

Recipe

Vegetable Ricotta Cheese Calzones

By

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Ingredients

Dough:

- 1½ C warm water
- ¼ oz or 7 gm active dry yeast
- 1 Tsp sugar
- 3 Tbsp olive oil
- 1½ C all purpose flour
- 2 C whole wheat flour
- ¼ Tsp salt

Filling:

- 1 Tbsp oil
- ½ Tsp yellow asafetida powder
- 2 C bell pepper chopped
- 3 zucchinis, chopped
- 1 tomato chopped
- 1 Tsp dried basil
- ¼ Tsp ground black pepper
- ½ Tsp salt
- 1 C ricotta cheese
- 1 Tbsp oil for brushing the top

Preparation

1. In a mixing bowl, combine the water, yeast, sugar and olive oil using a wooden spoon. Add the flours and salt. Continue to stir until the dough comes together. Turn the dough out onto a floured surface and knead until smooth. Cover and let rise until doubled in size, for about 1½ hours.
2. While the dough is resting, prepare the filling. Heat oil in a pan over moderate heat. Sprinkle asafetida; add the bell pepper, zucchinis, tomatoes, basil, black pepper, salt and sauté until tender-crisp. Remove from heat. Cool the filling and combine with ricotta cheese. Divide into 6 portions.
3. When the dough has risen, knead it briefly. Divide into 6 equal parts. Roll each part into a disc of 6-inch diameter. Place one portion of the filling over the disc leaving a ½-in order. Moisten the edges with cold water. Fold the top of the dough over the filling to form a semicircular pastry. Seal the edges with your fingertips or use fork. Repeat for the remaining dough. Cover and let rise for 45 minutes.
4. Bake in a preheated oven at 450 F/230 C for 15-20 minutes or until the top is brown. Remove from oven to wire racks. Brush with some remaining oil on top.

Serves

4-6

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Hare Rama Hare Rama Rama Rama Hare Hare**