

Compact Calzone

(Makes 4)

Ingredients

Dough

- 350 g White Bread Flour
- 100 g semolina
- 1 tsp salt
- 1 ½ tsp fast acting yeast
- 2 tsp sugar
- 1 ½ tbsp olive oil
- 325 ml warm water

Filling

- 2 tbsp fresh basil chopped
- 1 spring onion
- 1 tsp dried oregano
- 2 cloves garlic, finely chopped
- 1 tbsp fresh parsley, finely
- 150 g pasta sauce
- 8 cherry tomatoes
- 100 g Ricotta cheese
- Pinch of salt and pepper

Method

- Mix flour, salt, sugar and yeast in a large bowl. Make a hole in the middle and pour in the oil. Now add the warm water with a wooden spoon and mix together. Place the slightly sticky dough on a flat surface covered in a layer of flour and knead the dough for 5 minutes.
- Add half the garlic and parsley then knead
- Lightly rub the dough with olive oil, put it back in the bowl, cover with cling film and leave to rise for 45 minutes.
- Chop the spring onion, tear up basil, open. Slice tomatoes, add the rest of the garlic mix in the Ricotta and add salt, pepper and taste.
- Preheat the oven to 230° degrees and put a baking tray in the oven to warm. Cut dough into 4 equal pieces. Dust work surface with flour, flatten or roll base to about 1 inch (1.5 cm thick).
- Spread the pasta sauce onto the dough leaving about 2cm around the edge. Lay the tomatoes on top, spread on the Ricotta mix, then add the remaining basil, spring onion and oregano.
- Fold calzone in half, tuck the bottom lip of dough over the top, then pinch and twist to make a sort of Cornish pasty edge, sealing in all filling. Use a spatula to move the calzone to your baking tray and cook for 15 – 20 minutes, until golden brown.

Per Calzone:

Calories 530 kcal | Fat 10 g | Protein 18 g | Carbohydrate 80 g