Homemade Pizza

Dough Ingredients:
1 teaspoon instant dry yeast
1 teaspoon sugar
½ cup warm water (120 degrees F)
2 tablespoons olive oil
1 ½ cup bread flour
1 teaspoon salt
flour and yellow corn meal to dust surfaces

1. Preheat your oven at 120 degrees F.
2. In a medium bowl, mix the yeast, sugar, warm water, and oil with hand whisk
3. Sieve flour and salt into a large mixing bowl. Open a well in the middle.
4. Pour the yeast mixture into the flour well. Combine gently with wooden spoon.
5. Place the dough on a lightly floured chopping board. Knead the dough for 5 min.
6. Grease your original large mixing bowl with oil-spray. Put your dough back in and cover it with plastic wrap. Switch off the oven. Let your dough rise in oven for 35 min to 1 hour.
7. Take out your dough. Fold in by 4 times and let it rest on chopping board for 5 minutes 
8. Preheat your oven to 500 degrees F.
9. Roll out your dough to about the size of the bottom of your baking pan. Flour your rolling pin and working surface if they become sticky.
10. Grease your baking pan with oil-spray. Dust the pan lightly with yellow corn meal.
11. Put your roll-out dough gently in the baking pan.
12. Add your pizza toppings.
13. Put your pizza into oven. Bake at 500 degrees F for 20 min.
14. ENJOY!!!

Pizza toppings: as desired

Source: Thanks to Ka-Man Lo and Emeril. :-)
Blender Cottage Cheese Cake with Cottage Cheese

(79 mL) ½ c low-fat sour cream
(25 g) 2 T sugar
(50 g) 1 egg, separated
(.75 g) 1/8 t salt
(2.5 mL) ½ t vanilla extract
(150 g) 1/3 lb creamed cottage cheese
(5.14 g) 1 t lemon juice
168 g) 6oz can reduced-calorie cherry pie filling

Procedure: Combine all ingredients except egg white and 1 T sugar in blender. Blend 1 min. Beat egg white with remaining sugar until stiff. Gently fold cheese mixture into egg whites. Pour over 2-5-in. graham cracker crusts. Bake at 325°F for 30 min until cake is firm. Chill before removing from pan. Top with cherry pie filling before serving.

Crust

(64 g) ¾ c graham cracker crumbs (about 10 crackers)
(25 g) 2 T sugar
(28 g) 2 T butter or margarine, melted

Procedure: Roll graham crackers to fine crumbs in plastic or cellophane bag or between two sheets of waxed paper. Combine cracker crumbs, sugar and melted margarine in bowl. Blend with fork or pastry blender. Pour crumbs into 5-in. pie plate and press evenly and firmly around sides and bottom of plate using back of large spoon or second pie plate. Chill crust or bake at 375°F for 8 min.

Cherry cheesecake with low-fat sour cream and fat-free cream cheese

(227 g) 18 oz pkg fat-free cream cheese, softened
(60 g) ¼ c low-fat sour cream
(50 g) ¼ c sugar
1 graham cracker crust
(2.5 mL) ½ t vanilla
1 egg
(168 g) 6oz can reduced-calorie cherry pie filling

Procedure: Mix cream cheese, sugar and vanilla with electric mixer for 10 min. Add egg; mix until blended. Add sour cream. Make graham cracker crust. Bake at 325°F for 30 min or until center is almost set. Cool. Refrigerate. Top with pie filling before serving. Makes 4 servings.

Crust

(64 g) ¾ c graham cracker crumbs (about 10 crackers)
(25 g) 2 T sugar
(28 g) 2 T butter or margarine, melted

Procedure: Roll graham crackers to fine crumbs in plastic or cellophane bag or between two sheets of waxed paper. Combine cracker crumbs, sugar and melted margarine in bowl. Blend with fork or pastry blender. Pour crumbs into 5-in. pie plate and press evenly and firmly around sides and bottom of plate using back of large spoon or second pie plate. Chill crust or bake at 375°F for 8 min.
Cherry Cheesecake with full-fat cream cheese and sour cream

(227 g) 18 oz pkg cheese, softened
(60 g) ¼ c sour cream
(50 g) ¼ c sugar
(2.5 mL) ½ t vanilla
1 egg
(168 g) 6 oz can cherry pie filling
1 graham cracker crust

Procedure: Mix cream cheese, sugar and vanilla with electric mixer for 10 min. Add egg; mix until blended. Add sour cream. Make graham cracker crust. Bake at 325°F for 30 min or until center is almost set. Cool. Refrigerate. Top with pie filling before serving. Makes 4 servings.

