



Grate Master Shredder & Ice Shaver

Recipes and Cooking Guide



Prepare quick fruit or veggie salads, appetizers, spring roll fillings, shredded cheese and other dishes and garnishes. Use the coarse cone for grating into larger pieces (add big yum!) and the fine cone for shredding into small pieces (for hidden veggie recipes).



How to Grate Food

1. After assembling the unit, place a bowl or container below the hopper to collect the grated food.
2. Turn the handle clockwise to grate the food. Use the plunger to help ease the food through the Grater. **Do not apply excessive force when pushing down; doing so will make it harder to grate food and could damage the Grate Master™ Shredder.**
3. If the food gets stuck in the hopper, turn the handle counterclockwise a few times to release food. Once the obstruction has been cleared, revert to the forward direction again.

How to Disassemble

1. Using one hand, unscrew the handle from the cone (gear shape side), **while holding the cone with the other hand.** This is important, as the cone could fall if not held. **Always hold the cone by the plastic rim to avoid touching the metallic portion of the cone. The blades are sharp and injury could occur if contact is made.**
2. Gently slide the cone out of the hopper while holding it.
3. Unlock the base by placing the base's suction ring in the unlocked position.
4. Remove the hopper from the base's groove.

How to Clean

- Wash and dry the Grate Master Shredder before first use.
- Some food remnants may remain after use; make sure to remove them from the hopper and the cones before cleaning the Grate Master Shredder.
- All parts of the Grate Master Shredder are dishwasher safe, except for the base which can be rinsed in warm water.
- If you want to clean the Grate Master Shredder by hand, we recommend cleaning the blades with hot soapy water and a brush to avoid touching the blades.

Grate Master Shredder & Ice Shaver

Parts Guide

Create unique culinary fusions, control what goes into your food and avoid fillers and preservatives.

Add a deliciously fresh touch to every meal and treat. Joining the Master System family, the Grate Master Shredder is your quick and easy way to prepare healthy fruit or vegetable salads, appetizers, spring roll filling, shredded cheese and tons of other dishes and garnishes.

All parts are dishwasher safe.
To remove water from suction base after washing, gently pull down on the silicone tab just enough to release the water.



This product, like everything we sell in the U.S. & Canada, is BPA-free.



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Apple Coffee Cake

¼ cup brown sugar
¾ cup granulated sugar
1½ tsp. ground cinnamon
¼ cup unsalted butter, softened
2 eggs
2 tsp. vanilla extract
½ cup milk, any type
¼ tsp. table salt
1½ cups all-purpose flour
1½ tsp. baking powder

¼ cup butter, melted
½ cup oats
¼ cup all-purpose flour
¼ cup brown sugar
1 apple, cored & quartered



1. Preheat oven to 350° F/175° C.
2. Whisk together sugars, cinnamon, and softened butter until combined, should look like wet sand.
3. Whisk in eggs, vanilla, and milk.
4. Stir in flour and baking powder.
5. Pour into Ultra Pro 2-Qt. Square Pan and spread until even with spatula.
6. Stir together melted butter, oats, flour, and brown sugar in a small bowl. Set aside.
7. Assemble Grate Master with slicing cone. Place a small bowl underneath. Place apple quarters one at a time into the hopper and turn handle to slice. Repeat until apple is sliced. Toss with oat mixture and sprinkle onto the top of batter.
8. Top with apple topping and bake for 40-50 minutes or until an inserted knife comes out clean.

Brussels Sprout Salad

1 lb. Brussels sprouts, trimmed
4-oz. block parmesan cheese
1 cup pine nuts
¼ tsp. coarse kosher salt
¼ tsp. black pepper

6 tbsp. olive oil
3 tbsp. lemon juice
1 tbsp. Dijon mustard
1 garlic clove
½ tsp. coarse kosher salt



1. Assemble Grate Master Shredder with coarse grater cone and place bowl underneath hopper. Place Brussels sprouts in the hopper two at a time. Pressing down on them with plunger, turn crank until grated. Repeat until all the sprouts have been grated.
2. Place parmesan cheese into hopper, pressing down with plunger, turn crank to grate cheese. Continue until all cheese has been grated.
3. Combine ingredients in base of All-In-One Shaker. Cover and shake until ingredients are combined.
4. Toss cheese with Brussels sprouts, nuts, salt, pepper and vinaigrette.

