



Greek pita bread for souvlaki

30'
Hands on

90 minutes'
Hands off

4'
Cook Time

6
Portion(s)

3
Difficulty



Ingredients

- 160 ml milk, at room temperature
- 80 ml water, at room temperature
- 1 teaspoon(s) granulated sugar
- 2 tablespoon(s) olive oil
- 2 teaspoon(s) yeast
- 320 g hard flour
- 1 teaspoon(s) fleur de sel
- 1 teaspoon(s) thyme, fresh, finely chopped, only the leaves
- 1 tablespoon(s) olive oil, for frying
- salt
- pepper

To serve

- olive oil
- thyme, fresh
- [Greek tzatziki sauce](#)
- [fish roe dip](#)

Method

Watch the video in sign language [here](#).

These homemade pita bread are usually served with Greek souvlaki! They are soft, puffy and a little more bread like!

- Combine the sugar, yeast, olve oil, water and milk in a [bowl](#). Set the bowl aside for 5 minutes, until the mixture starts to froth.
- In another bowl, combine the flour, the salt and the chopped fresh thyme leaves and give it a mix to combine.
- Add the oil to the yeast mixture and stir to combine.
- Add the yeast mixture to the flour mixture in batches. Make sure each batch is incorporated before adding the next.
- Transfer mixture to a lightly floured working surface. Knead for 4-5 minutes until the dough becomes smooth.
- Brush a bowl with some oil and add the dough.
- Cover with a towel and let it rest for about 40 minutes, until it rises and doubles in size.
- Place a [pan](#) over medium heat.
- Press on the dough to remove the air and [cut](#) into 6 equal sized pieces.
- Place pieces of dough on a lightly oiled working surface. Use a rolling pin to roll out each piece of dough to a circle 20 cm in diameter.
- Cook the pita bread for 1-2 minutes on each side in the pan, until they puff up slightly.
- Transfer to a plate and serve with chicken or pork gyro, sausages or vegetables. Sprinkle with chopped thyme.

Διατροφικός πίνακας

Nutrition information per portion

287 Calories (kcal)	8.6 Total Fat (g)	1.8 Saturated Fat (g)	43.0 Total Carbs (g)
14%	12%	9%	17%
2.4 Sugars (g)	8.4 Protein (g)	1.9 Fibre (g)	0.98 Sodium (g)
3%	17%	8%	16%