

#### **Tupperware**

## **FUSION MASTER MINCER**







### **Tupperware**® **FUSION MASTER MINCER**





Read these instructions carefully before using this appliance and save them for future reference. The Fusion Master is intended for indoor household use only. Wash all the parts that could come in contact with food before first use (see Cleaning Guidelines).

- Ensure the suction foot's ring (L) is in the unlock position.
- Place the suction foot (K) on a clean and stable countertop. Slide the hopper (E) into the suction foot's groove (J) (fig. 2).
- To bond the suction foot to the countertop and lock the hopper to the foot, turn the ring (L) to its lock position. Make sure all the parts are locked together.
- Slide the mincer screw (C) into the hopper. The metal end should be on the hopper's front side facing outward.
- Fit the cutting fan (I) on the mincer screw with the flat side facing outward. When securing the fan, make sure the metal end of the mincer screw
- is protruding. NOTE: The product will not work correctly if the flat side of the cutting fan faces towards the mincer screw (fig. 3).
- Select and mount one of the mincer discs (B) onto the hopper's front with the tab fitting into the groove on the hopper's front (fig. 3).
- 7. Follow the arrow towards the lock pictogram
- on the screw ring. Turn the screw ring (A) counterclockwise gently with your index finger only. As soon as you feel resistance, turn an extra 90° (or % of a turn) and then stop
- 8. Slide the crank (G) on the gear side of the screw and fix them together by rotating the crank screw (you can also do this after step 4)

#### HOW TO USE YOUR MINCER

- 1. Do not use the Fusion Master without any ingredients inside the hopper. This can cause damages to your product and is not covered by the Tupperware Guarantee.
- After assembling the unit, place a bowl or container below the head to collect the minced food flowing through the mincer disc. NOTE: Completely thaw food but leave cold before mincing. This product is intended for household use on boneless meat only. Check meat for bones or unwanted fat and remove before processing. Clean meat and dice into cubes sized to fill the hopper. With fatty meats, smaller cubes work best.
- Turn the crank clockwise to process the food. If necessary, use the plunger (F) to keep the food moving. Do not apply excessive force, as it will only make processing more difficult and could damage your mincer. NOTE: Always use the plunger provided. Never use your fingers or any other utensils (spatula, knife, etc.).
- 4. Food may jam in the mincer screw during operation. Should this occur, turn the crank counterclockwise a few times to release the jam and then revert to the forward direction. Again, do not apply excessive force. NOTE: Do not try to mince food with hard fibers (ginger, nuts, etc.).

- To create traditional or healthier sausages such as chicken sausage, mince food until you achieve desired texture and mixture. This can be done prior to using the sausage insert.
- Assemble the sausage insert by following assembly steps 1-6. Slide the sausage insert (H) through the screw ring, align the cut-outs with the splines and slide into place on the screw ring until you hear it click into place. Then, follow assembly step 7.
- Slide the entire sausage skin over the sausage insert and knot the end. We recommend using type 32/34 hog casings.
- To create the desired sausage tube, press the sausage skin around the sausage insert and control the squeezing pressure while processing the food. When finished, knot the other
- To create sausages of any length you prefer. use your fingers to squeeze at the desired length and turn the sausage around its own axis once or twice. This can be done during or after all food is processed. Knot the end to close the last sausage.

Immediately after use, thoroughly clean all parts used to process food. The Fusion Master is dishwasher safe. However, it is recommended to hand wash and dry the metal parts and the suction foot. If you clean the foot in the dishwasher, rinse it in clear running water immediately afterwards. Without attempting to completely remove it, gently push down on the silicone tab of the foot to release water. Do not use abrasive cleaners, scouring pads, knives or other sharp utensils in contact with the silicone disc of the foot. Do not attempt to open the foot. Do not let the cutting fan come in contact with other metal, ceramic or glass instruments, as this would damage its cutting edges.