Carrot Loaf Cake

¾ cup self-rising flour
¾ cup brown sugar
1 tbsp. cinnamon
2 carrots, peeled & cut into 3" chunks
½ fresh coconut, husk removed
½ cup pecans
2 eggs
½ cup vegetable oil
2 tbsp. milk



1. Preheat oven to 375° F/ 190° C.
2. In That's a Medium Bowl, mix flour, sugar and cinnamon until evenly combined.
3. Assemble Grate Master Shredder with large grater cone, place bowl underneath. Place carrots in hopper two pieces at a time and turn handle until grated, pressing down with plunger as necessary. Repeat with remaining carrots until all are grated.
4. Repeat with coconut and pecans.
5. Place carrots, coconuts and pecans into bowl with dry ingredients, reserving ½ cup of the coconut.
6. Make a well in the center add eggs, oil and milk. Mix until well combined.
7. Pour batter into greased Ultra Pro 2-qt. Square Pan.
8. Bake for 30–35 minutes or until toothpick inserted into center comes out clean.
9. Top with remaining coconut.

Cauliflower Lime Rice

1 head cauliflower
¼ tsp. coarse kosher salt
Zest of 1 lime
1 tbsp. lime juice
½ cup cilantro, chopped
1 ripe avocado, cut into bite size pieces



1. Cut cauliflower florets off of stem.
2. Assemble Grate Master Shredder with coarse grater cone and place medium bowl underneath.
3. Place cauliflower florets 1–2 at a time into hopper. Press down gently with plunger and turn crank to grate cauliflower. Repeat with remaining cauliflower until all is grated.
4. Fill water tray of Tupperware SmartSteamer with 1½-cup water. Place steamer base over top of water tray and place Tupperware SmartSteamer Tray over base.
5. Add grated cauliflower to Tupperware SmartSteamer Tray, cover, and microwave on high for 8 minutes.
6. Toss steamed cauliflower with remaining ingredients. Serve warm.

Cherry Granita

- ¼ cup fresh lemon juice
- 1½ cups water
- 1 cup granulated sugar
- About ½ pound pitted cherries, fresh or frozen



1. Add cherries to the base of the base of Power Chef System fitted with blade attachment. Cover and pull cord until Puréed.
2. In 2-cup Micro Pitcher, add juice, water and sugar and microwave on high power 35 seconds or until sugar has dissolved; add to the strawberries and mix to combine.
3. Divide and transfer mixture between two Fresh & Pure Ice Trays. Freeze 6–8 hours or overnight. Remove just before serving.
4. Assemble the Grate Master Shredder fitted with Ice Shaver Cone. Place 3–4 frozen cherry cubes into the hopper of the Ice Shaver. Gently press on plunger while turning handle to process. Repeat with remaining cherry cubes.
5. Spoon shaved ice into small bowls or dishes. Garnish with optional mint or basil. Serve immediately.

**For happy hour, drizzle your favorite vodka or gin on top.*

Chocolate Almond Cookies

- 1 cup whole almonds
- 2 tbsp. cocoa powder
- ¼ tsp. salt
- ¼ tsp. baking soda
- 3 tbsp. honey



1. Preheat oven to 350° F/175° C .
2. Assemble Grate Master Shredder with small cone attachment and place bowl underneath. Add almonds to hopper chamber, turn handle to grind the almonds, pressing down with plunger as necessary.
3. Add remaining ingredients to the bowl of ground almonds and use spatula to mix until fully combined. If necessary, add an extra drizzle of honey or a little water if the dough is too dry to form.
4. Place Silicone Wonder Mat over baking sheet.
5. Using tablespoon, drop dough onto Silicone Wonder Mat.
6. Bake for 6–8 minutes.
7. Cookies will look underdone—leave on baking sheet for 10 minutes to cool.

English Muffin Pizzas

- 6 English muffins, halved
- 1 cup pizza sauce
- 8 oz. mozzarella cheese



1. Preheat oven to 400° F/205° C.
2. Lay each muffin half on the Silicone Wonder Mat on baking sheet, halved side up.
3. Spread pizza sauce evenly over each English muffin half.
4. Assemble Grate Master Shredder fitted with coarse grater cone. Place cheese in hopper, press down lightly with plunger and turn handle to shred cheese.
5. Top each English muffin half with shredded cheese, and other toppings as desired, and bake 15 minutes or until cheese is melted and muffin is crunchy.

