



Tips and Recipes for your new Shape+Store Burger Master and Meatball Master Set





Tips for using your Shape+Store Burger Master and Meatball Master Set

1. Don't overfill.

Use the fill line in the bottom tray to ensure that you do not overfill the container. If the container is over filled it will be harder to close and won't remain sealed when frozen.

2. Press thoroughly.

Before freezing, make sure to press down on the middle of the lid to push out all of the air. Removing the air will minimize freezer burn. Next, press down and across the entire tray to seal around the perimeter. This will ensure that the cutters will go all the way through the meat.

3. Open upside down when frozen.

Once frozen, place the container upside down on the counter. Peel back the bottom tray to easily remove frozen portions. Hang one end of the tray off the side of the counter and push down to break off a section.

[Click here to watch a short Meatball Master tips video](#)

[Click here to watch a short Burger Master tips video](#)

Amazing Meatballs



Makes 32 meatballs

Ingredients

- 1 1/2 pounds ground chuck
- 1 cup dry seasoned bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 garlic cloves, minced
- 1/4 cup chopped fresh parsley leaves
- 1/2 tsp Kosher salt
- 1/2 tsp freshly ground black pepper
- 1 extra-large eggs, lightly beaten
- 1/4 cup dry red wine
- 1/4 cup water



Directions

1. In a large bowl add all ingredients in order listed. Mix gently until all ingredients are combined.
2. Evenly spread mixture into bottom of Meatball Master tray.
3. Place lid on top of the container and press down onto lid starting in the middle and continue pressing to the ends of the container. Run your hands around the perimeter to make sure the lip is sealed all around.
4. If not cooking the meatballs right away store the Meatball Master in the fridge or freezer.
5. In a medium sized pot bring your favorite tomato sauce to a simmer.
6. Drop desired amount of meatballs into the sauce, cover the pot and simmer until the meatballs are cooked through (no longer pink in the middle).
7. Serve over pasta or rice.

Chocolate Truffles



I used to make chocolate truffles every Christmas, but once life got too busy with kids I found that it was too time consuming to have to roll each ball by hand. Now with the Meatball Master, I can easily make 32 truffles in a flash!

This recipe is just a guideline for an easy truffle base, you can add all types of flavorings to this base such as almond extract, liqueur, peppermint extract, vanilla etc.

Ingredients

- 35 oz Dark Belgian Chocolate, chopped into small pieces
- 6 tbsp unsalted butter
- 1 3/4 cups heavy cream

Directions

1. Place chopped chocolate and butter into medium sized, microwave safe bowl.



2. Bring heavy cream to a simmer and pour over chocolate, let sit for 2 minutes.
 3. Stir the chocolate mixture, if not melted all the way place in the microwave* and heat on high in 30 second increments until completely melted. Stir in between each 30 second interval.
 4. Pour the mixture into the Meatball Master**, spread evenly then place the lid on top to seal. Place in the fridge or freezer for at least 2 hours.
 5. Once chilled, roll the truffles in desired coatings such as cocoa, chopped white chocolate, coconut flakes, chopped nuts.
 6. Truffles can be frozen for up to 6 months before and after being rolled in coatings.
- * If you don't have a microwave, you can place the bowl over a pot of simmering water and stir until completely melted.



Falafels



Ingredients

- 4 cups cooked chickpeas (from dried)
- 1 small onion, quartered
- 3 cloves garlic, minced
- 1 cup fresh parsley, chopped
- 1 cup fresh cilantro, chopped
- 1 - 2 tablespoons lemon juice (as needed when blending)
- 1/2 tsp cayenne pepper
- 1 tablespoon ground cumin
- 1 1/2 teaspoon salt
- 1 teaspoon ground black pepper



Directions

1. Preheat oven to 450F.
2. Place all ingredients in a food processor. Pulse until the mixture has a grainy texture. You will have to scrape the bowl several times in between pulses and maybe add some of the lemon juice to loosen the mixture.
3. Dump the mixture into the bottom of the Meatball Master tray or use a small scoop to make 32 individual balls. If the mixture is too crumbly to form into balls, add some chickpea flour or regular flour.
4. Place the balls on a parchment lined baking sheet and bake for 20-25 minutes or just until the falafels start to brown.

5. Serve with hummus, pita bread, tahini, lettuce, and onions.



Cranberry and Stuffing Turkey Meatballs

If you love turkey and cranberry sauce, but don't want to spend hours cooking a turkey, then you will love this appetizer recipe for Cranberry and Stuffing Turkey meatballs!



