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No. 69

ROYAL PRESTIGE®

Magazine

Unique Moments

The Experience of
Cooking at Home,
Elevated to a Whole
New Level



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Chef Omar Sandoval

Welcome to a season of sharing, nurturing, and celebrating!

There are times of the year when we need to get back to basics: stepping into the kitchen feeling inspired, spending more time at home, and enjoying those little rituals that make us feel good.

Here you will find recipes designed to accompany different moments. Try a delicious **Vanilla-and-Chocolate Pound Cake (page 16)**, or discover balanced flavors, lighter options, and ideal dishes to share, such as the **Strawberry and Dubai Chocolate Trifle (page 18)**. Impress your guests with dishes for family celebrations or simply satisfy your desire for a good home-cooked meal: **Beef Medallions with Mustard Sauce (page 12)**.

We also invite you to discover **what to do and what not to do when cooking under pressure (page 22)**, learn how to cook delicious fish with your **Royal Prestige® products (page 26)**, and enjoy **balanced nutrition by combining pleasure and ingredients (page 24)**.

We hope this edition motivates you to turn on the stove, try new ideas, and return to the table with enthusiasm. Cook with inspiration, serve with pride, and enjoy every moment with your family.



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Chef Omar Sandoval

**Art, Photography, and Design
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Head Writer:
Berenice Gutiérrez

Proofreading & Copywriting:
Lilia Mancilla
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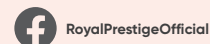
**Portuguese Proofreading &
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Juliana Serralha Fantini
Maira Miyazawa

Graphic Design:
Linda M. Castilleja H.

Food Styling:
Estilismo Culinario
Nelly Güereñas

Photography:
Estudio Segarra

Art:
Sonnja Cabrera



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rpmagazine@royalprestige.com



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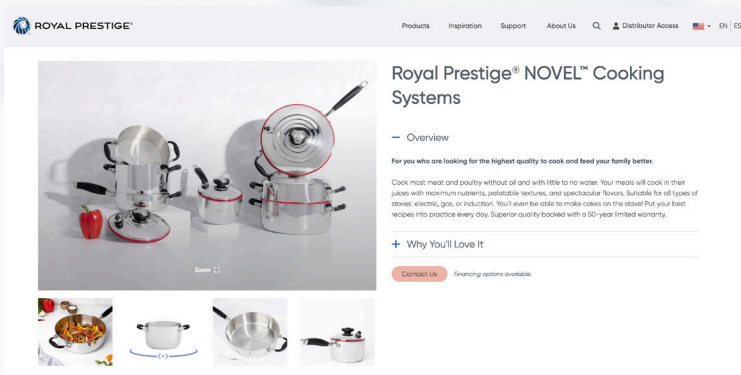
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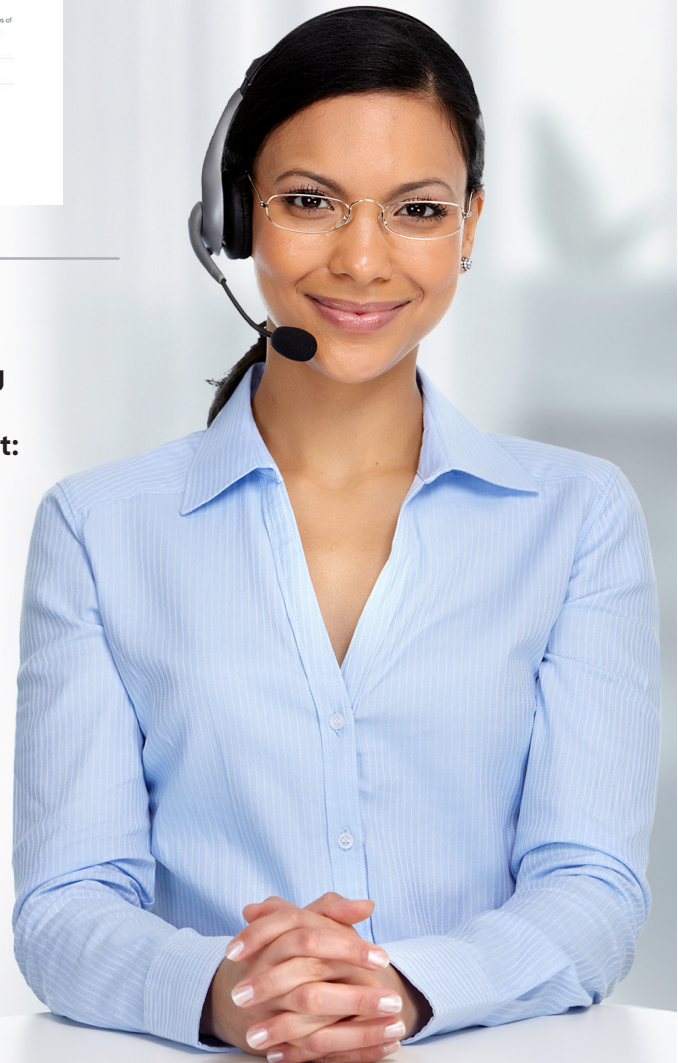
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Chipotle Baby Back Ribs



