



Calzone with anari cheese and ham

3 hours

Hands on

4

Portion(s)

2

Difficulty



Method

For the dough

- In a bowl, mix the yeast with lukewarm water. Add the sugar and stir until it dissolves. Set aside for 10 minutes for the yeast to work.
- In another bowl, mix the flour, semolina and salt. Add in the yeast and olive oil and mix together using a spoon. When it becomes too hard to use the spoon, begin to knead the dough by hand on a counter top.
- Line a bowl with olive oil, put in the dough, cover with cling film and set aside at room temperature for 2 hours until the dough rises to twice its original size. How long we let it sit depends on the time of year and temperature.

For the filling

- As the dough rises, put all the ingredients for the filling (except the cheese) in a bowl, add salt, pepper and mix. Add the cheese and mix well when you are ready to place in the oven.

To assemble

- Preheat the oven to 190° C (370° F) set to fan.
- Separate the dough in two equal parts and sprinkle with semolina. Toss some semolina on a cutting board and use a rolling pin to unfold each batch of dough to approx. 20 cm in diameter. (If the dough sticks to the cutting board, use more semolina). Transfer the first batch of dough into a flour lined baking tray.
- Separate the filling into two batches. Put half the filling in one tray covering only half its surface as the dough will be folded over. Pour a little bit of water around the dough.
- Seal half the dough into a half moon shape. Press down on the edges firmly to ensure it's sealed well, and pinch the circumference of the dough at 1 cm intervals and fold it at 90 degrees to make a nice shape.
- Prepare the second calzone in the same way and place in the oven for 15 minutes at 200° C (390° F).
- Remove from the oven and set aside on a rack for 5 minutes. Cut in half and serve.

Ingredients

For the dough

- 9 g yeast
- 250 g water, lukewarm
- 1 pinch granulated sugar
- 300 g all-purpose flour
- 100 g semolina, fine + extra or unfolding the dough
- 100 g maize flour
- 1 pinch salt
- 3 tablespoon(s) olive oil

For the filling

- 200 g cherry tomatoes
- 200 g ham, cut in small pieces
- 200 g anari cheese
- 200 g spinach
- 2 tablespoon(s) coriander, fresh, finely chopped
- 3 tablespoon(s) olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

818 Calories (kcal)	31.0 Total Fat (g)	4.2 Saturated Fat (g)	102.0 Total Carbs (g)
41%	44%	21%	39%
4.2 Sugars (g)	29.0 Protein (g)	7.1 Fibre (g)	1.3 Sodium (g)
5%	58%	28%	22%