

Chicken Calzone

Calzone Dough

5mL active dry yeast
3mL sugar
80mL lukewarm milk (95-105°F)
85mL plain yogurt
20mL cornmeal
1mL salt
290mL flour, plus extra for kneading

Chicken Calzones

15mL sun-dried tomatoes
20mL hot water
Calzone Dough
250mL shredded chicken breast (1/2 breast)
25mL onion
100mL ricotta cheese
50mL mozzarella cheese, grated
f.g. salt
f.g. pepper

1. Preheat oven to 350°F.
2. Place chicken breast in small pan, that has been sprayed with Pam, and cook in the oven until flesh no longer shows any pink.
3. Soak tomatoes in water until soft, approximately 15 minutes, if using dried. If they are in oil, chop finely.
4. Dissolve the yeast and sugar in lukewarm milk in mixing bowl. Let stand until foamy. 5 to 10 minutes.
5. Combine flour, cornmeal and salt in another bowl.
6. Combine yeast mixture with yogurt. Add this mixture to the dry ingredients. Stir until the mixture just comes into a ball. (If too dry add a little more milk, if too wet, add more flour).
7. Turn dough out onto lightly floured counter. Knead until smooth and elastic, 5-10 minutes, adding a little flour as needed to prevent sticking. Cover with an inverted bowl, or tea towel. Let rest 10 minutes.
8. Preheat oven to 400°F.

9. Divide dough into 2 equal pieces. Roll out each pieces of dough into 24cm circle.
10. Drain tomatoes and chop them. Combine shredded chicken, ricotta cheese, mozzarella, tomatoes, onions and salt and pepper in a medium bowl.
11. Spread dough with ½ of the filling over lower half of the round to with-in 3.5cm of the edge.
12. Fold dough over filling. Fold edges up and over together twice. Press firmly to seal. Crimp decorative edge. Transfer to parchment lined baking sheet. Prick top of each calzone several times with the point of a sharp knife.
13. Bake for 20-25 minutes, or until heated through and golden brown.