



DELICIOUS NEW RECIPES TO TRY

— USING YOUR FOODSAVER® VACUUM SEALER —



YOU'LL NEVER
RUN OUT OF
REASONS TO
USE IT.

PRESERVE. PREP. COOK.

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Our Latest Premium All-In-One FoodSaver®

The Premium All-in-One FoodSaver® with 5 food settings to help you preserve, prep and cook. Try the sous vide setting to seal food for delicious sous vide cooking, the pulse setting for delicate foods, and the marinate setting for flavour in minutes. It combines the power of a heat sealer with the convenience of a handheld vacuum sealer for containers and zipper bags.

Includes on-board roll storage and cutter.

PRESERVE. PREP. COOK.



What is Vacuum Sealing?

Vacuum Sealing is a great way to keep food fresh for longer, so you can waste less and save more.

The FoodSaver® System is a vacuum packaging system offering a revolutionary way to store and preserve both food and non-food items. FoodSaver® eliminates air from specially designed bags and containers to create a commercial quality vacuum seal. This time proven technology extends the freshness of food up to 5x longer than conventional storage methods such as cling wrap or reseal bags.



How Does it Work?

Air is the enemy of fresh as oxygen & moisture in the air cause food to degrade over time. Food then loses flavour, texture and nutritional value.

Unlike other storage methods, the FoodSaver® vacuum sealer works together with exclusive FoodSaver® bags and containers to remove air & moisture before creating an airtight, commercial quality seal. This seal keeps food fresh up to 5x longer.*

*compared to ordinary storage methods



After being stored for 24 hours

Ratatouille

This classic ratatouille makes a comforting side dish – but it's also delicious tossed with pasta or added to sandwiches or salads.



Prep time: 15 mins
Cook time: 10 mins



Serves 4 - 6

NUTRITION FACTS

Per 1/6 recipe

Calories	130
Total Fat	9g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	210mg
Carbohydrate	13g
Dietary Fibre	4g
Total Sugars	7g
Protein	2g
Vitamin D	0mcg
Calcium	25mg
Iron	0.8mg
Potassium	430mg

NUTRITION CLAIMS

✓ Cholesterol-free

INGREDIENTS

2 tbsp olive oil	4 tsp tomato paste
1 eggplant, chopped (about 550 gm)	2 tbsp finely chopped fresh parsley
1 zucchini, chopped	2 tbsp finely chopped fresh basil
1 red capsicum, chopped	1/2 tsp salt
1 cup grape tomatoes	
1 onion, chopped	

STEPS

1. Heat the oil in a frypan on medium heat, add the vegetables and cook until soft and tender.
2. Add the tomato paste, parsley, basil and salt, cook a further 2 minutes.
3. Add Ratatouille to FoodSaver® Bag and vacuum seal using your FoodSaver®.
4. Freeze or refrigerate until required.



Try adding chopped sun-dried tomatoes, black olives, capers and chopped anchovies to ratatouille for a zesty flavour.

The easy freezer meal you can make ahead of time.



Chicken Tinga

This zesty tomato chicken recipe is a simple dish that's quick and easy to make. Perfect as a taco filling, or serve as a stand alone meal with rice.



Prep time: 10 mins
Cook time: 15 mins



Serves 6

NUTRITION FACTS

Per 1/12 recipe (1 taco)

Calories	190
Total Fat	8g
Saturated Fat	2.5g
Cholesterol	60mg
Sodium	290mg
Carbohydrate	17g
Dietary Fibre	3g
Total Sugars	2g
Protein	13g
Vitamin D	0.1mcg
Calcium	90mg
Iron	1.3mg
Potassium	310mg

NUTRITION CLAIMS

✓ Good source of fibre

INGREDIENTS

700g boneless, skinless chicken thighs, chopped	2 tbsp tomato paste
1 cup grape or cherry tomatoes	1 tbsp olive oil
1 onion, chopped	1 tbsp all-purpose seasoning
1 jalapeño pepper, seeded and diced	1 tbsp chilli powder
	1 tsp ground cumin

STEPS

1. Toss together all ingredients, and place in a sealed container. Allow it to marinate for up to 12 hours in the refrigerator. Or place in a FoodSaver Preserve & Marinate Container, and marinate for around 12 minutes using your FoodSaver® appliance guidelines.
2. Remove the mixture, and cook in a fry pan or pressure cooker until tender. Allow to cool.
3. Place in a FoodSaver bag, and vacuum seal using your FoodSaver®. Freeze for up to 3 months.



Tacos: Serve in warm corn tortillas. Top with avocado, red onion, crumbled feta, roasted red peppers and coriander. Alternatively, serve on a bed of steamed rice.

FoodSaver

Cheese Stuffed Bacon Burgers

These mouth-watering beef and bacon burger patties, are easy to prep ahead of time, then finish on the grill for the ultimate summer barbecue favourite.