- **Baked Ragu Bolognese**
- **Beef & Blue Burgers**
- **Black Bean Burgers**
- **Breakfast Sausage Patties**
- **Chicken Chorizo Burger**
- Chicken Jalapeño Burgers
- **Chicken Nuggets**
- **Chicken Parmesan Meatballs**
- Chipotle Beef Tacos
- 14. Crab Cake Burger
- 15. Feta & Red Pepper Turkey **Burgers**
- 16. Hawaiian Chicken Burgers
- **Italian Chicken Burgers**
- **Hidden Veggie Burgers**
- Mega Meatballs
- Mexican Chicken Burger

### **FUSION MASTER MINCER RECIPES**

- 21. Quinoa Burger
- Southwest Turkey Burger
  - 23. Thai Fish Burgers



## BAKED RAGU BOLOGNESE

1 lb. pork pieces, diced

1 lb. beef or veal pieces, diced

1 Tbsp. olive oil

1/3 lb. pancetta or bacon, diced

1 onion, diced

2 garlic cloves, crushed

1-2 sprigs rosemary

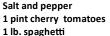
2 bay leaves

<sup>2</sup>/<sub>3</sub> cup tomato paste

1 (15 oz.) canned diced tomatoes

1 beef stock cube, crumbled

<sup>2</sup>/<sub>3</sub> cup red wine



To Serve
Parmesan
Fresh parsley



- 1. Preheat oven to 350°F/180°C.
- 2. Assemble Fusion Master Mincer with fine mincer disc and place bowl underneath. Mince the pork and beef into a mixing bowl.
- 3. Pour oil into the Chef Series II Frypan and place over a medium heat. Add pancetta, onion and garlic. Cook for 2-3 minutes until onions are translucent.
- 4. Transfer into the UltraPro Lasagna Pan, along with the minced meat and remaining sauce ingredients; mix until combined. Cover, and transfer to the oven to bake for 35 minutes.
- 5. Remove from oven and uncover. Mix sauce before arranging the cherry tomatoes on top. Return to oven uncovered and bake for 15 minutes.
- 6. Break spaghetti in half and place into the Microwave Pasta Cooker, and add water to Fill Line 4. Place into the microwave and cook on high for 15 minutes. Drain Pasta and add pasta to sauce.
- 7. Top with parmesan cheese and fresh parsley and serve.



## **Beef & Blue Burgers**

1 lb. chuck roast, cut into 1" chunks 2½ tsp. Steak & Chop Seasoning\*

Toppings Caramelized onions Bacon Bleu cheese



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath.
- 2. Place beef into hopper and turn handle to grind meat. Repeat with remaining beef until all is ground.
- 3. Mix Steak & Chop Seasoning into ground beef and use Hamburger Press to form patties using approximately ½ cup ground meat per burger form.
- 4. Heat Chef Series 12" Nonstick Griddle over medium heat.
- 5. Place burgers on heated griddle and cook until brown on both sides and internal temperature reaches 165° F/75° C, about 5–6 minutes per side.
- 6. Serve topped with caramelized onions, bacon and bleu cheese
- \* Ask your consultant for this recipe.



#### **BLACK BEAN BURGERS**

- 1 (15-oz.) can black beans, drained and rinsed
- 2 garlic cloves, peeled
- 1 small onion, peeled and quartered
- 1 tbsp. Southwest Chipotle Seasoning
- 1 cup frozen corn, thawed
- 1 egg, beaten
- 1 cup plain bread crumbs
- 1/2 cup Monterey Jack cheese, shredded



- 1. Assemble Fusion Master with coarse mincer disc. Place bowl underneath hopper.
- Fill hopper with as many black beans as will fit and turn handle to begin processing. Once there is room in the hopper, add garlic and onion followed by remaining black beans until all have been processed into bowl.
- 3. Add remaining ingredients to black bean mixture in bowl and stir to thoroughly combine.
- 4. Heat Chef Series 12" Nonstick Griddle over medium-high heat.
- 5. Separate black bean mixture into 6 patties.
- 6. Drop each patty onto griddle and flatten slightly.
- Once patties begin to firm and turn golden brown on the pan side
   (about 2–3 minutes), flip over and cook an additional 2–3 minutes until patties are firm and cooked through.
- 8. Serve warm with desired toppings such as lettuce, additional cheese, sliced bell peppers or avocado.



