

WHOLE WHEAT PITA BREAD

Makes 8 pitas

Time: 1 hour 25 minutes (includes proofing time)

- 1 cup warm water, shoot for around 105°F
- 2 teaspoons active dry yeast
- 1 Tablespoon honey or agave
- 1 1/2 cup whole wheat flour
- 1 1/4 cup all-purpose flour plus extra if needed
- 1 teaspoon salt
- 1 Tablespoon extra virgin olive oil, plus more for proofing

Put honey, water, and yeast in a mixing bowl and let sit for 5 minutes or so, to allow the yeast to wake up.

Add in both flours, salt, and olive oil. Mix until the dough comes together into a coherent whole. Turn onto a floured work surface and knead for about five minutes. Dough should be smooth, with some elasticity, but will also be a little tactile—it may stick on your fingers but shouldn't coat your palms. Add additional flour if the dough is so sticky it always pulls off into your hands.

Alternatively, you can knead it with a stand mixer and a dough hook. Check the dough regularly for texture.

Put the dough ball in a bowl coated with olive oil, and then place in a draft-free spot (I put my dough in a cool oven, whenever possible). Cover with a towel or plastic wrap and allow it to rise for one hour. It should roughly double in size.

At the end of one hour, heat the oven to 450°F (230°C) and put your baking sheet in the oven to get hot. Deflate the dough slightly and turn onto your floured work surface. Cut into 8 equal-ish size pieces and roll each into a ball. Then take each ball and roll it out, rolling and turning so the pita stay (mostly) round. Roll out to about ¼ inch thickness.

When your oven is hot enough, put the pita on the hot baking sheet in batches (I make mine three at a time). Bake for 4-5 minutes per batch, and place on a cooling rack while the next batch bakes. When all pita are cool they may be stored in a plastic bag. They will last at least three or four days, but they don't last any longer than that in my house so I can't say how much longer they can be stored beyond that.