

# Calzones



## Ingredients:

15 mL	quick rise yeast
5 mL	sugar
2 mL	salt
400-500 mL	flour
150 mL	water
35 mL	oil

250 mL	cooked ham, chopped (about 3 slices of ham)
125 mL	mozzarella cheese, grated
½ can	pizza sauce (1 can = 212 mL)
1/2	green pepper, chopped

## Method:

1. Preheat oven to 375 F. Lightly grease cookie sheet.
2. In a large bowl, mix together quick rise yeast, sugar, salt and 400 mL flour.
3. In a small pot over medium heat, add water and oil until very warm (105-115 F).
4. Add water mixture to flour mixture. Stir well until mixture leaves sides of bowl and forms a soft dough. If too sticky, gradually add in more flour.
5. Place onto a floured counter and knead for 3-5 minutes or until smooth and elastic. Place in an oiled bowl. Cover with a clean t-towel and let rise for 20 minutes.
6. Meanwhile, in a medium bowl, combine all filling ingredients. Mix well.
7. Punch down dough and cut into 4 equal parts. Flatten and roll each of the four pieces of dough into 15 cm round shaped pieces.
8. Equally divide filling among the 4 pieces of dough, placing on ½ side of dough leaving a border along the edge.
9. Moisten the edges with water, fold dough over and pinch to seal.
10. Bake in oven for 20 minutes or until brown and crispy. Serve hot.