

Whole-Wheat Pita Bread ²³

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MIDDLE EASTERN BREADS

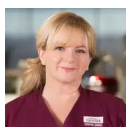
SERVES Makes eight 7-inch pita breads

TIME 2 hours, plus 16 hours resting



WHY THIS RECIPE WORKS

Our recipe creates tender, chewy pitas with perfect pockets, every time. We start with a 50/50 combination of high-protein bread flour, which encourages pocket formation and increases the pita's chew, and whole-wheat flour, which contribute... [Read More](#)



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GATHER YOUR INGREDIENTS

☐ 1⅓ cups (7⅓ ounces) whole-wheat flour

- ☐ 1⅓ cups (7⅓ ounces) King Arthur bread flour
- ☐ 2¼ teaspoons instant or rapid-rise yeast
- ☐ 1 cup plus 2 tablespoons (9 ounces) ice water
- ☐ ¼ cup extra-virgin olive oil
- ☐ 4 teaspoons honey
- ☐ 1¼ teaspoons salt
- ☐ Vegetable oil spray

View Nutritional Information i

KEY EQUIPMENT



Rolling Pins

Stand Mixers (Inexpensive)



Baking Stones & Baking Steels

*

BEFORE YOU BEGIN

For the best results, we recommend weighing the flour and water. We prefer King Arthur bread flour for this recipe. If you don't have a baking stone, bake the pitas on an overturned and preheated rimmed baking sheet. The pitas are best eaten within 24 hours of baking. Reheat leftover pitas by wrapping them in aluminum foil, placing them in a cold oven, setting the temperature to 300 degrees, and baking for 15 to 20 minutes.

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INSTRUCTIONS

Sift whole-wheat flour through fine-mesh strainer into bowl of stand mixer; discard bran remaining in strainer. Whisk bread flour and yeast into whole-wheat flour. Add ice water, oil, and honey on top of flour mixture. Fit stand mixer with dough hook and mix on low speed until all flour is moistened, 1 to 2 minutes. Let dough stand for 10 minutes.

Add salt to dough and mix on medium speed until dough forms satiny, sticky ball that clears sides of bowl, 6 to 8 minutes. Transfer dough to lightly oiled counter and knead until smooth, about 1 minute. Divide dough into 8 equal pieces (about 3¾ ounces each). Shape dough pieces into tight, smooth balls and transfer, seam side down, to rimmed baking sheet coated with oil spray. Spray tops of balls lightly with oil spray, then cover tightly with plastic wrap and refrigerate for at least 16 hours or up to 24 hours.

One hour before baking pitas, adjust oven rack to lowest position, set baking stone on rack, and heat oven to 425 degrees.

Remove dough from refrigerator. Coat 1 dough ball generously on both sides with flour and place on well-floured counter, seam side down. Use heel of your hand to press dough ball into 5-inch circle. Using rolling pin, gently roll into 7-inch circle, adding flour as necessary to prevent sticking. Roll slowly and gently to prevent any creasing. Repeat with second dough ball. Brush both sides of each dough round with pastry brush to remove any excess flour. Transfer dough rounds to unfloured peel, making sure side that was facing up when you began rolling is faceup again.

Slide both dough rounds carefully onto stone and bake until evenly inflated and lightly browned on undersides, 1 to 3 minutes. Using peel, slide pitas off stone and, using your hands or spatula, gently invert. (If pitas do not puff after 3 minutes, flip immediately to prevent overcooking.) Return pitas to stone and bake until lightly browned in center of second side, 1 minute. Transfer pitas to wire rack to cool, covering loosely with clean dish towel. Repeat shaping and baking with remaining 6 pitas in 3 batches. Let pitas cool for 10 minutes before serving.

Step by Step: How to Shape Pitas That Reliably Form Pockets *i*

Recipe developed for the September / October 2018 issue.



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