAAL!

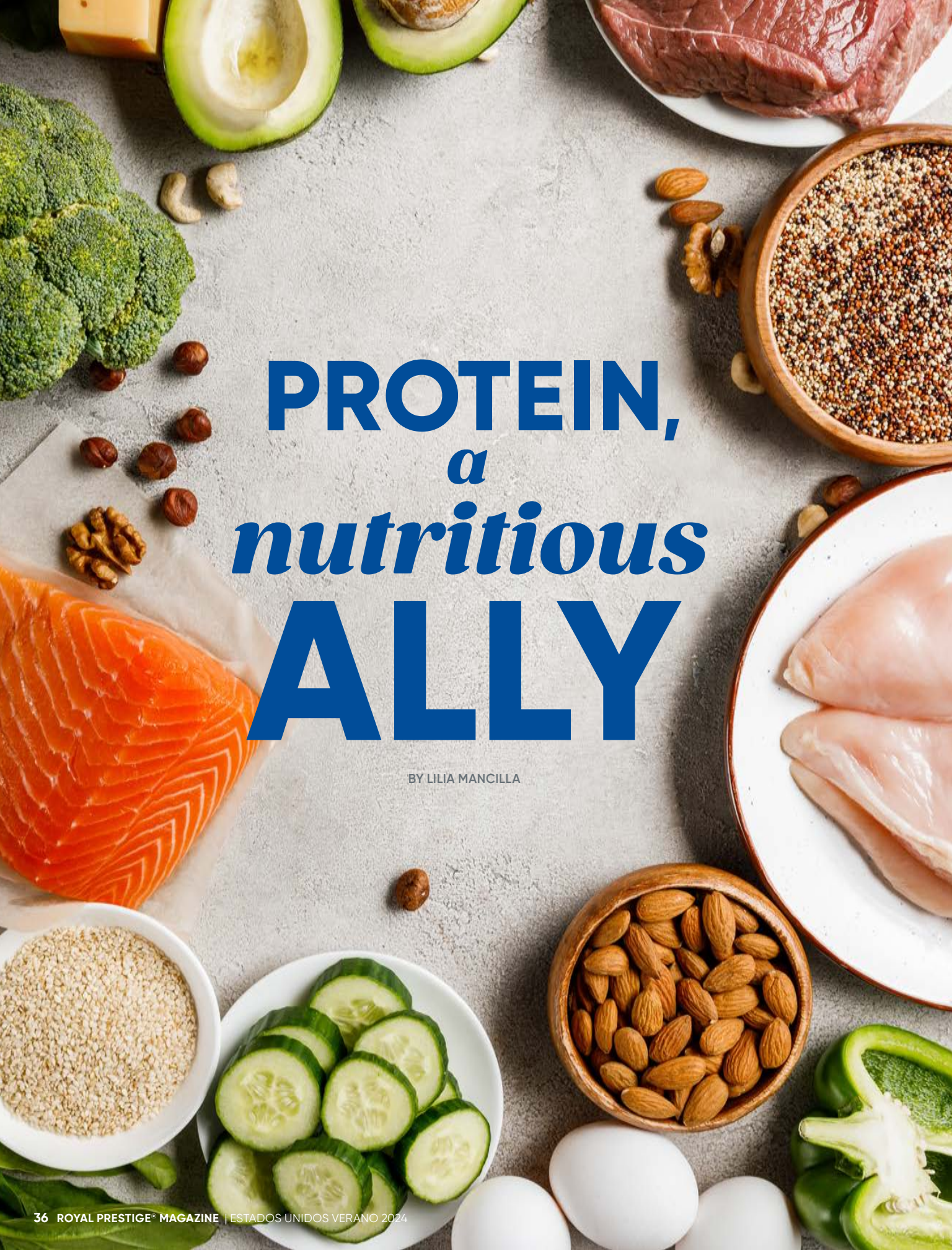


- **Popcorn with Chile, Lime, and Passionfruit:** A burst of explosive flavors!



- **Smoked Eggplant Dip:** A delicious appetizer guaranteed to please!

Sources: "La revolución de los snacks: nutrición y beneficios funcionales en pequeños bocados", Industria Saludable by Givaudan.



PROTEIN, *a* *nutritious* ALLY

BY LILIA MANCILLA

It is crucial to be mindful of our dietary choices at different stages of life to maintain our well-being. Consuming high-protein, low-fat foods is an example of a beneficial dietary practice.

