~JOU JOU BREAD~
(similar to pita bread)

INGREDIENTS

75g fresh yeast
Up to 1 litre of warm water
1.25kg bakers' flour
25g sea salt
75ml olive oil

METHOD

1. Dissolve the yeast in 100ml of warm water and set aside in warm place for 10 minutes.
2. Combine flour and salt into an electric mixer bowl (with dough hook) and make a well in the centre.
3. Mix oil and 850ml of the remaining warm water and stir in the yeast
4. Then add liquid mixture to the flour. Knead at a slow speed for about 10-15 minutes until dough is smooth, shiny and elastic. Add more tepid water if needed for this
5. Transfer to a lightly floured bowl and leave to prove for 2 hours or to double size.
6. Preheat oven to 220 degrees Celsius.
7. Knock back the dough and then prove another 20 minutes - though after 10 minutes, place in large heavy baking tray and the further 10 minutes is done in the oven until very hot.
8. Transfer flour to a lightly floured work bench. And knock back again. Divide dough into 3 equal portions. Cover with a cloth.
9. Work with one portion at a time. Knock out the air and roll a large rectangular shape about 2mm thick. Use a 10cm pastry cutter to cut out the jou jou breads. You should get approximately 8 from each portion of dough.
10. Lift the Jou Jou breads onto the hot baking tray and bake in oven for one minute to until they balloon and colour slightly. Remove from oven and transfer to a shallow lined basket. Wrap them until you need whilst you work on the other portions of dough.