

Homemade Pita Bread - www.forovensake.com

Ingredients:

- 1 T yeast
- 1 1/4 c warm water
- 1 t salt
- 3+ c flour

Instructions:

1. Use a large bowl to dissolve yeast in water, about 5 minutes.
2. Add salt and 1 1/2 c flour.
3. Beat with a whisk to make a batter.
4. Add additional 1 1/2 c flour and mix with a rubber spatula or spoon until a rough, shaggy mass is formed.
5. Turn it out onto a floured surface and knead it with your hands for about 8 minutes, adding flour as you go to keep it from sticking.
6. Roll it into a log and cut it into 6-10 dough balls.
7. Use a rolling pin to flatten each ball into a disk that is uniformly 1/4 inch thick.
8. Let the disks rest on the floured surface for 30+ minutes.
9. Preheat the oven to 425° F.
10. Gently flip each disk onto a baking sheet and bake 10-15 minutes.

Here are some ideas to get your “kid cook” involved with this recipe:

- Share what you know about yeast. Try the experiment “Yeast Alive!” from Scientific American before or after baking.
- Give him a small portion of the dough to knead along with some extra flour to add as he sees fit. Make this into his very own pita - keep track of it through the process and share this extra special one with him warm out of the oven!
- Sit in front of the oven door while they cook and watch them puff up together!

This recipe is modified slightly from: [Under the Highchair](#)