

# ROYAL PRESTIGE<sup>®</sup>

*Magazine*



*Homemade*  
**Christmas Flavor**



ROYAL  
PRESTIGE

*More Possibilities.*  
**HAPPIER HEARTS**





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# Happy holidays!

Chef *Omar Sandoval*



It gives me great pleasure to welcome you to the most festive edition of Royal Prestige® Magazine. As your culinary editor, it is my privilege to present a sampling of what is included in this edition with you, our beloved clients, in mind.

Within these pages, you will find incredible recipes that are perfect for sharing with family, friends, neighbors or whoever you wish. For example, there is the traditional **stuffed turkey (pg. 26)** or a tasty **pork loin with apple cider sauce (pg. 24)** that will have you licking your fingers. You can accompany these with an easy **Christmas pasta salad (pg. 16)** or with our super delicious **mashed potatoes and asparagus (pg. 12)**.

On this occasion, we are also including some seasonally inspired drinks that cater to every taste, from a classic

**eggnog (pg. 30)** to a **spiced hot chocolate (pg. 32)**.

I honestly love this season because it's the perfect opportunity to enjoy delicious food at home in the company of my family. However, the end of the year can be a different kind of holiday and many people decide to celebrate with an unforgettable vacation. **Celebrate New Year's Eve with a distinct flair (pg. 42)** and look for a destination where you can say farewell to the year in a special way.

If I continue telling you about all the surprises we have in store for you in this edition, I'll never stop writing, so I'll let you discover them on your own. I hope you enjoy reading about and cooking with the highest quality products, of course.

**Sending you a big hug and wishing you a marvelous 2024!**



HOLIDAYS 2023 | NUMBER 60  
USA

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OVAL ROASTER

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# Let us join you in your **ROYAL PRESTIGE®** experience

Our priority is offering you the best content as well as the guidance and advice you need to take full advantage of your Royal Prestige® products. We have various means of communication available to you. Contact us!

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## Customer Service:

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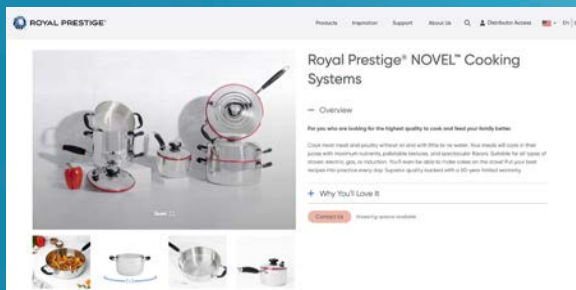
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# What kitchen need are you looking for?

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Barista



Chocolatera



ExperTea



Royal Espresso

## HOME APPLIANCES



Power Blender Max



Power Blender Go



Fresh Max



Max Cup

## CUTLERY



Royal Prestige® Cutlery



All-in-One Knife Block



Royal Prestige® Juicer



Precision Cook







# Shrimp & Artichoke Dip

## Royal Prestige® Benefits

Cook in an easier and practical way.

Blend directly in the bowl in just seconds.

## Ingredients

¼ onion, cut into large chunks

1 garlic clove, chopped

1 tomato, cut into large chunks

3 anchovy fillets

½ pound shrimp, peeled and deveined

½ teaspoon paprika

⅓ pound canned artichoke hearts, drained

¼ cup white wine

1 cup cream

1 lime, juiced

3½ ounces cream cheese

Salt and pepper to taste

### GARNISHES:

Finely chopped chives

1 tablespoon extra virgin olive oil

1 teaspoon paprika

### SERVE WITH:

Toasted bread

## Instructions

- 1 Preheat the Royal Prestige® NOVEL™ 12" Gourmet Skillet over medium heat until drops of water roll over the surface without evaporating.
- 2 Cook the onion with the skillet partially covered. Add the garlic and cook for a couple minutes.
- 3 Add the tomato, shrimp, artichoke hearts and white wine. Cook for 3 more minutes and remove from heat.
- 4 Place the mixture in a 3-Quart Mixing Bowl and blend with the Royal Prestige® Power Blender Go along with the rest of the ingredients until well blended.
- 5 Serve with a drizzle of extra virgin olive oil, chopped chives, paprika and toasted bread.



**Yield:**  
8 servings



**Featured  
Royal Prestige®  
Cookware:**  
Royal Prestige®  
Power Blender Go



**Time:**  
15 minutes





# Mashed Potatoes & Asparagus



## Royal Prestige® Benefits

Cook more quickly with less water.

Blend directly in the pan in just seconds.

