Pita Bread

Amount 8 pitas
Time 40min prep, 2 hrs total

Ingredients

- ~3 cups flour, any combination of bread, wheat, rye, etc
- 1 1/4 cups 110 deg water
- 1 tsp salt
- 1 pkg yeast
- 1 tbsp honey
- 2 tbsp olive oil

Steps

1. Activate yeast with 1 1/4 cups 110 deg water.
2. Mix in 1 tsp salt, 2 tbsp olive oil, 1tbsp honey, flour.
3. Knead dough, ~10 min.
4. Place in greased bowl. Rise until double, ~90 min.
5. Punch down. Divide into 8 balls, cover and let rise for ~20 mins. Preheat oven to 425F (put stone in oven now).
6. Roll one out to desired thickness, ~1/8". Experiment with it.
7. Bake on stone for 3 - 5 mins. Don't leave it in past when it browns. Not all will inflate properly; it depends on how thick they are.
8. While one is baking, roll out the next. Your goal is to always have one in the oven. If you're making them small or have a large stone, you may be able to bake more than one at once.