



Tupperware®

SUSHI MAKER

Recipes

SUSHI MAKER FEATURES

NIGIRI MAKER

Easy to use: fill, press and unmold. Allows to create 5 nigiri at the same time. 100 g sushi rice allows to prepare 15 nigiri.

Nigiri Maker: to create 5 balls
Dimensions:
13.2cm x 7.8cm x 3cm high



MAKI MAKER

Perfect size adapted to the shape of nori sheet. Perfect diameter easy to eat by all family. Easy to use: fill, press and unmold. Perfect to realize 6 maki at the same time. 100 g rice allow to prepare 18 maki.

Maki Maker: to create 1 roll
Dimensions:
20.8cm x 6.6cm x 3cm high

RICE

The secret of all successful sushi preparation is the rice. In addition to Sushi Rice, you may substitute Jasmin Rice, Basmati Rice, or Long Grain Rice. Whether for Maki or Nigiri, the rice is prepared by the same method, which results in sticky rice.

1. First, wash the rice in water in either a Pro Baking bowl or the Microwave Rice Maker. Rinse away all the starch until the water is transparent and clear.
2. 100 g sushi rice is the ideal quantity for molding 15 nigiri or 18 maki, it's perfect for 4 people.
3. Place no more than 100 g sushi rice in the Microwave Rice Maker, more than this amount could cause overflowing.
4. Pour cold water in the Microwave Rice Maker to the fillline.
5. Cook in the Microwave approx. 18 minutes at 800 watts, depending on your microwave. Or cook for approx. 15 min in a Chef Series casserole on the stove.
6. Let stand 5 min after cooking.
7. Rinse the cooked rice in a Colander under warm tap water.
8. After draining, place the rice again in the Microwave Rice Maker or onto a large platter in order to quickly cool down the rice while keeping its moisture.
9. Add 15 ml rice vinegar and optionally 15 ml sugar. In addition optionally also add 15 ml soy sauce, however this will color the rice.
10. The vinegar and sugar give the rice its sushi aspect.
11. Stir the rice. The best is to use a flat surface to cool the rice quicker without damaging it.
12. The rice has to be completely cooled down to room temperature before molding. Do not put the rice in the fridge before molding.



SUSHI MAKER RECIPES

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MAKI

Prepare rice according to instructions.

3.5 oz. sushi rice
1 Tbsp. rice vinegar
1 Tbsp. sugar, optional
1 pinch salt
1 tsp. neutral oil

Filling Options:

Chives or parsley
Thin stick of cucumber
Thin stick of avocado
Thin stick of cooked carrot
Fresh or smoked salmon

Rolling Options:

2 nori sheets
2 Tbsp. sesame seeds or poppy seeds
4 Tbsp. mixed herbs
1.5 oz. fish eggs



Oil the inside of the base and cover of the maki maker.



Fill the base with rice to the filling line.



Place filling choice in the center of the rice, ensuring it doesn't touch the sides.



Cover with rice to the top and tamp down with spatula.



Cover and press down with both hands on the handles.



Moisture escaping from the base holes is good indicator.



Remove the cover.



Cut a Nori sheet in half, moisten with water along one long edge and unroll the roll on the opposite side. Roll to close. Optional use: Use seeds or herbs instead or Nori sheet.



Moisture escaping from the base holes is good indicator.

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Choco DREAM

INGREDIENTS

- 1 sheet puff pastry
- ¼ cup chocolate, melted
- 1 Tbsp. water

DIRECTIONS

1. Preheat the oven to 410°F/Th 7 - 210°C.
2. Unroll the puff pastry and cut 4 strips of dough by using the base of the **Maki Maker** as a cutter, making sure that the puff pastry is not too thin.
3. Melt chocolate with 15 ml water in the **1 Cup Micro Pitcher** (30 seconds 650 Watts).
4. Place one strip of dough into the **Maki Maker**. Brush with melted chocolate by using the **Silicone Brush**.
5. Repeat with 3 remaining strips.
6. The last one will cover and close the choco dream.
7. Be sure that no dough is on the outside of the **Maki Maker**.
8. Close, press the cover with both hands.
9. Remove the cover and unmold on a Cutting Board. Remove the dough leftovers. Place the roll on the **Silicone Baking Sheet with Rim**.
10. Cook in a preheated oven for 15 minutes.



Crispy PATE



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INGREDIENTS

1 sheet puff pastry

Stuffing

¼ cup ground beef, cooked

⅓ cup onion, chopped

2 sprigs of parsley, chopped



DIRECTIONS

1. Preheat the oven to 400°F/Th 7 - 210°C.
2. Unroll the puff pastry and cut 3 strips of dough by using the base of the Maki Maker as a cutter, making sure that the puff pastry is not too thin.
3. Place one strip of dough into the base of the **Maki Maker**.
4. Combine the stuffing ingredients in a bowl.
5. Place half of the stuffing over first strip of dough in the **Maki Maker**. Cover with a second strip of puff pastry. Fill with the remaining stuffing. Cover and close with the last strip.
6. Be sure that no dough is on the outside of the **Maki Maker**.
7. Close, press the cover with both hands. Remove the cover and unmold on a cutting board. Remove the dough leftovers. Place the roll on the **UltraPro Oven Plate or Inverted Cover**.
8. Cook in a preheated oven for 15 minutes.



