

Sourdough Pita Bread

<http://userealbutter.com/2020/02/06/sourdough-pita-bread-recipe/>
based on recipes from [Weekend Bakery](#) and [Wild Yeast](#)

255g (1 cup) sourdough levain*, 100% hydration
225g bread flour
25g whole wheat flour
115g water, room temperature
7.5g sea salt
14g olive oil

*I make the levain the night before (or 8-12 hours before) by mixing 35g of sourdough starter with 125g of room temperature purified water and 125g bread flour together in a clean jar until there are no dry pockets of flour left. Cover the container and let sit at room temperature until the levain is filled with bubbles. This should give you 255g of levain and 30g of starter remaining to feed for later uses.

Place all of the ingredients in the bowl of a stand mixer. Mix with a dough hook on low speed until it comes together in a shaggy dough. Continue to knead with the dough hook for 4-5 minutes on medium-low speed until the dough is smooth and tacky OR turn the shaggy dough out onto a lightly floured surface and knead by hand for 8-10 minutes until smooth and tacky. Place the dough in a lightly greased bowl and cover with plastic wrap or a lid and allow to rest for 2 hours at room temperature or up to 24 hours at a cool temperature (about 64-68°F), until the dough has doubled in size.

Place a baking stone on the center rack of your oven (if you don't have a stone, you can bake your pita on the rack itself, but I haven't tried it). Preheat oven to 550°F. Turn the dough out onto a lightly floured work surface and cut into eight relatively equal pieces. Shape each piece into a ball by tucking the edges down and toward the center of the base, continuing to stroke the edges down and to the center of the base around the entire ball until it is smooth and symmetrical. Cover the dough balls and allow to rest for 10 minutes.

Pat each ball of dough into a flattened disc. Use a rolling pin to roll the disc into a 1/4-inch thick circle, rolling from the middle to the edges. Rest the dough for a few minutes. Roll the dough out again, this time rolling it thin to about a 7-inch diameter. I like to bake the first pita solo in case I mess something up. Toss the dough onto the baking stone and shut the oven door to avoid heat loss. Bake for 3-4 minutes, the pita should puff up during this time. Remove from oven. Bake the remaining dough – in batches if you prefer. Makes 8 pita.