



# Pita Bread

Recipe by: **Baking Instructor Karen Ogrinc** | A **Spicy Spins** Exclusive

## Ingredients:

- 510 grams (4 ½ cups) Unbleached All Purpose Flour
- 4 grams (1 teaspoon) yeast
- 7 grams (1 teaspoon) salt
- 7 grams (1 teaspoon) honey
- 28 grams (2 tablespoons) oil
- 300 grams (1 ¼ cups) lukewarm water

## Instructions:

1. In a medium bowl, combine flour, yeast, and salt.
2. Weigh the water into a liquid measure and add honey and oil. Add the water mixture to the dry ingredients and mix until the dough comes together into a shaggy mass. Add more water, if necessary.
3. Turn the dough out onto a lightly floured surface and knead about 3 to 5 minutes, until smooth and elastic.
4. Place the dough in a bowl and cover. Allow the dough to rise for about an hour, or until doubled in bulk. After 30 minutes, preheat the oven with a baking stone to 500°F.
5. Remove the dough from the bowl onto a lightly floured surface.
6. Divide the dough into 8-10 pieces and shape each into a ball by lightly rolling it under your hand. Allow the pre-shaped dough to relax, covered, on a lightly floured surface for about 5 minutes.
7. Shape the loaves by rolling each ball into a round circle about 1/8" thick (6" to 7" in diameter). Use a peel to load each pita as soon as it's shaped. This is a continuous process, so that as one pita is baked, the next is shaped and readied for loading. Each should take about 3 minutes to bake.
8. As the pitas are unloaded, cover them with a towel so that they remain soft and pliable.
9. Let cool for a few minutes before eating.



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# Hummus bi tahina

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## Ingredients:

- 1 can of chickpeas
- 1 garlic clove
- ¼ cup tahina
- ¼ cup water or liquid from the chickpea can.
- 1 ice cube
- 1 tbs. lemon juice or juice of ½ lemon
- salt and pepper
- Extra virgin olive oil
- Sumac or peprika

## Instructions:

1. Add the garlic clove to the blender or food processor and chop.
2. Add chick peas, tahina, water or chick pea liquid, an ice cube, and lemon juice, and process until smooth.
3. While the machine is running, add about 1-2 tablespoons of olive oil.
4. Add salt and pepper to taste. Place the mixture in a bowl and flatten the top.
5. Pour some olive oil on top and sprinkle with sumac or paprika to decorate.
6. Enjoy at room temperature. Store leftover hummus bi tahina in the refrigerator or freeze for longer storage. Thaw in the refrigerator.



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