Yield:
4



Prep time:
1 hour

INGREDIENTS

2½ lbs baby back ribs, cut into 3 sections

½ onion, finely diced

6 cloves garlic, finely chopped

2 chipotle peppers in adobo sauce, finely chopped

¼ cup chipotle adobo sauce

½ cup apple cider vinegar

½ cup fresh orange juice

2 cups chicken broth

¼ cup agave syrup (or more if needed)

½ tsp liquid smoke (your

preferred wood flavor)

2 bay leaves

1½ cups BBQ sauce

Chili powder, to taste

Paprika, to taste

Ground cumin, to taste

Salt and pepper, to taste

FOR GARNISH:

Cilantro, finely chopped

TO ACCOMPANY:

Rice

Roasted corn

Cabbage salad

Green salad with tomato, avocado, and fresh cheese



Featured Royal Prestige® Cookware:

Royal Prestige® 6 L
Pressure Cooker





INSTRUCTIONS

- 1 Season the ribs with chili powder, paprika, cumin, salt, and pepper.
- 2 Add the ribs and the rest of the ingredients, except for the BBQ sauce, to the Royal Prestige® 6 L Pressure Cooker.
- 3 Close the pot, turn the pressure regulator valve to the pressure icon, and cook over medium-high heat.
- 4 When the pressure regulator valve releases steam, the pin rises, and the knob needle moves to the red zone, wait a couple of minutes until the steam is steady and reduce the heat to medium-low. Cook for 35 minutes, making sure the valve continues to release steam periodically.
- 5 Turn off the heat. Turn the valve to the pressure release icon. When the knob needle is in the green zone and the pin is completely down, carefully open the pot. Make sure the lid is facing away from your face.
- 6 Set the ribs aside and discard the bay leaves.
- 7 Return the cooking liquid to medium-high heat. When it boils, reduce to medium heat. Simmer until slightly thickened.
- 8 Add the BBQ sauce and cook until the sauce is glossy. Adjust seasoning.
- 9 Serve by coating the ribs with the sauce.

**Cook faster with 4
safety mechanisms.**

Beef Medallions with Mustard Sauce



Yield:
4



Prep time:
30 minutes

INGREDIENTS

4 beef medallions (1/3 lb each)

FOR THE SAUCE:

1/4 onion, finely chopped

2 cloves garlic, finely chopped

2 tbsp butter (optional)

1/2 cup white wine

1 sprig rosemary, chopped

1 red bell pepper, diced into medium cubes

1 zucchini, cut into half-moons

1 cup heavy cream

2 tbsp Dijon mustard

Salt and black pepper, to taste



Featured Royal Prestige® Cookware:

