

Pitta bread recipe

Makes 8 portions

350g strong white bread flour
100g strong wholemeal bread flour
1 teaspoon salt
2 teaspoons fast action yeast
15ml vegetable oil
285ml water

1. Weigh the white and wholemeal flours into a large mixing bowl.
2. Add the salt on one side of the bowl and the yeast on the other so they don't touch. (The salt will kill the yeast).
3. Add the vegetable oil and stir together.
4. Warm the water in a microwave until when you stick your finger in the water, you can't feel if it's hot or cold. (This is called blood temperature).
5. Pour most of the water into the mixture and stir with a large spoon. Once it's too difficult to stir, use your hand to bring together to form a dough. The dough should be just sticky. (Wholemeal bread dough needs to be made a bit wetter than white bread dough). Add a drop more water if needed. Pour onto a clean worktop and knead for 10 minutes.
6. Place into the mixing bowl and cover with a tea towel. Leave in a warm place until doubled in size (prove). This should take about one hour.
7. Once the dough has doubled in size, divide into 8 equal pieces. Roll each piece into a ball then roll out flat ½ cm thick. You may need to dust the worktop with flour to stop it sticking. Leave to prove for 20 minutes.
8. Heat a large frying pan. Don't add any oil.
9. Place two pitta breads into the pan. Cook for 3 minutes then turn over. Cook on the other side.
10. If eating soon, stack on a plate covering with a tea towel to keep warm. The pitta breads can be frozen and reheated in a toaster or in an oven.

