

Cheesy Artichoke & Spinach Calzones



R & J Mazza
GLOBE ARTICHOKES

Ingredients

1.5 cups plain flour,
1 teaspoon dried yeast,
½ teaspoon salt,
½ teaspoon sugar,
¾ cups lukewarm water,
2 tablespoons oil,

1 large Desiree potato, peeled and thinly sliced,
1 tablespoon oil,
½ medium onion, chopped,
2 cloves garlic, chopped,
¾ cup cooked spinach, squeezed & chopped,
150g artichokes hearts, sliced,
¼ cup chopped parsley,
Salt & pepper to tasted,
60g goats cheese crumbled,
¾ cup mozzarella cheese, loosely packed,
¼ cup parmesan cheese



How to Prepare

1. Place flour, dried yeast, salt and sugar in bowl and mix. Make a well in the centre of flour mixture. Add water and oil, mix well and place dough on floured board. Knead until dough is smooth and elastic. Cover with a towel and place in a warm place for 1 hour or until dough doubles in size.
2. Boil water, add sliced potatoes and cook until slightly tender, approximately 3 minutes. Remove from heat and cool.
3. Gently sauté onion and garlic until soft. Remove from heat.
4. Mix all ingredients in a bowl and stir gently. Place aside.
5. Preheat oven to 220°C.
6. Place dough on a floured board and knead until it reduces to its original size, and does not have any air bubbles. Roll out and cut into 18cm rounds.
7. Place approximately 3 tablespoons of artichoke mixture on one side of the circle. Brush edges with water and fold over dough. Pinch edges to ensure filling remains in the casing.
8. Prink the top of the casing with a fork.
9. Bake for approximately 15 minutes, or until golden.

