

Pitta Bread

Makes 4 - 190°C for 6 minutes (3 minutes each side)

Ingredients

8oz/200g all purpose flour

150ml warm water

1 teaspoon yeast

1 teaspoon salt

1 teaspoon of olive oil (optional)

Method

Mix the water and yeast together and leave for 5 minutes until the yeast is dissolved.

Add the flour, salt and oil (if using). Stir until a dough is formed.

Knead the dough - sprinkle some flour onto a clean work surface and knead for 5-7 minutes until it is smooth. Add more flour to stop the dough sticking to your hand, let the dough rise for 1-2 hours in a clean bowl, cover it with a small bit of oil until it is all coated, cover the bowl with cling film.

Divide the dough into 4 equal pieces and gently flatten each piece into a thick disk, cover with cling film until ready to use. Shape each piece of dough into a circle 9 inches wide and $\frac{1}{4}$ inch thick. Lift and turn the dough frequently to make sure the dough isn't sticking.

Place onto a baking sheet and bake in a pre-heated oven for 3 minutes on each side, the pittas will start to fluff up. Remove from oven and eat immediately or cover with cling film as they will go hard.