## Instructions

- 1 In the Royal Prestige® NOVEL™ 3-Quart Saucepan, cook the potatoes and garlic in the water over medium heat. Cover with the Redi-Temp™ Valve open. When it whistles, lower the heat, close the valve and cook for 10 minutes.
- 2 Add the asparagus and cook for 5 minutes. Turn off heat, add sour cream and milk. Season with salt, pepper and nutmeg.
- 3 Add the parmesan cheese and blend with the Royal Prestige® Power Blender Go until all ingredients are well mixed.
- 4 Add the chopped chives and mix gently.
- 5 Boil water in the 1.5-Quart Saucepan and immerse the asparagus tips for 60 seconds. Move them immediately to a container with water and ice to halt cooking.
- 6 Serve and garnish with asparagus tips, cherry tomato halves and chopped chives.

## Ingredients

4 potatoes, peeled and cut into fourths  
¼ cup water  
2 garlic cloves  
5 asparagus  
1 cup sour cream  
¼ cup milk  
½ teaspoon ground nutmeg  
4 ounces parmesan cheese, grated  
½ bunch chives, finely chopped  
Salt and pepper to taste

## GARNISHES:

Asparagus tips  
Cherry tomatoes, halved  
Chopped chives



**Yield:**  
10 servings



**Featured Royal Prestige® Cookware:**  
Royal Prestige® Power Blender Go



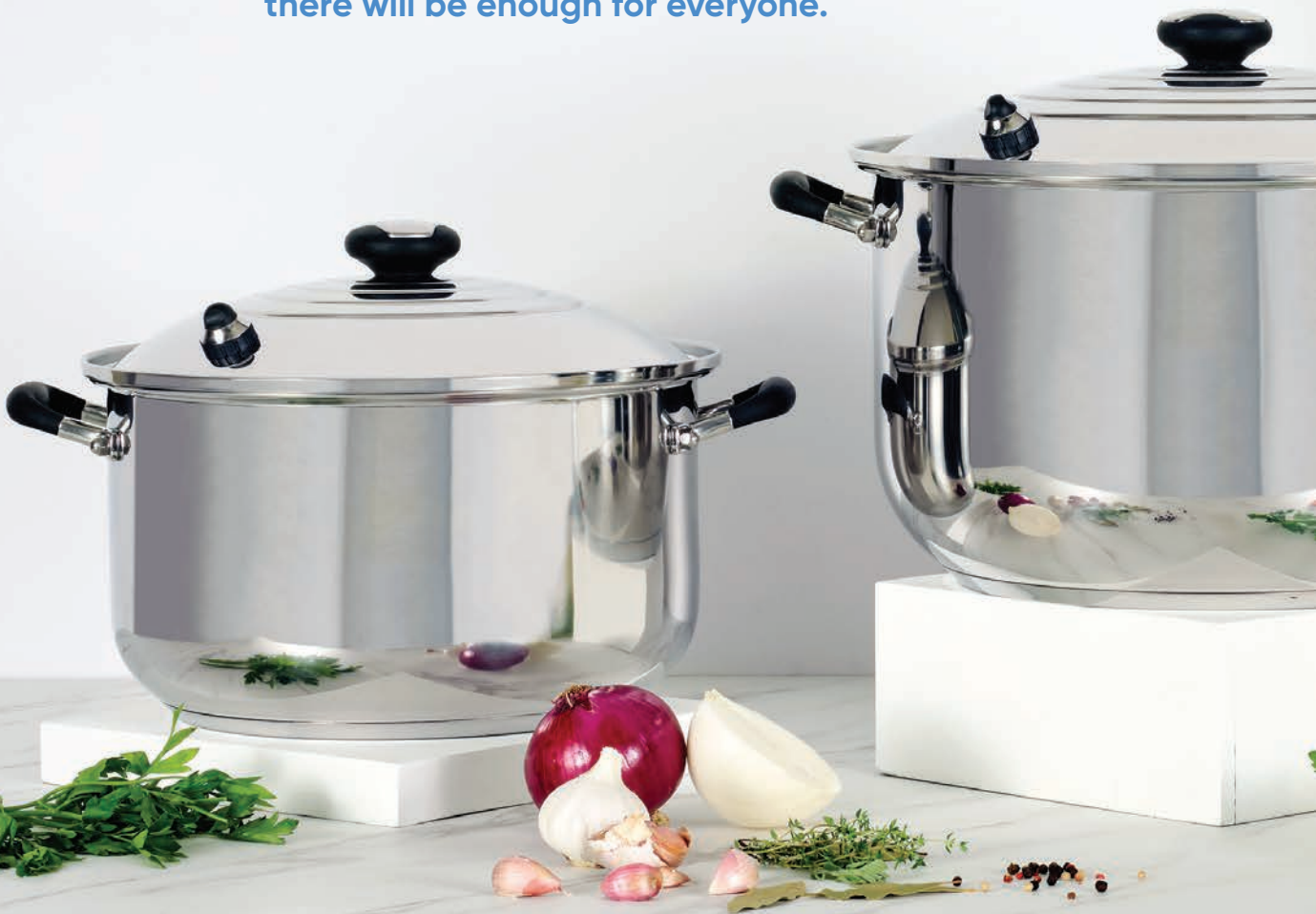
**Time:**  
30 minutes



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# Christmas Pasta Salad



## Royal Prestige® Benefits

Cook this delicious pasta  
in just minutes.

