**Rose’s Pizza Crust**

Ingredients:

2 ½-3 c flour

1 T yeast

1 T Sugar

1 C warm water

2 T oil

1 tsp salt

1 tsp basil

1 tsp garlic powder

Instructions:

Preheat oven to 400 degrees.

Dissolve sugar into water and stir in yeast.

Let sit for 5-10 minutes to proof.

Add Oil.

Then add salt, basil and garlic powder.

Add enough flour to form a soft dough.

May use right away or can let rise for 30 minutes.

Grease Pan or use parchment paper.

Roll out dough.

Add desired toppings.

Bake on bottom rack of oven for 12-14 minutes or until crust is browned on bottom and cheese is melted.

**How to Make a Roux**

A roux is used in making a white sauce. The roux creates the thickness of the sauce while other ingredients add the varying flavors. To make a roux, begin with equal amounts of butter and flour. Melt butter in a medium pan before adding the flour. Whisk the flour in the pan to combine it with the butter working to remove any lumps if possible as it starts to brown. Add a heavy cream, or half and half for a lighter sauce, whisking as the liquid is added. Continue simmering until the sauce is thick.

**Alfredo Sauce**

The roux forms the beginning step of an Alfredo sauce. To make a Fettuccine Alfredo, follow these instructions.

*Fettuccine Alfredo Ingredients*

* 2 cups half & half (or heavy whipping cream)
* 3 tablespoons butter
* 3 tablespoons flour
* 2 cloves garlic, minced
* 1/3 cup grated parmesan cheese

*Directions*

1. In a medium saucepan, melt butter over medium-low heat.
2. Add garlic and stir-fry for 2 minutes.
3. Add flour, stirring until blended.
4. Add half & half.
5. Stir sauce over medium-low heat until sauce thickens, can take 15 to 20 minutes.
6. Do not bring mix to a boil or it will scorch
7. Reduce heat if necessary.
8. Add parmesan cheese. Stir to melt cheese for 2 minutes
9. Remove sauce from heat.
10. Serve over cooked fettuccine noodles.

**Oatmeal Applesauce Muffins** Serves: 12

Ingredients

**Steusel Topping**

* 2 tablespoons butter or margarine (NOT softened)
* 1/2 cup oats
* 2 tablespoons brown sugar
* ½ teaspoon cinnamon

**Muffin**

* 1 cup oats (I used quick oats)
* 1 cup flour
* 1/3 cup brown sugar, firmly packed
* 1 teaspoon baking powder
* ¾ teaspoon baking soda
* 1/2 teaspoon cinnamon
* 1/4 teaspoon salt
* 2/3 cup applesauce
* 1/3 cup milk
* 2 tablespoons oil
* ½ teaspoon vanilla extract
* 1 egg

Instructions

1. Preheat oven to 400F.
2. Make streusel topping first: mix oats, brown sugar and cinnamon together. Once combined, cut in butter. Use the pastry blender. When you are done your streusel should resemble small crumbles. Set aside.
3. For the muffins, mix together dry ingredients: oats through salt.
4. Slowly mix in applesauce, milk, oil, vanilla and egg. Stir until well combined.
5. Use a large baking scoop to fill prepared muffin cups ¾ full.
6. Spring a generous amount of streusel on the top of each muffin.
7. Bake at 400F for 15 to 18 minutes or until cooked through.

**Addiction- Chex**

1 cube margarine or butter

1 cup sugar

1 cup corn syrup

6 cups Golden Grams/Cinnamon Toast

6 cups Rice Checks or Corn Checks or 1/2 of each

1 cups slivered almonds

1 cups wide ribbon coconut

Directions:

Take a large bowl. In each put cereal, almonds, and coconut. Mix.

In large sauce pan, melt butter, syrup, and sugar. Boil 3 mins and pour over bowl of cereal. Stir each bowl coating cereal mixture well. Pour into paper bag and shake. Let cool and store in air tight containers.

