

Italian Stromboli

Europeans love this "feast on the run." It is a lovely focaccia bread rolled with a rich cheese, meat and vegetable filling.

Bread Dough

1¼ cup slightly warm water
2 tsp. dry yeast
1½ cup all-purpose flour
½ tsp. salt
3 tbsp. olive oil

Filling

1½ cup Creamy Cheese Sauce (see index)
½ cup pepperoni or sausage TVP, soaked in ½ cup water
dash garlic powder
dried Italian herb mix or Herbs de Provence (see index)
3 Tbsp. olive oil
1 tsp. salt
¼ tsp. dried rosemary leaves
1 tsp. pepper

In a small bowl, pour in 1 cup warm water. Add the yeast and let stand 5 minutes. In a large bowl, add flour and salt. Stir with a whisk then add yeast mixture and 3 Tbsp. olive oil. Use a rubber spatula to incorporate the flour with yeast and oil. Add the remaining ¼ cup of water. The dough will be sticky so drop it on to a floured board and knead for 10 minutes or until smooth. Oil a bowl and set the dough inside, cover with a damp dish towel. Set in a warm area and let rise 1-2 hours or until it is twice the size. Punch down and shape into a small firm ball. Let it set for 10 minutes. Roll dough out to a 16" X 8" rectangle, cover with towel and let stand for 15 minutes. Spread the cheese, sprinkle on the drained TVP and then the herbs. Fold in ¼ of dough starting at narrow edge, fold over again and again. Set seam side down on a greased cookie sheet. Use an ice pick to poke holes every few inches all the way through to the baking sheet. Sprinkle half the olive oil, salt, dried rosemary leaves and pepper. Bake in a preheated 400° oven for 1 hour, cool 5 minutes. Sprinkle the other half of the olive oil. 1 loaf

Thick and Creamy Cheese Sauce

¼ cup white cream sauce mix
1 cup water
¼ cup cheese powder
¼ cup water
dash of cayenne pepper to taste

In a small saucepan whisk together white sauce mix and 1 cup of water. Heat and when it's warm add the cheese powder and ¼ cup water. Whisk again. Add the cayenne pepper and stir with a wooden spoon over medium heat until thick. This is a great sauce to spoon over veggies, pasta, or to use as bread dipping sauce similar to a fondue. Makes ¼ cups