



Pita Bread

This is an adaptation of my Italian bread base, but we are using a little more yudane for this batch to up the softness and hold in the moisture, and we enrich the dough while still keeping it vegan with extra virgin olive oil. These puff up so nicely in the oven!

Ingredients

- 400 g wheat berries, hard

YUDANE INGREDIENTS:

- 25 g flour, any (set aside from milled flour)
- 50 g water, boiling

REMAINING INGREDIENTS:

- 300 g water, cold
- 7 g sea salt
- 6 g yeast
- 8 g lemon, juice (or other citrus juice)

Directions

1. Preheat your oven to 500 F.
2. Put your kettle on, or boil some water however you do it.
3. Mill the grain into fine flour.

PREPARE DR. MEL'S QUICK NO-WAIT YUDANE:

5. Place the yudane flour at the bottom of your mixing bowl, and pour the boiling water over it.
6. Quickly mix the flour and boiling water together into a paste.
7. Mixing the Bread:
8. Add the cold water to the mixing bowl, followed by the remaining ingredients. This allows the water to cool the yudane so it doesn't kill your yeast.
9. Knead with your dough hook until the dough looks smooth and shiny and fully cleans the bowl. This will vary greatly depending on the mixer you have. Mixers with bottom motors will need a rest between mixing so dough is not overheated OR the flour and the water must be very cold. You will see a smooth and elastic dough that is slightly tacky but not sticky.

DIVIDE AND REST

11. Divide into 8 equal pieces (~ 100 grams each)
12. Shape into balls and let rest 15-20 minutes under a damp towel or plastic wrap.

SHAPING

14. Roll each ball into a 6-7 inch round, about 1/4" thick.
15. Rest rolled pitas for at least 10 minutes while the oven is preheating, along with a baking stone, steel or inverted sheet pan.

BAKE

17. Bake a few pitas at a time, depending on how many you can fit on your baking surfact, 2-3 minutes, until they puff. Flip if needed, for extra browning.

18. Pitas puff best with steam, so if you have a steam oven, using it would be great! If not, you can add a soaked towel or a container of hot water to the bottom of the oven.
19. Alternatively, you can bake them individually on a skillet heated to medium-high. It may take a little longer this way. If you can cover the skillet with a glass lid, it will puff up better.

WRAP AND STEAM

21. Stack and wrap hot pitas in a clean towel to keep them soft and flexible.

Notes

Change It Up

You can make various flavors of pita bread by adding herbs or spices to the recipe, by using a flavored olive oil, or even swapping the lemon juice for a flavorful vinegar.

Make it even softer by swapping water for milk or coconut milk. You could make a naan-style pita bread by using yogurt in place of some of the water.

Great Grains

If you want to use spelt or Einkhorn flour, you will need to use LESS water than this recipe states. Try dropping the water from 300 grams to 240 - 260 grams, and know that Einkhorn bread will always be sticky.