#### **BREAKFAST SAUSAGE PATTIES**

1 lb. pork shoulder, cut into 1" chunks 1½ tsp. Steak & Chop Seasoning\* 2 tsp. rubbed sage 2 tbsp. maple syrup



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath.
- 2. Place pork into hopper and turn handle to grind meat. Repeat with remaining pork until all is ground.
- 3. Mix seasoning blend, sage and syrup into pork and use Hamburger Press to form patties using approximately ½ cup ground meat per Hamburger Keeper.
- 4. Place patties onto griddle and flatten slightly.
- 5. Once patties begin to firm and turn golden brown on the pan side (about 2–3 minutes), flip over and cook an additional 2–3 minutes until patties are cooked through.

<sup>\*</sup>Ask your consultant for this recipe.



### **CHICKEN CHORIZO BURGERS**

4 (4-oz.) boneless, skinless chicken breasts, cut into 1/2"-pieces

2 strips uncooked bacon, chopped

34 cups finely chopped chorizo (about 14" pieces)

2 tbsp. minced red onion

¼ tsp. kosher salt

1 tsp. smoked paprika

Lettuce, tomato and red onion for garnish



- Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath hopper. Place ¼ of the chicken, bacon, chorizo and onion into hopper and turn handle to grind. Repeat with remaining ingredients until all is ground. Stir in salt and smoked paprika.
- 2. Form mixture into 4 patties. In the base of the MicroPro Grill, place two patties and cover in the GRILL position. Microwave on high power 8 minutes or until burgers are cooked through and registers 160° F/70° C on an instant-read thermometer. Repeat with remaining patties.
- 3. Serve with your favorite buns and condiments.



#### **CHICKEN NUGGETS**

2 cooked chicken breasts, cut 1" chunks 2 eggs, lightly beaten ½ tsp. coarse kosher salt ½ cup breadcrumbs Vegetable spray



- 1. Preheat oven to 450° F/232° C.
- 2. Assemble Fusion Master Mincer with coarse mincer disc. Place bowl underneath hopper.
- Place chicken into hopper 5–6 pieces at a time, pressing down as necessary with plunger turn crank to grind meat. Continue until all chicken is processed, approximately 3 cups.
- 4. Stir egg and salt into ground chicken.
- 5. Form chicken nuggets using a tablespoon. Flatten to make a thin nugget.
- 6. Press nuggets into breadcrumbs to coat. Spray lightly with vegetable spray to help with browning.
- Place nuggets onto baking pan lined with Silicone Wonder Mat. Bake for 10 minutes or until golden brown. Serve warm.





## **CHICKEN JALAPEÑO BURGERS**

1 lb. chicken thighs or breast, roughly chopped

4 spring onions, roughly chopped

2 Tbsp. fresh coriander, chopped

1 jalapeño, seeds removed

2 garlic cloves, minced

1 lime, zest only

1 tsp. cumin

1 tsp. paprika ¼-⅓ cup grated cheddar cheese

Salt and pepper

Vegetable oil, for frying

To Serve

5 burger buns

1-2 tomatoes, sliced

Guacamole Lettuce

1 red onion, finely sliced

Mexican hot sauce

1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath hopper. Mince the chicken, spring onions, coriander and jalapeño into a mixing bowl.

- 2. Add all remaining ingredients int the bowl (except the oil); mix until well combined.
- 3. Form mixture into 5 patties.
- Pour oil into a Chef Series II frypan and place over a medium heat until the oil is ready for frying. Fry
  patties for 4-5 minutes on each side or until golden and cooked through.
- 5. Serve patties in burger buns with sliced tomato, guacamole, lettuce, red onion and Mexican hot sauce.



