

# Pizzas

## SPECIAL PIZZA SUPPER

3 cups cooked brown rice (cooled)  
2 cups shredded low-fat mozzarella cheese  
1/2 cup sesame seeds  
2 eggs, beaten  
3 tbsp. butter  
3 tbsp. flour  
1 1/2 cups milk  
1 pkg. beef bouillon powder  
1 cup blanched fresh broccoli flowerets or snowpeas (small or cut)  
2 tomatoes, sliced or sun dried  
10 mushrooms, sliced  
black olives (optional)  
3/4 tsp. garlic salt  
pinch of red pepper flakes

### Crust:

Combine rice, 1 cup mozzarella cheese, sesame seeds and beaten eggs in a bowl. Lightly spray a 12" pizza pan with vegetable oil. Form mixture into a crust forming a rim. Bake 15 minutes at 450 F. (230 C.). Remove from oven.

### Sauce:

Melt butter, add flour and make a paste. Slowly add milk and bouillon powder. Cook, stirring constantly until sauce is thick and smooth. Pour over pizza crust and spread evenly.

### Pizza Topping:

Broccoli/snowpeas, tomatoes, mushroom slices, olives, sprinkle with remainder of mozzarella cheese, garlic salt and red pepper flakes. Bake for 15 minutes at 400 F. (200 C.).

Colorful and delicious: excellent as a main dish; nutritious and "full of fibre."

Lorna Pennock

## VEGETABLE PIZZA

1 cup oatbran hot cereal, uncooked  
1 cup all purpose flour  
1 tsp. baking powder  
3/4 cup milk  
3 tbsp. vegetable oil  
1 tsp. oatbran hot cereal, uncooked  
1 can (8 oz.) tomato sauce  
1 cup (3 oz.) sliced mushrooms  
1 medium pepper, cut into rings  
1/2 cup chopped onion  
1 1/4 cups (5 oz.) shredded mozzarella cheese  
1/2 tsp. oregano leaves  
Combine oatbran, flour, and baking powder. Add milk and oil; mix well. Let stand 10 minutes.  
Heat oven to 425 F. Lightly spray 12" pizza pan with cooking spray. Sprinkle with 1 tsp. oatbran. With oiled fingers, pat dough out evenly. Shape edge to form rim. Bake 18 to 20 minutes. Spread sauce evenly

over partially baked crust. Top with vegetables. Sprinkle with cheese and oregano. Bake an additional 12 to 15 minutes (until golden brown). Cut into 8 slices. Enjoy!

Lorna Pennock

# Pickles

## FROZEN BREAD AND BUTTER PICKLES

7 cups medium sized cucumbers sliced  
3 medium onions sliced  
1 green pepper chopped  
1 red pepper chopped  
2 cups white sugar  
1 cup white vinegar  
2 tbsp. salt  
1 tsp. celery seed.

Mix all ingredients in large bowl, and let stand, 2 to 3 hours, stirring occasionally. Pat into containers and freeze, leave one week before consuming. The onions, green and red pepper are also very nice to add to salads, hamburgers, or hot dogs.

Note: 6 quart basket of cucumbers makes 14 pints of pickle.

Ida Kitchener

# Dips

## PARTY DIP

1 cup mayonnaise  
1/2 cup sour cream  
1 tsp. minced onion  
1/4 tsp. paprika  
1 tsp. chopped chives  
1/8 tsp. curry powder  
1 tsp. garlic salt  
1/2 tsp. Worcestershire sauce  
Blend all ingredients together. Excellent as a dip for raw vegetables and small cubes of bread. Makes 1 1/2 cups dip.

Mrs. Debbie Stiel

## VEGETABLE DIP

1 cup Hellmans mayonnaise  
3/4 cup sour cream  
3/4 tsp. lemon juice  
1/4 tsp. salt  
1/4 tsp. paprika  
1/4 cup parsley (flakes or fresh chopped)  
1 tsp. onion flakes  
1 tsp. chives  
1/4 tsp. curry powder

# Dips

3/4 tsp. Worcestershire sauce  
1/4 tsp. garlic powder.  
Mix all ingredients until well blended. Store in fridge.