Frozen Lemonade

- 1 cup water
- ¼ cup granulated sugar
- 1 cup fresh lemon juice (about 4 lemons)
- Fresh mint or basil for garnish (optional)



1. Stir together water and sugar in 2-cup Micro Pitcher. Microwave on high power 25 seconds or until sugar has dissolved.
2. Remove from microwave and stir in lemon juice.
3. Divide and transfer mixture between two Fresh & Pure Ice Trays. Freeze 6–8 hours or overnight. Remove just before serving.
4. Assemble the Grate Master Shredder fitted with Ice Shaver Cone. Place 3–4 frozen lemonade cubes into the hopper of the Ice Shaver. Gently press on plunger while turning handle to process. Repeat with remaining lemonade cubes.
5. Spoon shaved ice into small bowls or dishes. Garnish with optional mint or basil. Serve immediately.

**For happy hour, drizzle your favorite vodka or gin on top.*

Frozen Mocha Latte

- ¼ cup heavy cream
- ¼ cup unsweetened cocoa powder
- 1 cup brewed espresso or strong coffee
- ¼ cup granulated sugar
- Chocolate sauce (optional)



1. Add cream and cocoa powder in base of Power Chef System fitted with paddle attachment. Cover and pull cord until well blended.
2. Pour coffee and sugar in 2-cup Micro Pitcher, stir and microwave on high power 35 seconds or until sugar has dissolved.
3. Remove from microwave and pour mixture into Power Chef System. Cover and pull cord until well blended.
4. Divide and transfer mixture between two Fresh & Pure Ice Trays. Freeze 6–8 hours or overnight. Remove just before serving.
5. Assemble the Grate Master Shredder fitted with Ice Shaver Cone. Place 3–4 frozen latte cubes into the hopper, press down lightly with plunger and turn handle to shave latte cubes. Repeat with remaining latte cubes.
6. Divide frozen latte evenly between two small bowls or glasses. Garnish with optional chocolate sauce.

**For happy hour, drizzle your favorite coffee liqueur on top.*

Frozen Strawberry Kiwi Mojito

- 1½ cup water, divided
- ¼ cup sugar, divided
- 1 cup fresh strawberries, stems removed
- 3 fresh kiwi, peeled, cut in quarters
- 8 fresh mint leaves
- 2 oz. white rum (optional)



1. In the 2-cup Micro Pitcher, stir together 1 cup of the water and ¼ cup of the sugar. Microwave on high power 45 seconds or until sugar is dissolved; set aside.
2. In the Power Chef System with blade attachment, add strawberries; pour in half of the sugar water. Place cover on and pull cord until mixture is pureed. Transfer mixture to a Freeze-It Medium Shallow Rectangular Container. Freeze 6 hours or overnight.
3. Rinse Power Chef and blade attachment. Reassemble and add kiwi, remaining sugar water, and 4 mint leaves. Place cover on and pull cord until mixture is pureed. Transfer mixture to a Freeze-It Medium Shallow Rectangular Container. Freeze 6 hours or overnight.
4. Meanwhile make the simple syrup. In the 2-cup Micro Pitcher stir together remaining ¼ cup water, ¼ cup sugar, and mint leaves. Microwave on high power 45 seconds or until sugar is dissolved. Refrigerate until ready to use.
5. Remove containers from freezer; let stand 10 minutes. Using a butter knife, gently break frozen fruit mixtures into 2-3" pieces. Place 2 to 3 frozen strawberry pieces into the hopper of the Grate Master Shredder with Ice Shaver Cone. Place bowl in front of cone to catch shaved ice. Turn handle to process. Repeat with remaining strawberry ice; set aside. Repeat with kiwi ice, using a separate bowl; set aside.
6. Divide shaved strawberry ice evenly between two glasses; top each with half of the kiwi shaved ice. Pour half of the mint sugar syrup and half of the rum into each glass. Serve immediately.

Homemade Hash Browns

- 1 large russet potato, peeled & halved lengthwise
- 1 tbsp. unsalted butter
- Salt and pepper to taste
- ½ small onion (optional)



1. Assemble Grate Master Shredder fitted with coarse grater cone. Place one potato half in hopper, press down lightly with plunger and turn handle to shred the potato.
2. Heat butter in Chef Series Nonstick Griddle over medium heat.
3. Using a Chef Series Microfiber towel, squeeze grated potato to remove excess moisture.
4. Once pan is hot, add grated potato and spread into a thin layer. Cook until golden brown, about 5 minutes. Flip and continue to cook until golden brown and cooked through.
5. Season with salt and pepper and serve warm.

