



WHOLEMEAL PITTAS

Ingredients to make six

*140g warm water
5g dried yeast
150g strong white flour
75g wholemeal flour
5g salt*



Method

Mix the **flours**, **salt**, **yeast** and **warm water** in a bowl.
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. Rest the pieces for 5 minutes.

Flatten each ball then roll out to about 4mm or thinner if you can, using plenty of flour to stop sticking. Leave to prove for 20 minutes.

Bake on a pre heated heavy tray at 230°C for 5 or 6 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 puffing up. Once they are baked cover with a cloth to keep them soft. These keep better than pittas made with white flour only.