

Stromboli

An Italian-American savoury pastry

500g Bread mix (White or Brown)

200g Grated Cheese

1 tube Tomato Paste

1 small tin Diced Pineapple

(you may wish to use diced peppers, ham, sweetcorn, tuna, capers, diced tomato, cooked sliced mushroom)

Method

1. In a large bowl mix the bread flour with warm water and bring together into a big ball.
2. Knead the bread with your hands for 10 minutes until the bread dough is smooth and soft (when you press the bread dough it should spring back)
3. Prove the bread dough until it has doubled in size (preferably in a warm room)
4. When the bread dough has proved knock back the dough to its original size
5. Divide the bread dough into 8 equal size portions. Roll each portion into a rectangle roughly 12cm wide x 25cm in length.
6. Without cutting into the rectangle divide into 3 (top, middle, bottom)
7. In the middle of each rectangle start by placing a little tomato paste, cheese and pineapple. Fold the bottom away from you over the filling but not all the way to the top. Now place exact same filling again onto the middle and then fold the top part towards you to cover the filling.
8. Place each Stromboli onto a greased tin or baking sheet and bake in the oven for 10- 12 minutes at 190c.
9. Enjoy warm.