

Pita Pocket Bread

Ingredients:

1 cup whole wheat flour
1¾ to 2 cups all-purpose flour, divided
1 (¼ oz.) package or 2¼ teaspoons fast-rising dry yeast
1 tablespoon olive or vegetable oil
1 teaspoon salt
1¼ cups warm water (105 °F)
Cornmeal

Directions:

1. Combine whole wheat flour, 1 cup all-purpose flour, yeast, oil and salt in large mixing bowl. Add warm water and stir about 100 strokes or mix 3 minutes on medium speed of electric mixer.
2. Stir in enough remaining all-purpose flour to form a ball and dough pulls away from sides of the bowl.
3. Place dough on a lightly floured surface; knead about 10 minutes until smooth and elastic.
4. Place dough in large greased bowl; turn dough, greased-side is up. Cover with towel or plastic wrap sprayed with pan spray; let rise for 10 minutes.
5. Form dough into a long smooth snake shape and divide into 12 equal pieces. Shape the pieces into smooth balls of dough. Cover, let rest 5 to 10 minutes.
6. Preheat oven to 475 °F.
7. Roll each ball into a flat, round circle about 6 to 8 inches across and ¼ inch thick.
8. Place pitas 2 inches apart on ungreased baking sheet pan sprinkled lightly with cornmeal.
9. Quickly place pan in lower third of oven so heat is not lost.
10. Bake 2½ to 3 minutes or until dough puffs up, surface is dry, bottom slightly browned. Crusts will not get very brown since there is no sugar or milk in this bread. Remove and cool; fill or wrap and freeze immediately. Re-heat oven to 475 °F before baking next pan of pita.

Family Activity:

Slice pita bread in half and discover the pocket inside. Fill with favorite sandwich filling for a delicious sandwich.

Nutrition Facts (1 serving/34g)

Calories: 127, Protein: 4g, Carbohydrates: 24g, Dietary Fiber: 2g, Fat: 2g, Mono Fat: 1g, Calcium: 7mg, Potassium: 74mg, Sodium: 200mg

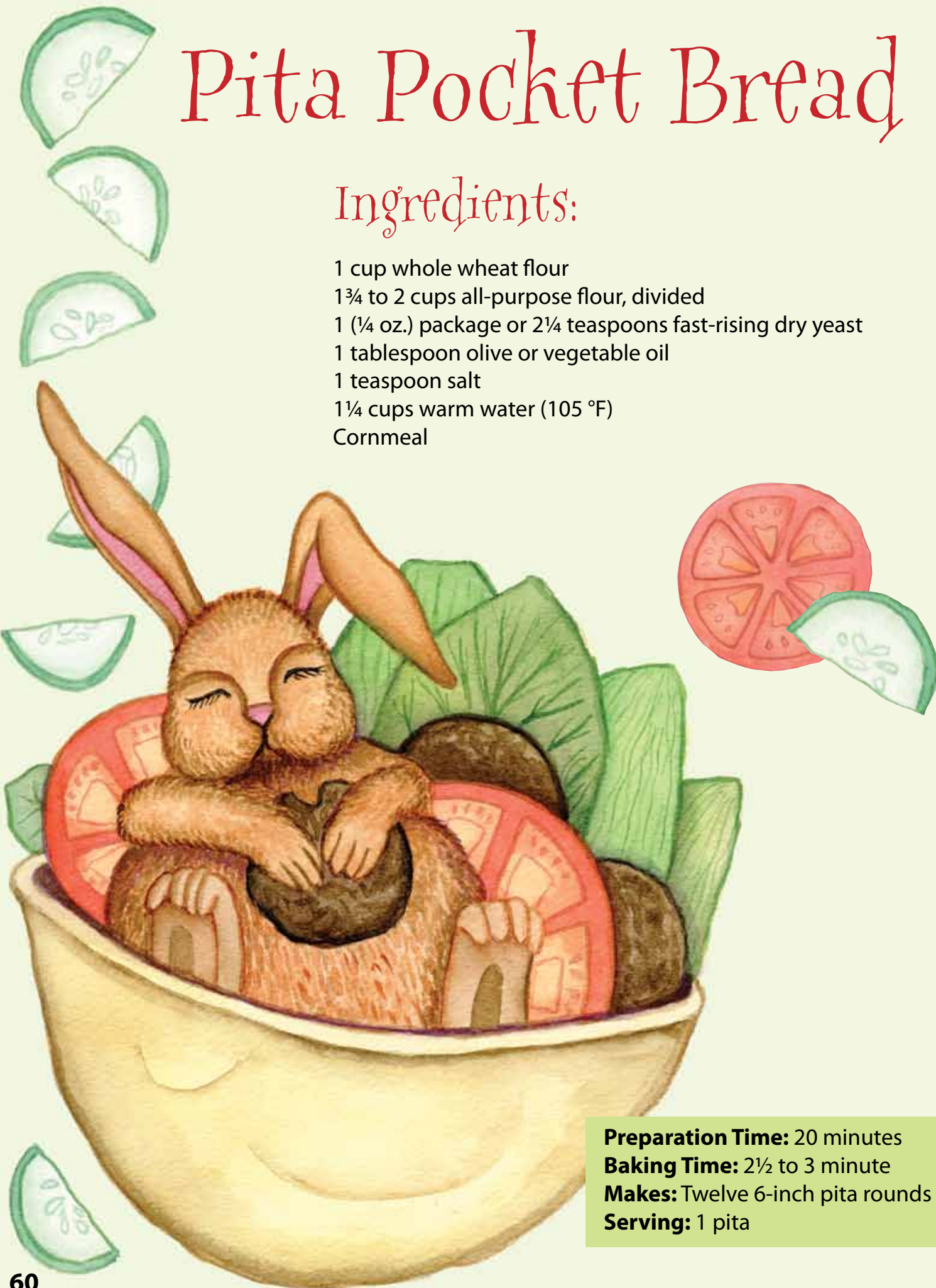
Fun Fact:

Flat circles of bread take us back in time to the earliest bakers who baked unleavened loaves on hot stones. Bakeries are common throughout the Middle East, but many homemakers prefer to make their own bread and send it out to be baked in the village ovens.

Vocabulary:

Yeast:

fungus that when moist and fed with carbohydrate will grow. As it grows (ferments), it gives off carbon dioxide (CO²).



Preparation Time: 20 minutes
Baking Time: 2½ to 3 minute
Makes: Twelve 6-inch pita rounds
Serving: 1 pita