



CALZONE



Dough, kneading, proving, slicing, rolling out, glazing, baking

Equipment – Scales, mixing bowl, measuring jug, tea spoon, palette knife

Ingredients

150g strong plain flour
1 teaspoon easy blend yeast
1 slug olive oil
Pinch of salt
75 – 100ml hand hot water

Filling

2 -3 tbsp tomato pizza sauce
1 small onion (brown or red)
1 clove garlic
4 – 5 cherry tomatoes
Basil leaves
Mozzarella – ½ large, 4 small balls
*Mushrooms
*Spicy meatballs
*Cooked chicken

*Optional

Method

- 1 Collect together equipment and utensils. Place ingredients on a blue tray.
- 2 Weigh the flour, measure the yeast, add the salt and oil. Slowly add the water and bring to a dough.
- 3 Knead the dough for 10 minutes.
- 4 Roll out to a 25cm circle. Place on parchment on a pizza tray.
- 5 Prepare the ingredients for the filling. Slice the onion into strips, sauté gently until softened, in a frying pan with a small slug of oil, add chopped garlic. (If you are using meatballs you will need to cook them before adding them to the calzone.)
- 6 Assemble the calzone by placing the ingredients for the filling on one side only of the dough. Leave a 3cm gap around the edge.
- 7 Dampen the edges with water and fold to make a semi -circle. Crimp the edges of the calzone.
- 8 Brush with milk to glaze.
- 9 Bake at 190°C for 15 – 20 minutes or until golden brown.
- 10 Serve with a green or mixed salad.

