

# Pitta Bread

**Makes 8**

**Hands-on Time 30 minutes**

**Proving Time +2 hours**

**Cooking Time 5 minutes**

## Ingredients

400g Strong white bread flour (plus extra for dusting)

2 tsp Fast-action yeast

1 tsp Fine sea salt

1 tsp Caster sugar

2 tsp Nigella seeds (optional)

1 1/2 tbsp Olive oil (plus extra for greasing)

260ml Water

## Equipment

Mixing bowl

Tea towel or clingfilm

Baking sheet

Rolling pin

Wire rack

Add the flour to the mixing bowl.

Add the yeast to one side and the salt, sugar, Nigella seeds (if you're including them), and 1 1/2 tbsp of oil to the other.

Add the water and start to combine either using your hands or in a freestanding mixer.

If you are kneading the dough by hand, and once all of the flour has been incorporated, tip the dough out onto a very lightly oiled surface.

Knead for up to 10 minutes until the dough is nice and smooth.

Clean and lightly oil the mixing bowl before transferring the dough back into it.

Cover with a tea towel or clingfilm and leave to double in size. Even better, leave it overnight in the fridge for a slow prove.

When you're ready to bake the pittas, preheat your oven to 240°C/220°C(Fan)/475°F/Gas mark 9.

Put your baking sheet onto a high shelf in the oven whilst it warms up.

Flour the worktop and tip out the dough.

Divide into 8 pieces and leave to sit on the floured surface for 15 minutes.

Taking one portion, dust the rolling pin, and roll out into a circle. Dust the top and bottom of the dough with flour and repeat with the other 7 pieces.

By dusting the dough you should be able to stack them without needing to worry that they will stick together.

Take your tray out of the oven and carefully, yet quickly, put all of the rounds onto it.

Pop back into the oven onto the high shelf for 5 minutes and keep an eye on them.

When the 5 minutes is up they should have all turned a golden colour and be puffed up. Do use your judgement though and either take them out earlier or leave them in for longer if need be.

Leave them to cool on a wire rack before slicing them open and filling.

Enjoy!