

UNITED STATES | SUMMER 2025

No. 66

ROYAL PRESTIGE®

Magazine

Flavors that connect

Recipes, stories, and ingredients
that spark memorable moments
at your table.



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EDITORIAL

Chef Omar Sandoval



Hello, Royal Prestige® family!

Summer is here—that magical season when sunshine fills our kitchens and gives us the perfect opportunity to enjoy fresh ingredients, colorful dishes, and unforgettable moments. We thought this was the ideal time to share with you our special summer edition, bursting with vitality and flavor, and packed with delicious ideas to delight and share with your family.

Get your knives ready and prepare to start your day with the energy of a fluffy **Egg Omelet (p. 12)**. Shine at midday with a flavorful and aromatic **Surf & Turf Rice (p. 16)**, combining the best of both worlds. And brighten your afternoon with a creamy **Pasta in White Sauce with Shrimp (p. 14)**, perfect for family sharing.

Of course, we can't forget that special touch and sweet finale: an elegant **Wine-Glazed Salmon (p. 18)** for that memorable dinner, plus a refreshing **Coconut Flan Pudding (p. 24)** to sweeten your summer evenings.

Cooking isn't just about recipes—it's also about knowing the story behind the ingredients and dishes we love. In our article **Chocolate or Cacao: What's the Difference? (p. 32)**, we clear up this sweet confusion when deciding on one of the most beloved treats for families around the world.

Every great chef takes care of their tools, which is why in our **Essential Guide to Knife Care (p. 28)**, we share tips to keep your kitchen allies in optimal conditions.

All this and much more we've prepared for you in this edition. I hope you enjoy it immensely! Get excited about sharing with family and putting your passion for cooking into practice with your Royal Prestige® utensils.

Enjoy a delicious summer!



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Content

Make it a Delicious Summer!

Enjoy the freshness of the season with vibrant colors, fresh foods, and irresistible aromas that will transform your kitchen into a true paradise of flavors.

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Chocolate or Cacao: What's the Difference?

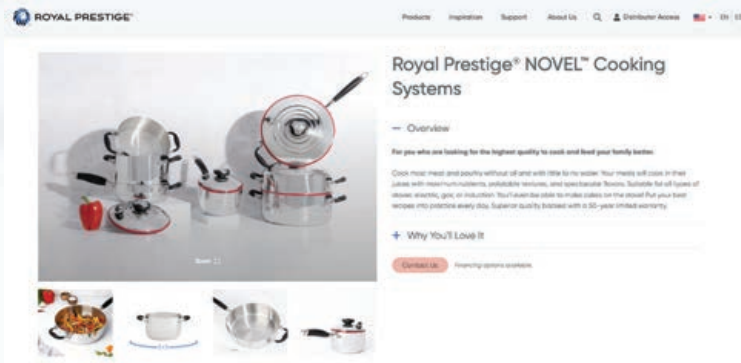
Did you know that although cacao and chocolate originate from the same bean, their properties and flavors are very different?



