



## KALYMNOS PASTRIES

*experience the tradition*

### TIGANOPSOMO / PITA BREAD

**2 tbsp** instant dried yeast  
**3 cup** warm water  
**1 tsp** sugar  
**1 tsp** Salt  
**7 cups** plain flour, sifted (a little more for rolling)  
**1 cup** olive oil, for bread mix  
**1/2 cup** olive oil, for cooking  
Feta cheese, optional  
Pitted Kalamata olives, optional

**ADD** yeast, water, oil, sugar and salt into a bowl and stir until all dissolved.

**SLOWLY** add flour and mix by hand and knead for two minutes.

**COVER** dough with cling wrap and allow to rest in warm place for 1 hour.

**POPRTION** your dough into desired size portions.

**SPRINKLE** flour on bench and roll portioned sizes to desired thickness.  
(If you want to add feta or olives to your pita, this is the time to add)

**PLACE** frying pan on medium heat and drizzle with olive oil.

**PLACE** Tiganopsomo in pan and cook over medium heat until golden brown, then flip and finish off other side.

**NOW IT'S TIME TO ENJOY** 😊😊😊

