



Annette Chan <annettechan8@gmail.com>

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## Re: pita

1 message

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**Douglas Ng** <dougng@pacbell.net>

Sun, May 10, 2020 at 4:35 PM

Reply-To: dougng@pacbell.net

To: Annette Chan <annettechan8@gmail.com>

I used this recipe, but cut it in half. Water at 110 degrees F, 1/2 cup is 8 oz (I try to weigh everything). I rolled 2 oz into a 5" round. A little sugar is useful when proofing yeast.

On Sunday, May 10, 2020, 03:21:57 PM PDT, Annette Chan <annettechan8@gmail.com> wrote:

Hi Doug,

Here is the recipe that I used (from Allrecipes.com).

<https://www.allrecipes.com/recipe/232719/chef-johns-pita-bread/>

I am thinking about trying this recipe.

<https://www.delish.com/cooking/recipe-ideas/a28143766/homemade-pita-bread/>

The second recipe uses a little sugar. The first recipe does not use any sugar. The yeast might like the sugar, but I don't know if that affects the puffing up at all.

Annette

On Sun, May 10, 2020 at 12:06 PM Douglas Ng <dougng@pacbell.net> wrote:

I made a second batch last week and ran into problems with no puffing. I made one a day.

Day #1: I used my fingers instead of a rolling pin to flatten out the dough. It was too uneven to puff up.

Day #2: I think the pan was too hot.

Day #3: Puffed about halfway. Needed a few seconds in microwave.

Day #4: Finally duplicated results of the first batch, but still needed a few seconds in MW.

Thoughts: On my first batch, I cooked 2 min on one side and then flipped for 2 min on the second. Puffing would occur at the 3 min mark. I would finish with 1 more min on the first. This gave me an idea of how hot the cast iron pan should be. The first side is only very lightly browned when I flip to the second side. 2 min on the second side yields darker brown spots, but no burning. Starting on Day #3, I pre-heated my cast iron pan 2 min on high, then 1 min on med before cooking. Rolled pretty thin, about 3/16". I think that when you first put the dough in the pan, the heat makes the yeast go nuts before killing them. This results in the small bubbles on the uncooked second side. When you cook the second side, the steam causes the pita to puff, which is why a few seconds in the MW can help if the pita has only puffed part way.

Overthinking this?

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 **Pita Bread.pdf**  
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