

# Quick and Easy Turkish Pita Bread

April 8th, 2021

**This recipe serves: 4**

Prep Time: 01:30

Cook Time: 00:15

This Turkish Pita Bread is a simple recipe, with a "*time to table*" of only about 1 hour. Pita is a great addition to Shawarma, just make sure that you have plenty of Tzatziki.

## Ingredients:

6 Cups (25.25 Ounces/720 Grams) of All-Purpose Flour

1 Tablespoon Yeast

2 Teaspoons Salt

1/2 Teaspoon Sugar

14 Ounces (400 ML) Water, heated to 110° Fahrenheit

2 Tablespoons Olive Oil

1 Tablespoon Olive Oil, separated

## Directions:

In a mixing bowl, add the Flour, Sugar, Salt, and Yeast.

Mix by hand until fully incorporated.

Add the Water and mix together, then use the dough hook in the mixer for about 5 minutes until the dough clumps into a single ball.

Add 2 Tablespoons of Olive Oil and mix for another 5 minutes.

Put 1 Tablespoon Olive Oil into a medium-sized bowl.

Turn out the dough into the bowl and coat the dough with Oil.

Cover with a Tea Towel and let rise for an 1 hour.

Cut the dough into 8 evenly-sized pieces (each one should weigh about 5 Ounces / 140 grams).

Roll each piece into a dough ball.

Use your hands or a rolling pin, to flatten and stretch each ball and make a thin disc, about 1/4 inch thick and about 6 inches across.

Allow each disc to rise for another 30 minutes.

## Stovetop Method

Lightly oil a large frying pan (not Teflon) with Olive Oil. Heat over medium heat. If the Oil smokes, the pan is too hot.

Lay 1 Pita into the heated pan. Wait about 90 seconds, then turn it over.

Cook another minute. The Pita may puff up.

Remove the pita from the pan and cool on a wire rack.

## Oven Method (recommended)

Place a pizza stone, a cast-iron grill surface, or a large heavy cookie sheet on the bottom rack of the oven.

Pre-heat the oven to 500° Fahrenheit.

After the oven reaches the set temperature, continue to heat empty for an additional 30 minutes to fully heat the pizza stone.

Move the Pitas, 2 or 3 at a time, into the Pizza Stone. Place each Pita to ensure that they are not touching, but do not move a Pita once it has been laid on the Pizza Stone.

Bake each Pita 2 minutes. Use a metal spatula or pizza peel to carefully flip the Pita. Allow it to cook for another 2 minutes. The Pita may puff up.

Remove the Pita from the oven and cool on a wire rack.

As each Pita finishes cooking, add butter and garnish with cilantro, parsley, minced garlic, or whatever else you like.