



Whole Grain Pita

These can be made in advance and frozen, alternatively, make the dough, let it rise then cover and refrigerate for up to a week.

Makes 10 – 14 to 16 cm pita's

Ingredients:

300 grams freshly ground Spelt flour or whole grain flour of your choice

1 ½ tsp fine sea salt

125 ml sourdough starter (that has been fed in the last 4 – 8 hours and is somewhat active)

125 ml warm water (not hot or boiling)

75 ml soaked flax

1 tsp honey

1 tsp extra virgin olive oil

Procedure:

1. Blend flour and salt together in large bowl or in a stand mixer bowl with dough hook option.
2. Add sourdough starter. (do not blend at this point)
3. Blend water, soaked flax, honey and olive oil together and add to flour/salt mixture and sourdough starter.
4. Combine to form a rough dough. Blend together until the wet and dry are combined or use a dough mixer. Cover and leave to rise in a warm spot for about 2 hours or until dough has risen. At this point the dough can be placed in a covered container and put into the fridge for up to 1 week, ready to bake fresh pita as required.
5. When you're ready to bake, set oven to 475 F. Put a pizza stone into the oven to preheat for about 30 minutes. It's crucial to preheat the oven and stone at high temperature or the pitas may not puff up properly.
6. Divide dough into 10 pieces. Roll each into a ball, dust a rolling pin with flour and roll each ball into a thin, 14 – 16 cm wide round. Dust with a little flour as you go to ensure the pitas don't stick.
7. To bake, put as many pitas as you can onto the baking stone and cook for 3 – 4 minutes until they have puffed up completely. Remove and cover with a clean tea towel while you cook the remaining dough. To freeze pitas, leave them to cool completely, transfer them to a re-sealable freezer bag with a layer of baking parchment in between each one and freeze until needed.