

Calzone

Ingredients:

- 250g Strong Plain White or Brown Bread Flour
- 125ml Warm Water
- 7g (1 Sachet) Fast Acting Easy Blend Dried Yeast
- 2 Tablespoons Olive Oil
- ½ Teaspoon Salt
- ½ Teaspoon Sugar



Please bring a container to take your calzone home in.

Filling Ingredients:

- Passata / Tomato Pizza Sauce / Sauce of Your Choice (**DO NOT** use tomato purée or ketchup)
- 75g Cheese of Your Choice: e.g. Cheddar, Mozzarella, Red Leicester
- Any Meat of your Choice
- Any Vegetables / Fruit of your Choice
- Herbs of your Choice
- Small amount of Oil for Frying
- Milk / Egg Glaze



Method:

1. Pre-heat oven to 200°C or Gas Mark 6. Line a baking tray with greaseproof paper.
2. Measure out the warm water precisely using a jug on the weighing scales. Add the yeast and sugar to the warm water and stir. Put the mixture to one side.
3. Sieve flour into a bowl. Add 2 tablespoons of olive oil. Add salt.
4. Add warm water and yeast mixture, **a little at a time** to the flour, mixing with a round-bladed knife until the mixture forms a dough. The dough should be soft, but not sticky and there should be no floury dry bits at the bottom of the bowl. (Soak bowl so that it is easier to wash up).
5. Knead the dough with your hands for 10 minutes to form a soft elastic dough.
6. Place dough on the baking tray, cover with oiled cling-film and leave to prove in the grill compartment of the cooker for 10 to 25 minutes.
7. While the dough is proving, prepare the ingredients for the calzone filling. Cut any vegetables or meat into even size pieces. Grate the cheese onto a plate.
8. Any raw meat or vegetables should be fried before adding these to the filling. Any excess liquid / fat should be drained.
9. If you are using passata you may want to heat this gently in a saucepan with some fresh or dried herbs and crushed garlic.
10. Once the dough has had time to prove, remove the cling-film.
11. Roll the dough into a circle, you may decide to make two smaller circles by dividing the dough in half first.
12. Place the dough on the lined baking tray / pizza tray. Do not fill the calzone on the work surface!
13. Spread chosen sauce onto the base. Make sure you leave an edge for folding the calzone over.
14. Arrange all the ingredients on one-half of the circle base, add the cheese last.
15. Use a pastry brush, to brush water round the inner edge of the circle.
16. Fold over the circle to create a semi-circle. Press the edges firmly together. Crimp the edges with your fingers or a fork.
17. Brush the calzone with a milk / egg glaze.
18. Place the calzone in the oven and bake for approximately 15 minutes until golden brown. Ensure the calzone has a core temperature of 75°C.
19. Cool on a cooling rack.
20. Serve warm or cold.