### **CHICKEN PARMESAN MEATBALLS**

1 lb. boneless skinless chicken breast, cut into 1" cubes

2 garlic cloves, peeled

1/2 medium onion, peeled quartered

34 cup breadcrumbs

1 tbsp. Italian Herb Seasoning

1 egg, beaten

3 cups marinara sauce

1 cup Parmesan cheese



- 1. Assemble Fusion Master with coarse mincer disc and place medium bowl underneath hopper.
- Fill hopper with chicken and turn handle to process. Once there is room in the hopper add garlic and onion, followed by more chicken. Continue processing until all chicken, garlic and onion is processed.
- 3. Add breadcrumbs, seasoning, egg, and Parmesan to chicken mixture and stir to combine.
- 4. Once combined, use ice cream scoop to help form mixture into meatballs.
- 5. Place meatballs in base of Microwave Pressure Cooker. Cover with marinara sauce. Seal and microwave on high power 15 minutes.
- 6. Remove from microwave and allow pressure to release naturally until red pressure indicator fully lowers, about 6–8 minutes. Check to ensure internal temperature of meatballs has reached 165° F/75° C.
- 7. Serve warm, topped with Parmesan cheese.



#### CHIPOTLE BEEF TACOS

1 lb. beef round chunks

1 medium onion, peeled and quartered

2 garlic cloves, peeled

1 tbsp. Southwest Chipotle Seasoning\* or Taco Seasoning

10 hard taco shells



- 1. Assemble Fusion Master with coarse mincer disc. Place bowl underneath hopper.
- 2. Fill hopper with as much beef as will fit in hopper and turn handle to begin processing.
- 3. Once there is room in the hopper, add onion and garlic and continue to process.
- 4. Continue to fill hopper with beef until all has been processed into bowl.
- 5. Add seasoning blend to beef in bowl and mix together to thoroughly combine.
- 6. Place beef in TupperWave Stack Cooker Colander, inserted into 1%-Qt. Casserole. Cover and microwave on high power 8–10 minutes, or until beef has completely cooked through. Stir halfway through.
- 7. Add beef to taco shells and serve with desired toppings.



# Feta & Red Pepper Turkey Burgers

1½ lb. turkey breast, cutlets or tenderloins, cut into 2" pieces

4 oz. feta cheese, crumbled

1 tsp. coarse kosher salt

¼ tsp. black pepper

2-3 roasted red peppers, sliced thin



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath hopper.
- Fill hopper with turkey and turn handle to begin processing. Continue to fill hopper with turkey until it has all been ground into bowl.
- 3. Mix feta, salt and pepper into turkey and shape into 4 patties.
- 4. Heat Chef Series 12" Nonstick Griddle over medium heat.
- 5. Place burgers on heated griddle and cook until brown on both sides and internal temperature reaches 165° F/75° C, about 5–6 minutes per side.
- 6. Serve topped with roasted red peppers and any other desired condiments.



#### **CRAB CAKE BURGER**

1 shallot, peeled and halved

8 oz. lump crab meat

11/2 cups panko bread crumbs, divided

1 egg, lightly beaten

6 tbsp. mayonnaise or plain Greek

yogurt

1/2 tsp. coarse kosher salt

2 tsp. Cilantro Mojo Seasoning

2 tsp. Dijon mustard

Toppings
Lettuce
Avocado
Tomato
Red Onion

Lime wedges



- Place shallot in base of Power Chef System fitted with blade attachment. Cover and pull cord until finely chopped.
- Add crab meat to Power Chef base, cover and pull cord until crab is roughly chopped. Place into medium bowl.
- 3. Add 1 cup breadcrumbs and remaining ingredients to crab mixture and stir to combine.
- 4. Sprinkle 2 tbsp. of breadcrumbs into the base of each Hamburger Keeper. Press about ½ cup of crab mixture into each Hamburger Keeper. Then sprinkle 2 more tbsp. breadcrumbs over crab mixture pressing down gently to adhere. Seal and freeze up to 1 month or cook immediately.
- 5. To cook, place 2 tbsp. vegetable oil in sauce pan and heat over medium heat. Once oil is hot place patties two and a time in pan and cook until golden brown, flip and repeat on other side until golden brown and heated through.