Ingredients

- 1 cup dry store bought stuffing (I used Sage and Onion stuffing mix)
- 1 cup milk
- 1 lb ground turkey
- 1 egg
- 2 tbsp fresh sage, chopped
- ¼ cup cranberry sauce, more for serving
- Salt and pepper taste

Directions

1. Preheat oven to 425 degrees Fahrenheit.



2. In a large bowl, combine the dry stuffing mix and milk. Soak until all the milk is absorbed.
3. Add the remaining ingredients in the bowl and stir until all the ingredients are incorporated.
4. Spread the mixture into the bottom tray of the Meatball Master or roll into balls by hand.
5. Place the meatballs onto a baking sheet lined with parchment paper.
6. Bake in the oven for 20-25 minutes or until no longer pink in the middle.
7. Serve with cranberry sauce for dipping.

Bacon Crusted Burger



Bacon! Who doesn't love bacon? Bacon makes everything taste better.

Try this **Bacon Crust Burger** the next time you fire up the grill.



The ingredients are simple :

- 1 3/4 pounds lean ground beef
- 2 pounds bacon
- freshly ground black pepper (large grind)

Directions:

1. Pre-heat the oven to 500 degrees. Line a rimmed baking sheet with parchment paper and lay the bacon slices flat, careful not to overlap them.
2. Bake for 10-15 minutes (keep an eye on them to make sure they get crispy but not burned).
3. Once crispy transfer the bacon to a plate lined with paper towels.
4. Once cooled, chop the bacon into small pieces and divide into two equal portions in shallow bowls (one will be for the bottom layer and the other for the top layer).

5. Use the Burger Master to quickly coat and divide 8 quarter pound burgers at once.
6. Spread the first portion of bacon into the bottom tray of the Burger Master container (if not using, then hand form the patties and press into the bowls of bacon to coat each side of the patty).
7. Grind the pepper onto each side of the patties.



There is no salt needed for this recipe because the bacon adds enough flavour and salt to the meat.

I used a fresh cheese bun and melted some cheese on one of the patties, then made a double burger topped with Dijon mayo. Delicious!

Bacon Jack Meatballs

These cheese filled meatballs are great apps for a party, they are very filling and satisfying. A little goes a long way.



Ingredients

- 1.5 pounds ground chuck
- 1/2 cup seasoned breadcrumbs
- 2 egg yolks
- 1/4 cup fresh parsley, chopped
- 1/2 cup grated parmesan cheese
- 1/2 cup red wine
- 1 tsp salt
- 2 cups bacon bits, divided
- 4 oz Monterey Jack cheese cut into 32 cubes

Directions

1. In a large bowl, mix first 7 ingredients (beef through to salt).



2. Sprinkle half of the bacon bits evenly across the bottom of the Meatball Master.*
 3. Spread the meat mixture evenly over the bacon.
 4. Sprinkle the remaining bacon evenly over the meat.
 5. Place the lid over the meat, and press lightly just to score the meat.
 6. Insert a cheese cube into each section.
 7. Place the lid over the tray and press down firmly to cut through the meat.
 8. In a deep saute pan on medium high heat, fry the meatballs in small batches in an inch of vegetable oil. Make sure the meatballs are cooked until no longer pink inside and golden brown on the outside.
 9. Store any uncooked meatballs in the freezer.
- *If you don't have a Meatball Master, roll the balls individually, stuff each one with cheese then roll in the bacon bits to coat. Fry as directed above.

Watch

video: <https://www.youtube.com/watch?v=2ITaneq4VRw>



Beef Wellingtons

Why not make meal prep easier by freezing the main dish ahead of time? These individual Beef Wellingtons are so elegant and are sure to please your guests.

Have some of these bundles in the freezer in case the mood strikes. By freezing these Wellingtons you can make sure to take advantage of sales on beef at your local grocery store making this meal much more affordable, even for a crowd.



Ingredients

- beef tenderloin, approximately 8 inches in length
- 1 tbsp butter for browning meat
- 8 button mushrooms, minced
- 1/2 cup dry white wine
- 1 tsp dried Italian herbs



- 2 tbsp butter
- 1 clove garlic
- 1/2 cup beef broth
- 1 package puff pastry, thawed in the refrigerator (450g)
- 1 egg, beaten

