

Homemade pita bread |

Recipe for 4 servings



Description

The ideal bread to accompany a Mediterranean meal.

Note

You can add a spice (aniseed, cumin, caraway...) to the dough to make your bread more flavorful.

Ingredients

Pita

- 140 Gr Flour
- 5 Gr Sugar
- 3 Gr Dry yeast
- 3 Gr Salt
- 90 Gr Water
- 10 Gr Olive oil

Preparation

- Preparation time **30 mins**
- Resting time **60 mins**

Pita bread

Loosen the yeast in your lukewarm water, pour into your mixing bowl.

Add all the other ingredients and turn to first speed, making sure you have extra water if necessary. You may need to add more if the mixture seems too dry. Otherwise you risk burning your dough (lack of water).

Once your dough is soft and homogeneous, increase your speed to second position for 3-5 minutes.

Remove the dough from the table and shape it into a ball with your hands. Place in a lightly oiled bowl.

Cover with a damp cloth and leave to almost double in volume (about 35 minutes, depending on the environment).

Divide your dough according to the desired size of your pita bread, shape into balls and leave to rest again under a damp cloth on a baking sheet (30 minutes).

Using a rolling pin or your hands, roll out the dough into a nice circle.

Heat a lightly oiled non-stick frying pan over medium heat. Cook one disc at a time in the hot pan for 2 minutes. Turn over and continue cooking for 1 minute, or until the bread puffs up and colors slightly. Set aside on a wire rack. Clean the pan with a lightly oiled paper towel between each cooking.

Bon appétit!