Royal Prestige® NOVEL™
10.5" Skillet





INSTRUCTIONS

- 1 Place the Royal Prestige® Smart Temp inside the Royal Prestige® NOVEL™ 10.5" Skillet and preheat over medium-high heat. When the lion appears and the indicator turns green, carefully remove the Smart Temp by the handle.
- 2 Place the meat in the pan and sear for 1.5 minutes with the skillet partially covered. Flip and sear the other side. Set aside.
- 3 In the same skillet, cook the onion until it becomes transparent, then add the garlic.
- 4 Add the butter (optional), wine, and rosemary. Cook uncovered for 2 minutes and add the vegetables.
- 5 In a bowl, lightly whisk the cream and mustard. Add a little of the juice from the pan and mix.
- 6 Pour this mixture into the pan, add the medallions, and cook for 3 minutes over low heat with the valve closed.
- 7 Serve.

Cook without oil or added fats.

Flank Steak Sandwich



Yield:
4 to 6



Prep time:
1 hour

INGREDIENTS

4 or 6 baguette-style bread rolls, approx. 6" long.

FOR THE PULLED BEEF:

4 lb flank steak, cut into 3" cubes

1 white onion, julienned

1 red bell pepper, julienned

5 cloves garlic, finely chopped

1 tbsp smoked paprika

2 tsp ground cumin

2 tsps dried oregano

1 tsp ground pepper

½ tsp dried chili flakes

¼ cup red wine vinegar

2 tomatoes, chopped with seeds

2 bay leaves

2 cups beef broth

Salt, to taste

¼ cup parsley, finely chopped

FOR THE CHIMICHURRI:

6 cloves garlic, finely chopped

3 tbsp dried oregano

½ tsp ground chili pepper

½ cup red wine vinegar

1 bunch parsley, finely chopped

1 cup olive oil

Salt and pepper, to taste

FOR THE CREOLE SAUCE:

1 white onion, finely diced

1 red bell pepper, finely diced

1 green bell pepper, finely diced

2 Roma tomatoes, seeded and finely diced

½ cup parsley, finely chopped

¼ cup red wine vinegar

½ cup olive oil

Salt and pepper, to taste





INSTRUCTIONS

- 1 In a bowl, mix all the chimichurri ingredients and set aside.
- 2 In another bowl, mix all the ingredients for the creole sauce and set aside.
- 3 Place the pulled beef ingredients, except for the parsley, in the Royal Prestige® 6 L Pressure Cooker.
- 4 Close the pot, turn the pressure regulator valve to the pressure icon, and cook over medium-high heat.
- 5 When the valve releases steam, the pin rises, and the knob needle moves to the red zone, wait a couple of minutes for the steam to become steady and lower the heat to medium-low. Cook for 35 minutes, making sure the valve continues to release steam periodically.
- 6 Turn off the heat. Turn the valve to the pressure release icon. When the knob needle is in the green zone and the pin is completely down, carefully open the pot. Make sure the lid opens away from your face.
- 7 Shred the meat using two forks and add the parsley. Adjust the seasoning.
- 8 Serve the sandwich by placing the shredded meat, a little chimichurri, and creole sauce on the bread.

**Cook faster with 4
safety mechanisms.**



**Featured Royal Prestige®
Cookware:**

Royal Prestige® 6 L
Pressure Cooker

Vanilla and Chocolate Pound Cake



Yield:
8 to 10



Prep time:
1 hour

INGREDIENTS

8¾ oz butter

5¼ oz brown sugar

6 eggs

8¾ oz flour

1 tsp baking powder

⅔ cup milk

1¾ oz melted dark chocolate

1¾ oz blueberries

1 tbsp vanilla extract

1¾ oz chocolate chips

FOR DECORATION:

Powdered sugar

Fresh berries



Featured Royal Prestige® Cookware:

