

Bread Wrap (Pita Bread Style)

Ingredients:

1 cup warm water (250ml)
1 cup & 2½ tsp. maize corn flour (150g)
3 tbs. vegetable or Canola oil
½ cup & 2 level tbs. rice flour (100g)
1 tsp. salt (4g)
⅔ cup Orgran GFG (100g)
1 rounded tsp. of dry yeast



Method:

1. Sift all dry ingredients into a large bowl.
2. Add the oil and work into the mixture of dry ingredients.
3. Gradually stir in 1 cup of lukewarm water, mixing until a soft dough forms.
4. Transfer the dough to a lightly floured surface and knead for 4-5 minutes until any excess moisture has been absorbed.
5. Cover with a clean tea towel and leave to rest for 30 minutes.
6. Meanwhile, line a large piece of foil with paper towels to keep the pita bread hot when cooked.
7. Cut the dough in half and divide each half into four equal balls.
8. Cover with a clean tea towel to prevent them from drying out.
9. Heat a non-stick frying pan over medium heat.
10. Meanwhile, flatten one ball of dough between your palms, lightly dust with flour, then roll out and cut with a cutter 15 cm round (or 11cm for a small pita).
11. Place the dough on the hot pan and cook for 30 seconds, then turn and continue cooking until bubbles begin to appear on the surface.
12. Turn again, pressing the edges down gently to encourage the pita to puff up, and continue cooking until brown patches appear on the underside.
13. Wrap the cooked pita in the foil and continue making the others in the same way.

Makes 4 pieces