

# SOURDOUGH PITA BREAD



If you've never baked Pita Bread at home, you'll probably be surprised how easy it is. The addition of sourdough starter extends the time, but it's mostly hands off. The flavor upgrade from the starter makes it totally worth the time.

## INGREDIENTS

- 1 cup (8 oz, 224g) active sourdough starter (100% hydration)
- 1 cup (8 oz, 240 ml) warm water
- 2 3/4 cups (13.75 oz, 385g) Honoré flour
- 2 tablespoons (1 oz, 25g) olive oil
- 1 tablespoon (1/2 oz, 14g) granulated sugar
- 1 1/2 teaspoons salt

## METHOD

1. In the bowl of a stand mixer fitted with a paddle, or in a large mixing bowl, combine the starter, water, and 1 1/2 cups (7.5 oz or 210g) of the flour. Mix until it forms a thick batter. Cover the bowl and set aside for 30–60 minutes.
2. If using a stand mixer, switch to the dough hook. Add the olive oil, sugar and salt then mix to combine. With the mixer running on low, add the remaining flour. Mix until the dough begins to clean the bottom of the bowl and form a ball around the hook. If mixing by hand add flour until you can no longer stir, then turn the dough out onto a floured surface to finish by hand. Knead 5 minutes. Form the dough into a smooth ball.
3. Put the dough into a lightly oiled bowl, turning once to coat the dough. Cover the bowl and set it aside at room temperature.
4. After 30 minutes uncover the bowl, lift one side of the dough and fold it into the middle of the dough. Repeat with the other three sides of the dough then flip the dough over. You're basically turning the dough inside-out to redistribute the yeast.
5. Cover the bowl and after 30 minutes repeat the procedure. Cover the bowl and after 60 minutes repeat the procedure again. Cover the bowl and after 60 minutes the dough should be ready. By now the dough should be lively, elastic and airy. If the dough is still sluggish give it another hour or two at room temperature.
6. Cover the bowl tightly and refrigerate overnight. Remove the bowl from the refrigerator in the morning and allow the dough to come to room temperature.
7. Preheat the oven to 450°F. If you have a baking stone place it in the oven. If you don't have a baking stone, place a baking sheet in the middle rack of the oven to preheat. If you have a dark colored baking sheet use that. A dark pan will absorb heat better than a light-colored pan, so the bread will bake faster and puff better.

8. Divide the dough into 8 equal pieces and roll each piece into a ball. Allow the dough to rest for 10 minutes. Use a rolling pin to roll two pitas to  $\frac{1}{4}$ " thick and 6"-7" around. If the dough springs back too much let it rest for 5 minutes and continue rolling.
9. Immediately place the rounds on the preheated baking stone or baking sheet in the oven. Bake until they are puffed and the bottom is nicely browned, about 3-5 minutes. You don't need to flip the bread. Remove the baked breads and wrap in a clean kitchen towel while you continue rolling and baking the pitas.
10. The pitas are best the day they are made, but they also freeze very well.