



Pita & Falafel

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. **Any prep work to be done before class is highlighted in yellow.**

All recipes used in class will be attached in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- King Arthur Unbleached All-Purpose Flour: 150g (1 ¼ cups), plus more for dusting work surface
- Whole Wheat Flour: 200g (1 ¾ cups)
- Salt: 4 teaspoons, plus more for seasoning
- Baking powder: 1 teaspoon
- Instant or active dry yeast: ½ teaspoon
- Ground cumin: 1 tablespoon
- Ground coriander: 1 tablespoon
- Cayenne pepper: ¼-1 teaspoon
- Greek yogurt: 280g (1 cup)
- Dried chickpeas: 350g (1 ½ cups), covered with water and soaked for 18-24 hours (canned chickpeas will not work in this recipe)**
- Parsley: 1 large bunch
- Cilantro: 1 large bunch
- Dill: 1 large bunch
- Onion: 1 medium
- Garlic: 4-6 cloves
- Cucumber: 1 large
- Tomato: 1 large
- Lemon: 1 large
- Greens (arugula or mixed greens): 4-5 ounce container
- Olive oil: 1 ½ teaspoons
- Neutral oil: canola, vegetable or peanut are good options: ¼-½ cup, for frying
- Water: 237g (1 cup)

EQUIPMENT

- Scale (preferred) or measuring cup set
- Measuring spoons
- Liquid measuring cup
- Mixing bowls: various sizes
- Bench scraper and bowl scraper
- Food Processor
- Large skillet
- Spatula or tongs
- Box grater
- Chefs knife
- Cutting board
- Mixing spoon or rubber spatula
- Rolling Pin
- Pizza stone or steel or metal cookie sheet

Whole Wheat Pita

YIELD: 8 PITA

INGREDIENTS

- 150g (1 ¼ cup) King Arthur Unbleached All-Purpose Flour
 - 200g (1 ¾ cups) whole wheat flour
 - ½ teaspoon yeast
 - ¼ teaspoon salt
 - 237g (1 cup) water, warm
 - 1 ½ teaspoons olive oil
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DIRECTIONS

1. Place all the dry ingredients into a large bowl and stir to combine.
2. Add the water and oil. Combine to form a cohesive mass.
3. Lightly flour your work surface, then turn the dough out of the bowl.
4. Knead the dough by folding the far edge of the dough in half toward you. Press the dough with the palms of your hands and push lightly, down and away. Rotate the dough 90°.
5. Continue this process (fold, push, turn) until the dough is smooth and springy, about 5 minutes. Handle the dough very gently at first, then as the dough increases in strength, increase the pressure. If the dough sticks, scrape your work surface clean with your bench knife, then sprinkle the kneading surface lightly with flour.
6. Place the dough in a bowl and cover. Allow the dough to rise about 1 hour, or until doubled in bulk.
7. Remove the dough from the bowl and place it on a lightly floured surface.
8. Divide the dough into 8 pieces, then shape each piece 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 30 minutes.
9. Meanwhile, preheat the oven with a baking stone to 500°F.
10. With a rolling pin, roll each piece of dough into a circle about ⅛"-thick and 6" to 7" in diameter.
11. 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 pita should take about 3 minutes to bake.
12. As the pitas are unloaded, cover them with a towel so they remain soft and pliable.
13. Let cool for a few minutes before serving.
14. Store pitas covered at room temperature up to 2 days or freeze up to 1 month. Thaw pita before serving.

Falafel with Tzatziki

YIELD: 8 SERVINGS

INGREDIENTS

FALAFEL

- 350g (1 ½ cups) dried chickpeas
- 1 large bunch parsley
- 1 large bunch cilantro
- 1 large bunch dill
- ½ medium onion
- 3-5 garlic cloves, to taste
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon salt
- ¼-1 teaspoon cayenne, to taste
- 1 teaspoon baking powder

TZATZIKI

- 280g (1 cup) Greek Yogurt
- ½ cucumber, grated and squeezed dry
- 1 clove garlic, finely minced or grated
- 2 tablespoons dill, finely chopped
- Salt to taste
- ½ lemon juiced

GARNISH

- Sliced tomato
 - Sliced cucumber
 - Sliced onion
 - Mixed greens or arugula
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DIRECTIONS

FALAFEL

1. The day before you are planning to make the falafel, place the dried chickpeas in a bowl. Cover with water by 2-3 inches and soak overnight for 18-24 hours. When ready, drain the chickpeas well.
2. In the bowl of a food processor, combine the herbs, onion and garlic, and process until minced. Add the chickpeas and spices and continue to process in short bursts until well combined. The mixture will not be completely smooth but should hold together when formed into a ball. At this point the falafel mixture can be refrigerated for up to 24 hours.
3. Just before frying, mix the baking powder into the falafel mixture.
4. Heat a large skillet with ¼ cup of oil over medium heat.
5. When the skillet is hot, scoop falafel mixture with a tablespoon and form into ½-inch thick patties. Place the patties into the hot oil. Fry for 3-5 minutes, or until deep golden brown. Flip the falafel and fry the second side until brown.
6. Remove the patties onto a paper towel lined plate or cookie sheet.

TZATZIKI

1. Grate the cucumber on a box grater. Squeeze out and drain as much liquid from the grated cucumber as possible.
2. Finely mince the garlic or grate it with a microplane.
3. Mix together the yogurt, strained cucumber, garlic and chopped dill. Season with salt and lemon juice to taste.