Pizza Bread

- 2 cups non-fat Greek yogurt
- 2 cups self-rising flour, plus extra for dusting
- 2 tsp. Italian Herb Seasoning
- 1 tbsp. unsalted butter, softened
- 8 oz. mozzarella cheese
- 1 cup pizza sauce



1. Preheat oven to 425° F/220° C.
2. To create dough, in a medium bowl, whisk together yogurt, flour and Italian Herb Seasoning. As dough comes together, may need to finish mixing by hand.
3. Spread softened butter in base of UltraPro 3.5-Qt. Lasagna Pan.
4. Spread dough evenly in base of Lasagna Pan, using extra flour extra flour as necessary to spread.
5. Bake for 20–25 minutes or until golden brown and cooked through.
6. Assemble Grate Master Shredder fitted with coarse grater cone. Place cheese in hopper, press down lightly with plunger and turn handle to shred cheese.
7. Sprinkle cheese over dough and bake 5–10 minutes or until cheese is melted.
8. Using Tupperware Spatula, cut and remove from pan. Serve with pizza sauce for dipping.

Potato Boats

2 large potatoes, cooked
6 eggs
Salt and pepper, to taste
cooking spray



1. Grate cooled, cooked potatoes in Grate Master Shredder using coarse cone.
2. Divide potatoes into six muffin cups and cook in oven at 400° F/205° C for 15 minutes or until browned (spraying with cooking spray will help brown the top).
3. Once brown, crack an egg into each and cook for 5–10 minutes depending on desired doneness.
4. Season with salt and pepper.

Pumpkin Zucchini Bread

1½ cups sugar
½ cup vegetable oil
2 eggs, beaten
½ lb. canned pumpkin
½ cup water
¼ tsp. vanilla extract
¼ tsp. baking powder
1 tsp. baking soda
1 tsp. table salt
1 tsp. cinnamon
1 tsp. pumpkin pie spice
1½ cups flour
1 medium zucchini
1 tbsp. softened butter for greasing pan



1. Preheat oven to 350° F/175° C.
2. In a medium bowl, whisk together sugar, oil, eggs, pumpkin, water and vanilla. Set aside.
3. In another medium bowl, whisk together baking powder, baking soda, salt, spices and flour.
4. Whisk wet and dry ingredients together until well combined.
5. Assemble Grate Master Shredder with fine cone. Place zucchini in hopper and turn handle to shred, using plunger to push last of zucchini, when necessary.
6. Fold 1–2 cups shredded zucchini into batter.
7. Pour batter into greased UltraPro 2-Qt. Square Pan. Bake 30–40 minutes or until knife comes out clean.

Scalloped Potatoes

8 oz. cheddar cheese
5 medium russet potatoes, peeled and sliced
1½ tsp. coarse kosher salt
½ cup whole milk



1. Assemble Grate Master Shredder fitted with coarse grater cone.
2. Place cheese in hopper, press down lightly with plunger and turn handle to shred cheese.
3. Place potatoes into base of TupperWave Stack Cooker 1½-Qt base.
4. Sprinkle with salt, add milk and sprinkle with cheese.
5. Cover and microwave on high power 10–12 minutes or until potatoes are tender. Serve warm.

Spicy Butternut Squash Wrap

½ butternut squash
1 tbsp. butter
1 garlic clove, crushed
1 shallot, sliced
½ tsp. paprika
½ tsp. cumin
black pepper, to taste
chipotle spice, to taste
¼ cup vegetable stock
salt, to taste
5 tortillas

Optional Toppings
Sour Cream
lime
avocados
fresh thyme
fresh coriander
Shredded lettuce
tomato, chopped
bell pepper, chopped
red onion, chopped



1. Assemble Grate Master Shredder fitted with coarse grater cone. Place squash in hopper, press down lightly with plunger and turn handle to shred squash.
2. Heat olive oil in a 11" Chef Series skillet over medium heat. Melt butter and sauté the shallot and garlic until they begin to soften. Add spices (except the salt) and fry for 2-3 minutes until fragrant.
3. Add the shredded butternut squash and fry for another minute or so. Then pour in the vegetable stock, stir and cook for about 10 minutes until the butternut squash is soft but not mushy. Add more water if needed. Salt to taste (the amount of salt needed depends on how much is in the vegetable stock).
4. In the meantime, prepare the fresh vegetables. Place a layer of shredded lettuce on the tortillas. When the butternut squash mixture is ready, divide it on top of the salad, squeeze some lime juice and serve with chopped tomatoes, red onion, bell pepper and non-dairy crème fraiche or cream cheese.

