

# Pita Ekme?i

Make authentic homemade pita bread with just 5 simple ingredients. Soft, fluffy, and perfect for dips, sandwiches, or Mediterranean meals.

20 min

HAZIRLIK

10 min

Pİ?IRME

30 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Pita Ekme?i

## Malzemeler

- 2 cup flour
- 2 tsp yeast
- 3 cup water
- 1 tbsp granulated sugar
- 1 tsp salt

## Yap?l???

- Activate the yeast**

Combine 2 teaspoons active dry yeast, 1 tablespoon sugar, and 3/4 cup warm water (40-43°C/105-110°F) in a small bowl. Let stand for 10-15 minutes until the mixture becomes foamy and doubles in volume.
- Make the dough**

Mix 3 cups all-purpose flour and 1 teaspoon salt in a large bowl. Add the foamy yeast mixture and stir with a wooden spoon until a rough, shaggy dough forms.
- Turn the dough onto a lightly floured surface and knead for 8-10 minutes until smooth, elastic, and slightly tacky but not sticky. The dough should spring back when poked gently.**
- First rise**

Place the dough in a lightly oiled bowl, turning to coat all sides. Cover with a damp kitchen towel and let rise in a warm place for 1 hour until doubled in size.
- Shape and rest**

Punch down the dough and divide into 8 equal portions using a knife or bench scraper. Roll each portion into a smooth ball and place on a floured surface. Cover with a damp towel and rest for 15 minutes.
- Roll each ball into a 6-inch circle about 1/4-inch thick using a rolling pin on a lightly floured surface. Cover the rolled circles with a damp towel and rest for 30 minutes.**
- Prepare for baking**

Place a baking sheet or pizza stone on the bottom rack of the oven and preheat to 250°C/480°F for at least 30 minutes. The baking surface must be very hot for proper puffing.

## 8 Bake the pitas

Carefully place 2-3 pita rounds directly on the hot baking surface using a pizza peel or the back of a baking sheet. Bake for 3-4 minutes until the pitas puff up like balloons and are lightly golden on the bottom.

- 9 Remove the pitas immediately using tongs and stack them under a clean kitchen towel to keep soft and prevent them from drying out. Repeat with the remaining dough circles, working in batches.

## ?puçlar?

Use a kitchen scale to divide the dough into perfectly equal portions, ensuring uniform cooking times and consistent results across all pitas.

Preheat your oven with a baking stone or inverted baking sheet inside for at least 30 minutes to achieve the high heat necessary for proper puffing.

Keep rolled dough circles covered with a damp towel to prevent surface drying, which can inhibit pocket formation during baking.

If your dough feels too sticky while kneading, resist adding excess flour - instead, lightly oil your hands and work surface for easier handling.

Test your yeast's activity by ensuring it foams vigorously within 10 minutes of mixing with warm water and sugar - inactive yeast will result in dense bread.

Roll the dough evenly to about 6mm thickness - too thin prevents puffing, while too thick results in dense, chewy bread that won't form pockets.

Bake pitas directly on the oven floor or a preheated pizza stone for maximum heat transfer and dramatic puffing action.

Cover freshly baked pitas immediately with a clean kitchen towel to trap steam, which keeps the bread soft and pliable as it cools.