



ARABIAN FLATBREAD

Ingredients to make six

*110g warm water
4g dried yeast
225g strong white flour
4g salt
3g caster sugar
50g olive oil*



Method

Dissolve the yeast in the warm water and set aside.

Mix the **strong white flour**, **salt** and **sugar** then add the **oil** and mix in thoroughly. Now add most of the **yeast** and **warm water** mix but hold back about $\frac{1}{4}$ until you see how the dough comes together.

Knead energetically for roughly 10 minutes until it is smooth and springy.

Clean all the dough out of the bowl, moisten it then put the dough back in, covered, in a warm place for at least one hour.

Divide in six equal pieces and shape them into balls. Rest the pieces for 5 minutes.

Flatten each ball then roll out to about 4mm using plenty of flour to stop sticking. Leave to prove for 20 minutes.

Bake on a hot stone if you have one, or a pre heated heavy tray at 230°C for 2 to 3 minutes. Moisten the tops just before they go in the oven to prevent them from browning, and don't open the oven while they are baking. Once they are baked cover with a cloth to keep them soft.

You can freeze the pittas after they are rolled out and proved but before they go in the oven. Use plenty of flour and separate them with baking parchment or clingfilm. Give them 30 minutes or so to thaw before baking as above.