

Pita Bread

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 4 cups '00' flour, plus extra for dusting bench
- 3 teaspoons salt
- 7g dried yeast
- 300ml lukewarm water
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon natural Greek-style yoghurt
- olive oil spray
- 1 cup semolina

Equipment:

- Electric mixer with dough hook
- Jug
- Large mixing bowl
- Cook's knife
- Fork
- Frying pan
- Metric measuring cups/spoons
- Plastic wrap

Method:

1. Mix the flour, salt and yeast in the mixing bowl of an electric mixer with a dough hook.
2. Mix the water, oil, honey and yoghurt in a jug until combined.
3. Pour the yoghurt mixture into the flour mixture and knead with the dough hook for 5 minutes until the dough is smooth.
4. Turn the dough onto a floured bench and shape into a ball. Transfer the dough to an oiled bowl, then cover with plastic wrap and set aside in a warm place to rise for 1 hour. The dough should double in size.
5. Sprinkle some of the semolina onto the bench. Place the dough on the bench, then knock down and knead again to remove any air.
6. Use a sharp knife to divide the dough into 8 pieces and then shape into balls.
7. Sprinkle the bench with more semolina and roll the balls with a rolling pin until they are 4mm thick. Prick each piece of dough all over with a fork and spray with olive oil.
8. Preheat a non-stick frying pan over low-medium heat. Cook one pita at a time for about 1 minute on each side or until lightly coloured.