



PITTAS

Ingredients to make six

*140g warm water
5g dried yeast
225g strong white flour
6g black onion seeds
5g salt*



Method

Mix the **strong white flour**, **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.

Stretch the dough out into a rectangle, spread 1/3 of the seeds across the middle third of the dough then fold one end in on top. More seeds on top then fold in the other end of the rectangle. Knead gently to distribute the seeds through the dough and at the same time knock the air out.

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 or thinner if you can, 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 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.

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.