

PITA BREAD AND HUMMUS

Pita Bread

Serves 6

¾ c water (110-115° F)
¼ t sugar
2 t active dry yeast
¾ c whole wheat flour
¾ c flour
½ t salt



1. Place the water and sugar in a bowl, stir together, add yeast, stir again and let rest for 5 minutes
2. Mix in salt and flour gradually
3. Knead well for 5 minutes til smooth, gradually adding more flour as needed
4. Divide into egg size balls and let rest covered with floured towels
5. Rest for 30 minutes *(or if in class, spray with non-stick cooking spray, cover with saran wrap, and place in the refrigerator until next class period)*
6. Roll out each ball into a 6-8 inch circle, approximately 1/8" thick. Let rest again for 30 minutes covered to prevent a skin from forming on the dough.
7. Bake one pan at a time in the bottom 1/3 part of the oven for 3-5 minutes at 450 degrees

Hummus

½ c canned chickpeas or garbanzo beans
1 garlic clove
1 T tahini
3 T olive oil
Up to 1 ½ T lemon juice
Paprika, to taste

1. Place the chickpeas in a food processor or blender and process until smooth
2. Add garlic, tahini, ½ T lemon juice, and process again
3. Add olive oil until smooth
4. Add more lemon juice, if desired
5. Season with salt and pepper
6. Place in a bowl and sprinkle with paprika to serve

Recipes courtesy of LeCordon Bleu Culinary School, Minneapolis, MN