Ida Kitchener

## SHRIMP DIP

(A delicious layered dip. Serve with hard crackers)

18-oz. pkg. cream cheese  
1/2 cup sour cream  
1/4 cup mayonnaise  
2 cans no-name small shrimp  
1 cup seafood sauce  
2 cups shredded mozzarella cheese  
1 small green pepper, chopped  
1 bunch green onions, chopped  
1 small diced tomato

Combine the first 3 ingredients with an electric mixer. Spread this over a platter. Spread 1 cup of the mozzarella over this. Next, shrimp, then seafood sauce. Spread the remaining cup of cheese over this. Arrange the chopped, diced vegetables on the top and chill, covered, for at least 1 hour.

Suzan Baker

## PARTY CRAB DIP

1 large package of cream cheese  
3 tbsp. French dressing  
2 tbsp. chopped onion  
2 tbsp. ketchup  
1/2 cup Miracle Whip dressing  
1 tin crab meat, drained

In a medium bowl, mix softened cream cheese with the French dressing and chopped onion. Add the Miracle Whip and then the ketchup. Stir well. Lastly, add one tin of crab meat and stir well. The longer this mixture sets, the better it tastes. Overnight is the best. Keep refrigerated. Serve with any type of cracker or bread. A hit every time!

Lorna Bowman

# Specialties

## HAM STACKS

4 oz. pkg. cream cheese (room temp.)  
1/2 tsp. horseradish  
1/4 tsp. prepared mustard  
1/4 tsp. seasoned salt  
6 thin slices cooked ham (the kind you buy in slices)

Combine cheese, horseradish, mustard and seasoned salt, blending well with a fork. Spread mixture on 5 of the ham slices and stack them one on top of the other using the plain slice for the top. Press together lightly and chill well. Cut into tiny squares (1/2 inch) at serving time and serve on cocktail picks.

Mrs. Pat Trotter

## MILK PUNCH

In a large bowl combine 4 cups milk, 2 cups light cream, 1 cup brandy, 3/4 cup dark rum and 1/4 cup fine granulated sugar. Stir the punch until the sugar is dissolved and chill it, covered, for at least 4 hours. Transfer the punch to a punch bowl and garnish it with freshly grated nutmeg. Makes 2 quarts.

Ruth Kilner

## SWEET AND SOUR ONIONS

6 medium onions  
1/4 tsp. paprika  
1/4 cup sugar  
1/4 cup hot water  
1 tsp. salt  
1/4 cup melted butter  
1/4 cup cider vinegar

Preheat oven to 350 F. Cut onions into thick slices and arrange in a shallow baking dish. Sprinkle with salt, and paprika. Combine remaining ingredients and stir until sugar dissolves. Pour over onions. Bake, uncovered in preheated oven for 20-30 minutes or until onions are soft. Bake often.

Ruth Kilner

## FRUIT SALAD DRESSING (2 cups)

Juice of 3 lemons  
2 eggs, beaten  
1/2 cup honey  
1 tsp. grated lemon peel  
1 tsp. poppy seeds  
1 cup dairy sour cream or yogurt  
Combine lemon juice, eggs and honey in the top of a double boiler. Blend thoroughly. Cook over simmering water until the mixture is thick. Stir in grated peel and poppy seeds. Cool. Stir in sour cream, or yogurt. Serve chilled over fruit. Stores well in covered container in fridge.

Louise Frankow

## CREAMY MOCHA MOUSSE

1 teaspoon unflavored gelatin  
2 tablespoons cold water  
1/2 cup sugar  
1/4 cup HERSHEY'S European Style Cocoa  
1/2 cup milk  
1 tablespoon coffee-flavor liqueur or 1 teaspoon powdered instant coffee  
1/2 teaspoon vanilla extract  
1 cup chilled whipping cream  
Coffee Cream Topping

In a custard cup, sprinkle gelatin over cold water; set aside to soften. In small saucepan stir together sugar and cocoa. Gradually stir in milk. Cook over medium heat, stirring constantly, just until mixture comes to a boil.

Remove from heat; add softened gelatin, stirring until dissolved. Stir in liqueur and vanilla. Cool completely, stirring occasionally.

In small mixer bowl beat whipping cream until stiff. Gradually add cocoa mixture to whipped cream, folding into cream with rubber scraper.

Spoon into dessert dishes; chill at least 1 hour. Garnish with Coffee Cream Topping.

4 to 6 servings.

### Coffee Cream Topping

In small mixer bowl, combine 1/2 cup chilled whipping cream, 1 tablespoon confectioners' sugar and 2 teaspoons coffee-flavor liqueur or 1/4 teaspoon powdered instant coffee; beat until stiff.

About 1 cup topping.

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