**Fudge in a bag**

1/2 cup confectioner’s sugar

1 tablespoon butter

1 ounce cream cheese  
1/4 teaspoon vanilla extract  
2 teaspoons unsweetened cocoa powder

Put all of the ingredients in a recloseable plastic bag. Squeeze the air out of the bag and seal it. Knead the bag until all of the ingredients are thoroughly mixed. You can use your armpits, your knees, your hands–anything you can think of to smush the bag! After the ingredients are thoroughly mixed, open the bag and eat

**Ramen Vegtable Stir Fry**

**Recipe:**

**2 to 3 carrots- peeled and sliced very thin**

**2 cups frozen mixed vegetables**

**2 packages Chicken flavored Ramen Noodles**

**1 cup water**

**Soy sauce if desired**

**Wash carrots and peel. Slice Thin. Spray a skillet or frying pan. Add carrots and stir fry until almost tender. Add the rest of vegtables. Cook 2 minutes longer. Add water, seasoning and crushed noodles. Cover and cook for 5 minutes until water is absorbed. Serve with Soy Sauce.**

**GARLIC MASHED POTATOES**

prep time 10 minutes

total time 30 minutes

**Ingredients**

2 Cups Swanson® Chicken Broth **or** Swanson® Certified Organic Chicken Broth **or** Swanson® Natural Goodness® Chicken Broth

* 4 cloves garlic, minced
* 6 white potato **or** Yukon gold potatoes (about 2 1/2 pounds), cut into 1-inch pieces (about 8 cups)

**How to Make It**

**Step 1**

Heat the broth, garlic and potatoes in a 3-quart saucepan over medium-high heat to a boil.

**Step 2**

Reduce the heat to medium. Cover and cook for 10 minutes or until the potatoes are tender. **Do not drain.**

**Step 3**

Mash the potato mixture.  Season to taste

**French Breakfast Muffins**

1/3 c shortening ¼ tsp nutmeg

½ c sugar ½ c milk

1 egg

1 ½ c flour Topping:

1 ½ tsp baking powder ½ c sugar

½ tsp salt 1 tsp cinnamon

½ c margarine

1. Preheat oven to 350 ° Place 12 paper muffin cups in the muffin pan.
2. Mix thoroughly shortening, ½ cup sugar, and egg.
3. Mix flour, baking powder, salt, and nutmeg in another bowl.
4. Add flour mixture to shortening mixture, alternating flour and milk. Stir just until moistened.
5. Fill muffin cups 2/3 full.
6. Put muffins in the oven and bake for 15-18 minutes.
7. Mix ½ cup sugar and the cinnamon in a small bowl
8. Melt the margarine in a small bowl in the microwave.
9. Take the muffins out of the oven. Roll tops of muffins in melted margarine and then in cinnamon and sugar mixture.

**30 Minute Homemade Soft Pretzels**

Let’s begin our quick little pretzel making journey, shall we? First, you’re going to stir a packet of yeast into a bowl of warm water – 1.5 cups of water to be exact.  Do not be afraid of yeast! Trust me, I was too. But you are not waiting for any dough to rise in today’s recipe. It’s simply another ingredient, like adding salt or something.  Not so bad, right?

Give the water and yeast a nice mix around in the bowl.  There will be some yeast lumps floating around. That’s ok, I promise.  Next, add a bit of sugar and salt. Mix, mix, mix by hand. Easy easy easy.

No electric mixer required to make this pretzel dough!It’s a miracle recipe.

Next, stir in your flour. If you’ve been counting, that’s the fifth and final ingredient. Use 3 cups of flour at first.  I used 1 cup of whole wheat flour and 2 cups of all-purpose flour\* (read below for notes about the taste/texture of the whole wheat vs white flour pretzels).

As I mixed the dough, I added about 3/4 -1 cup more of all-purpose flour. Keep adding flour until the dough is no longer sticky. Poke the dough with your finger – if it bounces back, it is ready to knead.

Turn the dough out onto a floured surface. Knead the dough for about 3 minutes and shape into a ball. With the floured surface, I ended up using 4.25 cups of flour total.

Time to (rock &) roll.  No rolling pin required! Just your hands and a sharp knife. Cut ball of dough into 1/3 cup sections. Honestly, this measurement does not have to be exact. Use as much or little dough for each pretzel as you wish – the size of the pretzel is completely up to you.  My pretzels were standard size, like the [frozen soft pretzels](http://www.superpretzel.com/home.php?first) you buy from the store, and I used 1/3 cup of dough for each pretzel.

