



Pita Stuffed with Spiced Potato & Herbs

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: mint, parsley, potato

This dough will need to be made for the first class and allowed to rest. This class will make the dough for the next class. Pre-prepare the potato by steaming 1 cm cubes for 10–15 minutes, then mash with a fork.

Equipment:

metric measuring scales, jug and spoons
2 clean tea towels
chopping board
cook's knife
frying pans – 1 small, 1 large
bowls – 1 small, 1 medium, 2 large
fork or whisk
large mixing bowl
wooden spoon
egg flip
plate

Ingredients:

1 tsp dry yeast
2 tsp castor sugar
65 ml warm water
50 g fine semolina, plus extra to dust
1 tsp salt
250 g plain flour, plus extra for dusting
½ tbsp olive oil, plus extra to fry
125 ml cold water

For the filling:

3 medium potatoes, cooked (as above)
1 small handful of mint, finely chopped
1 small handful of parsley, finely chopped
1 tsp olive oil
½ tsp turmeric
4 tsp garam masala
1 tsp cumin seeds, dry roasted
pinch of salt
pinch of black pepper

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Dissolve the yeast and sugar in the warm water in the small bowl and set it aside.
3. Mix the semolina, salt and flour in a large bowl.
4. Make a well in the centre of the flour mix and add the yeast mixture, oil and cold water. Work it until a dough is formed.
5. Knead the dough on a floured workbench, until it is smooth, soft and elastic (about 10 minutes).
6. Shape the dough into a ball, place it into a lightly oiled medium bowl and leave for about 30 minutes.
7. Push down the risen dough then knead it for 1 minute.
8. Divide the dough into 15 balls. Cover and rest them for 5 minutes.
9. Transfer the cooked potato to a large bowl and combine olive oil, turmeric, garam masala, cumin seeds and herbs. Mash the filling with a fork and season to taste.
10. Create a 'pocket' in each dough ball and place 1 tbsp of the potato mixture in the centre. Fold all four edges over the mixture.
11. Flatten the balls into 0.5 cm thick discs on bench that is sprinkled with semolina.
12. Heat few drops of oil in the frying pan and cook each disc over a high heat for a couple of minutes each side.
13. Stack the cooked pita breads on a plate, cover with a tea towel and allow to cool.