

Stromboli Recipe

Cool Rise Yeast Dough

Ingredients:

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| - 3 C. flour | - 1 ½ t. salt |
| - 1 T. dry yeast | - 2 T. oil |
| - 1 T. sugar | - 1 C. plus 2 T. hot water |

Directions:

Day 1:

1. Mix yeast, 1 Cup flour, sugar and salt into a large bowl.
2. Add oil and water.
3. Mix for 2 minutes at medium speed with the electric mixer.
4. Take the beaters out of the mixer. Wash the beaters.
5. Add another ½ cup flour – mix with a wooden spoon.
6. Stir in enough flour of the 1 ½ cups to make a soft dough.
7. Knead dough until smooth – 5 -10 minutes.
8. Spray clean container with oil. Place dough in bowl – flip dough over so it's coated in oil.
9. Cover with saran wrap and label with kitchen color, period and day.

Day 2:

1. Preheat oven to 425 degrees. Cover baking sheet with foil and spray with cooking spray.
2. Divide dough in section (ex: 4 people in group, 4 sections of dough).
3. Each student will lightly flour the counter and roll their section into 8” circles.
4. Find the “equator” of the circle and place the filling on the bottom half of the circle. Be sure to leave about a ½ inch space around the edges so that you can seal your Stromboli closed.
5. Place 2 – 3 T. marinara sauce (too much sauce = Stromboli EXPLOSION!)
6. Fold top part of dough over the bottom half and seal the edges on the cookie sheet.
7. Place in the oven and bake for 20 minutes.