## Ingredients

1 pound small elbow  
macaroni

13 cups water

4 teaspoons salt

3 tablespoons olive oil

2 cups cream

2 cups plain  
unsweetened yogurt

2 stalks celery, cut into  
half moons

2 green apples, cut into  
small pieces

⅔ cup dried cranberries

9 ounces smoked  
turkey breast, cut into  
small pieces

5 ounces macadamia  
nuts, toasted

5 ounces seedless  
red grapes, halved

3 tablespoons  
chives, chopped

Salt and pepper  
to taste

### GARNISH:

Chopped chives

## Instructions

- 1 In the Royal Prestige® NOVEL™ 6-Quart Dutch Oven, add the water and heat over medium-high, with the cover on and the Redi-Temp™ Valve open.
- 2 When the valve whistles and the water starts to boil, add the salt and pasta.
- 3 Lower heat to medium and cook for 10 more minutes with the cover on and the valve closed until the pasta is al dente.
- 4 Remove the pasta from the Dutch Oven and place in a 5-Quart Mixing Bowl. Add olive oil, mix well and allow the pasta to cool.
- 5 Mix with the remaining ingredients. Season with salt and pepper and serve with chopped chives.



**Yield:**  
15 servings



**Featured  
Royal Prestige®  
Cookware:**

Royal Prestige® NOVEL™  
6-Quart Dutch Oven



**Time:**  
40 minutes











# Pasta with Garlic Tomato Sauce

[Click here to watch the video](#)



## Royal Prestige® Benefits

**Cook easily in just minutes.**

**Blend directly in the skillet in just seconds.**

## Instructions

- 1 Fill the Royal Prestige® NOVEL™ 8-Quart Dutch Oven with water up to a little over half. Cover with the Redi-Temp™ Valve open and heat over medium-high. When the valve whistles, add salt, pepper and the pasta and cook for 12 minutes or until the pasta is al dente. Set aside one cup of pasta water and drain the pasta.
- 2 Preheat the Royal Prestige® NOVEL™ 10.5" Skillet over medium heat. Add the poached tomatoes, garlic, rosemary and white wine and season with salt and pepper. Cook for a couple more minutes.
- 3 Add pasta water and wait for the mixture to boil.
- 4 Turn off heat and add parmesan cheese and cream. Remove the sprig fresh rosemary and blend with the Royal Prestige® Power Blender Go directly in the skillet. Then, add the pasta and mix well.
- 5 Serve with fresh basil, cherry tomatoes, a drizzle of olive oil, fresh parmesan cheese and pine nuts.

## Ingredients

12 ounces spaghetti  
Water  
Salt and pepper to taste  
1 pound tomatoes, poached and cut into fourths  
5 garlic cloves  
1 sprig fresh rosemary  
¾ cup white wine  
3 ounces fresh parmesan cheese, grated  
½ cup heavy cream

## SERVE WITH:

Fresh basil leaves  
15 cherry tomatoes, halved  
Pine nuts to taste  
Fresh grated parmesan cheese  
Olive oil



**Yield:**  
8 servings



**Featured  
Royal Prestige®  
Cookware:**

Royal Prestige®  
Power Blender Go



**Time:**  
40 minutes

# Lentil Soup

## *with serrano ham*

### Royal Prestige® Benefits

Powerful blending  
in just seconds.

Cook faster and safely.

### Ingredients

#### FOR THE BROTH:

4 tomatoes, cut  
into fourths  
¼ onion  
3 garlic cloves, cut  
into pieces  
1 cup water  
Salt to taste

#### FOR THE LENTILS:

5 ounces Spanish  
chorizo, sliced  
4 sprigs cilantro  
3 sprigs thyme  
3 bay leaves  
4 ounces capers  
5 ounces pitted green  
olives, halved

1 pound lentils,  
previously soaked  
8 cups water  
4 ounces serrano  
ham, cut into  
medium-size  
cubes  
Salt and pepper  
to taste

#### GARNISHES:

Olive oil  
Chopped parsley

#### SERVE WITH:

Baguette bread,  
toasted

### Instructions

- 1 In the Power Blender Max, process the broth ingredients. Set aside.
- 2 Preheat the Royal Prestige® 6-Liter Pressure Cooker over medium heat and cook the chorizo for about one minute.
- 3 Add the tomato broth, aromatic herbs and the remaining ingredients. Season with salt and pepper.
- 4 Cover and turn the valve to the pressure icon and cook over medium-high heat. When the pin indicator rises, lower heat and cook for 10 more minutes.
- 5 Turn off heat, turn the valve to release pressure and wait until the pin indicator drops. Open the pressure cooker and serve with garnishes and toasted bread.