Honey TREATS

INGREDIENTS

- ½ cup flour
- 2¼ cup milk
- 1 egg
- 1½ Tbsp. butter
- ¼ cup sugar
- 1 tsp. vanilla extract
- ½ tsp. ground cinnamon

For frying:

- 1½ Tbsp. butter
- 2 Tbsp. honey



DIRECTIONS

1. In a **Chef Series Saucepan**, heat the milk until boiling. Add the flour, mix until thick.
2. Remove from the heat, add the remaining ingredients.
3. Mold in the **Maki Maker** using the **Silicone Spatula Thin** to tamp down the mixture.
4. Cover and press down with both hands on the handles.
5. Unmold onto a **Flexible Cutting Board**.
6. Cut the roll in half, then cut each half into 3 even pieces.
7. In the **Chef Series II Fry Pan**, fry in butter and honey.
8. Cook until evenly golden brown (approx. 5 minutes on each side).



Light CHINESE WRAPS

INGREDIENTS

- 12 spring roll wrappers
- 2½ Tbsp. oil
- ¼ cup Chinese rice vermicelli
- 2 carrots shredded
- ¾ cup cooked chicken chopped
- Parsley, chopped
- 1 Tbsp. soy sauce
- Salt & pepper



DIRECTIONS

1. Preheat the oven to 355°F/Th 6 -180°C
2. Oil each wrap and let it stand.
3. Place the Chinese rice vermicelli into cold water for 15 minutes until it becomes soft. Drain well and slice a bit. Mix in the remaining ingredients.
4. Mold the mixture in the **Maki Maker**.
5. Close and press with both hands on the handles.
6. Unmold on to one edge of the oiled rice sheet.
7. Roll tightly towards the center
8. Fold in the edges and continue to roll.
9. Roll until sealed.
10. Place on the **Ultra Pro Lasagna** inverted cover.
11. Bake for 20 minutes.

NIGIRI

Prepare rice according to instructions.

3.5 oz. sushi rice
1 Tbsp. rice vinegar
1 Tbsp. sugar, optional
1 pinch salt
1 tsp. neutral oil

Topping Options:

2 slices of smoked salmon
3.5 oz. (½ cup) fish sliced
1 avocado peeled, cored, sliced
Cut the toppings to the correct form by using the cover of the Nigiri Maker as a cutter.



Oil the inside of the base and cover of the Nigiri maker.



Cover with rice to the top and tamp down with the Silicone Spatula Thin.



Cover and press with both hands on the handles



Moisture escaping from the base holes is good indicator.



Unmold



Cut the garnish of choice into the correct shape with the cover of the Nigiri Maker and place the topping on the rice



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Almond BALLS

INGREDIENTS

- ½ cup almonds powder
- 2 egg whites (medium sized)
- ¼ cup sugar
- ¼ cup honey
- 2½ Tbsp. soft butter (not melted)
- ¼ cup flour
- 1 tsp. oil



DIRECTIONS

1. Preheat the oven to 350°F/Th 6 - 180°C.
2. Combine all the ingredients except the oil, in a bowl and mix until it forms a ball.
3. Oil the inside of the **Nigiri Maker**.
4. Mold the mixture directly into the **Nigiri Maker**, using the Silicone Spatula Thin to tamp down the mixture.
5. Close, press the cover with both hands on the handles.
6. Unmold the balls and place on the **Silicone Baking Sheet with Rim**.
7. Bake for 8 - 10 or until golden brown.



Bread BALLS

INGREDIENTS

- 2 Tbsp. green onions, chopped
- ¼ cup grated parmesan cheese
- 1 slice white bread, without crust
- 3 Tbsp. milk
- 1 Tbsp. flour
- 2 Tbsp. fresh herbs, chopped
- Salt & pepper
- 30 ml oil for frying



DIRECTIONS

1. Place onion, grated cheese and parsley in a bowl.
2. Chop the bread in the **Super Sonic Chopper Extra** with blade attachment, then add milk, stir. Transfer bread to the bowl and add remaining ingredients.
3. Mold the mixture directly into the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture.
4. Close, press the cover with both hands on the handles.
5. Remove the cover and unmold.
6. Fry bread balls in the **Chef Series II Fry Pan** until golden brown, approx. 5 minutes on each side.

Cheesy Beef NIGIRI

INGREDIENTS

- 2/3 cup ground beef
- 1/4 cup extra strong cheddar cheese, shredded
- 5 sprigs of parsley, chopped
- 1/4 cup onion, chopped



DIRECTIONS

1. Preheat the oven to 355°F/Th 6 -180°C
2. In a bowl mix all ingredients.
3. Oil the inside of the cover and base of the **Nigiri Maker**.
4. Mold the beef mixture directly into the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture. Cover and press down with both hands on the handles.
5. Unmold and place on the **UltraPro Lasagna Cover** inverted.
6. Bake for 15 minutes or until golden brown.



