

Calzone

Makes 3 calzone



Meaning 'trousers' in Italian, calzone is made with the bread dough folded to hold a filling. A calzone looks like a giant pasty, is delicious hot or cold and makes an easily transportable picnic dish.

Ingredients (allergens in bold)

For the base:

- 225g strong **plain flour**
- 1 x 7g sachet easy-bake (micro-fine) yeast
- 1 tablespoon olive oil
- 150ml warm water

For the filling:

- 3 tablespoons passata or chopped tomatoes
- 2 tomatoes – peeled and chopped
- 2 spring onions – finely chopped
- 50g **Mozzarella cheese** or **Ricotta cheese**
- 50g spinach leaves – tough stalks removed
- 25g black olives – sliced
- 12-15 basil leaves
- 1 medium-sized **egg** – beaten
- ¼ level teaspoon dried oregano
- 1 tablespoon oil for greasing
- ground black pepper

Method

1. Heat the oven to 220°C/Gas7. Put the flour and yeast into the mixing bowl. Add the water and oil and with a wooden spoon mix to a soft dough.
2. Knead the dough and divide into 3 equal-sized pieces. Roll each piece into a 16cm diameter round. Place the circles on the baking tray.
3. Spread half of each circle with passata or tomato paste, and then add a mixture of the other fillings in combinations of your choice. Season with pepper.
4. Brush the edges of the dough with beaten egg and fold the dough over the filling. Press the edges together, pinching/twisting them to prevent the filling seeping out.
5. Brush each calzone with beaten egg and bake for 15 - 20 minutes until golden-brown. Serve warm or cold.



Equipment

- mixing bowl
- measuring jug
- tablespoon
- wooden spoon
- rolling pin
- flour dredger
- teaspoon
- tablespoon
- sharp knife
- chopping board
- pastry brush
- baking tray

Recipe notes and tips

- Remember to fill the calzone on the baking trays. This avoids the calzone filling falling out if lifted from the table to the tray.
- This recipe has a small amount of cheese so is a much healthier option than ready prepared pizzas.