

The Cast Iron Collection

FROM GOOD TO GREAT COOKING

The Cast Iron Collection from Tupperware® is made from the finest and most durable materials available and will elevate your kitchen experience with its elegant design, versatility and easy clean up.

Features & Benefits:

- **Design** – Timeless, modern, clean, durable, sophisticated, innovative, elegant. With ergonomic handles designed for easy lifting.
- **Material** – Enameled Cast Iron delivers superior heat distribution and retention. Compatible with all cooktops and oven safe up to 500 °F/260 °C.
- **Finish** – Enameled for easy maintenance, highest-grade black ground coating for strength and long lasting durability. The interior enamel promotes caramelization, prevents sticking and resists stains. The exterior enamel is shock-resistant to prevent chipping and cracking.
- **Versatility** – Ideal for cooking on all cooktops and heat sources (gas, electric or ceramic, induction, halogen, grill, oven and even on the campfire). Perfect for all types of cooking – searing, baking, broiling, roasting, braising, frying, or slow cooking.
- **Moisture Return Lid** – Specifically designed to fit both the Cocotte and Skillet, on the inside of the lid you will find this circular pattern which captures moisture and slowly drips it back into your food, keeping your food moist.
- **Interior Coating** – Satin black enamel top coating, which is perfect for a fry pan as it allows for high temperature cooking with a convenient pouring spout on one side.
- **Nestable Storage** – The Cocotte nests perfectly with the skillet to save your valuable space in the kitchen.
- **Skillet Size:** 10" / 26cm
- **Cocotte Size:** 5.5-Qt./5.4 L

Use & Care:

- Wash and rinse before using the first time. No seasoning is required for first use.
- Dishwasher-safe, but hand washing is recommended. Do not use steel wool, other metal pads or harsh abrasive cleaners.
- Always dry your cookware completely after washing. Do not air dry your cast iron.
- Medium or low heat will provide the best results for cooking, frying and searing. Please allow the cookware to heat gradually and thoroughly for even and efficient cooking results. High heat temperatures should be used only for boiling water, vegetables or pasta, as well as for reducing the consistency of stocks and sauces.
- Caution: When using a glass stove, always lift the pan when moving it. Never slide it, as this may scratch or damage the stovetop or the base of the cookware. Also, be sure to place cookware only on racks in range stoves.
- For stirring comfort and surface protection, the Tupperware® Silicone Spatula or the Kitchen Tools are best. The use of metal utensils or knives might scratch the inside coating. Also, the cast iron handles and stainless steel handles will become very hot during stovetop and oven use. Always use oven gloves when handling.

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How to Use:

- **Skillet** – To achieve optimal searing and easy flipping of your food, it is important to preheat your Cast Iron Skillet before adding your food. Use a minimal amount of fat such as oil or butter and allow a few minutes for the meat or fish to develop a thin crust before attempting to flip it. Five minutes before the end of the cooking time, turn off the stove top. Cast Iron has the unique ability to retain heat, allowing the skillet to remain hot enough to finish the cooking process.
- You can bake almost anything you want in the skillet. If not stated differently in the recipe, coat your Cast Iron with oil and use a pastry or silicone brush to get the oil into the corners of your pan. For a delicate crust, add your batter for cakes, pies and other soft goods directly into your room-temperature Cast Iron with no preheating. For a crispier crust, preheat your Cast Iron before adding batter or dough for crunchy edges on cornbread, pizza and biscuits.
- **Cocotte** – To ensure that your food is cooked to perfection, it is recommended to preheat your Cast Iron Cocotte on medium heat before adding ingredients. This helps distribute heat evenly throughout the pot. Since cast iron retains heat well, it is best to use a lower heat setting than usual to prevent burning or sticking. This also helps save energy. Adding liquid to the cocotte is essential for most recipes. The liquid creates steam, which cooks the food evenly and keeps it moist. Using the lid during cooking (excluding searing at the beginning of a recipe) is important as it traps in heat and moisture, leading to even cooking and keeping the food moist.

Demonstration Ideas & Tips:

- **Share visual and relatable phrases in your product demonstration:**
 - This is Tupperware's most versatile cookware, perfect for searing, baking, broiling, roasting, braising, frying, slow cooking and more. Ideal for cooking on all heat sources, serving at the table, and storing in the fridge or freezer. This is ready to use, no pre-seasoning required, with easy maintenance and clean up.
 - The Cast Iron Collection from Tupperware® delivers a superior cooking experience through excellent heat retention and even heat distribution that locks in flavor for delicious meals every time. It uses the best quality enamel and most durable materials that will last for life, promising confidence in the kitchen.
 - From start to finish, you'll find everything you need for "Meal Prep Sundays". Batch cooking and meal prepping your favorite meals is easier with the Tupperware® Kitchen Tools, Cast Iron Skillet, The Ultimate Silicone Bags, Vent 'N Serve®, and so much more!
 - The Cast Iron's superior heat retention and beautiful design make it an ideal serving dish, allowing you to go from the stove or oven directly to the table. Just make sure to use a trivet and enjoy your food staying warm if serving is slightly delayed.

