



## Pitta Bread/Flat bread

### Ingredients

450g strong bread flour  
20g caster sugar  
1tsp salt  
1 sachet dried yeast or 15g fresh yeast  
1tblspn olive oil  
270ml water, body temp.

### Method

- In a mixing bowl place, the flour, salt, and sugar and mix together.
- In a jug add the water, olive oil and yeast. Mix well until all ingredients are well incorporated.
- Using the dough hook attachment on your mixer place the flour bowl onto the mixer and put on speed 2. Slowly pour the wet ingredients into the flour mix and wait for it to form a dough and cleanly come away for the sides. Once this has happened increase the speed to 5 and leave to knead for 5 mins.
- Remove the bowl from the mixer and cover with clingfilm, leave the dough to prove in a warm environment for 30-45mins or until doubled in size.
- Once your dough has proved, scrape it out onto a well-floured work surface and begin to knead for 5mins, the dough will shrink back to its original size.
- Split the dough into 100g portions and roll out using oil on the work surface to prevent sticking, roll to 1cm thick in the shape of a teardrop.
- Once moulded place onto a preheated baking tray and cook in a preheated oven at 250°C for 3-4mins on each side.

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