



## Cypriot Pita Bread

Serves 30 tastes

Adapted from: Bread from around the world. Ingram & Shapter



### Ingredients

500g strong bread flour  
2 teaspoons dry yeast  
280 mls warm water  
2 tablespoons olive oil  
2 teaspoons salt  
1 heaped teaspoon nigella seeds

### Equipment

Measuring cups and spoons  
Measuring scales  
Dough cutter  
Large mixing bowl  
Wooden spoon  
Rolling pin  
Baking trays

### What to do:

- Put the flour into a large bowl and add the salt, nigella seeds and the yeast, mix to combine
- Pour in the water and add the oil
- Mix the ingredients together until you have a smooth, soft dough and you've picked up all the flour from the sides of the bowl
- Pour a little oil onto your work surface and place the dough on it – knead for 5-10 minutes or until you have a smooth and elastic dough
- Place into an oiled bowl, set in a warm place and allow to rise for an hour
- Pre heat oven to 230 degrees
- Place 3 large baking trays in the oven – you want VERY hot trays for puffy pita!
- Tip the dough onto a lightly floured surface, and knock back / punch down the dough
- Divide the dough evenly into 12 pieces, and shape each piece into a ball, allow to rest for 5 minutes
- Flatten each piece with your fingertips and roll out into a flat oval with a rolling pin – make sure they are even and 5mm thick, cover with a tea towel and allow to rest for 5 minutes
- The trays should now be very hot and the bread rested. Place 2 pittas per tray (6 in total) onto the hot trays and bake in the oven for 4-6 minutes
- They should puff up – but do not need to brown.
- When they are cooked, transfer them to a wire rack and cover them with a clean tea towel, here they will steam and become soft and delicious
- Repeat with the remaining dough
- Serve warm (they are best eaten the day they are made)