

Aish Baladi (Egyptian Pita Bread)

Ingredients

- 2¹/₂ cups warm water
- 2 teaspoons dry yeast
- 5-6 cups plain flour
- 1 tablespoon salt
- 1 tablespoon oil

Sprinkle the yeast over warm water in a large bowl. Dissolve, then stir in 3 cups of flour, one at a time. Stir for one minute then let this mixture stand for at least 10 minutes, and up to two hours.

Sprinkle with the salt and stir in the oil. Mix well, then add more flour, one cup at a time, until the dough is too stiff to stir. Turn it out onto a floured surface and knead for 8-10 minutes until it is elastic. Place the dough in a lightly oiled bowl, cover and place in a warm place to rise (approximately 1.5 hours).

When the dough has doubled in size, punch it down and divide it in half, then divide each half into 8 pieces and flatten each into a circle.

Allow the circles to rise again (covered) while preheating your oven to the highest setting. Place the rounds in the middle rack on a baking tray, leaving a small space between each one. Bake for two to three minutes until the bread has puffed up.