

Pita Bread

Ingredients

- 1 package (1 tablespoon) active dry yeast
- 3 1/2 cups all-purpose flour
- 1 1/4 cups warm water
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/4 teaspoon sugar

Preparation

- In a mixing bowl, combine yeast with 1 1/2 cups of flour.
- Combine water, oil, salt, and sugar and add to yeast mixture.
- Beat for 1/2 minute with an electric mixer at low speed; then beat for 3 minutes at high speed. Work in remaining flour by hand to form a smooth and elastic dough.
- Put in a greased bowl in a warm spot, cover and let rise for 45 minutes.
- Punch dough down, divide into 12 pieces, and roll each into a ball. Let rest for 10 minutes.
- Flatten each ball into a 5-inch circle. Place on a greased baking sheet; cover and let rest for 20 to 30 minutes.
- Preheat oven to 400 degrees.
- Bake for 9 to 10 minutes, until puffed and lightly browned on bottom. Immediately wrap in foil and let cool.