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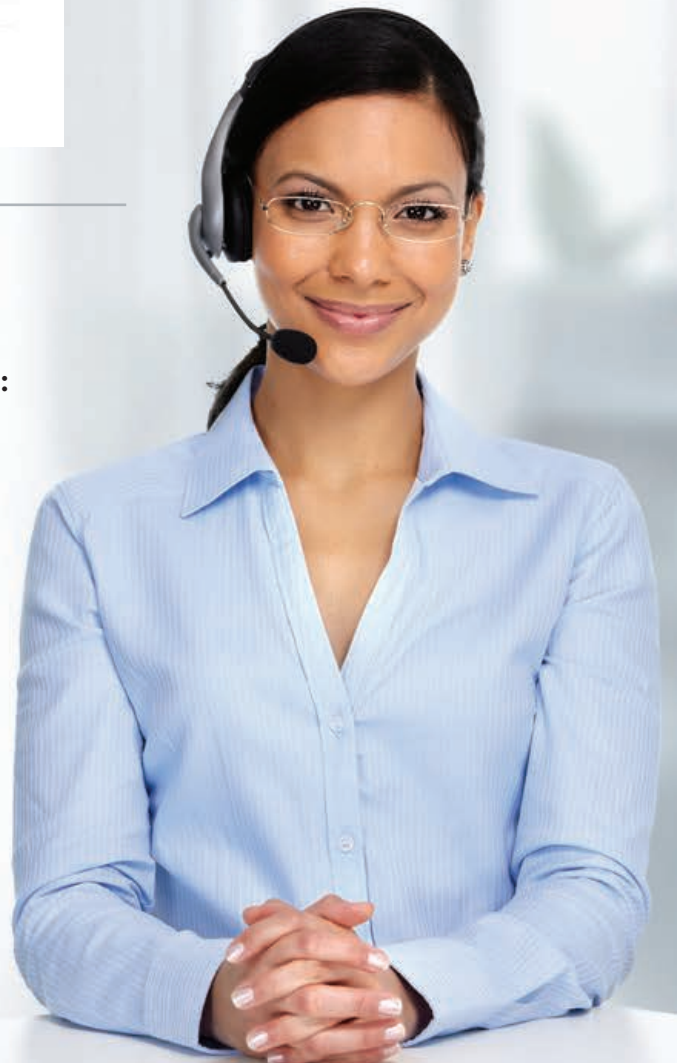
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Your table is the **BEGINNING** to great stories

Discover delicious recipes for every
palate, perfect for sharing and pampering
your family.







Egg Omelet



Yield
2 portions



Royal Prestige® Benefit

Blend directly into your bowls, pots, and pans.



Time
25 minutes

Ingredients

4 eggs
1 tsp milk
2 tbsp chives, finely chopped
1 tbsp butter or avocado oil
1 cup Manchego cheese
1½ oz goat cheese
6 slices turkey breast
1 cup spinach, sliced
½ cup cherry tomatoes, sliced
Salt and black pepper, to taste

Instructions

- 1** In a bowl, add the eggs, milk, chives, salt, and pepper. Install the Royal Prestige® Silicone Whisk on the Royal Prestige® Power Blender Go Plus and beat lightly.
- 2** Place the Royal Prestige® Smart Temp inside the Royal Prestige® 10" Gourmet Skillet and preheat over medium-high heat. When the Royal Prestige® lion appears on top of the Smart Temp, carefully remove it by the handle.
- 3** Add butter and spread well throughout the skillet.
- 4** Add the beaten eggs, reduce to low heat, cover, and cook for 2 minutes.
- 5** Flip over, and add both cheeses and turkey breast.
- 6** Roll the omelet, cover again, and let cook for 5 minutes.
- 7** Serve with spinach and cherry tomatoes.



**Featured
Royal Prestige®
Cookware**

Royal Prestige® Power Blender Go Plus

Pasta in White Sauce with Shrimp



Yield
4 to 5 portions



Royal Prestige® Benefit

Enjoy an easy and delicious meal in minutes.



Time
35 minutes

Ingredients

10½ cups water
Sufficient salt
1 lb fettuccine
1 tbsp coconut oil
15 shrimp, cleaned
1 cup mushrooms, sliced
1 cup white wine
1 cup Manchego cheese, grated

FOR THE SAUCE:

2 tbsp butter
2 garlic cloves, finely chopped
2 tbsp flour
2 cups milk
Salt and black pepper, to taste

FOR GARNISH:

