

# **Vegetable Stromboli**

*Submitted by: Rosita Goldstein (and featured in her published cookbook "My Secret Recipes")  
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*Note: While stromboli is not a Jewish delicacy, it is a casual vegetarian dish that can be served anytime, especially to bring people together. There are many ways to make this dish your own, with personal fillings and toppings. However, this is one of my daughter's favourites!*

## **Dough ingredients**

- 1 teaspoon yeast
- 1 teaspoon sugar
- 1-1/4 cup lukewarm water
- 3 cups bread flour
- 1 teaspoon salt
- 1 tablespoon olive oil

## **Filling ingredients**

- 1 medium-sized onion, sliced and sautéed
- 1 red capsicum
- 1 yellow capsicum
- 1 green capsicum
- 250g mushrooms
- 300g eggplant
- 250g grated mozzarella or feta cheese
- 1 tablespoon Italian seasoning

## **Topping ingredients**

- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/3 cup parmesan cheese
- 2 teaspoons fresh thyme or oregano

## **Glaze ingredients**

- 1 egg
- pinch of salt

## **Directions**

Slice the capsicum, mushroom, and eggplant. Lay them on the greased baking pan, sprinkle with salt and pepper, bake for 30 minutes in the 200° Celsius / 400° Fahrenheit oven.

In a bowl, mix together yeast, sugar and water; let it soak until foamy (this should take about 7-10 minutes).

Add flour, salt and olive oil. Be certain to mix them well, using an electric mixer or knead manually.

Let the dough rest in the oiled bowl for 1 hour or until double the size.

Preheat the oven until the temperature reaches 180° Celsius / 350° Fahrenheit.

On the working surface, roll the dough into a rectangle shape.

Put the filling on the dough and roll the dough together.

Brush with the glaze; with a knife score the top of the stromboli in a few places, making diagonal openings just enough to show the top part of the stuffing, and then bake it in the oven until golden brown, 20-30 minutes.

Brush it with olive oil while it still hot from the oven and sprinkle with the topping.

Serve with marinara sauce.