

Homemade Pita

2.5 cups warm water

2 teaspoons yeast

4-6 cups whole wheat flour

1 tablespoon olive oil

1 tablespoon salt

1. Heat oven with a stone in it (on the very bottom rack)
2. Put warm water and yeast in a large bowl. Whisk.
3. Using a whisk, pour in enough flour to create a fluid paste (about 1.5-2 cups). Whisk 100 times in the same direction to activate gluten. Let rest 1-2 hours.
4. Add oil and salt and mix well. Add more flour until the dough is no longer tacky. Knead for 10 minutes. Put aside for 2-3 hours or put in a zip lock for up to 1 week.
5. Punch dough down and break it in half. Break each half in half. Break each quarter in half for a total of eight pieces. Roll each piece in a ball.
6. Flour one ball and using a rolling pin, roll it out into a 4-6 inch disk (about ¼ inch thick). Put aside and let rest (finish other disks).
7. Place 4 disks on stone for 4 minutes. Pita will expand and you can see when it is ready.

Enjoy with homemade hummus.