

Tim's Recipes and Cooking Stuff

<http://tim.rocketry.org/cooking/calzones/>



Italian Sausage Calzones

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Being a huge fan of Italian food, and pizza, I decided to make homemade calzones with Italian sausage, mozzarella cheese, and some herbs and veggies.

I used the pizza dough recipe I used in my "Tim's Bitchin' Pizza" recipe. And I also used organic ingredients where available, and things like fresh mozzarella and oregano.

Ingredients:

Pizza Dough (1/2 of my pizza recipe)
1 Italian Sausage
4 ounces Mozzarella Cheese
Pizza or Spaghetti Sauce
1 Green Pepper
3 small Mushrooms
some Fresh Oregano
2 tbsp Extra Virgin Olive Oil

Cost to Make (\$6.61 or \$1.65 per Calzone):

68¢	Pizza Dough (1/2 of my pizza recipe)
\$2.52	Italian Sausage
\$1.50	Mozzarella Cheese
50¢	Sauce
66¢	Green Pepper
30¢	Mushrooms
35¢	Fresh Oregano
10¢	Extra Virgin Olive Oil

Basic Calzone Instructions:

1. Make some pizza dough. (my own pizza dough recipe is available on the web site)
2. Divide half of the pizza dough into 4 equal pieces.. Then knead and form each chunk into a ball and let "rest" for 30 - 60 minutes..
3. Cut up and cook the Italian sausage until browned.
4. Chop and mince the other ingredients and produce.
5. Flatten out the dough balls and form into flat and thin pizzas.
6. Add some sauce and sliced fresh mozzarella, and other ingredients, to the dough.
7. Close and crimp the edges well, and place onto a pizza stone in a preheated 475° to 500° oven.
8. Bake for 7 to 10 minutes, or until golden brown.



Ravioli Pasta Ingredients

Our basic ingredients are pizza dough, Italian sausage, fresh mozzarella cheese, garlic, green pepper, mushrooms, fresh oregano, olive oil and some pizza or spaghetti sauce.



Prepare Pizza Dough

I had made a batch of my pizza dough the night before and let it rise in the refrigerator overnight for 18 hours or so..

After punching it down I cut the dough in half, then cut one half into 4 individual pieces.

I kneaded each and formed them into balls. I then put a dish towel over them and let them rest for 30 minutes or so.



Cut and Prepare the Italian Sausage

While the dough balls were resting I cut up the sausage and got it ready for cooking..

Note: Don't forget to remove the skin off the sausage if you bought whole like I did. You can also buy ground italian sausage too if you want..



Cook and Brown the Sausage

The sausage needs to be cooked before using it. I cooked the sausage in some olive oil in a pan, then set it aside in a bowl to drain on some paper towels.

It should also be cooled down some before using it in the filling.



Prepare the other Ingredients

Then while the cooked sausage was cooling off I chopped up the pepper and mushrooms, minced a couple of cloves of fresh garlic, and chopped the fresh oregano.



Form the Pizza Dough

By now the dough had rested enough, so I formed each ball like a tiny flat pizza.

I also lightly brushed on some olive oil, leaving a 1/2 inch dry around the edges so we can crimp it closed later..



Add Ingredients and Close

Add some sauce to 1/2 of the dough, then some slices of the mozzarella chesse, and a little of each of the rest of your ingredients..

I also added a little more sauce on top (not pictured, so you can see the ingredients) along with some more slices of the mozzarella before closing.

Then pull the other 1/2 of the dough over the top. Fold over the edges a little and crimp them closed good.



Bake the Calzones

I had preheated the oven to around 475° - 500° and gave it a good 30 minutes to an hour to get the pizza stone good and hot. Then, using a pizza peel, slid the calzone off onto the hot pizza stone. I baked them 2 at a time for about 7 - 10 minutes until they were golden brown.

Note: *Dusting your pizza peel lightly with some semolina flour will help the calzone slide off easily onto the hot pizza stone.. Sticking is bad, mm'k.*

Semolina is also the type of flour used in making stuff like ravioli pasta, another recipe on my web site!



Calzones, Ready to Eat!

And here are the finished calzones! The only thing I think I would have done differently would be to use about double the amount of mozzarella cheese, and a little more sauce. =)

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