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Hot chocolate, cocoa, creamed cocoa:
Double the recipes. Also, you will whip cream (1/3 container of heavy whipping cream—add sugar gradually while whipping) and provide a bowl each of that, Redi-Whip, and Cool Whip to serve with the cocoas.

Hot Chocolate
(7 g) ¼ sq unsweetened chocolate
(44 mL) 3 T hot water
(12 g) 1 T sugar
(206 mL) 7/8 c milk, scalded

**Procedure:** Place chocolate, sugar, salt and water in saucepan. Slowly bring to a boil, stirring constantly. Add milk, beat for 5 min. do not boil. Beat with rotary beater just before serving. Flavor improves if mixture is allowed to stand ½ hour or more over hot water. A few drops of vanilla may be added just before serving. Garnish with whipped cream or marshmallow if desired.

Cocoa (breakfast)
(14 g) 1 T cocoa
(44 mL) 3 T water
(12 g) 1 T sugar
(206 mL) 7/8 c milk, scalded
1/16 t salt

**Procedure:** Mix cocoa, sugar and salt. Add water. Slowly bring to a boil, stirring constantly. Add milk; beat with rotary beater just before serving.

Creamy cocoa
(14 g) 1 T cocoa
(44 mL) 3 T water
(12 g) 1 T sugar
(206 mL) 7/8 c milk, scalded
1/16 t salt
½ T flour OR 1 t cornstarch

**Procedure:** Mix cocoa, sugar, flour OR cornstarch and salt. Add water. Slowly bring to a boil, stirring constantly. Add milk; beat with rotary beater just before serving.
Ice Cream Recipes

**Coffee Ice Cream**

2 cups whipping cream  
2 cups half and half  
1 cup sugar  
1 ½ T instant coffee powder  
1 ½ tsp vanilla extract

Combine all ingredients in cream canister. Stir until sugar and instant coffee powder are dissolved. Freeze as directed.

**Easy Chocolate Ice Cream**

2 cups half and half  
1 ½ cups sugar  
½ cup cocoa powder  
1 tsp vanilla extract  
2 cups whipping cream

Combine half and half, sugar, cocoa powder and vanilla in blender. Cover and process at low speed until smooth. Pour mixture into cream canister. Stir in whipping cream. Freeze as directed.

**Easy Vanilla Ice Cream**

2 cups whipping cream  
2 cups half and half  
1 cup sugar  
1 T vanilla extract

Combine all ingredients in cream canister. Stir until sugar is dissolved. Freeze as directed.

**Vanilla Ice Milk**

3/4 cup skim milk  
3/8 cup sugar  
dash salt  
2 1/4 cup whole milk  
scant 1/2 teaspoon vanilla extract

Combine all ingredients in cream canister. Stir thoroughly. Cover and refrigerate 30 minutes. Freeze as directed. Stir after freezing to blend any unfrozen skim milk into mixture.
**Banana Frozen Yogurt**

2 cups lowfat vanilla yogurt  
1/2 cup sugar  
dash salt  
1/2 cup whipping cream  
1/2 teaspoon vanilla extract  
3/4 cup ripe mashed bananas  

Thoroughly combine yogurt, sugar, salt, whipping cream, and vanilla in mixing bowl. Cover and refrigerate 30 minutes. Add mashed bananas to chilled mixture before freezing. Freeze as directed.  

**Lime Sherbet/Orange Sherbet**

3 cups milk  
1 cup sugar  
1/2 cup lime juice or 1/2 cup orange juice  
1 drop green food coloring or orange food coloring  

Combine ingredients in cream canister. Stir until sugar is dissolved. Freeze as directed.  

**Spiced Cider Sorbet**

1 cup apple juice (or apple cider)  
1/2 cup sugar  
1/4 teaspoon whole cloves  
1 whole cinnamon stick  
1 cup applesauce (no sugar added)  
1/2 cup cranberry juice  
1 T lemon juice  

Combine apple juice, sugar, cloves, and cinnamon in saucepan. Bring to a boil over medium heat, stirring occasionally. Boil 5 minutes. Remove from heat. Remove cloves and cinnamon sticks with a slotted spoon; discard. Stir in applesauce, cranberry and lemon juices. Cover; refrigerate 1 hour. Freeze as directed.  

Source: Instruction manual for ice cream machines.  

Yield for above ice cream, sherbet, etc. recipes: Approximately 1 1/2 quarts.  
To "freeze as directed" is to surround ice cream maker canister with ice cubes and salt, and follow directions to run the machine.