#### **HAWAIIAN CHICKEN BURGERS**

1 lb. chicken breasts, large chunks

2 garlic cloves, peeled

1 small red onion, peeled and quartered

1 (20-oz.) can pineapple slices

½ cup Swiss cheese

1/4 cup plain breadcrumbs

½ tsp. coarse kosher salt



- 1. Fit Fusion Master with fine mincer disc. Place bowl underneath hopper.
- 2. Fill hopper with a small portion of chicken, and turn handle to begin processing.
- 3. Once there is space in the hopper, add garlic and half the onion. Continue to process, and as there is space in the hopper, continue adding chicken until it is all processed into bowl.
- 4. Add half the can of pineapple to the hopper, reserving 5 slices for garnish, and turn handle to process pineapple into bowl with chicken. Discard any extra pineapple juice left in the Fusion Master.
- 5. Mix cheese, breadcrumbs and salt into chicken mixture in bowl.
- 6. Heat Chef Series 12 Nonstick Griddle over medium heat.
- 7. Shape chicken mixture into 5 patties.
- 8. Place patties onto griddle and cook until brown on both sides and internal temperature reaches 165° F/75° C, about 4–5 minutes per side.
- Keep warm until serving. Top with remaining pineapple slices and red onion, and add barbecue sauce or any other desired condiments.

<sup>\*</sup>Ask your consultant for this recipe



#### **ITALIAN CHICKEN BURGERS**

1 lb. chicken breast 1½ tbsp. Italian Herb Seasoning 1 egg, lightly beaten ½ cup breadcrumbs

Ciabatta bread Tomatoes Pesto Parmesan cheese



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath.
- Place chicken into hopper and turn handle to grind meat. Repeat with remaining chicken until all is ground.
- 3. Mix Italian Herb Seasoning, egg and breadcrumbs into chicken and use burger press to form patties using approximately ½ cup ground meat per burger form.
- 4. Heat Chef Series 12 Nonstick Griddle over medium heat.
- Place patties onto griddle and cook until brown on both sides and internal temperature reaches 165°
   F/75° C, about 4–5 minutes per side.
- 6. Keep warm until serving.



#### **Mega Meatballs**

1 egg
% cup reduced-fat (2%) milk
6 slices white bread, cut into 1" pieces
1 lb. beef chuck, cut into 1" cubes
% onion, peeled and quartered
2 garlic cloves, peeled
% cup parsley
1 tsp. coarse kosher salt
1 tsp. ground black pepper



- 1. Preheat oven to 400° F/205° C.
- 2. In medium bowl, whisk together egg and milk. Toss in bread pieces and whisk until a paste forms.
- 3. Assemble Fusion Master with coarse mincer disc and place medium bowl underneath hopper.
- 4. Fill hopper with beef and turn handle to process. Continue to fill hopper with beef until all has been processed into bowl. Repeat with onion, garlic and parsley, processing together into same bowl.
- 5. Mix salt, pepper and bread mixture into meat mixture.
- 6. Use ice cream scoop to portion 11-12 meatballs.
- 7. Place in UltraPro 3.5-Qt. Lasagna Pan and bake 15-20 minutes or until internal temperature reaches 155° F/66° C.



#### **HIDDEN VEGGIE BURGERS**

1 lb. beef round, cut into 1" pieces
2 garlic cloves, peeled
½ medium onion, peeled and cut into 1" pieces
½ zucchini, trimmed and cut into 1" pieces
½ red bell pepper, seeded and cut into 1" pieces
1 tbsp. Steak & Chop Seasoning Blend\*



- 1. Fit Fusion Master Mincer with coarse mincer disc. Place bowl underneath hopper.
- Fill hopper with a small portion of beef, followed by a small portion of diced vegetables, and turn handle to begin processing.

