



Pita Stuffed with Spiced Potato & Herbs

SERVES: 30 tastes in the classroom or 6 at home

INGREDIENTS:

- 1 tsp of dry yeast
- 2 tsp of caster sugar
- 65ml of warm water
- 50g of fine semolina plus extra to dust
- 1 tsp salt
- 250g of plain flour, plus extra for dusting
- ½ tbsp of olive oil, plus extra to fry
- 125ml of cold water

For the Filling

- 3 medium potatoes, cooked (as above)
- 1 small handful of mint, finely chopped
- 1 small handful of parsley, finely chopped
- 1 tsp olive oil
- ½ tsp turmeric
- 2 tsp garam masala
- 1 tsp cumin seeds, dry roasted
- Pinch of salt
- Pinch of black pepper

METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Dissolve the yeast and sugar in the warm water in the small bowl and set it aside.
3. Mix the semolina, salt and flour in a large bowl.
4. Make a well in the centre of the flour mix and add the yeast mixture, oil and cold water. Work it until a dough is formed.
5. Knead the dough into 15 balls. Cover and rest them for 5 minutes.
6. Transfer the cooked potato to a large bowl and combine olive oil, turmeric, garam masala, cumin seeds and herbs. Mash the filling with a fork and season to taste.
7. Create a 'pocket' in each dough ball and place 1 tbsp of the potato mixture in the centre. Fold all four edges over the mixture.
8. Flatten the balls into 0.5cm thick discs on the bench that is sprinkled with semolina.
9. Heat a few drops of oil in the frying pan and cook each disc over a high heat for a couple of minutes each side.
10. Stack the cooked pita breads on a plate, cover with a tea towel and allow to cool.