Parsley, finely chopped

Instructions

- 1 In the Royal Prestige® NOVEL™ 6 QT Dutch Oven, add water and salt. Cover with the Redi-Temp™ Valve open and heat over medium-high heat.
- 2 When the valve whistles, remove the lid and add the pasta.
- 3 Reduce to medium heat, cover again, close the valve, and cook for 12 minutes.
- 4 Drain the pasta carefully and set aside.
- 5 In the Royal Prestige® 10" Gourmet Skillet, add coconut oil and let it melt over medium heat.
- 6 Sear the shrimp on both sides.
- 7 Add mushrooms, pour white wine, and mix well.
- 8 Let reduce slightly and set aside.
- 9 In the Royal Prestige® 12" Gourmet Skillet, melt butter over medium heat.
- 10 Add garlic cloves and flour. Mix well and let cook for 3 minutes.
- 11 Incorporate milk little by little, stirring constantly, and let boil. Season with salt and pepper.
- 12 Integrate the pasta, shrimp, and Manchego cheese well. Adjust seasoning.
- 13 Serve and garnish.



Featured
Royal Prestige® Cookware
Royal Prestige® 12" Gourmet Skillet





Surf & Turf Rice



Yield
4 portions



Royal Prestige® Benefit

Cook without added oils or fats.



Time
60 minutes

Ingredients

1 lb pork ribs, in pieces
1 clean chicken breast, in medium cubes
½ onion, finely chopped
1½ lb rice, washed
2 red bell peppers, in strips
½ broccoli, in florets
1 lb mussels
1 lb medium shrimp, with heads
FOR THE BROTH:
6 cups water
½ tbsp garlic powder
½ tbs onion powder
2 tbsp yellow curry
Salt and black pepper, to taste

Instructions

- 1 In the Royal Prestige® Power Blender Max, blend the broth ingredients. Set aside.
- 2 Place the Royal Prestige® Smart Temp inside the Royal Prestige® NOVEL™ 14" Paella Pan and preheat over medium-high heat. When the Royal Prestige® lion appears on top of the Smart Temp, carefully remove it by the handle.
- 3 Sear the pork ribs and chicken.
- 4 Add the onion and cook for a few minutes.
- 5 Add the rice and broth.
- 6 Cover the pan with the Redi-Temp™ Valve open, cook over medium heat, and wait for it to whistle.
- 7 Reduce to low heat, remove the lid, and incorporate the rest of the ingredients.
- 8 Cover again with the valve closed and cook for 15 minutes.
- 9 Serve.



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

Wine-Glazed Salmon



Yield
8 portions



Royal Prestige® Benefit

Cook without added
oils or fats.



Time
35 minutes

Ingredients

4 cups red wine
½ cup vegetable broth
1 tbsp cornstarch
1 salmon fillet of
approximately 2½ lb
1 onion, in medium cubes
2 yellow bell peppers,
in medium cubes
2 red bell peppers,
in medium cubes
10 oz mushrooms, quartered
1 sprig fresh rosemary,
chopped
Salt and black pepper,
to taste

TO ACCOMPANY:

Rice

Instructions

- 1 In a bowl, add red wine and vegetable broth, dissolve the cornstarch.
- 2 Place the Royal Prestige® Smart Temp inside the Royal Prestige® Oval Roaster and preheat over medium-high heat. When the Royal Prestige® lion appears on top of the Smart Temp, carefully remove it by the handle.
- 3 Sear the salmon.
- 4 Add onion and cook for 2 minutes.
- 5 Add peppers and mushrooms. Let cook with the roaster half-covered.
- 6 Integrate rosemary and dissolved cornstarch.
- 7 Season with salt and pepper, cover the roaster, and cook for 10 more minutes.
- 8 Serve and accompany with rice.



Featured
Royal Prestige® Cookware
Royal Prestige® Oval Roaster





White Wine Chicken, Coconut Rice & Steamed Vegetables



Yield

9 to 10 portions



Royal Prestige® Benefits

- Cook without added oils or fats.
- Make the most of your utensils by cooking in tower.