Royal Prestige® NOVEL™
10.5" Skillet





INSTRUCTIONS

- 1 In a bowl, cream the butter and sugar using a silicone spatula until the mixture becomes slightly lighter in color.
- 2 Beat the eggs with the Royal Prestige® Power Blender Go Plus until fluffy. Add to the previous mixture and continue beating until combined.
- 3 Using a silicone spatula, fold in the flour and baking powder, alternating with the milk.
- 4 Divide the mixture into two. In one portion, add the chocolate and blueberries. In the other, mix in the vanilla extract and chocolate chips.
- 5 Grease the Royal Prestige® NOVEL™ 10.5" Skillet with butter and pour in the two mixtures, alternating between them.
- 6 Cover, close the Redi-Temp™ Valve, and cook on low heat for approximately 25 minutes.
- 7 Uncover, let cool, and carefully remove from the pan.
- 8 Decorate and serve.

**Cook a delicious dessert
without using the oven.**

Strawberry and Dubai Chocolate Trifle



Yield:
4 to 6



Prep time:
45 minutes

INGREDIENTS

1 lb strawberries, quartered

FOR THE CHOCOLATE GANACHE WITH DULCE DE LECHE:

½ cup heavy cream

7 oz chocolate, chopped

½ cup dulce de leche

½ tsp coarse salt

FOR THE PHYLLO DOUGH CRISP:

7 oz kataifi phyllo dough, shredded

3 tbsp unsalted butter, melted

2 tbsp brown sugar

½ tsp ground cinnamon

1 cup pistachio cream or butter

FOR DECORATION:

Whipped cream

Toasted, crushed pistachios

Dulce de leche, for drizzling



Featured Royal Prestige® Cookware:

Royal Prestige® Deluxe Easy Release 10" Skillet



Cook a delicious dessert without using the oven.

INSTRUCTIONS

- 1 For the crunch:** Preheat the Royal Prestige® Deluxe Easy Release 10" Skillet for 30 seconds over medium heat.
- 2** Add the dough with the melted butter, sugar, and cinnamon. Mix well.
- 3** Sauté in the skillet for about 5 to 7 minutes, stirring constantly until golden brown and crispy.
- 4** Add the cream or pistachio butter, turn off the heat, and set aside in a bowl.
- 5 For the ganache:** in the Royal Prestige® Deluxe Easy Release 3 QT Saucepan add the heavy cream, heat over medium heat, and bring to a gentle boil.
- 6** Turn off the heat and add the chocolate, dulce de leche, and salt.
- 7** Blend on medium speed with the Royal Prestige® Power Blender Go Plus until smooth and glossy.
- 8** Let cool slightly to thicken, but do not let it cool completely.
- 9** To assemble, spread a layer of chocolate ganache with dulce de leche, add a layer of Filo Kataifi crunch, and top with strawberries.
- 10** Repeat the layers as desired and decorate.



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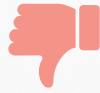


BY LILIA MANCILLA

What to do and what not to do when cooking under pressure

To use your Royal Prestige® Pressure Cooker **more safely and efficiently**, follow these recommendations and get incredible results with every meal.





INCORRECT USE

Avoid using it for anything other than its intended purpose

Avoid using the pressure cooker for frying or preparing foods that generate foam or splatter, as these can obstruct the safety mechanisms.

Do not attempt to move or open it by force

Do not move the cooker if it is pressurized or hot, as this may cause spills or accidents. Do not tamper with its safety mechanisms and always keep an eye on it. Never tamper with the screws on the lid or the cooker.

Avoid rapid cooling methods

Do not place your cooker under cold water or use any other rapid cooling method.

Keep the cooker out of reach of children

This helps prevent burns, scalds, and kitchen accidents.

For more information, always consult the Product Manual.



CORRECT USE

Product Manual

Before using it for the first time, read all the instructions that come with your cooker thoroughly.

Initial Conditions

Before using it for the first time, wash it with warm water, dish soap, and ¼ cup of vinegar. Using a sponge or dishcloth, thoroughly clean the lid, pressure containment system, and pot.

When cooking, always add at least 1 cup of liquid and do not exceed two-thirds of its capacity.

