

# Pitta Bread

**Makes 8**

**Hands-on Time 30 minutes**

**Proving Time +2 hours**

**Cooking Time 5 minutes**

## Ingredients

- 400g strong white bread flour (plus extra for dusting)
- 2 tsp fast-action yeast
- 1 tsp fine sea salt
- 1 tsp caster sugar
- 2 tsp nigella seeds (optional)
- 1 1/2 tbsp olive oil (plus extra for greasing)
- 260ml water

## Equipment

- Mixing bowl
- Tea towel or clingfilm
- Baking sheet
- Rolling pin
- Wire rack

## Method

### 1. Make the Dough

- In a mixing bowl, add flour. Place yeast on one side and salt, sugar, nigella seeds (if using), and 1 1/2 tbsp olive oil on the other.
- Add water and combine using your hands or a freestanding mixer until the flour is fully incorporated.
- If kneading by hand, tip the dough onto a lightly oiled surface and knead for 10 minutes until smooth.
- Lightly oil the mixing bowl, return the dough to it, and cover with a tea towel or clingfilm. Let it double in size (or leave overnight in the fridge for a slow prove).

### 2. Shape and Bake the Pittas

- Preheat the oven to 240°C/220°C (fan)/475°F/Gas Mark 9. Place a baking sheet on a high shelf to heat up.
- Flour the worktop and tip out the dough. Divide into 8 pieces and let sit for 15 minutes.
- Roll each piece into a circle, dusting with flour to prevent sticking. Stack the rolled dough pieces.
- Carefully place all the rounds onto the hot baking sheet and bake on the high shelf for 5 minutes until golden and puffed up.

### 3. Cool and Serve

- Transfer the pittas to a wire rack to cool. Slice open and fill as desired.

Enjoy!