

Homemade Onion Pita Bread

Is making your own bread worth the effort, the answer is there is nothing that tastes better than hot bread out of the oven.

INGREDIENTS

- 2 teaspoons active dry yeast**
- ½ teaspoon sugar**
- ¼ cup whole-wheat flour , preferably freshly milled**
- 2 ½ cups unbleached all-purposed flour**
- 1 teaspoon kosher salt**
- 2 tablespoons olive oil**
- ¼ cup of finally chopped onion**



PREPARATION

1. Put 1 cup lukewarm water in a large mixing bowl. Add yeast and sugar. Stir to dissolve. Add the whole-wheat flour and ¼ cup all-purpose flour and whisk together. Put bowl in a warm (not hot) place, uncovered, until mixture is frothy and bubbling, about 15 minutes.
2. Add salt, olive oil, onion and nearly all remaining all-purpose flour (reserve ½ cup). With a wooden spoon, stir until mixture comes together and forms a dough. Dust with a little reserved flour, and then knead in bowl for 1 minute, incorporating any stray bits of dry dough.
3. Turn dough onto work surface. Knead lightly for 2 minutes, until smooth. Cover and let rest 10 minutes, then knead again for 2 minutes. Try not to add too much reserved flour; the dough should be soft and a bit moist.
4. Clean the mixing bowl and put dough back in it. Cover bowl tightly with plastic wrap, then cover with a towel. Put bowl in a warm (not hot) place. Leave until dough has doubled in size, about 1 hour.
5. Heat oven to 475 degrees. On bottom shelf of oven, place a heavy-duty baking sheet, large cast-iron pan or ceramic baking tile. Punch down dough and divide into 8 pieces of equal size. Form each piece into a little ball. Place dough balls on work surface, cover with a damp towel and leave for 10 minutes.
6. Remove 1 ball (keeping others covered) and press into a flat disk with rolling pin. Roll to a 6-inch circle, then to an 8-inch diameter, about 1/8 inch thick, dusting with flour if necessary. (The dough will shrink a bit while baking.)
7. Carefully lift the dough circle and place quickly on hot baking sheet. After 2 minutes the dough should be nicely puffed. Turn over with tongs or spatula and bake 1 minute more. The pita should be pale, with only a few brown speckles. Transfer warm pita to a napkin-lined basket and cover so bread stays soft. Repeat with the rest of the dough balls.

I love to make honey butter and put on the Pitas right out of the oven. I have become addicted to hot fresh pita bread and you can always find dough balls in my refrigerator. Once you make the dough they are quick to cook. It doesn't take any longer to cook these than to make toast and there are no chemicals in the dough. The Onion flavor in the dough gives it that special wow