

Pita Bread

Season: All

Makes: 15 small pita breads

This dough should be prepared before class and allowed to rest. This class will make the dough for the next class.

Equipment:

metric measuring scales, jug and spoons
bowls – 2 small, 1 large
fork or whisk
clean tea towels
rolling pin
frying pan
egg flip
serving platters

Ingredients:

1 tsp dry yeast
2 tsp castor sugar
65 ml warm water
1 tsp salt
125 ml cold water
50 g fine semolina, plus extra to dust
250 g plain flour, plus extra for dusting
2 tsp olive oil, plus extra for frying

What to do:

1. Dissolve the yeast and sugar in warm water in the small bowl. Set aside, covered with a tea towel, for 10 minutes.
2. Dissolve the salt in the cold water in another small bowl.
3. Mix the semolina and flour in the large bowl.
4. Make a well in the centre of the flour mix and add the yeast mixture, olive oil and the salted water.
5. Work until a dough is formed.
6. Knead the dough on a lightly floured bench for about 10 minutes, until it is smooth, soft and elastic.
7. Shape the dough into a ball, place it into a lightly oiled bowl, cover with a tea towel and leave it for about 30 minutes.
8. Push down the risen dough, then knead it for 1 minute.
9. Divide the dough into 15 pieces and roll the pieces into balls. Cover the balls with a tea towel and rest them for 5 minutes.
10. Roll the balls into 0.5 cm thick discs on a surface sprinkled with semolina.
11. Heat a frying pan with a few drops of olive oil and cook each disc over a high heat for a couple of minutes each side.
12. Stack the pita breads on a platter and cover with a tea towel until ready to serve.

