

# Pita Bread

Yield: 6-8 Pitas



## Ingredients:

- 2 tsp Active Dry Yeast
- ½ tsp Powdered Sugar
- ¼ Cup (35 grams) Whole-wheat Flour
- 2 ½ Cups (310 grams) Unbleached All-purposed Flour + extra for dusting and rolling
- 1 tsp Kosher Salt
- 2 Tbs Olive Oil

## Preparation:

- 1) Place 1 Cup lukewarm water in a large bowl and add the yeast and powdered sugar - Mix until dissolved
- 2) Sift the whole-wheat flour and ¼ Cup of the AP flour into the bowl - Whisk to combine
- 3) Place the bowl in a warm (NOT HOT) location and allow to sit uncovered until the mixture is 'frothy' and bubbling (apx 15 minutes)
- 4) Add the remaining ingredients and mix (you can use a wooden spoon but I find that the hand is a better tool) until it comes together into a 'shaggy' mass
- 5) Lightly dust with some additional flour and then knead in the bowl for 1 minute (make sure everything is incorporated)
- 6) Turn out dough onto a lightly dusted surface and knead for another 2-3 minutes until a smooth dough is achieved
- 7) Cover the dough with a clean tea towel (right on the work surface) and allow to rest for 10 minutes
- 8) After 10 minutes - Knead the dough again for 2-3 minutes (try not to add too much flour - the dough should be soft and a little moist. If too dry, add a tiny amount of water and repeat steps 6-8)
- 9) Place the dough into a clean, large mixing bowl - Seal with plastic wrap and cover with a tea towel and place in a warm (NOT HOT) place until dough has doubled in size (apx 1 hour)
- 10) Place a heavy-duty baking sheet, large cast iron skillet (upside down), baking stone or a tile in your oven and preheat to 475°F
- 11) Punch down the dough and divide into 6-8 equal portions - Form each portion into a ball and set aside (cover with a damp towel) for 10 minutes
- 12) One ball at a time (keep others covered) - On a lightly dusted surface, roll each into a disk about 1/8 inch thick
- 13) Carefully transfer rolled out disk to the oven - Place directly on the baking sheet, skillet bottom, baking stone or tile) - Allow to cook for 2 minutes (pita should puff up) - Flip using tongs or a spatula and allow to cook for an additional minute (pita should be pale in color with just a few dark speckles)
- 14) Repeat with remaining dough balls
- 15) Serve warm or at room temperature with hummus, falafel, shawarma, kababs, or ANY Middle Eastern dish