**Yield:**  
10 servings



**Featured  
Royal Prestige®  
Cookware:**  
Royal Prestige®  
6-Liter Pressure  
Cooker



**Time:**  
40 minutes











# Pork Leg in Mandarin Orange & Prune Sauce



## Royal Prestige® Benefits

Cook the pork leg on the stove,  
without using an oven.

Powerful blending in just  
seconds.

## Instructions

- 1 Preheat the Royal Prestige® NOVEL™ 3-Quart Dutch Oven over medium heat. Cook the leeks, garlic, peppers and prunes. After a couple minutes, add the mandarin orange juice, apple cider vinegar, vegetable broth and spices. Season with salt and pepper and cook for 5 more minutes over low heat.
- 2 Blend the mixture above in the Power Blender Max. Set aside.
- 3 Preheat the Royal Prestige® Oval Roaster over medium heat for about 3 minutes. Season the pork leg with salt and pepper and sear on all sides.
- 4 Add the potatoes, olives and sauce. Cover the roaster and cook over medium-low heat for an hour and a half. From time to time, turn the pork leg and baste it with the cooking liquid.
- 5 Slice the pork leg and serve with roasted mandarin oranges and rosemary leaves.

## Ingredients

1 6-pound pork leg  
(approx.)

4 cups cambay  
potatoes, halved

2 cups green olives, pitted

### FOR THE SAUCE:

½ pound leeks, sliced

2 garlic cloves, roughly  
chopped

10 ounces canned  
peppers, drained

2 cups prunes, pitted

2 cups mandarin  
orange juice

2 ounces apple cider  
vinegar

2 cups chicken broth  
or vegetable broth

1 teaspoon dried  
oregano

1 teaspoon ground  
cloves

½ teaspoon ground  
cinnamon

Salt and pepper  
to taste

### GARNISHES:

Roasted mandarin  
oranges

Rosemary leaves



**Yield:**  
15 servings



**Featured  
Royal Prestige®  
Cookware:**  
Royal Prestige®  
Oval Roaster



**Time:**  
2 hours





# Pork Loin with Apple Cider Sauce

Click here to watch the video



## Royal Prestige® Benefits

Cook the pork loin on the stove,  
without using an oven.

Powerful blending in just seconds.

## Instructions

- 1 Blend all the sauce ingredients in the Power Blender Max and set aside.
- 2 Season the pork loins with salt and pepper. Spray the Royal Prestige® Deluxe Easy Release 12" Skillet with spray oil and remove the excess with a paper towel. Preheat the skillet over medium heat for about 40 seconds and sear on all sides until browned. Set aside.
- 3 In the Royal Prestige® Oval Roaster, add the peppers, carrots and thyme sprigs. Set the rack, put above the pork loins and pour the sauce. Cover and cook for 40 minutes over medium-low heat.
- 4 Remove the pork loin and set aside. Let the sauce thicken for 20 minutes over low heat with the roaster uncovered. Add the asparagus and cook for 5 more minutes.
- 5 Serve the pork loin in slices, covered with the sauce and served with chopped parsley, blanched asparagus and rosemary leaves.

## Ingredients

2 pork loins, 3 pounds each

1 red bell pepper, cut into  
medium-size pieces

1 green bell pepper, cut  
into medium-size pieces

2 carrots, sliced

10 asparagus, cut into  
thirds

2 sprigs thyme

Salt and pepper to taste

Spray oil

### FOR THE SAUCE:

1½ cups apple cider

2 cups vegetable broth or  
chicken broth

5 ounces dried  
cranberries

5 ounces dates, pitted

2 cups sweet cream

Salt and pepper to taste

### SERVE WITH:

Chopped parsley

Blanched asparagus

Rosemary leaves



**Yield:**  
15 servings



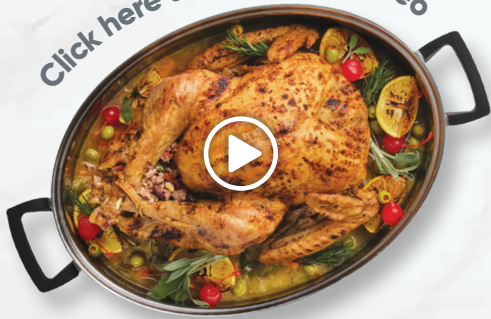
**Featured  
Royal Prestige®  
Cookware:**  
Royal Prestige®  
Oval Roaster



**Time:**  
1 hour 45  
minutes

# Stuffed turkey

Click here to watch the video



## Royal Prestige® Benefits

Cook your turkey over the stove, without using an oven.



