



PITA BREAD

MISE EN PLACE

- **NOTE: we have included an optional Za'atar topping. Please prepare the Za'atar before the class, if you decide to make the topping.**
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PITA BREAD *(makes 8 to 10 pitas)*

Adapted from a recipe by Sami Tamimi & Tara Wigley

500g (4 cups) all-purpose flour, unbleached flour recommended (or use 400 g all purpose and 100 g whole wheat)

400 to 450 ml warm water (110-115 F for active dry yeast, blood temp for fresh), or as needed to make a wet dough

2 tsp active dried yeast

2 tsp sugar

25 g (40 ml) skim milk powder

2 tsp salt, we use Kosher

2 tbsp olive oil, and more for oiling your bowl during rising time

- In a small bowl, combine 200 ml of warm water with the sugar. Sprinkle on the yeast, and mix to combine. Set aside for a few minutes until it begins to bubble.
- In a large bowl, combine the flour, salt and skim milk powder. Make a well and add the yeast mixture, olive oil, and enough of the remaining water to form a moist dough.
- Knead for 10 minutes (or use a kitchen aid on low speed for about 7 minutes, with the dough hook attached), until you have a smooth and elastic dough that doesn't stick to your fingers.
- Transfer your dough to an oiled bowl, turning to coat in the oil, then cover with plastic wrap and set aside until doubled in size, about 1 hour.
- Place a baking stone in your oven, and preheat to 500 F.

- Divide the dough into 8 to 10 pieces and on a floured surface, roll them into thin 15 to 18 cm wide rounds.
- Cover with a dampened tea towel and allow to rise for 20 minutes.
- Transfer the pita breads to the hot baking stone, flipping them as you do, and bake until they puff up and colour lightly, just a few minutes.
- Wrap in a warm tea towel, to keep them soft. Serve warm.

ZA'ATAR *(optional topping)*

2 tbsps sesame seeds, dry roasted until golden brown
2 tbsps fresh thyme, leaves picked and finely chopped
2 tsps sumac
1/2 tsp sea salt

- Combine all the ingredients in a small bowl.

Za'atar Topping for Flatbreads:

3 tbsps Za'atar
1 tbsp sumac
100 ml extra-virgin olive oil
sea salt, to taste

EQUIPMENT

instant read thermometer (optional but recommended for testing water temperature)
 pizza stone (optional but recommended for a good crust), or upturned sheet pan
 metal or plastic bench scraper for kneading by hand, or a kitchen aid mixer, with
 paddle and dough hook attachments
 bowls and plastic wrap
 tea towels
 cooling rack (optional)