

Pita Bread



Serves	10
Prep time	1 hour, 15 minutes
Cook time	15 minutes
Total time	1 hour, 30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates
Suitable for	Dairy / Lactose Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Bread
Misc	Child Friendly , Freezable , Pre-preparable , Serve Cold
Website	Under the High Chair

Ingredients

- 1 tablespoon Lowan's Instant Dried yeast (or equivalent)
- 1 1/4 cup warm water
- 1 teaspoon salt
- 3 - 3 1/2 cups wholemeal flour (sifted, with the husks added back in)

Directions

1. Preheat the oven to 220°C. Line 3 baking trays with baking paper.
2. Combine the yeast and water in the bowl of an electric mix with a dough hook and leave for about 5 minutes.
3. Add the salt and 1 1/2 cups of flour. Beat the dough on speed 2 to make a batter then add in remaining flour in gradually until it is a rough shaggy dough.
4. Knead the dough for about 8 minutes until it is smooth and elastic. Add more flour if it is too sticky.
5. Turn the dough out onto a lightly floured surfaced and divide into 10 pieces for small pitas, or 6 pieces for large pitas.
6. Roll each piece into a ball, then roll out into an even circle about 0.5cm thick. Cover with a tea towel and allow to rise for 30 to 40 minutes until slightly puffed.
7. Transfer each pita to the baking tray, flipping them over so the top is now on the bottom.
8. Bake for 10 to 15 minutes until light golden in colour.
9. These pitas are best eaten the day they are cooked. They can be kept for up to 4 days in an air-tight container, but will go hard and are best toasted. They can also be frozen for longer storage.



Note

Low Chemical / Failsafe