Roll the dough into a rope. As even in diameter as you can get it. My ropes were twenty inches long. Again, this measurement will depend on how large you want the pretzels. Shape the pretzel. Once you have your long rope, take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape. You all know what pretzels look like, but here is a helpful [visual](http://www.thekitchn.com/technique-how-to-shape-a-pretz-84845).

Time for an egg-wash.  I hardly count this as an ingredient. Simply beat an egg, pour it into a shallow bowl or pie dish, give the shaped pretzel a nice bath (both sides) and sprinkle with salt. I used coarse sea salt – the kind you fill your grinder with.  You could also use pretzel salt, which is sold in specialty baking stores. Or cinnamon sugar.

Now it’s time to for the oven. Bake for 10 minutes at 425F degrees. Watch the pretzels rise, expand, and get all puffy in the oven!  Turn the oven to broil for the last 5 minutes to get the tops nice and brown.   Be sure to watch them closely in this step – you don’t want them to burn.

Yield- 8-10 pretzels- depending on how big you roll them

Ingredients:

* 1 and 1/2 cups (360ml) warm water (lukewarm, no need to take temperature)
* 1 packet active dry or instant yeast (2 and 1/4 teaspoons)
* 1 teaspoon salt
* 1 Tablespoon (8g) granulated sugar
* 3.75 - 4.25 cups (480-530g) all-purpose flour + more for the counter surface to knead *(or mix of whole wheat flour and all-purpose flour)*
* 1 large egg, beaten
* coarse sea salt for sprinkling

Directions:

1. Preheat oven to 425F degrees. Line baking sheet with parchment paper or silicone baking mat. Set aside.
2. Dissolve yeast in warm water. Stir with a spoon until fairly mixed, about 1 minute. Some clusters of yeast will remain. Add salt and sugar; stir until fairly combined. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add up to 1/2 cup more. Poke the dough with your finger - if it bounces back, it is ready to knead.
3. Turn the dough out onto a floured surface. Knead the dough for about 3 minutes and shape into a ball. With a sharp knife, cut ball of dough into 1/3 cup sections. This measurement does not have to be exact - use as much or little dough for each pretzel as you wish - the size of the pretzel is completely up to you.
4. Roll the dough into a rope with an even diameter. My ropes were twenty inches long. This measurement will depend how large you want the pretzels. Once you have your long rope, take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape. See above for link to visual instructions.
5. In a small bowl, beat the egg and pour into a shallow bowl or pie dish. Dunk the shaped pretzel into the egg wash (both sides). Place on baking sheet and sprinkle with salt.
6. Bake for 10 minutes at 425F degrees. Turn the oven to broil and bake for 5 more minutes to brown the tops. Watch closely to avoid burning. *I do the 5 minute broil no matter if I do step 5 or not.*
7. Allow to cool and enjoy. Serve warm or at room temperature. Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (will lose softness). Pretzels freeze well.

**Pancakes**

* Makes: 8 to 10 four-inch pancakes

Ingredients

* **1** cup [all-purpose flour](http://www.bhg.com/recipes/how-to/bake/flours-and-grains/)
* **1** tablespoon sugar
* **2** teaspoons [baking powder](http://www.bhg.com/recipes/how-to/bake/importance-of-baking-powder-baking-soda/)
* **1/4** teaspoon salt
* **1** beaten egg
* **1** cup milk
* **2** tablespoons cooking oil

Directions

1. In a medium mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center of the dry mixture; set aside.
2. In another medium mixing bowl combine the egg, milk, and cooking oil. Add egg mixture all at once to the dry mixture. Stir just till moistened (batter should be lumpy).
3. For standard-size pancakes, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, pour about 1 tablespoon batter onto a hot, lightly greased griddle or heavy skillet. Cook over medium heat about 2 minutes on each side or till pancakes are golden brown, turning to second sides when pancakes have bubbly surfaces and edges are slightly dry. Serve warm. Makes 8 to 10 standard-size (4-inch) pancakes

**PUMPKIN CREAM CHEESE SWIRL MUFFINS**

**yield:** 12 MUFFINS

**INGREDIENTS:**

* 1 cup all purpose flour
* 1 and ½ teaspoon pumpkin spice
* 1/2 teaspoon baking soda (1/2 tsp)
* 1/4 teaspoon salt
* ¾ Cup pumpkin (pure pumpkin puree)
* 1/2 cup granulated sugar
* 1/4 cup packed brown sugar
* 1 large egg
* 1/4 cup vegetable oil
* 1 and 1/2 teaspoon vanilla extract

