**Homemade Pita Bread**

**Ingredients:**

**4 teaspoons active dry yeast**

**1 teaspoon of sugar**

**½ cup wholewheat flour**

**5 cups flour**

**2 teaspoons salt**

**2 tablespoons olive oil**

**Preparation:**

**Step 1**

**Make yeast mix: Put 2 cups of lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add whole wheat flour and ½ cup of flour and, mix together. Put bowl in a warm place, uncovered, until mixture is frothy and bubbly, about 15 minutes.**

**Step 2**

**Add salt, olive oil and 4 cups of the flour. Mix with a wooden spoon, the mix will look uneven. Put a small amount of the remaining flour in the bowl and knead in the bowl for 1 minute.**

**Step 3**

**Turn the dough onto a work surface. Knead lightly for 2 minutes, until smooth. Cover and rest for 10 minutes and then knead again for 2 minutes. Don’t add too much of the remaining flour in the kneading process, the dough should be soft and moist.**

**Step 4**

**Put the dough in a clean bowl. Cover the dough with plastic wrap, then cover with a towel. Put the bowl in a warm place. Leave the dough until it has doubled in size, about 1 hour.**

**Step 5**

**Heat oven to 240 degrees. Place a heavy baking tray at the bottom rack of the oven. Uncover the dough and punch down. Divide the dough into 16 equal pieces and form into little balls. Place dough balls on the work surface, cover with a damp towel and leave for 10 minutes.**

**Step 6**

**Take one of the balls, keeping the others covered, and press into flat disc with a rolling pin, gradually rolling out the dough until it is about 20cm round, dusting with flour if necessary.**

**Step 7**

**Carefully lift the dough circle and place quickly on the hot baking sheet. After about 2 minutes the dough should be puffed up, turn over with tongs and bake for another minute. The bread should be soft and pale in colour. Transfer the bread into a container lined with a clean towel and cover so the bread stays soft. Repeat with the other dough balls.**