

March 6, 2015

Recipe: Four-Cheese and Vegetable Calzones

Baked Pizza Dough filled with Cheese and Vegetables

Servings: 4

- 1 package dry yeast
- 1 tablespoon sugar
- 1 cup warm water
- 3 1/4 cups flour
- 1 teaspoon salt
- 1/4 cup olive oil
- 2 garlic cloves, minced
- 2 cups onions, sliced thin
- 2 tablespoons olive oil
- 2 cups fennel bulbs, sliced thin
- 1 red bell pepper, medium, julienned
- 1 green bell pepper, medium, julienned
- salt and pepper, to taste
- 4 tomatoes, plum, medium, diced
- 1/3 cup fresh parsley, minced
- 4 ounces Gorgonzola cheese, crumbled
- 1 cup Parmesan cheese, grated
- 1 egg
- 1 tablespoon water
- 4 slices Mozzarella cheese, 3/4 oz. slices
- 4 slices Provolone cheese, 3/4 oz. slices

Prepare the dough as follows:

Proof the yeast with the sugar in the very warm, but not hot, water for about 5-10 minutes until foamy. In the Cuisinart blend the flour and the salt; with the motor running, add the yeast mixture and the olive oil, blending until the mixture forms a ball. Knead the dough on a lightly floured board 8 to 10 times and then transfer to a lightly oiled bowl, turning to coat with oil. Cover with Saran wrap and place in a warm, draft-free location to rise until doubled in bulk, about 1 hour.

Prepare the filling:

In a large skillet with lid, cook the garlic and onion in the olive oil over medium-low heat until onion is softened. Add the fennel, bell peppers, salt and pepper to taste and cook the mixture, covered, stirring occasionally, for 10 minutes or until the vegetables are tender. Add the tomatoes and cook the mixture, covered, for 5 minutes. Remove the lid and cook until most of the liquid has evaporated, stirring occasionally. Then stir in the parsley. Mix together the Parmesan cheese and Gorgonzola cheese in a small bowl. Make an egg wash by mixing together the egg with 1 tbsp water, beat well.

Punch down the dough, turn it out onto a lightly floured board and divide into 4 equal pieces. One piece at a time, roll the dough out to about 1/4 inch thick. Spoon one fourth of the filling onto one half of the dough. Top with one fourth of the crumbled cheese and then the sliced cheese. Brush the edges of the dough with a little egg wash, then fold the other half of the dough over to form a pocket. Crimp the edges together to create a tight seal. With a spatula, carefully transfer to an oiled cookie sheet (two Calzones should fit on one sheet). Lightly brush Calzone tops with egg wash. Place sheets with Calzones in refrigerator for 15 minutes while preheating oven to 425 degrees.

Remove and bake one tray of Calzones at a time for approximately 15 minutes, or until lightly golden.

