

Homemade Pita Bread and Hummus



Pita bread and hummus is an essential snack, and even better when homemade. This is a really easy recipe, the pita bread just needs around 2 hours to prove.

Ingredients

For the Pita Bread

400g plain flour
1 tsp salt
1 tsp fast-action yeast
1 tsp caster sugar
200ml water
20ml whole milk

For the Hummus

800g tinned chickpeas, rinsed
3 tbsp tahini
juice of 1 lime
2 garlic cloves
2 pinches of salt
1 pinch of sumac
2 tbsp greek yoghurt
2 tbsp aquafaba
a handful of fresh coriander, finely chopped

Method

- Add the flour, salt, yeast, and sugar to a free-standing mixer. Mix well.
- Add the water and milk to another bowl.
- Turn the mixer to slow speed and add the liquid a little bit at a time. Knead for 8 minutes.
- Coat a large bowl in olive oil. Place the dough in the bowl, cover, and let it prove for 1 hour.
- Once proved, divide the dough into 6 even portions, and roll into balls.
- Cover the balls of dough with a clean damp tea towel, and let them prove for 30 minutes.
- Dust your work surface with flour and roll out your balls into 4-5 inch circle. Again, cover them with a damp tea towel and let them prove for another 30 minutes.
- Preheat the oven to 240°C / 220°C with a fan. Place 2 baking sheets inside the oven to heat up.
- Meanwhile, prepare the hummus by adding most of the chickpeas, tahini, lime juice, garlic, salt, sumac, greek yoghurt, and aquafaba to a blender. Blitz for 2 minutes until creamy.

- Serve in a bowl with a drizzle of olive oil, the remaining chickpeas, and fresh coriander.
- Sprinkle some flour on the hot baking sheets and place the pita on top. Cook for 5-6 minutes.
- Remove the pita breads from the oven, and allow them to cool for 5 minutes.

Serve alongside the hummus and any other snacks, and enjoy!