**CALZONE**

Recipe makes 2 large Calzone or 4-5 individual size.

One recipe per unit of 4-5 people.

This recipe could also be used to make appetizer (bite-sized) Calzone. They can be made ahead and frozen, then baked from frozen on a greased sheet pan at 425ºF (220ºC) for about 15 minutes, or until golden brown.

**DAY 1: PREPARE DOUGH AND TOMATO MEAT SAUCE**

**Dough:**

**A:** 15 mL sugar **B:** 375 mL flour

50 mL very warm water 2½ mL salt

10 mL active dry yeast 30 mL olive oil (canola would work)

75 mL very warm water

1. Combine all of the “**A**” ingredients in a 250 mL size liquid measure. Cover the measure with a folded paper towel to keep in the warmth. Carefully set the covered measure inside a small mixing bowl that has about 5 cm (1”) or more of **HOT** tap water. This will help to keep the water temperature up while the yeast activates. Place this in a warm place (like inside a microwave oven that is turned **OFF**). Allow the mixture to rest for about 10 minutes. When it is ready, you should see thick foam on top.
2. Combine all the “**B**” ingredients in a large mixing bowl. Add foamy yeast mixture and mix well. You **may** need to add more flour (up to 50 or 100 mL) to form soft dough that is neither too sticky **nor too dry**. Dough should feel about the same as pressing your finger into your cheek when your face is relaxed.
3. Turn the dough out on to a **clean and dry** counter. Knead the dough until it is smooth and elastic (about 10 minutes). Sprinkle a bit of flour on the counter **only if** the dough is sticking to the counter. Avoid adding too much flour and making the dough dry and hard.
4. ****Place dough in a labelled and **lightly** greased (a few mL of oil rubbed around the inside) zippered freezer storage bag.

**Tomato Meat Sauce:**

30 mL vegetable oil 225 g lean ground beef

¼ onion, chopped 250 mL tomato sauce

2 cloves garlic, minced salt and pepper to taste

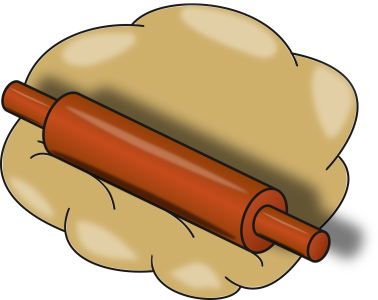
3 small mushrooms, chopped 1-2 mL each of dried basil & oregano leaves

**or** 25 mL canned (optional)

1. Place oil in a frying pan and pre-heat for 1-2 minutes on just below medium heat (#3-4 at school).
2. Add ground beef and cook just until there is no pink in the meat or juices.
3. Remove beef to a separate bowl – leave remaining fat in the pan.
4. Add onions and raw mushrooms (if using) and sauté until softened and onions are translucent.
5. Add minced garlic and canned mushrooms (if using) and cook until garlic is softened, but not browned.
6. Add cooked beef back to the pan. Add tomato sauce and seasonings.
7. Heat mixture just to boiling, then reduce heat and simmer (**just** bubbling gently) for about 5-10 minutes to blend flavours and reduce sauce. Simmer until sauce is very thick.
8. Remove from heat and allow sauce to cool before transferring to labelled, covered storage containers.



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**CALZONE**

(continued)

**DAY 2: SHAPE, FILL, BAKE & EAT!**

1. Preheat oven to 425ºF (220ºC) and grease a baking sheet pan with shortening.
2. Prepare fillings as necessary (wash & slice vegetables, etc.).



1. Remove dough from bag and knead about 10 times to remove any remaining large air bubbles. Ensure that the dough is not sticking to the counter. If it is sticking, knead in a bit more flour until it no longer sticks, but **not** so much that the dough becomes dry/hard. Gather up the dough and divide into **equal** portions for the number of calzone your group is making. Each student should shape and fill her/his own calzone, if making individual size.
2. **Lightly** sprinkle the counter with about 5 mL cornmeal for each piece of dough (or flour, if cornmeal is not available). Roll out each calzone into a thin circle, about 10”/25cm for dough divided in half, or about 7-8”/15-20cm if making 4-5 calzone (luncheon-plate size).
3. Divide **sauce** into equal portions for each calzone. Spread each portion of sauce over only **half** of one dough circle, leaving the **edges clean** for sealing/rolling. Top sauce with optional fillings, again spread over only the same **half** of the dough circle. Sprinkle each with about 5mL Parmesan cheese on top of fillings if desired.
4. Moisten outside edges of each circle with a bit of water. Fold unfilled dough over fillings. Press top of crust over fillings to exclude as much air as possible and press edges to seal. Roll edges slightly to form a neat edge crust. Brush the top with a bit of olive oil and sprinkle lightly with herbs, if desired (Parmesan is not recommended on top, as it burns quickly).
5. Place calzone on the greased pan and bake for 12-15 minutes or until the crust is golden brown and fillings are heated through.





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