

Pitta bread



Makes about 12 pittas

Ingredients

- 500g bread flour (or plain flour), plus extra flour for dusting
- 10g salt
- 12g dried yeast
- 4g nigella seeds
- 320ml water
- 1 tbsp olive oil, plus extra for oiling

Equipment Needed

- 4 Baking trays
- Large mixing bowl
- Measuring spoons
- Wooden spoon
- Scales
- Clean tea towel
- Rolling pin

Notes

Wrapping the breads in a tea towel straight after they are cooked traps the steam and keeps them soft.

These breads are best eaten on the day they are made, or they can be frozen.

Method

- Preheat oven to 220 degrees. Put the baking trays in the oven to heat up.
- Put the flour into the large mixing bowl. Add the salt to one side of the bowl, and the yeast to the other side.
- Add the nigella seeds and 1 tbsp olive oil.
- Pour in some of the water - 240ml only.
- Mix using the wooden spoon, adding the remaining water a little at a time until the dough comes together – you may not need all of the water.
- Pour a little extra oil onto the clean work bench and tip out the dough.
- Knead for 5 minutes or until you have a smooth, elastic dough.
- When it is soft, smooth, and stretchy, shape it into a ball place into a lightly oiled bowl.
- Cover with a clean dry tea towel, and leave to rise until the dough has doubled in size – about 1 hour.
- When risen, tip dough onto a lightly floured surface, and knead gently for 1 minute.
- Divide the dough into 12 equal pieces, and shape each piece into a ball. Flatten each ball with your fingers, then roll into an oval shape, 5mm-1cm thick.
- Carefully take the hot trays from the oven (***ask an adult to do this**). Dust trays lightly with flour and lay the pittas on them.
- Bake for 5-10 minutes until the breads puff up and just start to turn slightly golden.
- Remove from oven and wrap pittas in a clean dry tea towel. Allow to cool in tea towel before eating.

Don't forget to clean up! 😊