* 4 oz cream cheese
* 2 Tablespoons granulated sugar
* 1 large egg yolk
* 1 teaspoon vanilla extract

**DIRECTIONS:**

1. Preheat oven to 375°F. Place paper baking cups into muffin pan. Set aside.
2. In a medium bowl, whisk flour, pumpkin spice, baking soda and salt until well combined. Set aside.
3. In large bowl, whisk together pumpkin, sugar and brown sugar.
4. Beat in eggs, vegetable oil and vanilla extract. Slowly whisk in the flour mixture, until there are no lumps. Fill muffin tins 3/4 full.
5. In a medium bowl, beat cream cheese until smooth. Add in sugar, egg yolk and vanilla extract and beat until well combined.
6. Top each muffin with about 1 tablespoon of cream cheese mixture and use a toothpick to swirl it into the batter. This will not look smooth, but it will bake up much prettier. (You can see exactly how I did this in the video at the top of the page.)
7. Bake muffins for 18-20 minutes, or until a toothpick inserted in the center comes out clean.
8. I liked these best at room temperature or even slightly chilled! Store in an airtight container in the fridge.

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Top of Form

Bottom of Form

**Southern Sausage Gravy**

*Serves 8*

1 pound bulk pork sausage  
1/4 cup all-purpose flour  
2 cups milk (2% or whole)  
Kosher salt and black pepper to taste  
Hot biscuits

Warm a large skillet over medium heat. Add the sausage and break into chunks with a spatula. Cook until the meat is crumbled and browned all the way through. Add the flour and cook until dissolved, about 1 minute. Stir in the milk. Cook, whisking frequently, until the gravy is very thick and bubbly (you can add more milk later if you need to thin). Season generously with salt and *lots* of freshly ground black pepper. Serve with hot biscuits.

**Quick and Easy Drop Biscuits**

**Why this recipe works:**

* Quickly mixing the dough with a fork reduces gluten formation, resulting in a tender, soft biscuit.
* Preparing the butter first and reserving it in the refrigerator keeps it cold and avoids unwanted melting.

**Ingredients**

* 4 ounces (1 stick) cold unsalted butter, cut into 1/4-inch pieces and refrigerated
* 1 1/2 cups all-purpose flour (8 ounces)
* 2 teaspoons baking powder
* 1 teaspoon kosher salt
* 3/4 cup whole milk

**Procedures**

Preheat oven to 400°F and line a baking sheet with parchment paper; alternatively grease a baking sheet with butter.

In a large bowl, whisk together flour, baking powder, and salt.

Toss butter into the dry ingredients until coated with flour. Working quickly and using your fingers or a pastry blender, rub or cut butter into flour until it resembles coarse meal. Alternatively, add flour mixture and butter to food processor and pulse 2 to 3 times to form pea-sized pieces; transfer to a large bowl.

Add milk and stir with a fork until it just comes together into a slightly sticky, shaggy dough.

For small biscuits: Using a teaspoon or small ice cream scoop, mound walnut sized balls of dough onto the prepared baking sheet. For large biscuits: Using a 1/4-cup measuring scoop, mound balls of dough onto the prepared baking sheet.

Bake biscuits until golden brown, about 15 minutes for small biscuits and 20 minutes for large ones. Let cool slightly, then transfer to wire rack. Serve warm or at room temperature.

**School No Bake Cookies**

**"Tasty no-bake cookies made with oatmeal, and cocoa. Start timing when mixture reaches a full rolling boil; this is the trick to successful cookies. If you boil too long the cookies will be dry and crumbly. If you don't boil long enough, the cookies won't form properly."**

**Ingredients**

**1 3/4 cups white sugar**

**1/2 cup milk**

**1/2 cup butter**

**4 tablespoons unsweetened cocoa powder**

**-----**

**1/3 cup Butterscotch chips**

**3 cups quick-cooking oats**

**1 teaspoon vanilla extract**

**Directions**

**In a medium saucepan, combine sugar, milk, butter, and cocoa. Bring to a boil, and cook for 90 seconds. Remove from heat, and stir in chips, oats, and vanilla. Drop by spoonfuls onto paper. Let cool until hardened.**