



Ricotta and Ham Calzone

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 0.5 pound mozzarella cheese fresh cut into 1-inch chunks
- 0.5 cup ricotta cheese fresh
- 4 servings olive oil extra-virgin for the crust
- 0.3 cup pecorino cheese freshly grated
- 4 servings pizza paddle
- 0.3 pound prosciutto cotto cut into 1-inch chunks
- 4 servings sea salt and pepper black freshly ground

Equipment

- bowl
- oven
- mixing bowl
- wooden spoon
- rolling pin
- pastry brush

Directions

- I recommend buying a prepared tile baking stone for all pizza and bread working at home. They are available at gourmet shops and specialty chef supply stores.
- Preheat the oven to 400 degrees F.
- Prepare the bread dough as directed, cutting the dough into 2 pieces.
- In a medium-sized mixing bowl, combine the ricotta, prosciutto, mozzarella, 1 egg, and pecorino. Using a wooden spoon, stir the filling until well combined. Set aside.
- Using a lightly floured rolling pin, roll the dough out into 2 rounds.
- Coat the pizza paddle with the sea salt.
- Place 1 dough round on the paddle spread with coarse sea salt.
- Spoon the filling onto the center of the dough round laid out on the pizza paddle. Using your fingers, dab a little extra-virgin olive oil all around the edge of the dough. Fold each round over itself to make a half-moon shape. Using your fingers, crimp the edges, sealing the calzone.
- In a small bowl, use a fork to beat the remaining 1 egg. Using a pastry brush or your fingers, dab the top of the calzone with the egg mixture, which will help the top turn a beautiful golden brown.
- Place in the oven and cook until the dough is cooked through and golden brown, about 25 minutes.
- Cut into 4 pieces and serve immediately.
- 1/4 cup light red wine or white wine
- 1/4 cup warm water

- package yeast
- tablespoon honey
- teaspoon kosher salt
- tablespoon extra-virgin olive oil
- cups all-purpose flour
- Combine the wine, water, and yeast in a large bowl and stir until dissolved.
- Add the honey, salt, and the olive oil and mix thoroughly.
- Add 1 cup of the flour and mix with a wooden spoon to make a loose batter.
- Add 2 more cups of the flour and stir with the spoon for 2 to 3 minutes to incorporate as much flour as possible.
- Bring the dough together by hand and turn out onto a floured board or marble surface. Knead for 6 to 8 minutes, until you have a smooth, firm dough.
- Place the dough in a lightly oiled bowl and cover with a towel. Set aside to rise in the warmest part of the kitchen for 45 minutes.
- After 45 minutes, cut the risen dough into 2 equal pieces and knead each portion into a round. Cover again and let rise for 15 minutes. The dough is now ready to be used.

Nutrition Facts

PROTEIN 18.22% **FAT 79.07%** **CARBS 2.71%**

Properties

Glycemic Index:28.25, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:13.262608587742%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 565.12kcal (28.26%), Fat: 49.55g (76.22%), Saturated Fat: 18.77g (117.33%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.78g (1.37%), Sugar: 0.82g (0.91%), Cholesterol: 173.89mg (57.96%), Sodium: 745.92mg (32.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Calcium: 431.79mg (43.18%), Selenium: 29.4µg (42%), Phosphorus: 395.34mg (39.53%), Vitamin B12: 1.85µg (30.88%), Vitamin B2: 0.38mg (22.08%), Zinc: 2.91mg (19.38%), Vitamin E: 2.57mg (17.11%), Vitamin A: 680.51IU (13.61%), Vitamin K: 10.44µg (9.94%), Vitamin B1: 0.14mg (9.11%), Vitamin B6: 0.18mg (8.89%), Vitamin B3: 1.63mg (8.17%), Vitamin B5: 0.72mg

(7.21%), Iron: 1.26mg (7.02%), Magnesium: 24.66mg (6.16%), Vitamin D: 0.91µg (6.07%), Potassium: 187.69mg (5.36%), Folate: 18.48µg (4.62%), Copper: 0.05mg (2.38%), Manganese: 0.04mg (2.16%)