Coco PEARLS

INGREDIENTS

- ½ cup coconut flour
- ½ cup sugar
- 3 egg whites
- 1 pinch of vanilla powder

- 1 tsp. oil
- ¾ cup water



DIRECTIONS

1. Preheat the oven to 350°F/ Th 6 - 180°C.
2. Combine all the ingredients in a bowl except the oil and water, mix well.
3. Mold the mixture directly into the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture.
4. Close, press the cover with both hands on the handles.
5. Cooking option 1, Steaming:
6. Steam the pearls in the **Smart Multi Cooker** colander for 9 minutes 800 Watts (with 1¾ cup water in the base).
7. Cooking option 2, Baking:
8. Unmold the pearls and place on the **Silicone Baking Sheet with Rim**.
9. Bake for 8 - 10 minutes or until golden brown.

Couscous Shrimp NIGIRI



INGREDIENTS

- ¾ cup couscous
- 2 cups milk
- Salt
- 1 egg
- 2 Tbsp. butter
- ¼ cup cheddar cheese, grated
- 1 garlic clove
- 5 sprigs parsley
- ¼ cup shrimp
- 2 Tbsp. breadcrumbs

Oil for frying



DIRECTIONS

1. In a **Chef Series II Saucepan**, heat the milk until boiling. Add the couscous, mix until thick. Remove from the heat, add the egg, butter and grated cheese, and mix well. Chop the garlic, parsley and shrimp in the **SuperSonic Chopper Compact**. Add this mixture to the couscous mixture and mix well.
2. Mold the mixture directly into the base of the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture.
3. Close, press the cover with both hands on the handles.
4. Remove the cover and unmold. Cover each nigiri in bread crumbs.
5. Fry in the **Chef Series II Fry Pan** until golden brown, approx. 6-7 minutes

Guacamole BALLS

INGREDIENTS

- 1 avocado, peeled and quartered
- 1 tsp. lemon juice
- Salt
- 1 garlic clove, minced
- 1 onion
- ¼ cup mix of basil & parsley
- ¼ cup small cooked shrimp
- Toasted sliced almonds



DIRECTIONS

1. Oil the inside of the **Nigiri Maker**.
2. Peel the shrimp.
3. Combine all ingredients, except the grilled almonds, in the **SuperSonic Chopper Extra** with blade attachment, cover and pull cord until minced.
4. Mix until smooth.
5. Mold the mixture directly into the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture.
6. Close, press the cover with both hands on the handles.
7. Unmold and roll in toasted almond slices.

Healthy SOUP



INGREDIENTS

- 1 cup water
- 1 Tbsp. butter
- 1 tsp. salt
- ½ cup couscous
- ¼ cup grated parmesan cheese
- 1 egg
- Parsley
- 1½ cups vegetable stock



DIRECTIONS

1. In a **Daily Universal Stock Pot** heat the water, butter and salt until boiling.
2. Add the couscous and stir until it forms a bowl.
3. Remove from the heat, add parmesan cheese, egg, parsley and mix well.
4. Mold the mixture directly into the base of the **Nigiri Maker**, using the **Silicone Spatula Thin** to tamp down the mixture.
5. Close, press the cover with both hands on the handles.
6. Unmold.
7. Pour the stock into the **Smart Multi Cooker** base, place shielded colander in base and add couscous balls in the colander, cover Microwave for 10 minutes at 800 Watts.
8. Add balls to the broth and serve.

Polenta BALLS



INGREDIENTS

- ½ cup cornmeal
- 1¾ cup water
- Salt (optional)
- ¼ cup grated parmesan cheese
- 6 Anchovy filets
- 2 slices of smoked salmon
- 2 slices of prosciutto



DIRECTIONS

1. Place the polenta in the Rice Maker. Add water and salt. Cover and cook into the microwave for 10 minutes at 800 Watts.
2. Let stand 3 minutes, remove the cover and stir. Add the grated cheese.
3. Brush the **Maki Maker** with olive oil, add polenta up to the fill line. Place 3 Anchovy filets in the middle, ensuring they don't touch the edges of **Maki Maker**. Fill with the remaining polenta, cover, and press.
4. **Or** fill the base of the **Nigiri Maker** with the Polenta using the **Silicone Spatula Thin** to tamp down the mixture.
5. Unmold the polenta. Garnish with smoked salmon cut with the cover of the **Nigiri Maker**.
6. **Or** wrap the polenta ball with an anchovy slice.
7. Unmold the polenta roll onto an uncut slice of smoked salmon and roll. Cut the roll in half, then cut each half in to 3 equal pieces.
8. Optionally roll the polenta in a slice of prosciutto and cut into equal pieces.