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The Cast Iron Skillet

Recipe

Caramelized Apple & Raspberry Crumble

Serves: 6

Total time: 60 minutes

- 5 Granny Smith or Honeycrisp apples
- ½ cup granulated sugar
- 7 oz. frozen raspberries
- ¾ cup almond powder
- ⅓ cup brown sugar, packed
- ⅔ cup all purpose flour
- 5 tbsp. unsalted butter

Directions:

1. Preheat oven to 410°F/ 210°C.
2. Peel and core apples, then cut them into large cubes.
3. Pour sugar in the Tupperware® Cast Iron Skillet in a uniform layer. Turn on stove to medium-high heat and allow sugar to melt and caramelize without touching it, do not stir. After 3-4 min. the sugar will start melting and then a few minutes later turn a nice golden brown caramel color.
4. Add diced apples into the caramel, cover, then cook on low heat for approx. 5 min., stirring from time to time.
5. Add frozen raspberries to apples in the Skillet and stir to combine. Remove from heat and set aside.
6. Combine almond powder with brown sugar, flour and knobs of butter in the base of SuperSonic® Chopper Extra fitted with blade attachment. Mix together until you achieve a rough mixture like coarse sand (Make sure you don't mix too long to avoid the mixture sticking together and becoming a compact dough). Sprinkle mixture over fruits in the Skillet.
7. Bake for approx. 25 minutes uncovered.
8. Serve lukewarm with vanilla or cinnamon ice cream.

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The Cast Iron Skillet

Recipe

Cheese and Potato Crusted Pork Chops

Serves: 2

Serving size: 1 each

Total time: 30 minutes

- 3.5 oz. boiled potatoes
- ¼ cup hard cheese such as Emmental or Gruyere
- Pinch of nutmeg
- Salt and pepper to taste
- 2 thick pork chops (6 oz. each)
- 2 tbsp. vegetable oil

Directions:

1. Preheat oven to 410°F/ 210°C.
2. Peel potatoes and grate them along with the cheese. Mix with nutmeg, salt and pepper.
3. Season pork chops on both sides with salt and pepper.
4. Pour oil into the Tupperware® Cast Iron Skillet and preheat on medium-high heat for 2 min.
5. Sear pork chops on one side for 1-2 min., or until brown. Flip pork chops, turn off heat source and allow other side to sear for 1 min. with the accumulated heat.
6. Divide potato mixture over pork chops.
7. Place in oven for 10-15 min., or until cheese and potato topping starts browning.
8. Serve immediately with a green salad.

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The Cast Iron Cocotte

Recipe

Osso Buco

Serves: 6

Total time: 1 hour 40 minutes

- 3 tbsp. olive oil
- 6 pieces osso buco (veal shank slice, each approx. 10.5 oz.)
- 3 carrots, peeled and diced
- 28 oz. canned, finely chopped tomato
- 1 orange, zested and juiced
- 1 large onion, peeled and diced
- Salt and pepper to taste
- **Optional:** 3 garlic cloves, peeled and minced, 1 bay leaf, 2 sprigs of thyme, ½ cup white wine
- **For Serving (optional):** Pasta of your choice

Directions:

1. Preheat the Tupperware Cast Iron Cocotte with oil on medium-high heat for 2 min., then sear three pieces of osso buco on both sides until golden brown. Set three pieces aside and sear remaining three pieces.
2. Place all osso buco pieces back in the Cocotte. Add diced carrots and onion, then all remaining ingredients (including optional ones).
3. Bring to a boil, then cover, reduce heat to medium-low and cook for 1 hour and 30 minutes.
4. Transfer pieces of osso buco into a serving dish and check seasoning of sauce (add salt or pepper if needed)*. Pour sauce on meat and serve with pasta.

**Tip: If sauce is a bit sour, add ½ tsp. sugar.*

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The Cast Iron Cocotte

Recipe

Roasted Lamb Leg with Baby Potatoes

Serves: 8

Total time: 1 hour 40 minutes

- 1 lamb leg with bone trimmed (approx. 5.5 lb.)
- 3 tbsp. olive oil
- 2.2 lb. of baby potatoes
- 1 tbsp. dried thyme
- 6 unpeeled garlic cloves
- Salt and coarsely grinded pepper to taste

Directions:

1. Preheat oven to 400°F/200°C.
2. Rub lamb leg with salt and pepper.
3. Place the Tupperware® Cast Iron Cocotte over medium-high heat. Add 1 tbsp. olive oil and preheat for 2 minutes. Sear lamb leg on each side until it turns a nice golden-brown color, then set aside on a plate.
4. Wash and dry baby potatoes, no need to peel them. Add them into the empty Cocotte, then sprinkle with thyme. Add unpeeled garlic cloves and remaining 2 tbsp. olive oil, then mix gently to coat potatoes with oil.
5. Place lamb leg on potatoes. Cover and cook in oven for at least 50 minutes or until desired doneness.
6. Remove Cocotte from oven and allow to stand, cover on, for 30 minutes.

**Tip: In order to prevent the lamb touching the inside walls of your Cocotte, ask your butcher to trim the bone. You generally need to allow about 20 minutes of cooking time per pound of lamb, but this will vary according to the weight and shape of the lamb, as well as your preferences.*

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