Time

35 minutes

Ingredients

FOR THE BROTH:

1½ cups coconut milk

1½ cups chicken broth

¼ white onion

2 garlic cloves

Salt and black pepper, to taste

FOR THE CHICKEN:

1 tbsp cornstarch

1 cup vegetable broth

2 chicken breasts, in strips

2 sprigs fresh thyme

½ white onion, julienned

2 red bell peppers, julienned

2 yellow bell peppers, julienned

2 portobello mushrooms, sliced

2 cups white wine

Salt and black pepper, to taste

FOR THE RICE:

2 cups rice

2 green onions, in halves

5 asparagus, in thirds

½ cup cranberries

½ cup cashew, in pieces

3 parsley sprigs

FOR THE VEGETABLES:

2 carrots, in sticks

2 potatoes, in wedges

1 cup broccoli

Salt and black pepper, to taste

Instructions

- 1 In a small bowl, dilute the cornstarch in chicken broth. Set aside.
- 2 In the Royal Prestige® Power Blender Max, blend all broth ingredients. Set aside.
- 3 Preheat the Royal Prestige® NOVEL™ 6 QT Dutch Oven over medium-high heat for 2 to 3 minutes.
- 4 Sear the strips for 3 minutes, with the Dutch oven half-covered.
- 5 Incorporate the rest of the chicken ingredients, including the diluted cornstarch.
- 6 Season with salt and pepper, cover with the Royal Prestige® NOVEL™ Dome Cover, and let cook for 25 minutes, or until the chicken is cooked.
- 7 Preheat the Royal Prestige® NOVEL™ 4 QT Dutch Oven over medium-high heat for 2 to 3 minutes.
- 8 Add rice and toast slightly over medium heat for 3 minutes.
- 9 Add the green onions and cook for another 3 minutes.
- 10 Integrate the broth and the rest of the rice ingredients.
- 11 Place the Royal Prestige® NOVEL™ Medium Steamer/Colander in the Dutch oven, add vegetables, and cover with the Redi-Temp™ Valve open.
- 12 When the valve sounds, close the valve, carefully place the Dutch oven on the dome cover, and cook for 10 minutes, or until the rice is cooked.
- 13 Serve.



Featured
Royal Prestige® Cookware
Royal Prestige® NOVEL™ 6 QT Dutch Oven



Pistachio Pound Cake



Yield
8 to 10 portions



Royal Prestige® Benefit
Cook a delicious dessert on the stove, without using the oven.



Time
55 minutes

Ingredients

5 eggs
7 oz sugar
¾ cup orange juice
Zest of 1 orange
⅔ cup oil
7 oz all-purpose flour
3½ oz rice flour
1½ tbsp baking powder
1 cup pistachios, in pieces

FOR DECORATION:

Powdered sugar
½ cup pistachios, in pieces
Fresh blueberries

Instructions

- 1** In the Royal Prestige® Power Blender Max, blend eggs, sugar, juice, zest, and oil.
- 2** In a bowl, incorporate the rest of the ingredients. Pour the previous mixture and integrate until obtaining a homogeneous texture.
- 3** Grease the Royal Prestige® NOVEL™ 10.5" Skillet with grape oil and pour the mixture.
- 4** Cover with the Redi-Temp™ Valve closed and cook over low heat for 35 minutes, or until well cooked.
- 5** Let cool and unmold carefully.
- 6** Decorate and serve.



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



Coconut Flan Pudding



Yield
8 portions



Royal Prestige® Benefit
Cook a delicious dessert on the stove, without using the oven.



Time
35 minutes

Ingredients

1 lb ground coconut
2 cups water
3 cinnamon sticks
Peel of 1 lemon
½ cup cornstarch
1¾ cups evaporated milk
¼ tsp salt
1½ tbsps vanilla
7 eggs
Grape oil or similar

FOR DECORATION:

Ground coconut

Instructions

- 1 In the Royal Prestige® NOVEL™ 3 QT Dutch Oven, incorporate coconut, water, cinnamon sticks, and lemon peel. Boil for 3 minutes over medium heat and remove from heat. Remove cinnamon and peel.
- 2 In a bowl, dissolve cornstarch in evaporated milk. Add the previous mixture and the rest of the ingredients. Integrate very well.
- 3 Grease the Royal Prestige® NOVEL™ 10.5" Skillet with grape oil and pour in the mixture.
- 4 Cover with the Redi-Temp™ Valve closed and cook over low heat for 40 minutes, or until well cooked.
- 5 Let cool and unmold carefully.
- 6 Decorate and serve.