**Yield:**  
12 servings



**Featured Royal Prestige® Cookware:**

Royal Prestige®  
Oval Roaster



**Time:**  
3 hours  
20 minutes

## Ingredients

1 turkey, approx. 13 pounds

Hemp cooking twine

### FOR THE INJECTION:

1 cup orange juice

1 cup white wine

### FOR THE BUTTER:

10 ounces butter

1 tablespoon paprika

½ teaspoon ground ginger

1 teaspoon garlic powder

1 teaspoon onion powder

1 tablespoon dried parsley

1 teaspoon dried rosemary

Salt and pepper to taste

### FOR FLAVOR:

2 carrots, cut into large pieces

2 celery stalks, cut into large pieces

1 onion, cut into large pieces

3 sprigs marjoram

5 bay leaves

3 sprigs thyme

1 cup orange juice

1 cup white wine

### FOR THE STUFFING:

4 ounces bacon, chopped

½ cup onion, finely chopped

3 garlic cloves, finely chopped

10 ounces ground pork

10 ounces ground beef

¼ teaspoon ground cinnamon

¼ teaspoon ground cloves and cumin

Salt and pepper to taste

1 cup white wine

3 tomatoes, seeded and cut into small pieces

¼ cup olives or capers

¼ cup raisins

¼ cup toasted almonds

¼ cup dried apple

¼ cup cranberries

¼ cup walnuts

### FOR THE SKIN:

4 tablespoons honey

2 tablespoons grapeseed oil

### GARNISHES:

2 oranges, cut into sixths and toasted

12 stuffed green olives

10 maraschino cherries with stems

Fresh rosemary leaves and marjoram leaves





## *Instructions*

- 1** In a 1-Quart Mixing Bowl, combine the white wine and orange juice. Inject the turkey with the mixture on all sides.
- 2** In a 2-Quart Saucepan, over low heat, melt the butter, add the spices and cook for 3 minutes. Baste the turkey with the butter and tie the turkey legs with hemp cooking twine.
- 3** In the Royal Prestige® Oval Roaster with the rack, add the vegetables, aromatic herbs, orange juice and white wine. Place the turkey on the rack, cover the roaster and cook over medium heat for 2 hours and 30 minutes. Baste from time to time with the juices.
- 4** Baste the turkey with the honey and grapeseed oil. Cook for 10 more minutes to brown the skin.
- 5** For the stuffing, preheat the Royal Prestige® NOVEL™ 12" Gourmet Skillet and cook the bacon until browned. Add the onion, garlic and ground meats and cook for 3 more minutes. Season with spices, salt and pepper. Cover and cook for 5 more minutes.
- 6** Add the tomatoes and wait until they release their juice to add the white wine. Cook until reduced by half. Add the remaining stuffing ingredients and adjust seasoning. Stir gently and remove skillet from the heat.
- 7** Stuff the turkey before serving or arrange the stuffing around the turkey. Decorate with garnishes.

# Lamb stew

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## Royal Prestige® Benefits

Achieve tender, delicious meat with the slow cooking function.

## Ingredients

- 6 tablespoons mustard
- 4 tablespoons paprika
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- Salt and pepper to taste
- 4 pounds lamb, cut into large chunks
- 1 onion, cut into medium-size pieces
- 2 carrots, cut into medium-size pieces
- 3 celery stalks, cut into medium-size pieces
- 5 garlic cloves
- 2 cups red wine
- 2 cups tomato puree
- 1½ cups beef broth
- 6 bay leaves
- 3 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 5 sprigs fresh parsley

### SERVE WITH:

- Finely chopped parsley
- Baguette bread, sliced and toasted

## Instructions

- 1 In a 1-Quart Mixing Bowl, mix the mustard, paprika, cumin, garlic powder, salt and pepper. Make a paste and rub over the lamb.
- 2 Place the Royal Prestige® NOVEL™ 6-Quart Dutch Oven over the Royal Prestige® Precision Cook and activate the pre-heat function. When the Precision Cook indicates that the Dutch Oven is ready, sear the lamb at level 4 until browned. Add the vegetables and red wine. Cook until liquid is reduced by half.
- 3 Add the tomato puree, beef broth and aromatic herbs.
- 4 Cover with the Redi-Temp™ Valve closed and cook for 8 hours with the Precision Cook slow cooking setting on Low.
- 5 Serve the stew sprinkled with chopped parsley and slices of toasted baguette.



**Yield:**  
15 servings



**Featured  
Royal Prestige®  
Cookware:**

Royal Prestige®  
Precision Cook



**Time:**  
8 hours









# Eggnog

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## Royal Prestige® Benefits

Easily cook large amounts of food for parties and get together.

## Instructions

- 1 Place the milk, evaporated milk, cinnamon and sugar in the Royal Prestige® 12-Quart Stock Pot. Cook over medium-high heat until boiling.
- 2 In the 5-Quart Mixing Bowl, mix the egg yolks, vanilla and cornstarch with the Whisk until it achieves a light color.
- 3 Add a small amount of the milk mixture to the bowl and whisk quickly.
- 4 Pour the mixture from the mixing bowl into the stock pot and stir constantly for 20 minutes until thickened or until it coats the back of a spoon.
- 5 Remove from heat, add rum if desired and mix well.
- 6 Allow to cool for at least 3 hours.
- 7 To serve, garnish with whipped cream, ground cinnamon and a cinnamon stick.

