



Homemade Pita Bread

Baking, Snacks

Prep Time: 1 hour **Cook Time:** 4-5 minutes **Total Time:** About 1 hour **Difficulty:** Medium **Servings:** 6 pitas

INGREDIENTS

- 3/4 cup of warm water
- 1/4 teaspoon of granulated sugar
- 1/2 packet of active dry yeast (1 teaspoon)
- 1 tablespoon of brown sugar
- 1 teaspoon of kosher salt
- 2 cups of all-purpose flour
- 1 tablespoon of olive oil (for pan cooking)

If making pita chips

- 2 tablespoons of olive oil
- 1/2 teaspoon of coarse kosher salt

DIRECTIONS

Add granulated sugar to warm water and stir to dissolve. Add the yeast and mix. Let the mixture stand for about 10 minutes until the mixture becomes foamy, which indicates that the yeast is active and ready for use.

Add the brown sugar, salt, and flour to the mixing bowl and mix to blend all the ingredients. Using a dough hook attachment, slowly pour in the yeast mixture. Use a spatula to scrape the sides and mix until a rough dough ball is formed.

Now, move to a floured surface and knead the dough until it's fully mixed. Feel the dough's texture as you form it into a ball, cover it with a tea towel, and let it rise for 45 minutes. Preheat the oven to 450° F about 40 minutes later.

After the dough has risen, cut the dough into six roughly equal pieces. Using your hands, roll the dough pieces into balls. On a well-floured surface, press down on the ball to create a disc. Roll out the dough in every direction using a rolling pin to create a larger, flatter disc about 1/4" in thickness.

Heat a cast iron pan until water sizzles when a few drops are sprinkled. Then, pour a small amount of olive oil into the pan. Using a folded paper towel, being sure not to burn your fingers, quickly coat the bottom of the pan and soak up any excess oil. Place one of the pieces of rolled dough into the pan and cook for about 2 minutes. You'll begin to see bubbles start to form. When bubbles form in the dough in most areas, use tongs, flip, and continue cooking for another 2-3 minutes.

Let's cool down and enjoy!

NOTES

If you'd like to turn these pitas into pita chips, cut them into wedges like pizza once they've cooled. Create a single layer on a non-stick cooking sheet and lightly brush each piece with olive oil. Then sprinkle lightly with coarse kosher salt. Bake for 15 minutes, then flip all the pieces and continue baking for an additional 10 minutes. Remove them from the oven and let them cool.