

Pita Bread

14 oz bread flour (about 3 cups) Note on flour types below recipe

1 pkg instant yeast (2 ¼ oz)

10 oz water (room temperature or slightly warm)

2 tsp honey

1 oz (1/8 cup) olive oil

1 tsp salt

1. Mix all ingredients by hand until combined and smooth. Dough will be sticky. Avoid the temptation to add more flour. During the fermentation phase it will firm up.
2. Let sit overnight in cool location (fridge), or for several hours at room temperature. I usually leave it in the bowl I mixed in (covered) and fold it over on itself with a dough scraper or spatula for a couple minutes, working around the edge of the bowl. Do this several times over a 3–4 hour period. If your mass dough ferment is in the fridge all night, do this once, about 30 minutes after removing from the fridge. Continue with step 3.
3. Divide dough into 8 pieces. Each ball will be approximately 3 oz. Shape each piece into a ball. Set your balls on a lightly floured surface, about 2 inches apart. Spray lightly with oil then cover with plastic wrap. Let rise until almost double in size. See note on rising times.
4. Preheat oven to 425 degrees or preheat grill or cast-iron pan to medium high while dough balls are rising.
5. Flatten each ball with your hand. Take one ball out and cover the rest. Roll out that ball into approximately a 7" round. Place on ungreased, heated surface or in your oven.
6. In an oven, use the lowest rack position. Place pita on a pizza stone or preheated cast iron pan at 425 degrees for about 2 minutes each side. Flip after it puffs up. If using a grill, or a pre-heated cast iron pan on the stove. It needs to be hot, at least medium high. Cover pan. Flip after a minute or two and then re-cover pan for 30 seconds.
7. Remove baked pita, and cover with a towel. You can stack all of them on top of each other.

Note on flour types: You can use any kind of flour or a mixture of flours. Adding whole wheat flour makes them healthier and tasty, but they won't be quite as light. Using all-purpose (AP) flour is ok but they won't be as chewy due to the lower gluten content. Do not use bleached flour, the bleaching agent can interfere with the yeast.

Rising time: The warmer it is in your room, the faster the dough will rise. Once your dough matches room temperature of 70 degrees for instance, it will take a couple of hours. If your dough was in the fridge, it will take longer to get warm enough.

Feta Dip

1 small square of solid feta cheese, 4oz (not flavored).
1/2 package or 4oz cream cheese, softened
2 T sour cream (Daisy brand recommended)
1 clove minced garlic.
1/2 cucumber, peeled and grated

Dip Topping:

1 small tomato, chopped finely
1/4 of a green pepper, chopped finely Black pepper
olive oil

Mix everything for the dip together then place in a serving dish. Top with chopped tomatoes and finely chopped green pepper. Grind some pepper over top and generously cover with olive oil.