

## Salt Cod Ricotta Calzone



Serves: 4

### Ingredients

- 1 12-ounce (340 g) fillet salt cod
- Freshly ground black pepper
- 2 tablespoons (30 ml) vegetable oil
- 1 cup (240 ml) water
- 1 onion, thinly sliced
- 4 cloves garlic, thinly sliced
- 1 red pepper, cored and thinly sliced
- ½ bulb fennel, sliced
- 2 tablespoons (30 ml) parsley, chopped
- All purpose flour, as needed
- 1 package puff pastry
- ½ cup (120 ml) ricotta
- 2 teaspoons (10 ml) olive oil
- 2 eggs

### Directions

1. In a medium bowl, cover the salt cod with cold water and soak in the refrigerator for 24 hours, or for up to 2 days, changing the water at least three times during the soaking period.
2. Remove cod from the soak and rinse with clean, cold water. Pat dry with paper towel to remove excess moisture.
3. Season cod with pepper and place in a heated pan with a tablespoon of vegetable oil. Allow to cook 5 minutes or until crust develops on one side. Flip the fish. Add a cup water to the skillet and let the fish steam for another few minutes until cooked through and flaky.
4. Remove the pan from the heat and set aside.
5. In a new pan, heat remaining tablespoon of vegetable oil and add onion, red pepper, fennel, and

- garlic. Season vegetables with pepper and allow to cook until softened, 4-5 minutes. Transfer softened veggies into a bowl.
6. Flake apart cooked cod and add to the vegetables. Add chopped parsley and mix all together.
  7. Scoop mixture onto a baking sheet lined with parchment paper, and spread into an even layer. Put in refrigerator to chill for 30 minutes.
  8. Preheat the oven to 400°F (204°C)
  9. Sprinkle some of the flour on a flat surface and lay 1 sheet of puff pastry on top. Cover remaining pastry with a damp towel until ready to use.
  10. Sprinkle the pastry with a bit of the flour and fold in half. Sprinkle more flour on the pastry and roll out with a rolling pin until it reaches its original thickness. Repeat 3 times - folding and rolling until the pastry is 1 inch (2 cm) thick.
  11. Using an inverted medium-sized bowl or mold, cut out a pastry circle. Cover the pastry circle with a damp towel until ready to use. Repeat steps 10-11 above for the second sheet of puff pastry.
  12. Remove fish mixture from the fridge and place it into a bowl. Stir in the ricotta cheese and olive oil, season with pepper, and mix together.
  13. Crack the eggs into a small bowl and whisk.
  14. Fill pastry circles with chilled mixture and brush beaten egg around the edges. Fold pastry over into half-moon shapes and crimp the edges down with a fork. Use a knife tip to slice small slits across the top of the pastry packages to allow steam to escape. Brush remaining beaten egg over the tops.
  15. Place calzones on a baking sheet lined with parchment paper and bake in oven until the pastry is golden and the bottoms are crisp, roughly 12-15 minutes. Allow to cool slightly before serving.