Prep time: 15 mins
Cook time: 10 mins



Serves 4

NUTRITION FACTS

Per 1 burger

Calories	680
Total Fat	38g
Saturated Fat	14g
Cholesterol	110mg
Sodium	1530mg
Carbohydrate	45g
Dietary Fibre	2g
Total Sugars	11g
Protein	41g
Vitamin D	0.8mcg
Calcium	340mg
Iron	4.8mg
Potassium	630mg

NUTRITION CLAIMS

- ✓ Good source of calcium
- ✓ Good source of iron

INGREDIENTS

110g Cheddar cheese block	1/4 cup barbecue sauce
70g lean ground beef	4 tsp Dijon mustard
2 thick slices double-smoked bacon, finely chopped	4 leaves lettuce
1 tbsp steak seasoning	4 thick slices tomato
4 burger buns, split and toasted	4 rounds red onion slices
1/4 cup mayonnaise	16 slices bread-and-butter pickles

STEPS

1. Cut Cheddar cheese block into 4 large cubes; set aside. Mix together beef, bacon and steak seasoning; divide into 4 portions. Roll each portion into ball; press cheese cube into each burger patty, wrapping the meat around it, to completely enclose the cheese. Shape each portion into 2cm thick patties.
2. Individually seal burger patties using your FoodSaver®.
3. Freeze or refrigerate patties until required.
4. Preheat grill to high heat; grease grill well. Grill patties for 1 to 2 minutes per side or until brown and heated through.
5. Assemble patties in buns with mayonnaise, barbecue sauce, mustard, lettuce, tomato, onions and pickles.

Prep homemade patties ahead of time - so they're always ready for that last minute barbecue.



Cajun Prawn Boil

A classic Cajun favourite with a great balance of spice and heat.



Prep time: 15 mins
Cook time: 10 hours



Serves 6

NUTRITION FACTS

Per 1/6 recipe

Calories	610
Total Fat	39g
Saturated Fat	17g
Cholesterol	270mg
Sodium	2170mg
Carbohydrate	33g
Dietary Fibre	4g
Total Sugars	4g
Protein	33g
Vitamin D	1.2mcg
Calcium	95mg
Iron	4.8mg
Potassium	660mg

NUTRITION CLAIMS

✓ Source of iron

INGREDIENTS

70g large deveined prawns	2 tbsp Louisiana-style hot sauce
70g mini potatoes, blanched and cooled	2 tsp garlic powder
45g smoked cured sausage, cut into 5cm pieces	1 lemon, sliced
4 cobs of corn, cut into thirds, blanched and cooled	1/2 cup unsalted butter, melted, for serving
2 tbsp Cajun seasoning	Cocktail Sauce, for serving
2 tbsp All Purpose seasoning	Lemon wedges, for serving

STEPS

1. Toss together prawns, potatoes, sausage, corn, Cajun seasoning, All Purpose seasoning, hot sauce and garlic powder.
2. Vacuum seal in FoodSaver® Bag or Container using your FoodSaver®.
3. Refrigerate for up to 1 day, or freeze (thaw before cooking).
4. In large saucepan or stock pot, bring 8 cups water to boil. Open bag; empty into boiling water. Add lemon slices; cook for 8 to 10 minutes or until prawns are pink and cooked through, and sausages and vegetables are heated through. Drain well.
5. Serve with melted butter, cocktail sauce and lemon wedges.

Barbacoa Marinated Beef

Served with rice, this tender beef barbacoa makes a tasty family dinner that everyone will love.



Prep time: 15 mins + refrigerate 24 hours
Cook time: 30 mins



Serves 6

NUTRITION FACTS

Per 1 burger

Calories	250
Total Fat	8g
Saturated Fat	3.5g
Cholesterol	115mg
Sodium	640mg
Carbohydrate	6g
Dietary Fibre	2g
Total Sugars	2g
Protein	38g
Vitamin D	0.1mcg
Calcium	40mg
Iron	4.2mg
Potassium	1150mg

NUTRITION CLAIMS

- ✓ Good source of iron
- ✓ Excellent source of potassium

INGREDIENTS:

2 tbsp tomato paste	1 tsp each salt and pepper
1 tbsp red wine vinegar	1/4 tsp cayenne pepper
1 tbsp orange zest	900 gm stewing beef
1 tbsp orange juice	1 onion, chopped
1 tbsp lime zest	2 tbsp finely chopped fresh thyme
1 tbsp lime juice	1 1/2 cups beef broth, for cooking
1 tbsp turmeric powder	2 tbsp finely chopped fresh coriander, for serving
1 tbsp chilli powder	Lime wedges, for serving
1 tsp ground cumin	Rice, for serving
1 tsp garlic powder	
1 tsp dried oregano	

STEPS

1. Stir together tomato paste, vinegar, orange zest, orange juice, lime zest, lime juice, turmeric powder, chilli powder, cumin, garlic powder, oregano, salt, pepper, cayenne pepper. Toss this seasoning mixture with stewing beef, onion and thyme.
2. Seal using your FoodSaver®. Refrigerate for 24 hours, or freeze (thaw in refrigerator before cooking).
3. Add your barbacoa beef mixture and beef broth to your Crock-Pot® pressure cooker. Lock the lid. Select High Pressure for 30 minutes.
4. When pressure cooking is complete, Quick Release the pressure.
5. Shred meat with 2 forks and stir back into sauce. Serve with coriander and lime wedges over rice.
6. Place in a FoodSaver® bag, and vacuum seal using your FoodSaver®. Freeze for up to 3 months.



