**Pita and Tzatziki**

**1 Recipe/2-3 People**

**DAY 1: MAKE PITA BREAD DOUGH**

**Pita Bread**

2 mL sugar

20 mL warm water

3 mL active dry yeast

10 mL oil

100 mL lukewarm water

2 mL salt

75 mL whole wheat flour

125 mL all-purpose flour

Additional 75-125 mL flour as needed during kneading

**Directions:**

1. Dissolve sugar in warm water in custard cup. Sprinkle yeast onto water and let stand until foamy/bubbly (about 10 minutes). Keep it warm by setting the custard cup on top of small amount of hot water in a soup bowl.
2. In a large bowl, combine oil, lukewarm water, salt and yeast mixture.
3. Gradually mix in whole wheat flour, blending well with a wooden spoon.
4. Gradually add all-purpose flour until dough is smooth and leaves sides of bowl.
5. Knead on lightly floured surface about 5 minutes until smooth.
6. Place in **LIGHTLY** greased (~5 mL oil) zipper-freezer bag, labeled with names and block. Refrigerate until day 2 of lab.

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**DAY 2: BAKE PITA AND MAKE TZATZIKI**

**Pita Bread**

Pita dough from Day 1 of lab

**Directions:**

1. Preheat oven to 500°F. Place oven rack in center position.
2. Cut dough into 4 equal pieces. Roll into rounds 1/8” thick.
3. Bake on cookie sheet 3-5 minutes - do not brown.
4. Remove to wire rack and allow cooling.
5. Serve with tzatziki.

**Tzatziki**

⅙ Long English cucumber, finely grated

½ clove of garlic, minced

75 mL plain yogurt

3 mL dill

3 mL white or red wine vinegar

5 mL extra virgin olive oil

Salt and pepper to taste

**Directions:**

1. Wash cucumber and finely grate.
2. Mince garlic.
3. Combine all ingredients in a small bowl.
4. To allow flavors to develop, place in fridge for 15 minutes before serving.
5. Serve with pita bread.

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