



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!