Pumpkin Spice Muffins

With all the flavours of a pumpkin spice latte, these muffins stuffed with cream cheese make a great breakfast.



Prep time: 10 mins
Cook time: 15 mins



Serves 12

NUTRITION FACTS

Per 1 muffin

Calories	260
Total Fat	12g
Saturated Fat	7g
Cholesterol	65mg
Sodium	240mg
Carbohydrate	34g
Dietary Fibre	1g
Total Sugars	17g
Protein	4g
Vitamin D	0.5mcg
Calcium	65mg
Iron	1.4mg
Potassium	90mg

*Bake in bulk, then
save and freeze.
Take to work as the
perfect afternoon
sweet treat.*

INGREDIENTS

Muffins

2 cups plain flour	1/2 tsp salt
2/3 cup granulated sugar	1/3 cup pumpkin purée
4 tsp allspice	2 eggs
4 tsp instant coffee powder	1/2 cup milk
1 1/2 tsp baking powder	1 tsp vanilla extract
1/2 tsp baking soda	1/2 cup unsalted butter, melted

Cream Cheese Icing

115 gm cream cheese
2 tbsp butter, softened
1/2 cup icing sugar, sifted
1 tsp vanilla extract



Substitute vegetable oil for melted butter, if preferred.

STEPS

1. Muffins: Preheat oven to 200°C. Line 12 muffin cups with paper liners; set aside.
2. Whisk together flour, sugar, allspice, coffee powder, baking powder, baking soda and salt. In separate bowl, whisk together pumpkin purée, eggs, milk and vanilla until blended; stir in melted butter.
3. Stir pumpkin purée mixture into flour mixture just until moistened (do not overstir).
4. Spoon batter evenly into prepared muffin cups. Bake for 15 to 20 minutes or until tester inserted into centre comes out clean. Let cool completely on rack.
5. Cream Cheese Icing: Using electric mixer, beat cream cheese until light and fluffy; beat in butter until blended. Beat in icing sugar and vanilla until smooth.
6. Spoon icing into piping bag fitted with medium round tip. Gently push tip of piping bag into centre of cupcake. Squeeze about 1 tbsp frosting into centre of each cupcake for filling, being careful not to split cupcake.
7. Vacuum seal muffins, individually or in batches, using your FoodSaver® with the Pulse setting (or press the Vac Seal button and press again to manually start & stop) for controlled air removal to prevent muffins from crushing. Refrigerate for up to 24 hours or freeze.

Pizza Dough

Use this dough to make your own pizza, calzone or focaccia bread.



Prep time: 20 mins + 2 hours freezer
Rise time: 60 - 90 mins



Serves 4

NUTRITION FACTS

Per 1/4 of dough

Calories	340
Total Fat	6g
Saturated Fat	1g
Cholesterol	0mg
Sodium	590mg
Carbohydrate	61g
Dietary Fibre	3g
Total Sugars	1g
Protein	9g
Vitamin D	0.0mcg
Calcium	15mg
Iron	3.7mg
Potassium	100mg

NUTRITION CLAIMS

- ✓ Low in saturated fat
- ✓ Cholesterol-free

INGREDIENTS:

- | | |
|------------------------------|---------------------------------|
| 1 cup warm water, divided | 1 1/2 tbsp olive oil |
| 1 tsp granulated sugar | 1 tsp salt |
| 1 pkg (8 g) active dry yeast | 2 1/2 to 2 3/4 cups plain flour |

STEPS

1. Stir together 1/2 cup warm water with sugar. Stir in yeast. Let stand for 10 minutes or until foamy.
2. In large bowl, combine remaining warm water, oil and salt; stir in 2 1/2 cups flour and yeast mixture until shaggy dough starts to form.
3. Transfer to lightly floured work surface. Knead for about 10 minutes, adding enough of the remaining flour as necessary, until dough is smooth and elastic. Divide dough into 2 portions for 2 large pizzas or 4 portions for individual pizzas. Roll each portion into ball. Freeze for 2 to 3 hours or until frozen.
4. Vacuum seal frozen pizza balls using your FoodSaver®.
5. Refrigerate for up to 3 days, or freeze (thaw before continuing). Remove pizza dough from vacuum seal bag. Place in oiled bowl; cover with cling wrap and let stand at room temperature or in warm place for 60 to 90 minutes or until doubled in volume. (Alternatively, refrigerate dough and let rise overnight.) Use as desired.



For a simple cheese pizza, preheat oven to 230°C. On lightly floured surface, punch down dough and roll into 6mm thickness. Place on lightly greased pan. Spread tomato sauce evenly over each pizza shell, leaving 1cm border around edges. Scatter with mozzarella cheese and drizzle with a little olive oil. Season with salt and pepper. Bake for 15 to 20 minutes or until crust is golden brown and cheese is bubbling.

*Always have home
made dough ready.
Make ahead of time,
ready for last minute
drop in crowds.*





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For more recipes using your FoodSaver
visit foodsaver.com.au

