

Pita Bread

If you've ever tried to take home and reheat that wonderful pita bread from a middle-eastern restaurant, you know what a disappointment it can be. If you have a baking stone for pizza, try making your own at home. I use a pizza steel which is a 1/4" thick piece of steel that not only gets as hot, it transfers its heat to the bread quickly to help make that pocket of steam inside the pita bread.



Ingredients:

- 1 cup hot water (105-108)
- 1 Tbsp. olive oil
- 1 Tbsp. granulated sugar
- 2 1/4 tsp. instant yeast
- 1 tsp. kosher salt
- 1/2 cup (2 1/2 oz.) whole wheat flour
- 2 cups (10 oz.) all-purpose flour

Equipment:

- Temperature probe
- Wooden spoon
- Stand mixer with dough hook
- Spray oil
- Rolling pin
- Pizza stone
- Cast iron pan

Pita Bread:

☑	Directions	Time (min)	
	In a stand mixer bowl, with a wooden spoon; mix 1 cup warm water, 1 Tbsp. olive oil, 1 Tbsp. sugar, 2 1/4 tsp. yeast, 1 tsp. salt, 1/2 cup whole wheat flour	5	
	Stir in 2 cups flour to make a shaggy mass	1	
	Using a dough hook attachment, stir at low speed until the dough is very elastic and smooth.	8	
	Lightly flour a work surface	1	
	Turn dough out onto the work surface and form a smooth ball. Use spray oil to coat a bowl.	1	
	Place ball of dough into the pan, spray its surface	1	
	Cover bowl with a damp cloth. Put in a warm place.	60	
	Line a plate with a large, clean kitchen towel	1	
	Transfer dough to floured works surface. Punch down dough. Cut into 6 pieces.	2	
	Form each piece into a ball	2	
	Preheat the oven and pizza stone to 500 degrees		
	On the work surface, cover pieces with a damp towel and allow to rest	10	
	Roll each piece into a 7" circle, 1/4" thick. Place on a floured surface and keep covered with a damp towel while working.	5	35
	Allow to rise	20	
	Place pitas on hot stone, top down. Close oven door. Bake until puffy and brown at the edges.	3	
	Transfer to towel-lined plate and repeat	3	
	Heat cast iron pan to smoking hot. Briefly heat pitas to make a few spots of char. Serve	5	
	Total	2hr 8 min	