



Pitta bread

Ingredients

- 1 tablespoon of sea salt
- 4 teaspoons of dried yeast
- 3 tablespoons of extra virgin olive oil
- 2 tablespoons of Greek yoghurt
- 2 tablespoons of honey
- 5 cups of plain flour
- Semolina for dusting
- Extra virgin olive oil for
-

Method

- Place salt ,yeast ,olive oil, yoghurt, honey ,2 cups of plain flour and 400 mls of warm water in the bowl of an electric mixer and beat until smooth.
- Place dough into a large bowl greased with olive oil , cover with glad wrap and place in fridge. Ideally for 24 hours or at least 12 hours.
- The next day divide the dough in half ,set aside 1 and a half cups of remaining flour to each batch of dough. (This amount is easier for the mixer to deal with)
- Place one batch of dough and 1 1/2 cups of flour into the bowl of the food processor
- . Fit the electric mixer with the dough hook and beat on low speed until flour is incorporated. Increase the speed to medium and beat for 3 minutes until dough comes away from the bowl and is tacky but not sticky when touched. If needed add a little more flour. Remove from the bowl.Repeat with next batch.
- Place a sprinkling of flour in front of each child on the table. Divide the dough into as many children in your group. Instruct each child to lightly flour their hands and their rolling pin with either semolina or flour.
- We need to make a pitta for everyone in the room please. Roll out the balls till they are about 5 mm thick, sprinkling with extra semolina to prevent sticking and turning the dough over.
- Place on a platter lined with baking paper ,and sprinkled with semolina, prick the pittas all over with a fork.
- Place in a warm spot to prove for 30 minutes.
- Clean down your table, do your dishes and set the table.
- Place a frying pan on the stove, place oil in the pan and cook pittas 2 minutes on each side. Continue until all pittas are cooked.