

Pita Bread

From the Kitchen of "Bubbe" Alexis Wagner

Ingredients:

- 1 cup warm water
- 2 tsp yeast
- 2 cups flour (divided)
- 1 TBS sugar
- 1 TBS olive oil (or other neutral oil)
- 1/2 tsp salt
- 1/4 tsp onion powder (optional)

Directions:

- 1) Bloom yeast in a bowl with warm water, sugar and 1/2 cup flour. I use a food processor, though you can use a kitchen aid or mixing bowl. This allows you to make sure that yeast is active before adding the rest of your ingredients.
- 2) Once bubbles appear, that means you can continue making your dough. Add oil, salt and onion powder and 1 cup of flour. Mix with wet ingredients. Add the rest of your flour (1/2 cup) and knead for 2 minutes until dough is smooth. If dough is still sticky, you can add some flour, a little at a time until dough is no longer sticky. Form dough into a ball and place in a greased bowl or container. Cover and let rise for an hour.
- 3) After dough has doubled in size, if making pita in your oven, preheat oven to 500 degrees. Have a baking sheet ready to place on bottom rack of oven once oven has gotten hot enough. If making pita stove top, get your covered fry pan ready. Do not heat until your dough is almost ready to cook.
- 4) Take your risen dough out of bowl and punch down. Divide dough into 8 (smaller or larger is fine- your preference) balls. Roll out each ball into a round a little less than 1/4 inch high. Place on a baking sheet to rest for 5-10 minutes. The rounds do not need to rise.
For oven baking, place another baking sheet on the bottom shelf of your oven to heat up. For stove top, heat your covered fry pan on high
- 5a) Stove top- once the pan is thoroughly heated, place a dough round (or more than one depending on the size of fry pan) and cover pan. If your lid is glass, which is recommended so you can watch it bubble and form a pocket, after about 1 1/2 - 2 minutes) flip the pita and cook for one more minute. I recommend cooking only 1 for the first round, this way you will know if your pan will burn the pita or not. Each pan will be different, so adjust your cook time accordingly. And if a bubble does not form, it will still taste delicious. Continue with the rest of the dough
- 5b) Oven cooking- carefully place your dough rounds on the baking sheet in your oven. Do not overlap dough. Close oven and bake for about 4 minutes. You can peek in after 3 minutes to see if it's beginning to bubble. After 4 minutes, carefully flip and cook another 1-2 minutes. Carefully remove cooked pita bread from the oven and continue cooking dough. When you are finished baking pita, remember that the baking sheet will be extremely hot.