

Pita Bread

Make 2 batches: one for pita chips, other for pita bread souvlaki (Gyros).
Half ingredients for each batch.



Ingredients:

- 4 cups lukewarm Water
- 8-10 tsp active Dry Yeast
- 2 tsp Sugar
- 4 cups all-purpose Flour (or 2 cups Wheat Flour, 2 cups all-purpose Flour)
- 6-8 tsp Kosher Salt
- 8-10 tbsp EVO Oil

Directions:

Make sponge: In large mixing bowl add 2 cups water, stir in 4-5 tsp yeast, 1 tsp sugar mix until dissolved.

Add 1 cup flour and whisk together.

Place mixing bowl in warm place or 100 degree oven, uncovered to form loose sponge.

Give mixture 15 minutes or so, the mixture should bubble.

(If mixture doesn't bubble yeast is no longer active, start again)

Form pita dough: Add 2-4 tsp kosher salt, olive oil and almost all remaining flour (keep about ½ cup flour for dusting later).

Stir mixture until it forms shaggy mass (dough has little to no gluten development and looks like sticky mess, you can easily pull bits off).

Dust with a little flour, then knead the mixture inside the bowl for about a minute to incorporate stray bits.

Knead the dough: Dust clean surface with a bit of flour.

Knead lightly for a couple minutes until smooth.

Cover and let rest for 10 minutes, then knead again for couple more minutes.

The dough should be a bit moist, it may need dusting but be careful not to add too much flour.

Let dough rise: Clean mixing bowl and coat lightly with olive oil put dough back in bowl.

Turn dough a few times to coat with oil.

Cover mixing bowl tightly with plastic wrap then lay kitchen towel over.

Put bowl in warm place and leave alone for 1 hour or until the dough rises to double its size.

Divide the dough: Deflate the dough and place on clean work surface.

Divide into 10-12 equal pieces, and shape into balls.

Cover with towel and leave for 10 min or so to rest.

Shape Pitats/chips: Using floured rolling pin, roll one of the pieces into a circle that's 8-9" wide and about ¼" thick.

It helps to turn dough over frequently so it doesn't stick (if it sticks add a bit of flour to counter).

If dough starts to spring back, set aside for a few min, and then continue rolling.

Once you get going you can start cooking one pita while rolling another.

To Bake: Heat oven to 475° and place heavy duty baking pan or large cast iron skillet on middle rack to heat.

Working in batches, place rolled out pitas directly on hot baking sheet.

Bake for 2 min on one side, then using tongs, flip pitas over and bake for 1 min on other side.

Pita will puff nicely and should be ready.

Remove from oven and cover baked pitas with clean towel while working on the rest of the pitas.

Stovetop: Heat cast iron skillet to medium high heat.

Drizzle bit of oil and wipe excess.

Lay rolled out pita on skillet for about 30 seconds, until bubbles start to form.

Flip pita and cook for 1-2 minutes to toast other side.

Cover w/towel.