



Longley Park
SIXTH FORM

Ready, Steady, Cook



Pitta Bread by Charlie Mollart

Pitta or Pita bread, is a type of leavened (risen using yeast) bread, commonly used in the Middle East and in the Mediterranean. It's easy to make

Ingredients

- 2 tsp fast-action dried yeast
- 300ml warm water
- 500g strong white bread flour, plus extra for dusting
- 2 tsp salt
- 1-2 tbsp olive oil

Method

- Put the yeast and the water into a large bowl and leave until the yeast activates and is frothy. Hear it fizz!
- Tip the flour into the bowl and mix, then add the oil and salt.
- Once combined into a dough, it will need kneading. If you have a mixer with a dough hook, use that, or tip out onto a surface and pull, stretch and turn the dough until it is soft and silky.
- Put the kneaded dough into a lightly oiled bowl, cover with a tea towel, put in a warm place and allow to rise for about an hour or until it doubles in size.
- Pre heat the oven to as hot as it will go (Gas Mark 9/220 Degrees). Put an oiled/floured baking tray on a shelf high up in the oven.
- Once the dough is fully risen, tip it out onto a floured work surface and divide into 8 dough balls.
- Squash each with the flat of your hand and roll out into ovals.
- Once rolled out pop your pittas onto the baking tray and bake for about 4-5 mins or until nicely puffed up. You may need to do this in batches. Wrap your cooked pittas in a tea towel to keep them soft and warm.
- Voila! Enjoy your pitta breads. Fill them with tasty treats!
- Use your pitta bread as a base to make a mini pizza - get imaginative with those toppings!

