

Pocket / Pita Bread

Posted on Sep 22, 2011 ~ Revisited January 2022



- 1 T yeast
- 1½ C warm water
- 1 t Pink or Celtic Salt
- 1 T oil
- 3 – 3½ C fresh flour
- Cornmeal for dusting

Mix yeast, water, sugar, oil & 1 1/2 C flour, let sponge 30 minutes. Add salt & enough flour to clean sides of bowl. Mix for 5 minutes or until the gluten window develops. Divide into 6 equal parts & roll into 1/8 – ¼” thickness. Allow to rise 30 minutes on a cornmeal dusted counter. Preheat oven to 500 degrees. Sprinkle cookie sheet with more cornmeal, place dough on sheet & bake about 10 minutes or until puffed and light brown.