

Sourdough Discard Mini Pita Bread

Courtesy of: www.thebetterhomelife.com

Pita Bread Ingredients

- 1 Cup room temperature sourdough starter discard
- 1 Cup warm water ~ 110 degrees F
- 1 teaspoon sugar
- 2 teaspoons kosher salt
- 3 tablespoons olive oil
- 1 tablespoon active dry yeast
- 2 1/2 cups all-purpose flour
- 3/4 cup whole wheat flour

Mini Pita Bread Instructions

First combine the water, sugar, salt, and yeast in a large mixing bowl. Next add the sourdough starter. Finally, mix in the flours until well combined.

Form the dough into a ball. Knead it for 5 minutes. Add additional flour a couple tablespoons at a time if it is too sticky.

Cover the dough ball and allow it to rise in a warm spot until it has doubled in size ~ 1 hour.

Punch down the dough and cut it into 24 pieces. Roll each section into a ball, then use a rolling pin to flatten each ball into a 3-4 inch round disk (between 1/8 and 1/4 inch thick).

Heat up a non-stick pan to medium-high. Flip the disks into the pan. Cook until bubbles form ~ 2 minutes, then flip and cook for another minute or two. Remove from heat and place the mini pitas on a cooling rack. If the pitas stick, you can add a very small amount of olive oil to the pan.