

Arabic Flat Bread (الخبز العربي)

Thin flat bread loaves (pita) that you can bake on your stove top or in the oven. Excellent for sandwiches or with many Arabic dishes.

Method

Mix sugar, instant yeast, and water. Leave aside for 10 minutes.

In a large bowl, mix flour and salt.

Add the yeast mixture gradually while kneading with your hands (or in a mixer).

Add the oil and keep on kneading until you get a ball of dough that doesn't stick to your hands or to the bowl. You may need to add flour if the dough is too sticky, or warm water if it's too firm.

Cover and leave at room temperature for 15 minutes.

Divide into 5 balls.

Cover them, then sprinkle your table with flour and flatten each ball of dough with a rolling pin until it's 2-3 mm thick (1/8 inch).

Important: Each loaf should rest for at least 10 minutes after spreading.

Sprinkle your *hot* baking sheet with vegetable oil and lay 1 or 2 sheets of dough on it (separated). You can also bake the bread on a non-stick pan, on very low heat. Ideally, they should puff up as they are cooking, but they are still good even if they don't.

Bake until loaves gain a golden color.

After the loaves have cooled down, put them in a sealed plastic bag to avoid drying.

Bon appetit!

Shopping list (for 5 loaves)

2½ cups all purpose flour or whole wheat flour

1 cup warm water

1 tsp instant yeast

1 Tbs sugar (optional)

½ tsp salt

2 Tbs vegetable oil



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One in a series of recipes contributed by our volunteers

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