## Ingredients

- 7 quarts milk
- 4 cups evaporated milk
- 5 cinnamon sticks
- 4 cups sugar
- 25 egg yolks
- ¼ cup vanilla
- ¾ pound corn starch
- 2 cups rum to taste (optional)

### GARNISHES:

- Ground cinnamon
- Cinnamon sticks
- Whipped cream



**Yield:**  
35 servings



**Featured Royal Prestige® Cookware:**  
Royal Prestige® 12-Quart Stock Pot



**Time:**  
1 hour  
40 minutes

# Spiced hot chocolate

Click here to watch the video



## Royal Prestige® Benefits

Avoid spills on your stove with the stainless steel cone.

## Instructions

- 1 Add the milk and the rest of the ingredients except the chocolate to the Royal Prestige® Chocolatera. Attach the stainless steel cone for a volcano effect to avoid spills. Cook over medium heat.
- 2 When it starts to boil, lower heat and cook for 5 more minutes.
- 3 Add chocolate and dissolve with the Whisk.
- 4 Serve in mugs and decorate with ground cinnamon.

## Ingredients

6 cups milk  
1 cup brown sugar  
2 tablespoons vanilla  
¼ cinnamon stick  
1 inch ginger, finely sliced  
5 whole star anises  
1 teaspoon ground cardamon  
4 whole cloves  
6 ounces Mexican table chocolate

### GARNISH:

Ground cinnamon



Yield:  
6 servings



Featured  
Royal Prestige®  
Cookware:  
Royal Prestige®  
Chocolatera



Time:  
25 minutes







# Gluten Free Banana Bread with Blueberries

Click here to watch the video



## Royal Prestige® Benefits

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

## Ingredients

9 ounces butter  
5 egg yolks  
¾ pound very ripe bananas  
1 tablespoon vanilla extract  
1¼ cups rice flour  
½ cup almond flour  
¾ teaspoon baking powder  
4 ounces blueberries  
5 egg whites  
Grapeseed oil

## DECORATE WITH:

1 banana, cut into half moons  
Powdered sugar  
Blueberries  
Fresh mint leaves  
Almonds, sliced and toasted

## Instructions

- 1 In a 2-Quart Mixing Bowl, cream the butter at room temperature, add the egg yolks and keep beating until they change color.
- 2 In another 2-Quart Mixing Bowl, mash the bananas and add them to the above mixture along with the vanilla. Mix in the flours and baking powder.
- 3 In a 5-Quart Mixing Bowl, beat the egg whites until stiff peaks form. Fold into the above mixture one half at a time.
- 4 Mix the blueberries with rice flour. Set aside.
- 5 Grease the Royal Prestige® NOVEL™ 8" Skillet with a little grapeseed oil, pour in half the mixture, add half the blueberries and then repeat with the rest of the mixture and the blueberries.
- 6 Cook over low heat with the skillet covered and the Redi-Temp™ Valve closed for approximately 35 minutes or until cooked through.
- 7 Turn off heat and let rest for 10 more minutes. Refrigerate for at least 12 hours.
- 8 Heat the skillet over low heat for a short time to unmold. Decorate.



**Yield:**  
8 servings



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



**Time:**  
1 hour 15  
minutes





# Enjoy your favorite hot drinks whenever you want

From hot chocolate to fruit infusions or espresso, Royal Prestige® offers many options so you can prepare what you want at any time.

## Royal Prestige® Barista

12-cup  
capacity  
(2.85 L)

## Royal Espresso

4-cup espresso  
capacity.

## Royal Espresso

10-cup espresso  
capacity







ROYAL  
PRESTIGE®



**Royal Prestige®  
Chocolatera**

10-cup (2.6 L)  
capacity



**Royal Prestige®  
ExperTea**

9-cup (2.2 L)  
capacity

**Treat yourself to a different  
drink every day**

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# Broccoli pizza

Click here to watch the video



## Royal Prestige® Benefits

Cook your vegetables with very little water.

Make pizza on the stove, without using an oven.

## Ingredients

- 2 pounds broccoli florets
- 1 cup water
- 4 ounces parmesan cheese, grated
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 eggs
- 1 teaspoon grapeseed oil
- Salt and pepper to taste
- 1½ cups pizza sauce
- 2½ cups mozzarella cheese, grated
- 2 tomatoes, sliced
- 15 olives, halved

### GARNISH:

Fresh basil leaves

## Instructions

- 1 Place the broccoli florets and water in the Royal Prestige® NOVEL™ 4-Quart Dutch Oven over medium heat and cover with the Redi-Temp™ Valve open. When it whistles, lower heat, close the valve and cook for 5 more minutes. Allow to cool.
- 2 Divide the broccoli into four portions and blend each portion in the Power Blender Max for short intervals to avoid a mushy consistency. Place broccoli in a clean cloth and squeeze several times to remove excess liquid.
- 3 In a 5-Quart Mixing Bowl, mix the broccoli with the parmesan cheese, parsley, basil, garlic powder, onion powder and eggs. Season with salt and pepper and make a paste.
- 4 Oil the Royal Prestige® NOVEL™ 14" Paella Pan with grapeseed oil. Spread the broccoli mixture over the bottom, add the pizza sauce on top, cover with the mozzarella cheese and divide the tomatoes and olives evenly over the surface.
- 5 Cover the paella pan and cook over low heat for 10 minutes or until it is lightly browned.
- 6 To serve, garnish with fresh basil leaves.



