



# PITA

FLAT, ROUND BREAD

## Introduction

This flat, round bread comes from the Middle East and is among the oldest and most basic pastries. In the past, not only was it used as a meal but also as a scooping tool (instead of cutlery) or a dish to be filled with ingredients. Pita, baked with sourdough or yeast in order to obtain a “pocket”, is for instance, a base of iconic Israeli sabih sandwiches and an indispensable addition to hummus. Our proposal is a simple bread to be made without an oven, at home or outdoors – on the fire.

## INGREDIENTS

- 400 g (14,1 oz) of lukewarm water
- 12 g (0,42 oz) of yeast
- ½ tablespoons of honey
- 650 g (~24 oz) of bread flour
- 5 g (0,18 oz) of salt
- 3 tablespoons of olive oil + a couple of tablespoons for brushing on the bread

## Preparation method

### • Step 1

Prepare a grill pan.

### • Step 2

Dissolve yeast and honey in lukewarm water, then set aside for 5 minutes.

### • Step 3

Sift the flour into a bowl, add salt and water with yeast, then oil. Knead the dough for approx. 5-6 minutes, cover it with a cloth and let it rise for 1.5 hour.

### • Step 4

Afterwards, divide the dough into 8-10 pieces (depending on how big you want your pitas to be), shape them into balls and roll them into oval pieces, cover with a cloth and leave on the countertop for 5 minutes.

### • Step 5

Preheat the grill pan. Brush the first bread with a thin layer of olive oil on both sides.

### • Step 6

Put the bread on a hot frying pan. Once it has gone golden brown, turn over and grill in the same way.

**Smacznego!**