

# CALZONE

|               |               |              |             |                                    |
|---------------|---------------|--------------|-------------|------------------------------------|
| <b>Dough:</b> | <b>5 ml</b>   | <b>sugar</b> | <b>5 ml</b> | <b>oil</b>                         |
|               | <b>125 ml</b> | <b>water</b> | <b>5 mL</b> | <b>other seasonings (optional)</b> |
|               | <b>7 ml</b>   | <b>yeast</b> |             |                                    |
|               | <b>3 ml</b>   | <b>salt</b>  |             |                                    |
|               | <b>300 ml</b> | <b>flour</b> |             |                                    |

1. Preheat oven to 425 F. Measure flour and salt into a **small bowl**.
2. In a **glass measuring cup** measure the sugar. Add the warm water and stir till sugar is dissolved. Sprinkle the yeast on top, stir once and let sit till foamy.
3. In a **medium bowl** **add the oil**. Then pour in the yeast mixture. Using a wooden spoon stir in 1/2 of the flour mixture. Beat it well. Then add the rest and stir till dough forms a ball.
4. Sprinkle some flour on your counter and knead the dough until smooth and no longer sticky. Put 5 ml of oil in your small bowl, add the dough, coat and let sit with a towel on top in a warm spot on top of the stove.
5. Divide the dough into 4 pieces. Roll each one out into a 6" round and let them sit on the counter. Brush the outside of the circle of dough with egg wash. Put 15-25 ml of sauce on each circle (**do not spread to the very edge**). Sprinkle on the parmesan. Then divide the rest of your ingredients into 4 and place 1/4 of the ingredients on half of each circle of dough. Top with cheese last to hold the rest of the ingredients in place.
6. Fold the circle of dough over the fillings and seal the edges by twisting and crimping. Seal them well so no ingredients leak out. Brush tops lightly with egg wash.
7. Place on a jelly roll pan and bake for 15 mins or until golden brown on top

## Sauce:

|                |   |
|----------------|---|
| <b>1/8</b>     | <b>onion (in sauce or in calzone as filling)</b>                      |
| <b>1</b>       | <b>garlic clove ,minced</b>   |
| <b>100 ml</b>  | <b>tomato sauce, crushed tomato</b>                                   |
| <b>60 ml</b>   | <b>diced tomatoes and liquid</b>                                      |
| <b>15 ml</b>   | <b>tomato paste</b>   |
| <b>5 ml</b>    | <b>parmesan (optional)</b>  |
| <b>5-10 ml</b> | <b>sugar</b>  |
| <b>1 ml</b>    | <b>salt, pepper, basil, oregano, italiano, parsley</b>                |
|                | <b>(other options: garlic plus, crushed chilies, thyme, rosemary)</b> |

1. In a small pot, heat up 10 ml of oil. Add onion and garlic and saute for 2 min on med heat. Add all of the tomato ingredients and herbs and simmer on med-low for 10 min or until flavors are blended. Cool and add to dough when ready.

|                  |                 |  |
|------------------|-----------------|--|
| <b>Toppings:</b> | <b>250 ml</b>   | <b>mozza cheese, (divide between the 4 calzones)</b> |
|                  | <b>8 slices</b> | <b>pepperoni</b>                                     |
|                  | <b>1/2</b>      | <b>green pepper+ 1/4 other colored pepper</b>        |
|                  | <b>2</b>        | <b>mushrooms</b>                                     |
|                  | <b>15 ml</b>    | <b>parmesan cheese</b>                               |