

Fate Pitta Bread

Ingredients

500g Fate Low Protein All-Purpose Mix

1 sachet of yeast (enclosed with Fate Mix)

2 teaspoons salt

120ml oil or 50ml oil for a lower fat version

450ml warm water

2-3 drops suitable gravy browning

Extra Fate All-Purpose Mix for shaping



Method

1. Place the Fate All-Purpose Mix into a mixing bowl.
2. Add the sachet of yeast and the salt. Stir.
3. Measure the oil and warm water and place into a separate jug, add a couple of drops of browning.
4. Pour all the oil and water mixture onto the dry ingredients and using a balloon whisk, quickly mix well to get everything blended together.
5. Continue to mix for about 1 minute.
6. Place a piece of cling film onto your scales, and sprinkle it with a little extra Fate All-Purpose Mix. Also, dip your hands in All-Purpose to dust well.
7. Using a large spoon, take a heaped spoonful of the bread mixture, and using just one finger, push it onto the cling film on the scales.
8. For an average sized pitta, you need around 100g. (You do not have to be too precise, just as long as they are within 10g of each other)
9. Using the cling film to help you, transfer the mixture into your other (dusted hand), and gently pass the mixture from one hand to the other, once or twice, until the surface is smooth. You do not have to press or knead the mixture at all.
10. Dust the work surface with a little All-Purpose Mix, and put the mixture down and shape into a fat sausage shape. Transfer to a lightly greased baking tray, and using your hand, gently pat the dough into an oval pitta bread shape about ½cm thick, 18cm long and 10cm wide.
11. Repeat with the remainder of the mixture.
12. Place the baking trays into large polythene bags and put in a warm place to prove until double or triple the thickness.
13. Preheat the grill, and place the baking tray of pitta under the grill to cook. The first side will take around 1½ minutes to cook and puff up as the traditional split in the middle is formed.
14. Turn the pittas over, and cook for another minute or so to cook through.
15. Place on a wire rack to cool.
16. The pittas can be frozen, just defrost and toast lightly before serving.

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