



Pampered Chef

Prep Bowl Set



Recipe & Tip Booklet



So, you ordered the Prep Bowl Set, now what?

Besides portioning food, prepping recipes ahead of time, and storing leftovers, you can also **bake** in them!

Basic Prep Bowl Cake Recipe

1. Preheat oven to 350°F.
2. Prepare cake mix of your choice for an 8-9 inch single layer cake according to package directions.
3. Grease and flour six prep bowls; fill halfway full with batter.
4. Bake 20-25 minutes or until cake tester inserted in center comes out clean.
5. Remove from oven; cool cakes in bowls 5 minutes.
6. Carefully invert onto stackable cooling rack; cool completely.
7. Frost each cake as desired using small spreader.

Tip: If desired, 1 package (510g) cake mix can be prepared instead of the single layer cake. After removing cooled cakes from prep bowls, repeat all steps for a total of 12 mini cakes.

Snowman Cakes

Use white or yellow cake mix. Frost mini cakes with white icing and then coat cakes completely with sweetened, flaked coconut. Arrange 3 cakes together on a platter and decorate as desired.



Mini Doll Cakes



Insert a small doll-pick (can be purchased at most craft or hobby stores) or small doll (wrap legs together with tape or ribbon beforehand) into center of cake and decorate as desired.



The possibilities are endless!

Caterpillar cake - arrange cakes in zig-zagging line with jelly bean eyes and spots

Ladybug cakes – ice red and use dark colored candy for spots

Bug or spider cakes – flatten gumdrops and cut out wing shapes and/or use licorice to make legs

Pumpkins – ice orange, decorate with candy for face, unwrap a tootsie roll candy chew, microwave for 5 seconds to soften, and twist to form pumpkin stem

Christmas trees – ice green and decorate with candy, use tootsie rolls for tree trunks

Footballs - use icing to stick 2 mini cakes together at their wider ends, lay on sides and ice brown with white stitching

Easter cakes - stick mini cakes together as instructed for footballs but stand upright, ice and decorate to look like Easter eggs

You can also do great things in the microwave!

Individual Omelets

1 egg

1 Tbsp. cheese (whatever your taste)

1 Tbsp. chopped ham or cooked sausage
(or any other omelet filling) or to taste

Spray inside of prep bowl with cooking spray to prevent sticking. Beat egg and omelet filling until combined. Add egg mixture to prep bowl, being careful not to over-fill the bowl (remember egg will expand somewhat as it cooks). Cook in the microwave for 45 -60 seconds. Kids will love making these themselves.

Brownie Sundaes

Spray inside of prep bowl with cooking spray to prevent sticking. Add 1/3 cup brownie batter to prep bowl and microwave 1 minute. Top with ice cream and chocolate syrup.

Individual Fruit Cobblers

Evenly divide 2 cans of cherry or apple pie filling among the 6 prep bowls.

Top each one with refrigerated biscuit dough that has been slightly flattened. Sprinkle with cinnamon and sugar. Bake according to the directions on the biscuit package directions.

Mini Bread Bowls

Turn prep bowls upside down and spray the outside with non-stick cooking spray. Spread frozen bread dough or flattened refrigerated biscuit dough over the outside and bake. Follow bread package directions, but check bread frequently as it may not need to cook for as long. Make small bread bowls that you can use for salads, soups, or chilis.

Other Great Tips & Uses

- You can also make individual servings of Jell-O or pudding for the kids. I can cover and leave them in the fridge for a cool treat!
- The Prep Bowls are also great for snipping fresh herbs with the Kitchen Shears. Snap off a couple sprigs, put them in the prep bowl, and then point your shears into the bowl and snip, snip, snip! I did this yesterday when testing out two of the new Cucina Italiana recipes and it worked perfectly! No more parsley all over the cutting board! After you have used your kitchen shears to cut the fresh herbs, store them in the freezer for use in the winter when you don't have fresh herbs from the garden.
- These are great for decorating cookies (think Christmas time!)... A few colors of frosting mixed in their own little bowl, then put sprinkles, colored sugars, candies, etc. In other bowls, you can pop tops on them if you only want to do a few at a time, or if you're like me and have a toddler hanging off you constantly.
- These are also great for crafts with scouts, church groups, etc . Use them to keep beads, buttons, thread, etc inside of them.
- I'm on Weight Watchers and I use mine for portion control. As the sheet says for pudding, jello, or applesauce. Also if I make a pot of spaghetti sauce I can freeze portions to use later so I don't have to eat all the sauce in a few days!
- Fill with candy, bath beads, bath salts, etc. Tie with a ribbon and include one small bamboo spoon for a gift or party favor.
- Include a small flowering plant or herb plant, include a cake tester (if you have any left) as a card holder, and give as a great teacher's gift.

Use these ideas and your imagination to make the most of your new Prep Bowl Set!