

PITA BREAD

Yield: 6 – 5 oz. Pita

12 fl.oz.	Water
1 ½ oz.	Yeast, compressed
½ oz.	Salt, kosher
1 Tbsp.	Oil, olive
5 oz.	Whole Wheat Flour
~1 lb.	Bread Flour

- Dissolve yeast in water.
- Add olive oil and whole wheat flour.
- Add salt and bread flour to achieve a dough that can be turned out onto the bench and knead for 8 – 10 minutes.
- Divide into 5 oz. portions, roll into dinner rolls and let rest on bench covered for 10 minutes.
- Roll out into discs and let rest uncovered for at least 20 minutes or until a skin is formed.
- Bake on deck at 500°F for 3 – 5 minutes until puffs up.
- Little to no color is desired.