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



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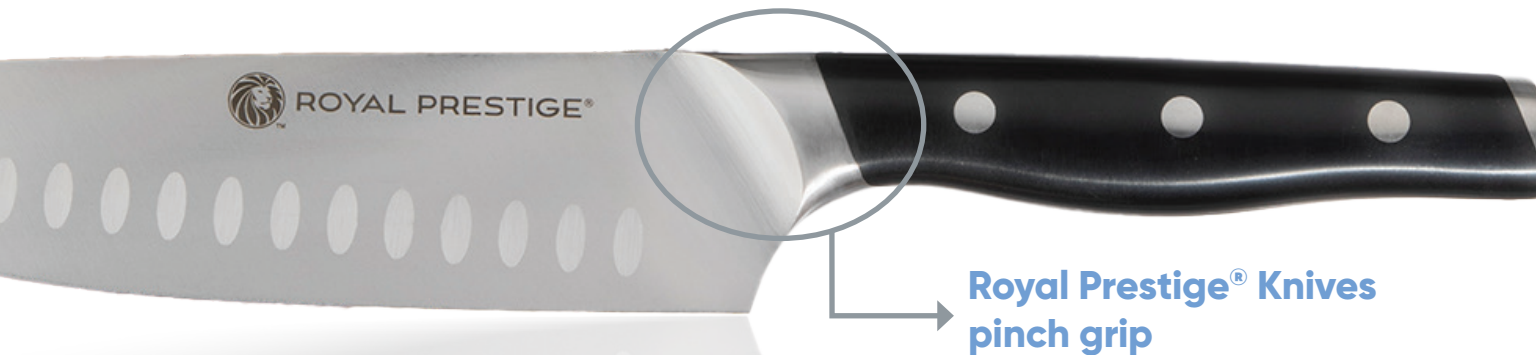
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ESSENTIAL GUIDE to Knife Care

BY SEBASTIÁN TORRES

Discover the technique that transforms your cooking like a professional chef: the *pinch grip*. This professional grip, known as the “magic pinch”, is the technique chefs use to master their knives

with precision and confidence. Learn why it’s safer, how to clean your knives effortlessly, and how it will revolutionize your time in the kitchen



The Grip That Elevates Your Cooking

With the optimized *pinch grip* technique for your Royal Prestige® Knives, you can cut fruits, vegetables, or meats with precision that will make you feel like a culinary master. Every slice becomes an act of artistry, and each dish becomes a statement of style and perfection.

Keep Your Knives Always Pristine

Knives are the most important tools in your kitchen and keeping them in perfect condition is key to ensuring they continue performing at their best. Here are some practical and effective tips to care for your knives and extend their lifespan.



Hand wash only:

Avoid leaving food residue on them—a quick wash right after use makes all the difference.



Choose neutral detergents:

Use gentle, non-abrasive products to protect both the shine and edge of your knives.



Don't submerge in water:

Never put knives in the dishwasher, as this can cause hard-to-remove stains and damage the blade.



Avoid abrasive products:

Don't use steel wool, bleach, or chemical cleaners.



Dry thoroughly after washing:

Use a soft cloth to absorb all water to keep them spotless.



Keep the edge sharp:

Use the Royal Prestige® Knife Sharpener or the integrated sharpener in your Royal Prestige® All-in-One Block to keep them like new.



Store them carefully:

Protect and organize all your pieces in the Royal Prestige® Knife Block.

Following these usage and care guidelines, your knives will always be ready to cut with precision and style.



Ready to Transform Your Kitchen?

With Royal Prestige® Knives, you're not just acquiring premium tools—you're opening the door to a new level of cooking.

