



Banana and Hazelnut Chocolate Praline Calzone

**1 hour 45
minutes**
Hands on

4
Portion(s)

2
Difficulty



Method

- Add the water, yeast, 1 teaspoon sugar and 140 g flour to a mixer's bowl. Whisk until the flour dissolves. Set aside for 30 minutes until the mixture starts to make bubbles.
- Put the chocolate and olive oil in a bowl. Cover with plastic wrap. Microwave for 1 ½ minutes at 800 watts, until the chocolate melts. Mix.
- Add the remaining flour to the sourdough and a pinch of salt right before you start beating.
- Beat with the hook attachment and add the chocolate-olive oil mixture. Beat very slowly at first and then at a higher speed for 5-6 minutes.
- Remove dough from mixer's bowl. If it is too sticky, dust your hands with flour to help.
- Transfer to a bowl that you have brushed with olive oil.
- Cover with plastic wrap. Set aside for about 1 hour, or however long it takes until it doubles in size.
- Dust a working surface with semolina. Place the dough over it. Shape into a roll and use a knife to divide into 6 equal parts.
- Roll out each piece of dough with a rolling pin. If it is too sticky, dust with some more semolina.
- Cut the bananas into thin slices.
- Spread 1 tablespoon hazelnut chocolate praline sauce on dough.
- Preheat oven to 200* C (390* F) Fan.
- Add 1 tablespoon mascarpone. The mascarpone should be less than the hazelnut sauce or else it will overpower its taste.
- Cover with some cookies, hazelnuts and 2-4 slices of bananas.
- Dip a pastry brush in some water and brush the edges of the dough all the way around. Fold in half and press down on the edges to seal. Twist and roll to make the edges look nice.
- Repeat process for the rest of the dough. Place 3 calzone in each baking pan.

Ingredients

For sourdough:

- 1 packet active dry yeast
- 250 g water
- 1 teaspoon sugar
- 140 g flour

For dough:

- 300 g all-purpose flour
- a pinch of salt
- 85 g chocolate
- 2 tablespoons olive oil
- semolina, for rolling out dough

For filling:

- mascarpone cheese
- hazelnut chocolate praline sauce
- crushed hazelnuts, optional
- cookies
- 2 bananas, ripe

Διατροφικός πίνακας

Nutrition information per 100 gr.

283 Calories (kcal)	10.7 Total Fat (g)	4.4 Saturated Fat (g)	39.3 Total Carbs (g)
14%	15%	22%	15%
9.2 Sugars (g)	5.7 Protein (g)	3.0 Fibre (g)	0.17 Sodium (g)
10%	11%	12%	3%

- Bake for 12-15 minute. The oven rack should be positioned on a high level.

Tip

Add the salt to the dough at the end instead of the beginning so that it doesn't burn the yeast!!