

Pita Bread

I used to make this recipe in a wood fired oven when I lived in Tennessee, but it tastes great even out of any home oven.

2 packages	dry yeast
1/2 tsp	sugar
2 cups	water, baby bottle warm
1/4 cup	extra-virgin olive oil
6 cups	flour, all purpose
1½ Tbs	salt

Procedure

- Mix the flour and salt together in a large bowl.
- Put sugar, yeast and water together and allow yeast to bloom for about 4- 5 minutes.
- Add the oil to the yeast mixture.
- Make a hole in the middle of the flour and add the yeast- oil mixture and stir and then knead for 5 minutes or until a nice dough. If too wet add up to a 1 cup more of flour.
- Oil the dough in a bowl, cover and let rise until doubled in size.
- Punch down dough and let rest for 10 minutes.
- Divide dough into 8 balls and shape. Cover with a cloth or plastic wrap and let rest 30 more minutes.
- On a floured board or counter, flatten each ball and roll out into an 8” circle approximately 1/8” thick each.
- Place bread either on a cookie sheet with bakers paper, a non-stick pan or on a pan with corn meal.
- Bake in the pre-heated oven on the lower shelf. DO NOT open oven until 5 minutes are up.
- Move to top shelf and bake for approximately 4 more minutes. Each bread will be inflated like a balloon and will be lightly brown. If you do not have enough room in your oven to do all the loaves at once bake them in shifts.
- The breads will deflate as they cool; this is how the pockets are formed.
- Pita bread does NOT need to be thumped to tell if it is done. The light brown color and inflation is your sign.

Yield: 8 loaves