

Pita Bread

Yield: 8 pitas

Prep Time: 2:00:00

Cook Time: 0:03:00

Total Time: 2:03:00

1. Put lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve.
 - 1 cup Water
 - 2 tsp Active Dry Yeast
 - 1/2 tsp Sugar

2. Add the whole-wheat flour (1/4 cup) and 1/4 cup all-purpose flour. Whisk together.
 - 35 g Whole-Wheat Flour
 - 1/4 cup All-Purpose Flour

3. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.

1. Add salt, olive oil, and nearly all remaining all-purpose flour (reserve 1/2 cup).
 - 1 tsp Kosher Salt
 - 2 tbsp Olive Oil
 - 1/4 cup All-Purpose Flour

2. With a wooden spoon or a pair of chopsticks, stir until the mixture forms a shaggy mass.

3. Dust with a little reserved flour, then knead in the bowl for 1 minute, incorporating any stray bits of dry dough.

1. Turn dough onto work surface. Knead lightly for 2 minutes, until smooth.

2. Cover and let rest 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist.

3. Refrigerate dough in a large zippered plastic bag for several hours or overnight if needed. Bring dough back to room temperature, knead into a ball, and proceed with recipe.

1. Clean the mixing bowl and return the dough to it.

2. Cover the bowl tightly with plastic wrap and a towel. Place in a warm (not hot) place and let the dough double in size, about 1 hour.

1. Preheat the oven to 475°F. Place a heavy-duty baking sheet, cast-iron pan, or ceramic tile on the bottom oven shelf.

2. Punch down the dough and divide into 8 equal pieces. Shape each piece into a ball, cover with a damp towel, and let rest for 10 minutes.

3. Roll each dough ball into an 8-inch circle, about 1/8 inch thick, dusting with flour as needed. 1/4 cup All-Purpose Flour

4. Place the dough circle onto the hot baking sheet. Bake for 2 minutes until puffed, then turn over and bake for 1 more minute. Transfer warm pita to a napkin-lined basket and cover to keep soft. Repeat with the remaining dough.