



Mini Syrian Pita Bread

Syrian pita bread is similar to many other types of pita bread enjoyed in the Middle East and the neighboring region. It is a staple food that accompanies vegetables, meats, and dips during meals. Try this kid-friendly version for an easy and engaging activity to learn how fermentation works in baking.

Note: Pay particular attention to step 5 below. This is where you will see fermentation happening in baking. The yeast produces the gas that makes the pita bread rise.

INGREDIENTS

- 1 tablespoon yeast
- 1 ¼ cup warm water
- 1 teaspoon salt
- ¼ teaspoon granulated sugar
- 3 cups flour
- 2 tablespoons olive oil

DIRECTIONS

1. Dissolve yeast in the water for about 5 minutes.
2. Add the flour and salt to the water. Using your hands, knead the dough well until it is springy to touch and forms a smooth ball. Add more flour if it is too sticky.
3. Place dough onto a lightly floured surface and divide into ten pieces.
4. Form dough into balls, then flatten with a rolling pin into ¼ inch thick discs. Try and keep an even thickness.
5. Let rest on a floured surface 30-40 minutes until they slightly rise. Preheat oven to 425F.
6. Place the rounds of dough upside down on to a baking sheet.
7. Bake 12-14 minutes until light golden. Watch them puff up!
8. Enjoy with hummus or fill with anything you like!