

Pitta

Makes 40:

700ml warm water
20g dried yeast
1 kg plain flour
50g plain flour (yeast mix)
2tsp brown sugar
3 tsp salt
5 tblsp sesame seeds
5 tblsp kalonji or nigella seeds
2 tblsp light olive oil

Place the water, yeast, 2 tblsp (50g) of the flour and the sugar in a bowl and whisk until well mixed. Set aside for 20 minutes to activate.

Combine remaining flour with the other dry ingredients in a bowl and mix well.

If missing by hand: make a well in the middle of the dry ingredients and add wet ingredients (yeast mix) gradually until the dough is soft and pliable. Knead for 10 minutes until smooth.

Place in oiled bowl, cover and leave to rise for 1 hour in a warm place.

Pre-heat oven to Gas mark 8 (230°C)

Line 2 baking trays with baking paper.

Place mix onto floured surface and divide into 40 balls (a similar size to a golf ball).

Roll into a ball and flatten to a thickness of 1.5cm.

Cover and leave to rise for 20 minutes.

Carefully place the dough onto your baking trays and bake for 5 minutes or until brown spots appear on the top side. Turn them over and bake for another 3-4 minutes until the bread is puffed up.

Remove from oven and either enjoy with a meal while warm or freeze for another time.