



INGREDIENTS



PITTA CALABRESE

By Caterina Romano's kitchen

DIRECTIONS

YEAST

- 1 ½ cups of water
- 1 TBSP of granulated sugar
- 2 ½ TSP of active dry yeast
- 1 TBSP of granulated sugar
- 2 TBSP of extra virgin olive oil

DRY INGREDIENTS

- 3 ¼ cup of sifted 00 flour
- Pinch of sea salt

STUFFING

- Italian Hot paste of choice
- 5-6 slices of prosciutto
- Slices of provolone cheese
- Thinly sliced Italian sausage
- 1 TBSP of oregano
- 2 TBSP of Semolina flour

1. Heat the water to 115 DF. Add the sugar and the yeast and mix together and set aside for 10 minutes. After 10 minutes when the yeast mixture is nice and frothy, add the additional sugar and olive oil. Mix and set aside.
2. Combine the flour and salt, mix well and transfer to the bowl of a stand mixer fitted with a hook attachment.
3. Add the yeast mixture to the flour and over medium speed continue to mix for 10 minutes. Increase the speed of the mixer to maximum and mix for an additional 2 minutes.
4. Grease a bowl with olive oil. Transfer the dough to a work surface lightly dusted with 00 flour and knead into a ball. Place it in the greased bowl, cover with plastic wrap and allow to rise in a warm place for 1 hour.
5. After the first rising, deflate the dough with a wooden spoon by moving it around. Cover with plastic wrap and allow a second rising for 1 hour.
6. Transfer the dough to a work surface lined with 00 bench flour and knead the dough into a ball. Place it in a grease bowl, cover with plastic wrap and allow for a third rising for 2-3 hours. Divide the dough into two portions.
7. On a baking tray lined with parchment paper, roll out the dough into a disc and make a hole in the center. This is the bottom part of the pitta.
8. Roll out the other portion of the dough into another disc with a hole in the middle.
9. Start with the bottom of the pitta. Brush the dough with the hot sauce. Cover with the prosciutto, cheese and sausage. Sprinkle the toppings with the oregano.
10. Roll the top portion of the dough onto a roller. Add the top of the dough to the bottom. Pinch together the ends and the inside of the two sides. Sprinkle the top with the semolina.
11. Allow the pitta to rise in a warm place for 1 hour.
12. Preheat the oven to 420 DF.
13. Bake on the bottom shelf of the oven for 20 minutes. Move to the upper shelf and continue cooking for another 20 minutes.
14. Rest for 15-20 minutes. Cut a slice and enjoy.

ENJOY THE PITTA CALABRESE