Strawberry Italian Ice

- ¾ cup thawed apple juice concentrate
- 2 Tbsp. lemon juice
- 2 Tbsp. granulated sugar
- 2 pints fresh strawberries, hulled and halved



1. Add strawberries to the base of the base of Power Chef System fitted with blade attachment. Cover and pull cord until Puréed.
2. In 2-cup Micro Pitcher, add juices and sugar and microwave on high power 35 seconds or until sugar has dissolved; add to the strawberries and mix to combine.
3. Divide and transfer mixture between two Fresh & Pure Ice Trays. Freeze 6–8 hours or overnight. Remove just before serving.
4. Assemble the Grate Master Shredder fitted with Ice Shaver Cone. Place 3–4 frozen strawberry cubes into the hopper of the Ice Shaver. Gently press on plunger while turning handle to process. Repeat with remaining strawberry cubes.
5. Spoon shaved ice into small bowls or dishes.

**For happy hour, drizzle your favorite vodka or gin on top.*

Thin Crust Pizza

- 1 cup non-fat Greek yogurt
- 1 cup self-rising flour, plus extra for dusting
- 1 tsp. Italian Herb Seasoning
- ½ cup pizza sauce
- 8 oz. mozzarella cheese



1. Preheat oven to 400° F/205° C.
2. To create dough, in a medium bowl, whisk together yogurt, flour and seasoning. As dough comes together, may need to finish mixing by hand.
3. Place dough onto Silicone Wonder Mat and roll out into a thin crust.
4. Place silicone mat on baking sheet and bake 10 minutes.
5. Assemble Grate Master Shredder fitted with coarse grater cone. Place cheese in hopper, press down lightly with plunger and turn handle to shred cheese.
6. Remove crust from oven and spread sauce and then cheese over crust.
7. Return to oven and bake 10–15 minutes, until crust is browned and cheese is melted.
8. Move pizza to cutting board before slicing.

Watermelon Granita

- ¼ whole seedless watermelon, cut into chunks, rind Discarded (about 4 cups of chunks)
- 1 lime, juiced
- ¼ cup water
- ¼ cup sugar



1. Add watermelon to the base of the base of Power Chef System fitted with blade attachment. Cover and pull cord until Puréed.
2. In 2-cup Micro Pitcher, add juice, water and sugar and microwave on high power 35 seconds or until sugar has dissolved; add to the strawberries and mix to combine.
3. Divide and transfer mixture between two Fresh & Pure Ice Trays. Freeze 6–8 hours or overnight. Remove just before serving.
4. Assemble the Grate Master Shredder fitted with Ice Shaver Cone. Place 3–4 frozen watermelon cubes into the hopper of the Ice Shaver. Gently press on plunger while turning handle to process. Repeat with remaining watermelon cubes.
5. Spoon shaved ice into small bowls or dishes.

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Zucchini Fritters

- 1½ pounds zucchini
- 1 tsp. salt
- ¼ cup all-purpose flour
- 1 oz. Parmesan cheese
- 2 cloves garlic, minced
- 1 large egg, beaten
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. olive oil



1. Assemble Grate Master Shredder fitted with coarse grater cone. Place zucchini in hopper, press down lightly with plunger and turn handle to shred zucchini.
2. Place grated zucchini in a colander over the sink. Add salt and gently toss to combine; let sit for 10 minutes. Using a clean dish towel or cheese cloth, drain zucchini completely.
3. Add parmesan cheese in the Grate Master Shredder fitted with coarse grater cone, press down lightly with plunger and turn handle to shred cheese.
4. In a medium That's a bowl, combine zucchini, flour, Parmesan, garlic and egg; season with salt and pepper, to taste.
5. Heat olive oil in a 11" Chef Series skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.
6. Serve immediately.