**Yield:**  
8 servings



**Featured  
Royal Prestige®  
Cookware:**

Royal Prestige®  
NOVEL™ 14" Paella Pan



**Time:**  
40 minutes





# Affogato Coffee

Click here to watch the video



## Royal Prestige® Benefits

Prepare ice cream conveniently and easily.

Prepare a delicious espresso in the comfort of your home.

## Instructions

- 1 Remove the seeds from the vanilla pod.
- 2 Dissolve the corn starch in a small amount of milk.
- 3 Place all the sauce ingredients in the Royal Prestige® NOVEL™ 2-Quart Saucepan, except the corn starch, and mix with the Whisk.
- 4 Add the corn starch and cook over low heat, whisking constantly with the Silicone Spatula until lightly thickened or until it coats the back of a spoon. Allow to cool and place in a 2-Quart Mixing Bowl. Freeze for 12 hours.
- 5 For the coffee, place the water in the Royal Espresso, insert the coffee filter and add ground coffee. Close the coffee maker and boil over medium-high heat. Remove from heat when the top container is full.
- 6 Allow the frozen mixture to rest for about 5 minutes and lightly chop. Process it in the Royal Prestige® Juicer with the Strainer for Ice Cream attached.
- 7 Serve a scoop of ice cream in a mug and pour coffee over it.
- 8 Decorate with a cigar cookie, shaved chocolate and fresh mint leaves.

## Ingredients

### FOR THE SAUCE:

- 4 cups milk
- 1 tablespoon vanilla
- 10 egg yolks
- ½ pound sugar
- 2 tablespoons corn starch
- 1 vanilla pod

### FOR THE COFFEE:

- 2 measures of ground dark-roasted coffee

1 cup water

### DECORATION:

- Cigar cookies
- Shaved chocolate
- Fresh mint leaves



**Yield:**  
8 serving



**Featured  
Royal Prestige®  
Cookware:**  
Royal Prestige®  
Juicer



**Time:**  
40 minutes

# Celebrate New Year's Eve

## WITH A Distinct Flair

BY LILIA MANCILLA

One of the most universal holidays is without a doubt New Year's. All kinds of traditions are celebrated everywhere, from more intimate gatherings like family dinners to massive public events.

It is well known that the most iconic celebration happens in New York, where thousands of people fill the streets to see the Times Square Ball Drop, when the clock strikes twelve and fireworks light up Central Park.

Over time, many traditions have stayed the same, such as eating twelve grapes in time with the midnight bells or wearing a certain color underwear to attract luck. However, some people choose to start the new year by experiencing different cultures.

No matter how you choose to celebrate, there is surely a place somewhere in the world that offers you the ideal celebration.

### Large parties and an important date

New Year's Eve tends to be associated with fireworks and many cities truly stand out in this regard.

One great example is Funchal, the capital of the Madeira Islands, because it offers the biggest fireworks display in the world. The size of the event is so large that it is recognized in the *Guinness Book of World Records*.

Among the cities where you can enjoy excellent displays of fireworks are London, Sydney and Dubai. This last city also offers a display of music and lights at the famed Burj Khalifa.



Edinburgh,  
Scotland



La Fenice Opera House,  
Venice, Italy





La Patagonia,  
Argentina



Kitzbühel,  
Austria



## New year, new cultures

If you are interested in a more cultural experience, Italy is the perfect option. End the new year by attending a concert at La Fenice Opera House in Venice, wandering among musicians on the streets of Rome, decorating a bull with flowers by candlelight or burning the *Vecchione*, a human figure made of straw, in Bologna.

In Edinburg, for example, it is known as *Hogmanay*. A large Christmas market is set up and they have a lovely tradition for attracting good fortune, which involves being the first person to

arrive at your friend's house with a gift under your arm.

If it's lovely traditions that you're after, in Singapore there is a fairly recent one that involves throwing wishing spheres into Marina Bay.

## The perfect time to relax or go on an adventure

It's true that many people would rather welcome the new year in a relaxing environment. Stockholm is a good example of this. There are no fireworks and no alcoholic drinks. It's a more intimate celebration of life's small pleasures.

Another city that says NO to fireworks is found in Austria. Graz is completely pet-friendly. There are public concerts and light shows in the streets, but nothing that would bother a pet.

On the other hand, if you want to try new experiences, in the same country you can enjoy Kitzbühel, the ski capital of Austria. There is a fantastic nighttime attraction where ski instructors come down Hahnenkamm mountain with lighted torches.