Proper closure

Be sure to close the lid properly to prevent steam or pressure leaks. Pressure cooking will only work if the knob is correctly turned to the closed position. Never try to force the lid closed. If done correctly, it should slide into the closed position easily.

Pressure release

Before opening the lid, it is important to release the pressure completely by turning the pressure release valve and protecting yourself with oven mitts.

Proper opening

Once all the pressure has been released, carefully open the lid, avoiding sudden movements that could cause spills or splashes. Keep your hands and face away from any steam that may escape when opening the lid.

Care and storage

After each use, wash all parts thoroughly, dry them immediately, and store them with the lid upside down and the gasket loose.



How to Combine Foods for Balanced Nutrition

BY SEBASTIÁN TORRES

More and more people are not only asking themselves what they are going to eat, but how they are going to eat it. Beyond trends, there is a simple and powerful approach that allows us to observe our relationship with food.

Mindful eating does not propose strict rules or prohibitions. Rather, it suggests observing, experimenting, and choosing with intention, understanding that each meal is an opportunity to nourish ourselves better and enjoy the process.

What does "Molecular Gold" mean?

It is not a specific ingredient, but rather a way of thinking about the dish as a whole, where each element fulfills a function and, when combined, could enhance its nutritional value and nutritional impact.

From this perspective, combining proteins, vegetables, healthy fats, and carbohydrates effectively could support more harmonious digestion and a more stable sense of energy throughout the day. Institutions such as the Harvard T.H. Chan School of Public Health, through models like the Healthy Eating Plate, invite us to think about food in terms of balance and variety rather than restriction.



Proteins, veggies, fats: a complementary trio

The Academy of Nutrition and Dietetics emphasizes that varying food groups and nutrient sources can contribute to a more complete diet.

For example:

- Serve fish or legumes with fresh or cooked vegetables.
- Incorporate vegetable oils, seeds, or nuts in moderate amounts.
- Choose cooking methods that preserve the texture and natural flavor of the ingredients.

Instead of imposing rigid rules, listen to your body

Mindful eating does not seek to impose universal formulas. Each person, family, and culture has their own habits and preferences. That is why many specialists agree that observing how the body responds to certain combinations and INSTRUCTIONSs can be a good starting point.

Perhaps it's a matter of noticing which foods make you feel more energetic, which you enjoy most when sharing with your family, or which best suit your daily routine.

Cooking at home: a chance to make better choices

Preparing food at home opens the door to experimenting with combinations, adjusting portions, and rediscovering ingredients. With Royal Prestige® Cooking Systems, you can steam, harness the moisture in food, or sear proteins without added oil or fat. This allows you to better preserve the nutrients and natural flavors of food.



A path that is built one plate at a time

More than a destination, mindful eating is a process. An invitation to combine foods with intention, to cook with curiosity, and to enjoy the table as a space for well-being and gathering.

Sources:
Harvard T.H. Chan School of Public Health – Healthy Eating Plate
Academy of Nutrition and Dietetics



Royal Prestige® NOVEL™ Cooking Systems

- Place a bed of your choice of vegetables in your skillet, such as asparagus, carrots, potatoes, onions, peppers, etc.
- Arrange the fish on top of the vegetables and season to taste. You can add a citrus touch with lemon or orange juice.
- Cover with the Redi-Temp Valve™ open and wait for it to whistle.
- Lower the temperature and close the valve.
- Cook for 7 to 8 more minutes.

How to Cook Delicious Fish

BY LILIA MANCILLA

**Cooking fish doesn't have to be complicated.
The secret is to trust the process. When you do, cooking fish becomes
a simple and flavorful experience.**

Royal Prestige® Deluxe Easy Release

- Always lightly coat your pan with oil or butter before preheating. This protects its nonstick coating.
- Depending on the size of the pan, the ideal preheating time is 30 to 60 seconds.
- Place the fish in the pan and do not move it until it is browned.
- When ready, it will release easily from the pan, and you can flip it over to brown the other side.





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