

Italian Stromboli

I spent several years in Italian-style restaurants in my career and I've always enjoyed a good stromboli. I've been playing with different types at home, just like I used to do at the restaurants, but I keep coming back to the traditional Italian-style stromboli. Here is a simple and fun item that you can enjoy at home for dinner, during the game, or even cut up as an appetizer.

- 1 Italian Style Bread Dough (Look in the grocery freezer)
- ½ oz Olive Oil

Take the raw bread dough and place in a bowl to thaw over night in the refrigerator. Brush with olive oil. Cover with clear plastic wrap. Pull about 2 hours before using to allow the dough to rise and get to room temperature. Note: If you only have a few hours, do the same but place at room temperature to allow the thawing process to go quickly and hopefully the dough will rise.

- ½ cup All purpose flour
- ¼ cup Corn Meal
- 1 Tbls Tomato Paste
- 1 Tbls Chopped Garlic
- 1 Tsp Parmesan Cheese
- 8 slices Genoa Salami
- 8 slices Capicola Ham
- 8 slices Pepperoni – sandwich size
- ½ cup Mozzarella Cheese – grated
- 1 Egg (beaten) w/a ½ oz of water



Since your dough has risen and doubled in size, take the flour and toss it with the dough so it is easier to work with. Sprinkle the corn meal on a baking sheet. Roll your bread dough flat to make a rectangle. Start with the tomato paste, garlic, and parmesan cheese. Spread right down the middle of your rectangle. Layer the salami, ham, then the pepperoni. Leave about 2" to 3" on both sides of the dough. Top it with the cheese. Fold over the ends to close up the stromboli. Make sure it seals good and tight. (wet your fingers if needed to seal) Flip the stromboli over so that the seal is on the bottom. Pinch a couple holes on the top so heat can escape on top. Brush the top of the stromboli with the egg wash. This will make your top look golden brown.

Bake in a 400° oven for about 25 minutes. Ovens temperatures may vary. Let stand a few minutes then cut and serve.

Great Eats!

Mike Popella