



## Traditional Pita Breads

Jacob · 28/09/2024



### Prep Time

40 mins

### Difficult

Medium

### Servings

1 hr 20 mins

### Description

This is a great pita bread recipe I got from a friend who works at a great Greek restaurant here in my town Slice pita in half and fill pockets with your favorite filling or for dipping cut into wedges and pan fry in a little olive oil

### Ingredients

- - 1 package active dry yeast - 1  $\frac{1}{4}$  cups warm water (100 to 110 degrees F/40 to 45 degrees C) - 3  $\frac{1}{2}$  cups all-purpose flour
- or as needed - divided - 1  $\frac{1}{2}$  teaspoons salt -  $\frac{1}{4}$  cup vegetable shortening

### Instructions

1. Sprinkle yeast over warm water in a mixing bowl and allow to stand until the yeast forms a creamy foam
2. about 5 minutes. Mix in 2 cups of flour
3. salt
4. and shortening; beat for 2 minutes with a fork. Stir in as much of the remaining 1 1/2 cup flour as needed. Turn dough out onto a floured surface and knead until smooth and elastic
5. kneading in more flour if dough is sticky. Form into a ball
6. cover with a kitchen towel
7. and let rest in a warm area for 15 minutes. Preheat oven to 500 degrees F (260 degrees C). Divide dough into 12 equal portions; flour your hands and roll each piece into a ball. Cover dough balls with a kitchen towel and let rest for 10 minutes. Flatten the balls into rounds on a floured surface
8. cover with kitchen towel
9. and let rest 10 more minutes. Gently roll each dough ball into a circle about 6 inches in diameter on a floured surface. Place pita breads in a single layer on ungreased baking sheets. Bake in preheated oven until the pita breads puff up
10. 3 to 4 minutes. Flip breads over with a spatula
11. return to oven
12. and bake 2 more minutes. Let cool on wire racks before cutting pita breads in half and gently separating tops and bottoms to form pockets for filling.