

Greek Pita Bread Recipe



4.50 from 2 votes

Authentic Greek Pita bread recipe. Soft and flexible perfect to use for Gyros and Souvlaki wraps.

Prep Time
30 mins

Cook Time
15 mins

Course: Appetizer Cuisine: Greek Keyword: bread, Wrap Servings: 6 flatbreads
Calories: 373kcal

Ingredients

- 500 grams (4 cups + 2 tablespoons) all-purpose flour
- 9 grams (1 tablespoon) instant dry yeast
- 300 ml lukewarm water
- 1 teaspoon sugar
- 1 teaspoon salt
- 3 tablespoons sunflower or corn oil + some extra to oil the pan and the pitas

Instructions

1. **Sift flour** in a large bowl.
2. **Mix flour** with salt and sugar.
3. **Dissolve yeast** in water.
4. **Add the oil** and yeast water to the flour.
5. **Knead** for 6-10 minutes until you have a soft non-sticky dough. See **Note 1** below.
6. **Oil lightly** the bowl and the top of the dough. Place the dough in the bowl.
7. **Cover the bowl** with a dampened tea towel.
8. **Heat the oven to 100°C / 210°F** for 2 minutes then turn it off.
9. **Rise.** Place the bowl in the oven and allow to rise for 1 hour and 30 minutes until almost tripled in size. Alternatively, you can leave it to rise at room temperature.
10. **Press the dough** to remove the air. Then transfer to a lightly oiled working surface.
11. **Knead dough** for a minute.
12. **Shape** into a round ball and then into a cord.
13. **Cut the dough** in half and then cut each half into 3 pieces of the same size (6 in total).
14. **Shape each piece** into a round ball. Make sure you close the bottom of the dough well.
15. **Brush lightly each dough ball with oil.** Then cover with a tea towel and rest for 10 minutes.
16. **Shape into flatbread.** Take a dough ball and open it up with your hands into a round 20-cm (8-inch) disk.
17. **Heat a non-stick frying pan** (or a cast-iron skillet) over high heat.
18. **Brush pan with oil.**

19. **Cook the flatbread** for 1 minute then flip and cook for another minute. Then turn the heat to low and cook for 30 more seconds. See **Note 2** below.
20. **Transfer** the flatbread to a clean tea towel to cool. Turn the heat to high again.
21. **Prepare the next flatbread.**
22. **Continue like this** until you cook all the Pita.
23. **Serve with** dips, make wraps, or store it in the freezer for later use.
24. **To store in the freezer** place in a freezer plastic bag and freeze for up to 6 months.

Notes

Note 1: As you begin kneading the dough it might feel like it needs more water. Give it some time for the flour to absorb the water by kneading. If it still feels too sticky, dust in some extra flour. On the other hand, if while kneading the dough feels too dense, add a very small amount of extra water.

Note 2: The pan should be really hot but not smokey hot. If it gets smokey hot remove from heat and allow the temperature to drop for a few seconds before adding the Pita.

Nutrition

Serving: 1flatbread | Calories: 373kcal | Carbohydrates: 65g | Protein: 9g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Trans Fat: 0.02g | Sodium: 393mg | Potassium: 104mg | Fiber: 3g | Sugar: 1g | Vitamin C: 0.01mg | Calcium: 15mg | Iron: 4mg