

Caramelised Pear Calzone



Serves	3-4
Prep time	30 minutes
Cook time	15 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot , Serve Warm

Ingredients

- 1 Ball plain pizza dough (Refer to recipe)
- 3 ripe pears (peeled and diced)
- 2 tablespoons unsalted butter / Nuttalex
- 2 tablespoons brown sugar
- 1 tablespoon caster sugar
- 1 tablespoon pure icing sugar

Optional

- 1 tablespoon whisky

Directions

1. Preheat the oven to 220°C and line a baking tray with baking paper.
2. Melt the butter / Nuttalex in a frying pan over medium heat. Add the pears and stir to coat them. Cook for 10-15 minutes until they are golden brown and soft, but not mushy.
3. Add the sugar and whisky (if using), stir and cook for another 5 minutes, or until the sugar has dissolved and coated the pear. Remove from the heat and set aside.
4. On a lightly floured surface roll the pizza dough into a 30cm diameter circle.
5. Place the pear mixture evenly over the dough, leaving 1cm around the edges.
6. Carefully lift the top edge of the dough towards you and fold the dough in half so that you have a semi-circle. Crimp the edges together to seal the calzone.
7. Carefully lift the calzone onto the baking tray.
8. Place the baking tray low in the oven and cook for 10 to 15 minutes, until the dough is golden on top and the filling heated through.
9. Remove the calzone from the oven, sprinkle with icing sugar, slice and serve. Serve on its own or with some vanilla ice cream, vanilla custard or cream.



Note

Low Chemical / Failsafe, Dairy-free if using Nuttalex

Inclusion of whisky is optional.

For the piza dough, you need 1 ball (1/4 batch) from the [plain pizza dough recipe](#).