



## Pronto Pita Bread

By Erin Fletter

**Prep Time** 15 / **Cook Time** 2 / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knead:** to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**rest (dough):** to let bread or pastry dough relax, allowing the dough to absorb more liquid and become more pliable before shaping it.

## Equipment

- ☐ Skillet
- ☐ Large mixing bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Clean kitchen towel or plastic wrap (to cover dough)
- ☐ Heat-resistant spatula or pancake turner

## Ingredients

Pronto Pita Bread

- ☐ 1 1/4 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub 1 1/4 C gluten-free/nut-free all-purpose flour) \*\***
- ☐ 1 tsp dry active or instant yeast

- ☐ 1/2 tsp granulated sugar
- ☐ 1/2 tsp salt
- ☐ 1/2 C warm water
- ☐ 2 tsp olive oil

## Food Allergen Substitutions

### Pronto Pita Bread

**Gluten/Wheat:** For 1 1/4 C all-purpose flour, substitute 1 1/4 C gluten-free/nut-free all-purpose flour.

## Instructions

### Pronto Pita Bread

#### measure + mix

Measure and combine **1 1/4 cup flour**, **1 teaspoon yeast**, **1/2 teaspoon sugar**, and **1/2 teaspoon salt** in a mixing bowl. Carefully add **1/2 cup warm water** and **2 teaspoons olive oil**. Mix by hand, kneading about 50 turns.

#### cover + rest

Place the dough (it will be sticky) on a floured surface and cover. Let the dough rest for at least 10 minutes.

#### preheat + divide + shape

Preheat a skillet on your stovetop over medium-high heat. Divide your dough into about 8 to 12 pieces, depending on how large you like your pita bread. Have your kids shape each piece of dough into a ball and then flatten each ball into a circle.

#### cook + flip

Cook the dough on your hot skillet, about 1 minute on the first side, then flip to cook the other side for another minute. Pita is great served with hummus, or try it with **Middle Eastern Shakshuka Poached Eggs!**

## Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love

to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.