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# Homemade Pizza – recipe provided by Stephen Parsons

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*This recipe makes two 6-8 slice pizzas. You can freeze one dough for up to a month. You can lighten this up with fat free pasta sauce and less cheese. Substitute your own favorite toppings for those suggested.*



## **Ingredients:**

3 ½	cups AP flour	2	cups bottled pasta sauce
1	cup warm water	2	oz peperoni, salami or prosciutto
2	tbsp. maple syrup	½	cup onions, chopped
1	tbsp. fast-rising yeast	2	cups green & red peppers
½	cup olive oil	1	tbsp Italian seasoning
1	large egg	1	cup mushrooms
2	tsp dried or chopped fresh basil	2	tsp fennel seed (whole)
½	tbsp. minced or powdered garlic	6	oz reduced-fat Monterey Jack cheese

Popular options: replace maple syrup with pancake syrup or honey; replace traditional tomato sauce with alfredo or bechamel sauce; artichokes, spinach and sundried tomatoes instead of peppers; oregano, thyme, parsley or basil for fennel; chicken or ham for meats; reduced-fat mozza or light feta for Monterey jack.

## **Directions:**

The measures in the ingredient list shown are for two pizzas. If you are making one and freezing the second dough, use half the toppings (sauce, meat, vegetables, fennel seed and cheese).

Add water and syrup in a mixing bowl. Add yeast and let bloom about 3-4 minutes. Whip egg lightly in a cup and add to the liquid. Add olive oil, basil and minced garlic and stir the mixture. Add flour and mix/knead for 10 minutes. Cover bowl in a warm place to rise - 20-25 minutes. Divide dough into two equal portions. (You can freeze one if you aren't serving a big crowd). Roll out or spread pizza dough into a large round for regular pan or a smaller round for deep dish. Spread 1 cup pizza sauce per pizza in middle area leaving a half-inch on the outside of the dough uncovered. Add vegetables and pepperoni, sprinkle with fennel seed (and other spices such as basil, thyme, oregano as you like), then cover with 3 ounces of cheese per pizza. Cook in a hot oven (375-400 degrees F) for 15-18 minutes until crust is golden and firm and cheese bubbling. Cut each pizza into 6 slices.

***Hint:*** For a more Italian style, brush on a little extra olive oil on the dough before adding the sauce. Leave an inch outside not coated to get a nice chewy texture.

Servings: 12-16 slices (two 6-8 slice pizzas)

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## Ginger Cookies – recipe provided by Colleen Shubaly

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*I hope you enjoy this recipe for the ginger cookies.*

*It came from my Cape Breton Grandmother, Mary Agnes MacDonald.*

- 3/4 cup shortening
- 1 cup white sugar (plus extra to dust cookies before baking)
- 1 egg
- 4 Tbsp molasses
- 2 cups white flour
- 2 tsp baking soda
- 1 tsp cloves
- 1 tsp cinnamon
- 2 tsp ginger
- 1 tsp salt

Cream shortening, gradually add sugar, egg and molasses. Beat well.

Mix dry ingredients separately, then add to shortening mixture. Best if dry ingredients are mixed in by hand but can use beater.

Make into 24 round balls, coat unbaked cookie balls with sugar, then set on cookie sheets. Press down lightly with a fork.

Bake in 325 oven for 10-12 minutes.