1 tbsp. extra virgin olive oil

- Once there is space in the hopper, add more beef, followed by more vegetables. Continue alternating beef and vegetables until all is processed.
- 4. Using the Silicone Spatula, mix seasoning blend into beef mixture.
- 5. Heat oil in Chef Series 11" Fry Pan over medium heat.
- 6. Shape beef mixture into 4 burger patties.
- 7. Place burgers in fry pan and cook until brown on both sides and internal temperature reaches 165° F/74° C, about 4–5 minutes per side.
- 8. Keep warm until serving. Top with desired condiments.

Ask your consultant for this recipe.



#### **MEXICAN CHICKEN BURGER**

1 lb. chicken breast, cut into 1" chunks 1 small tomato, quartered and de-seeded ½ small red onion, peeled and quartered 1 cup loosely packed cilantro ½ cup black olives, pitted ½ tsp. coarse kosher salt



- 1. Assemble Fusion Master Mincer fitted with coarse mincer disc with a bowl underneath hopper.
- 2. Place chicken breast in hopper and turn handle to begin processing.
- 3. Rotate, placing tomato, onion, cilantro, olives and chicken into hopper until ingredients are ground.
- 4. Season with salt and form patties using Hamburger Press.
- 5. Sear in skillet over medium high heat until burgers are cooked through to 165° F/74° C.



#### **OUINOA BURGER**

2 cups red quinoa, cooked 34 cup mashed sweet potatoes (1 large sweet potato)





- 1. In medium bowl, combine red quinoa, sweet potato, red onion and oatmeal. Stir and mix well until fully
- 2. Add remaining ingredients and stir to combine. Press mixture \(^2\)/s cup at a time into Hamburger Keeper.
- 3. Place 2 tbsp. vegetable oil in sauce pan and heat over medium heat. Once oil is hot place patties two and a time in pan and cook until golden brown, flip and repeat on other side until golden brown and heated through.





11/2 lbs. white fish fillets (i.e. flathead) 1/4 cup fresh coriander, roughly chopped 1 red or green chili, finely sliced 2-3 spring onions, finely sliced 1/4 cup Thai red curry paste 1/2 lime, zest and juice Salt and pepper

To Serve 4-6 burger buns or rolls Fresh coriander 1 Red onion, finely sliced 1 Red chili, finely sliced

1 Lebanese cucumber, ribboned

2 spring onions, finely sliced



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath.
- 2. Mince the fish in a mixing bowl. Add fresh coriander. Feed minced fish through the Fusions Master Mincer for the second time.
- 3. Add remaining ingredients to the mixture; mix together with clean hands and form into 4-6 burger
- 4. Place the Chef Series II Frypan over a medium heat. Add a droplet of water to the frypan. If the water droplet forms a bubble, add the oil. Spread oil across the entire base of the frypan.
- 5. Add fish patties. Cook for 4-5 minutes on each side or until cooked through and golden.
- 6. Serve fish patties in burger buns or rolls with fresh coriander, red onion, red chili, cucumber, spring onions, chili sauce and lime wedges.



#### **SOUTHWEST TURKEY BURGER**

1 lb. turkey breast, cut into 1"chunks 1½ tbsp. Southwest Chipotle Seasoning\* 1 egg, lightly beaten 1/4 cup breadcrumbs

Toppinas Lettuce Avocado Tomato **Red Onion** Lime wedges



- 1. Assemble Fusion Master Mincer with coarse mincer disc and place bowl underneath.
- 2. Place turkey into hopper and turn handle to grind meat. Repeat with remaining turkey until all is
- 3. Mix Southwest Chipotle Seasoning, egg and breadcrumbs into turkey and use Hamburger press to form patties using approximately ½ cup ground meat per burger form.
- 4. Heat Chef Series 12" Nonstick Griddle over medium heat.
- 5. Place burgers on heated griddle and cook until brown on both sides and internal temperature reaches 165° F/75° C, about 5-6 minutes per side.
- 6. Serve topped with desired condiments.

<sup>\*</sup> Ask your consultant for this recipe.

<sup>\*</sup>Ask your consultant for this recipe.