

Build-Your-Own Calzones
INGREDIENT LIST

1 egg
¾ cup ricotta cheese
6 oz low-moisture part-skim mozzarella
1 oz Parmesan cheese
1-2 cups veggie fillings of your choice (like spinach, mushrooms, bell pepper, broccoli and/or olives)
1 clove garlic
2 tablespoons olive oil
1 14.5 oz can tomato sauce
1¼ cup whole wheat flour
1¼ cup all-purpose flour
2¼ teaspoon dry active yeast
1 teaspoon dried oregano
½ teaspoon Italian seasoning
1 small bay leaf
1 teaspoon + pinch sugar
Cornmeal or flour (for rolling dough)
Salt

SUBSTITUTION NOTES:

- **Whole wheat flour** -> *If you can't find whole wheat flour, you can substitute additional all-purpose flour.*

PREP NOTES:

- **Produce** -> *Wash produce under cool running water.*
- **Tomato sauce** -> *Open can.*

SPECIAL PREP NOTES FOR TOT & KID CLASSES:

- **Mozzarella** -> *We'll be grating the cheese in class, but if kids are on the younger side, you may want to pre-grate some of it.*

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EQUIPMENT LIST

Cutting board
Chopping tool
Measuring cups
Measuring spoons
Wooden spoon (x2 - or 1 wooden spoon & 1 metal spoon)
Rolling pin
Whisk
Fork
Grater
Few small bowls or plates (for holding prepped ingredients)
Plastic wrap
Large mixing bowl
Medium mixing bowl
Small saucepan or pot
Baking sheet lined with parchment paper (or a pizza stone)
Stovetop
Oven
Oven mitts

*NOTES:

- **Chopping tool** -> *If your child is older and experienced with a knife, and can in your judgment safely use it with your close supervision during class, that's great. We often use wavy chopping tools with younger kids with great success. A serrated plastic lettuce knife or even a butter knife can also work great too!*
- **Rolling Pin** -> *If you don't have a rolling pin, you can use an empty long glass bottle with straight sides (like an oil bottle or even a wine bottle!). Just make sure to wash the outside of it.*

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