

Calzones

Ingredients for the bread dough	Ingredients for the filling
100 ml warm water 5 ml sugar 7 ml active dry yeast 3 ml salt 5 ml vegetable oil 250 ml bread flour	10 ml vegetable oil ¼ onion, diced 1 clove garlic, minced 125 ml tomato sauce 5 ml sugar 1 ml of each: basil, oregano, pepper, salt (optional: pinch of red pepper) One handful spinach 125 ml mozzarella 60 ml ricotta

INSTRUCTIONS

Preheat the oven to 425°F.

Making the calzone dough

1. Add the warm water into the bowl of the stand mixer. Then add the sugar and stir until it's dissolved. Gently stir in the yeast. Set aside to proof for 5 mins.
2. Add the salt and oil.
3. Gradually add bread flour to the mixture and mix until the dough forms a ball.
4. Lightly flour the counter and knead the dough a few times until the dough is smooth and no longer sticky.
5. Put 2 ml of oil in bowl of the stand mixer. Roll the dough in the oil until it is coated. Cover with a tea towel for 10 min.

Making the filling

1. Heat a small saucepan on med heat, add 10 ml of oil and sauté the diced onion and minced garlic. Add the tomato sauce, sugar, basil, oregano, pepper and salt. Simmer on med-low for 5 minutes.
2. Stir in the spinach until it is wilted.

3. Turn off the heat. Remove the saucepan from the heat, and let cool.
4. Gently stir in the ricotta.

Shaping the dough

1. Divide the dough into 4 pieces. Using a rolling pin, roll each into circle.
2. Place $\frac{1}{4}$ of the filling in on half of each circle of dough and top with $\frac{1}{4}$ of the mozzarella cheese.
3. Fold the dough over, sealing the edges with water. Fold the edge and then fork the edges.
4. Place calzones on a cookie sheet covered with parchment paper.
5. Make three small slashes through the top of each calzone to prevent a ballooning effect.
6. Brush the tops with oil.
7. Place in the centre of oven and bake for 13-15 min until crust is golden brown.