



Recipe Corner

Calzones

For the calzone dough:

- 3/4 cup lukewarm water
- 1 teaspoon active dry yeast
- 2 cups bread flour
- 1 1/2 teaspoons salt
- 1 tablespoon olive oil

Work the dough like a pizza dough.

For the spinach-ricotta filling:

- 2 tablespoons olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 ounces baby spinach
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella
- 1/2 cup tomato sauce

Heat the oil in a large skillet. Add spinach (in batches if needed) and toss until wilted, about 1 minute. Remove from the heat and let cool. Add the ricotta and mozzarella and combine. Can spinach works and I add cooked Italian sausage.

Directions:

Divide dough into 8 pieces. Roll out and use about two TBS of filling over sauce on the 6-8 inch circle. Fold over and press edge with fork to seal. Brush with egg wash and cut 2-3 slits. 450° oven for 15-20 minutes on parchment paper.



Freeze unbaked calzones in single layer on a baking sheet. Transfer to zip-top bag and freeze for up to 3 months. To cook frozen calzones bake at 400°F for 30 minutes or until the filling reaches 160°F. Kudos to Granddaughter Gracie

THE FRANK REPORT

3.28.2020 #219

All the news I see fit to print.
Freedom of the press belongs to those who own one.



Self quarantine means you will have a lot of time for introspection. If you're bored, you may find yourself playing those solitaire games on your computer. I discovered the reason I could never win one of the games...the damn four of diamonds is missing!



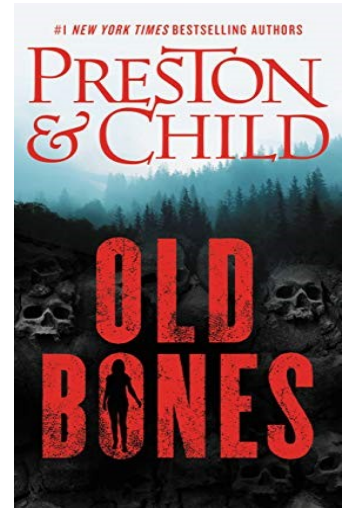
Buzz Aldrin is one of my heroes. He turned 90 this year and was asked how he is handling the beer flu. "Laying on my ass with the door locked" was his answer. After returning from the first landing on the moon, he was in quarantine for two weeks. With ants crawling into the isolation module, and finally figuring out nothing could live on the moon, they released him and he handed in his travel voucher...\$33.31. Last year an idiot protestor got in his face and started spewing...Buzz decked him. Needless to say, "journalists" are very careful around him. Worth your time to discover more about this American hero.



President proposes to suspend the payroll tax. Democrats complain it only affects people who are working and have jobs. Think about that for a moment.

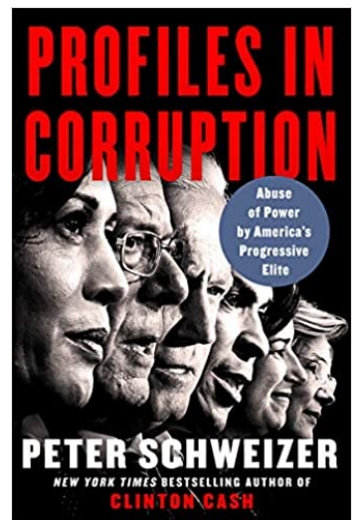
Bon Mots

It amazes me how much you can get away with when you're 80.



Book Report

Another **Agent Pendergast** guest appearance at end of story with twist to plot to solve it. Always entertaining and keeps you guessing.



One of many books by Schweizer, this is stuff out there easily confirmed that our lame stream medias has been ignoring for years allowing shady politicians to rise to the top of their party. If the media would do their job there would be a big shortage of tar and feathers. -more-

**They said a mask and gloves
were enough to go to the grocery store.
They lied.
Everybody else had clothes on.**



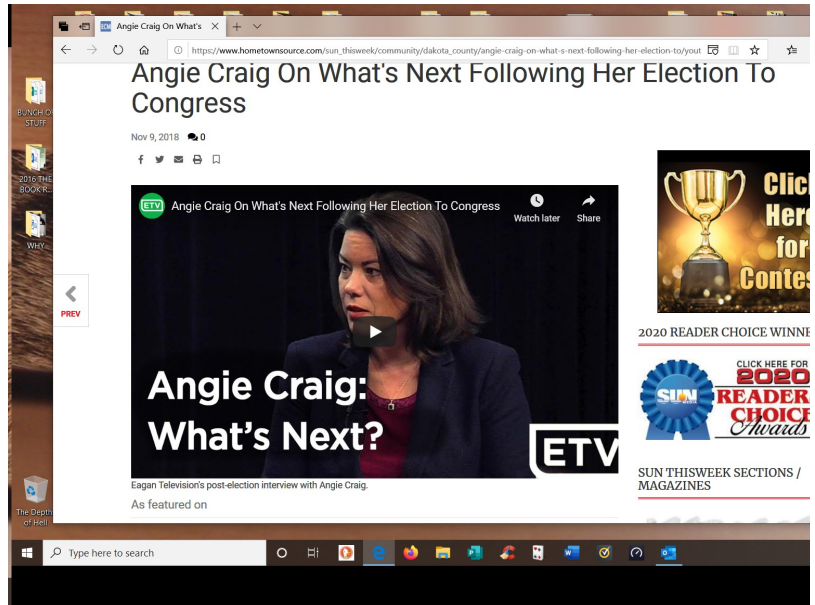
Neighbor was on my deck past evening looking for this character. There was a bald Eagle in the backyard and he was worried about him. His name is Han and has been visiting The Boys for almost a year now. Neighbor thought Han was chasing rabbits back here. We had a good laugh about it and traded emails and phone numbers. Han is a 20 pound Maine Coon. I thought he was a Norwegian Forest Cat. Fun way to meet neighbor.



WHATFINGERNEWS

Thumbs Up or Thumbs Down on Breaking News & Commentary

Finally found out why Whatfinger.com is growing so fast and Drudge is failing...seems he switched from a 20 year relationship with an ad agency to one controlled by Google. Lost about 25% of his audience since he started to bash President Trump. He's gone so far left he would support a nationwide march against the beer flu. Pelosi as grand marshal?



All politics is local? And you can bet even local politics is tainted by the biased media. This article is still running in our local newspaper since November 2018 with no mention of any GOP candidate running against her. Our D governor has just declared news media essential...AYSM?

***I'm curious.....do states have surgeon generals?
The daily press briefings by the President provide access
to health officials like the surgeon general.
In MN we get politicians.***

Spring is springing...switched winter tires for summer tread. Took a bit longer this time; proof positive that I gotta get back into shape. Also moved the apple trees I started from seed from the garage to the deck since they were spouting leaves.

Feds are starting the first national unemployment payments...\$600.00 per week. MN pays 50% of your previous income per week. Crunch the numbers and you'll find the incentive to find work goes away. Next we'll have the *Obama phones* reappear to "help". Small business pays the unemployment tax to fund. Might be a sneaky way the Democrats have gone well beyond \$15 minimum wage dream? MN is in session working on their own unemployment "help" to "supplement" the already existing unemployment benefits. Maybe the Democrats know what's coming in November and are planning ahead?

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