Proteins are essential molecules that serve various functions in our bodies, making them a crucial part of our diet. They play a significant role in cell function, tissue structure, and muscle growth.

Protein can be found in a wide variety of animal and plant-based foods.

Salmon. This versatile fish can be prepared in various ways, such as smoked, marinated, fresh, or even as a pâté. Try serving it with a **delicious tomato sauce** (see recipe on page 26).

Chicken. The breasts and legs are the leaner parts of the chicken. Chicken is highly versatile and pairs well with a variety of ingredients, such as in a **creamy garlic chicken with spinach dish** (see recipe on page 20).

Turkey. Turkey contains less fat than chicken, but the meat is drier. Try pairing it with pasta to harmonize the flavors, for example, in a **spaghetti with ground turkey dish** (see recipe on page 22).

Legumes. Beans, lentils and garbanzos are among the most commonly consumed legumes. Incorporate them into your daily meals, such as a delicious stew **find the recipe in previous edition.**

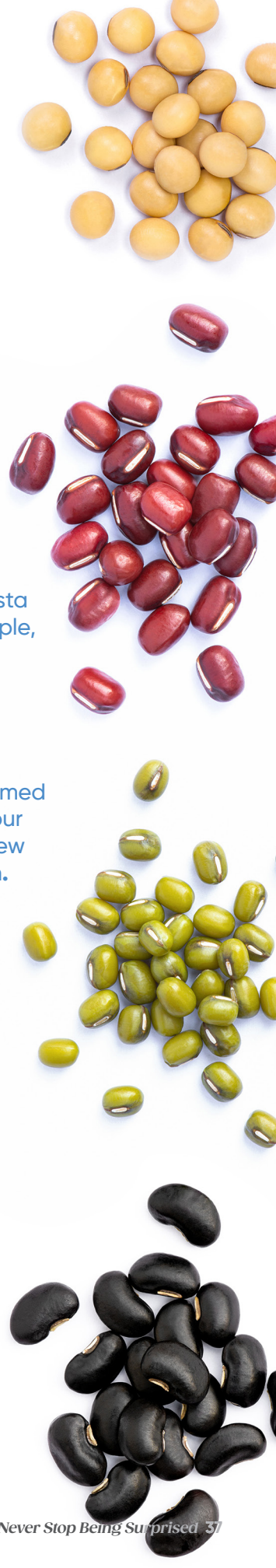


Combine different protein sources for a balanced and colorful meal. For example, try the *matambre*, which includes eggs and skirt steak (see recipe on page 24).

Sources:
"Top 13 Lean Protein Foods", Healthline.
"Las legumbres, el superalimento del futuro", Gobierno de México. "Qué es la carne magra: sus características y beneficios para la salud", Chovi.



Some health and food institutions recommend consuming approximately 5.5 ounces of protein as part of a 2 thousand calorie daily diet.



The Journey of Coffee, from the Farm to Your Cup

BY LEVI GAONA

If you're someone who can't start the day without a cup of coffee, it's time to discover the story behind this beloved beverage and how it develops its delicious flavor.

- 1. Harvesting the berries.** When the berries turn red, it's time to pick them. There are different techniques for harvesting: manual picking, scraping where the branches are stripped and the berries fall onto a tarp for separation, and mechanical harvesting used by large coffee producers.
- 2. Pulping.** The layers around the grains are removed to reveal green coffee.
- 3. Processing.** The fruit is processed using dry or wet methods, which significantly impact its flavor. Dry processing results in more body, low acidity and a unique flavor, while wet processing leads to a lighter body, fruity flavors, and intense acidity.

- 4. Roasting.** This is when coffee takes on its familiar form. There are different types of roasts: light, medium, medium-dark, and dark. Lighter roasts have more acidity, aroma, and sweetness, while darker roasts offer more texture and chocolate notes.

- 5. Grinding.** Different extraction methods require or work better with different processes of grinds, so choose the one that best suits your needs.

We hope that your days are productive and every cup of coffee you drink is delicious.

We invite you to explore new coffee combinations.

In our Holiday 2023 edition, you will find the recipe for a delicious *affogato al caffè*.



Sources: "Cómo se procesa el café: del cafeto a la cafetera", Organización de Consumidores y Usuarios. "Tipos de tuestes de café", Granell.

Did you know?

Coffee grow at high altitudes, in mountainous regions above 1,200 meters, has a more complex and aromatic flavor profile due to the colder temperatures and the coffee cherry's slow maturation process.



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