

Pitta Bread



Ingredients:

225g Strong White Bread Flour

130ml Lukewarm Water

7g (1 Packet) Dried Easy Blend Yeast

10ml Olive Oil

1 Teaspoon Salt

Method:

1. Pre-heat the oven to 230°C or Gas Mark 8.
2. Weigh and measure out all the ingredients accurately.
3. Measure out 130ml of warm water into a jug using the weighing scales. Add in the yeast and stir until it dissolves. Then stir in the olive oil.
4. Sieve the flour and salt together into a large plastic bowl.
5. Gradually add the mixture to the large bowl, a little at a time and mix with a round bladed knife.
6. Knead to make a soft dough.
7. Turn out the dough onto a lightly floured work surface and knead for 5 minutes until smooth and elastic.
8. Place on a baking tray, cover with lightly oiled cling film and leave to rise in a warm place (the grill compartment of the oven) until doubled in bulk.
9. Knock back (punch down) the dough. On a floured surface, divide into six equal pieces and shape into balls.
10. Cover with oiled cling film and rest for 5 minutes.
11. Using oven gloves, place an empty baking tray in the oven to heat.
12. Roll out each ball of dough in turn to an oval shape and ensure they are about 5mm thick and 15cm long. Lay out on the work surface and cover with lightly oiled cling film. Leave to rise at room temperature for about 20 to 30 minutes.
13. Using oven gloves, remove the hot baking tray from the oven and place 3 pitta breads on the tray and bake for 4 to 6 minutes or until puffed up: they do not need to be brown. Repeat this process for the remaining pitta breads.
14. Using a fish slice, transfer the pitta bread to a cooling rack to cool until warm, then cover with a tea towel to keep them soft.