And why not spend the new year at the "End of the World"? Ushuaia is located in Patagonia, Argentina, and it earned its name for being the southernmost city in the South American continent. It's a good place to disconnect from the rest of the world and delight in the impressive natural landscape.

### Sources:

«Best places to celebrate New Year's Eve in Europe», Europe's Best Destinations, «8 Best New Year's Eve Festivals around the World», Hayo Magazine«Best 5 Places for New Year's Eve in South America in 2024», Across South America



# Help relieve your **anxiety** with **healthy food**

BY LILIA MANCILLA

Anxiety is the body's natural response to stress, depression and other conditions, both physiological and psychological, that should be treated by specialized physicians in order to avoid complications.

Although anxiety manifests in different ways in different people, there are some general symptoms that can help identify it. For example, a terrifying

sensation of fear or worry, trouble concentrating, difficulty sleeping, fatigue, restlessness or irritability.

In addition to undergoing medical treatment, receiving therapy and using relaxation techniques, nutrition is also a key component of positively impacting the brain and reducing anxiety.

**Sources:**

«Foods That Help Ease Anxiety», Healthline  
«Everything You Need to Know About Anxiety», Healthline, «Unlocking the Power of Meditation: Your Ultimate Tool for Anxiety Management», Balance



- **Salmon and mackerel:** rich in vitamin D and omega 3 which help regulate neurotransmitters like dopamine and serotonin.
- **Chia and flaxseed:** also contain omega 3.
- **Turmeric:** helps to prevent brain damage caused by stress due to its antioxidant and anti-inflammatory properties.
- **Dark chocolate:** rich in neuroprotective flavonoids.
- **Green tea:** contains theanine, an amino acid that helps lower cortisol, a hormone associated with stress.
- **Almonds:** rich in vitamin E and healthy fats, which can reduce oxidative stress and chronic inflammation.
- **Eggs:** a great source of tryptophan, an essential amino acid that controls different hormones such as melatonin, serotonin, dopamine and insulin.
- **Chamomile:** can help regulate the hypothalamic-pituitary-adrenal axis, a central part of the body's response to stress.
- **Cranberries:** rich in vitamin C and antioxidants. Some studies indicate that daily consumption of this food can alleviate the symptoms of depression and anxiety.
- **Yogurt:** probiotics play an important role in the gut-brain axis because they reduce inflammation and increase production of mood stimulants.

There are other tools that can be combined with a healthy diet and good habits that can help win the battle against anxiety.

Meditation is one example. It is certainly not something that gives immediate results, but consistency and making it a habit is a good starting point. Also, if meditation is new to you, there are many online resources like apps, guided meditation and videos on social media to help you get started.

Start by practicing this simple but effective routine – the 5-4-3-2-1 grounding technique. It involves paying attention to your surroundings to bring your mind to the present. Breathe deeply and focus on your surroundings. Start to name the things around you in the following order: five things that you can see, four things that you can touch, three things that you can hear, two things that you can smell, and one thing that you can taste.

Over time, appropriate meditation and mindfulness techniques can improve your health because they help reduce stress, increase concentration and promote relaxation.

## Say NO to these habits to help avoid anxiety:

- Caffeine
- Alcoholic beverages
- Foods high in sugar or saturated fat
- Cigarettes
- Irregular sleep
- Sedentary lifestyle



# Mint's Spicy History

BY LILIA MANCILLA

The name of this plant has an origin story filled with passion and jealousy. It is said that in Ancient Greece there was a nymph named Minthe whom the god Hades was in love with. However, when the goddess Persephone found out, in a fit of jealousy she decided to transform the nymph into a mint plant.

Maybe that is why some species of mint have a spicier flavor, although they all possess its characteristic refreshing and intense aroma. It grows in temperate climates, making it an excellent option for growing it at home or as a decorative plant.

Because of its diverse properties, you can find it everywhere – in essential oils, infusions, medicines, soaps, candies, cakes and gum.

## ***Benefits attributed to mint\****

- Clears airways.
- Hydrates and promotes hair growth.
- Promotes oral health.
- Alleviates stomach pain and indigestion.
- Cures headaches.
- Improves cognitive function and retention.
- Helps treat acne and pimples.
- Repels insects.

## ***Nutrients found in mint:***

Vitamin A	Potassium
Vitamin C	Calcium
Fiber	Magnesium
Phosphorus	Iron



With Royal Prestige® ExperiTea, you can enjoy all of your favorite mint properties in a traditional and natural loose leaf tea.

\*Sources: «Menta: cuidados y propiedades de una planta medicinal que puedes cultivar en casa», La Vanguardia, «10 Plants That May Help Repel Bugs Like Mosquitoes, Flies, Spiders, and More», Shondaland, «Menta: el ingrediente estrella para cuidar la piel y el pelo», Harper's BAZAAR





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