Directions

1. Cut the beef tenderloin into 8 equal disks, sprinkle with salt and pepper
2. To sear meat heat pan on medium high heat, melt 1 tbsp butter into pan for each batch of meat (do not overcrowd the pan, depending on the size of the pan you might have to do 3 - 4 batches). Sear only for 1 minute on each side. Set aside on a plate to cool.
3. Reduce heat to medium, deglaze the pan with the white wine. Make sure to scrape up all of the brown bits from the meat so that it will mix into the mushrooms.
4. When the wine is almost evaporated add 2 tbsps of butter, the garlic, the minced mushrooms, the herbs and the beef broth. Simmer until the mushrooms are browned and tender and the liquid has mostly been absorbed by the mushrooms. Set aside to cool.
5. Once the meat and mushrooms have cooled to room temperature you can prepare the puff pastry.
6. Roll out the puff pastry onto a floured surface, add more flour to the top of the puff pastry. Using a pizza cutter divide the puff pastry into portions large enough to hold the meat (mine came in 2 sheets so I divided each sheet into quarters).
7. If using a Burger Master container to shape the bundles, lay one piece of puff pastry over a hex, place the meat inside and

spoon the mushroom mixture on top. Otherwise, lay the puff pastry on a baking pan lined with parchment paper.

8. Brush some of the egg onto the corners and fold the corners into the middle. Brush the top with egg wash as well.
9. Repeat steps with the remainder of the meat portions.



If using a baking tray to freeze, place in the freezer for 4 hours then transfer to a plastic bag for storage.

When ready to bake, place the Beef Wellingtons in a preheated oven (425F) and bake until golden brown (approximately 25 - 30 minutes).

Serve with freshly steamed vegetables or a colourful salad.

Chicken Mozza Burgers

I decided to try making some chicken burgers that are coated in herbed Italian breadcrumbs to give them a crispy texture. These burgers are a lighter version of a beef burger but still full of flavour, especially when you top them with some roasted red pepper sauce and mozzarella cheese - YUM!



- 2 lb ground chicken
- 1/2 cup Italian seasoned bread crumbs
- 2 tbsp dried basil
- 4 cloves Garlic
- 1/4 cup fresh Oregano
- 1 tsp Black pepper



- 1 tsp salt

Topping

- 1 cup roasted red pepper sauce (jarred or homemade)
- 16 thick slices Mozzarella cheese
- 8 burger buns

Directions

1. Place all ingredients in a medium sized bowl. Mix together just until all the ingredients are combined - do not overwork the meat.
2. Spread the meat mixture into the bottom tray of a Burger Master and press lid on top to make 8 perfect quarter pound portions or form patties by hand to desired size.
3. Cook the patties either on the grill or in a heavy bottomed pan on medium heat (heat 1-2 tablespoons vegetable oil in the pan before adding the patties).
4. Top the patties with sauce and 2 slices mozzarella 1 minute before removing from heat.
5. Enjoy!





Salmon Burgers

You don't need to limit yourself to standard beef burgers - there are so many more options.



I wanted to find a healthier burger to include in my family's meal rotation.



I made this recipe even easier by using a food processor to mix the ingredients. Make sure to only pulse the ingredients a few times (5-7 short intervals) until just combined.



Use The Burger Master to make eight quarter pound patties. After filling the Burger Master I placed the container in the freezer for a couple of hours to make the patties easier to handle.

The Burger Master does the work for you to ensure they stay perfect on and off the grill.



yield: 8 burgers

Ingredients

- 2 lbs salmon filet (skin removed), cut into 1 inch pieces
- 1.5 cups seasoned breadcrumbs
- 1/2 cup chopped cilantro
- 2 eggs
- 1/2 cup mayonnaise
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 1/2 tsp salt
- 1/2 tsp freshly ground pepper

Combine all ingredients in a food processor, pulse in short intervals until just combined. Form patties and refrigerate until ready to grill.

Serve with Avocado Salsa.



Avocado Salsa

Ingredients

- 2 large avocado, chopped
- 2/3 cup chopped red onion
- 1/2 cup chopped fresh cilantro
- 2 limes, juiced
- 2 tbsp extra virgin olive oil
- 1 tsp red pepper flakes (optional)
- salt and pepper to taste

Combine all ingredients and freeze in the Burger Master.



Roasted Red Pepper Chicken

Serves 4

Ingredients

- 2 pounds boneless chicken breast, cut into bite sized pieces
- 1 tsp salt
- ½ tsp ground black pepper
- 1 12-oz jar flame roasted red peppers, drained
- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 tbsp dried Italian seasoning
- 4 cloves garlic

Directions

1. Place chicken in a medium sized bowl.
2. Place the remaining ingredients into a blender or food processor. Blend until smooth. Pour over chicken, stir to coat each piece.
3. Transfer the chicken mixture to a deep saute pan and bring to a simmer. Cover and simmer for 20 minutes or until the chicken is no longer pink inside.
4. Serve with wild rice and steamed vegetables. Store leftovers in Shape+Store freezer container.



Serve accompanied with wild rice and seasonal steamed vegetables.



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