

HOME LEARNING

Year 10 – Food Technology- Home Learning 11

CALZONES (FOLDED PIZZAS)

You will need: Scales, 2 mixing bowls, measuring jug, tablespoon, teaspoon, palette knife, baking tray

INGREDIENTS

350G Strong Bread Flour - mixing bowl
1 teaspoon salt - mixing bowl
1 sachet Yeast - mixing bowl
1 tablespoon Oil - mixing bowl
200mls Warm Water - measuring jug

METHOD

1. Set Oven to Gas 7 / Electric 220
2. Lightly grease baking tray and set to one side
3. Combine all the ingredients together in the mixing bowl
4. Add the warm water to mixing bowl and stir until you have a soft dough
5. Flour work surface and “knead” dough until it is smooth and stretchy (about 10 mins.)
6. Grease mixing bowl 2 and place dough in and cover with cling film – put in a warm place to rise (30 mins)
- 7.

WHILE THE DOUGH IS RISING.....

You will need: Scales, cooked meat chopping board, salad chopping board, 2 metal plates, grater, mixing bowl, vegetable knife, tablespoon, wooden spoon, rolling pin, 2 small basins, pastry brush, cooling rack

INGREDIENTS

2 Slices Ham - cooked meat chopping board
50g Cheese - metal plate 1
125g Ricotta Cheese - mixing bowl
100g Mozzarella - metal plate 2
2 Tomatoes - salad chopping board
Mushrooms - chopping board
2 tablespoons Oil - small basin 1
Water - small basin 2

METHOD

1. Cut the ham into small pieces and add to mixing bowl
2. Grate cheese and add to mixing bowl
3. Chop the tomatoes into small pieces and add to mixing bowl
4. Chop mushrooms (if using) and add to mixing bowl
5. Tear/chop mozzarella and add to mixing bowl
6. Combine all the ingredients together in the mixing bowl
7. When the dough has risen remove from mixing bowl and “knead” for 5 mins.
8. Divide the mixture into 8 equal size pieces and roll each one into a ball
9. Flour work surface and rolling pin and roll out each ball into approx.. 7 inch circles
10. Divide the filling mixture equally between the eight circles – placing it on one half
11. Brush a little water around the edges and fold the dough over the mixture – pinch along the edges to seal – place on baking tray
12. Brush each calzones with a little oil
13. Place in oven and bake for 20-25 mins until puffed and golden
14. Remove from oven and place on cooling rack to cool

What went well _____

Even better if _____

Any other suggestions for fillings _____