Mastering the pinch grip is the first step to becoming the star chef of your home.

Elevate your use & care experience by [clicking here!](#)

pure water,

the Key to Better Nutrition

BY SEBASTIÁN TORRES

For a healthy lifestyle, it's not enough to just drink water. It's important to know what type of water provides wellness for you and your family. Consuming purified water can help improve the absorption of minerals like calcium, zinc, and iron.

On average, a person needs 2 to 3 liters of water daily for drinking, plus approximately 2 to 5 liters daily for cooking and food preparation. Having access to high-quality water is not only key for health but also contributes to improving the taste of foods and beverages prepared at home.

Benefits of Drinking Purified Water



Better digestion: Eliminating or reducing impurities benefits the intestinal environment.



More energy: Proper cellular hydration contributes to improved physical and mental performance.



Healthy skin: Chemical-free water promotes elasticity and cellular regeneration.



Immune system support: Fewer pathogens mean a reduced risk of gastrointestinal infections.

Do You Know What's Really in The Water You Drink?

Although water is treated in many cities, it can still contain substances that affect your health. According to the EPA (Environmental Protection Agency), these are some of the most common:

Chlorine: Used for disinfection, but excess amounts can irritate skin and eyes.

Lead: Present in old pipes.

Cysts & bacteria: Like *Giardia* or *Cryptosporidium*, which can cause intestinal infections.

VOCs (Volatile Organic Compounds):

Derived from pesticides and chemicals products.

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The WQA (Water Quality Association) recommends using systems certified under NSF/ANSI 42 and 53 standards, like the **Royal Prestige® FrescaFlow**, which offers these benefits:

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Is the water safe in your home?

Health begins with the water you drink. Investing in purified water isn't a luxury—it's a prevention. Contact an Independent Authorized Distributor for more information!

Sources: Centers for Disease Control and Prevention. (2023). *Water-related diseases and contaminants in public water systems*. https://www.cdc.gov/healthywater/drinking/public/water_diseases.html. Environmental Protection Agency. (2023). *National Primary Drinking Water Regulations*. <https://www.epa.gov/dwstandardsregulations>. Water Quality Association. (n.d.). *NSF/ANSI 42 and 53 explained*. <https://www.wqa.org>. Centers for Disease Control and Prevention. (2023). *Plain water: The healthier choice*. World Health Organization. (2022). *Drinking-water*.

Protect your family with quality water using **Royal Prestige® FrescaFlow**. Schedule your eligibility test today.



CHOCOLATE OR CACAO:

What is the difference?

BY LILIA MANCILLA

Many people use the terms **chocolate** and **cacao** as if they were the same thing, but there's actually a significant difference between them.

This confusion is understandable—after all, both come from the same tropical fruit. However, the journey they take from seed to final product changes everything.



What is cacao?

Cacao is the seed of the *Theobroma cacao* tree, a **tropical fruit** that has been valued since ancient times for its **energizing and medicinal properties**.

When cacao is presented in its most natural form (nibs, paste, or raw powder), it retains maximum nutrients and antioxidants.



Learn more chocolate facts in this video with Chef Omar Sandoval.

How cacao becomes chocolate:

Chocolate, while also derived from cacao, is the result of transformation:

- 1 Cacao seeds are fermented for several days.
- 2 Then they're sun-dried for better preservation.
- 3 Next, they're roasted, which intensifies their flavor.
- 4 The husks are separated to obtain cacao nibs.
- 5 The nibs are ground into a thick paste called cacao liquor (alcohol-free).
- 6 This liquor can have some of its fat (cacao butter) extracted to obtain cocoa, or it's mixed with ingredients like sugar, milk, and vanilla to create chocolate.

Cacao is the essence.
Chocolate is its transformed version.

Both can be part of your daily routine through a delicious beverage, made with our **Royal Prestige® Chokolatera**.



Source: "Cacao vs Cocoa: What's the Difference?", Healthline.



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