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NAAN BREAD RECIPE



To make approx 8 naan breads

Total Time: 50mins

INGREDIENTS

- 400g plain flour
- 400g plain yoghurt
- 2 tsp salt
- 2 tsp baking powder
- 1 tsp sugar
- 4 tbsp oil

METHOD

1. Place the flour, salt, baking powder and sugar together and give this a stir.
2. Place the oil into the flour and mix this until you have a breadcrumb texture then add in the yoghurt.
3. Mix this to form a dough and knead till you have a smooth dough that you can cover and leave to rest for at least 30 minutes.
4. Once rested divide the dough into 8 even balls.
5. Take one ball and dust with some flour and roll out so that it is about 1/2 a cm thick.
6. To cook the naan take a not non-stick pan such as a cast iron pan. In most Indian households they would have a tavi which is a flat pan similar to a pancake pan but not non-stick. This is important as we need the bread to stick to the pan. Place this on a high heat to get very hot before placing the naan on to it. *(if you are unable to do this place the naan on to a oven tray and place under a very hot grill)*
7. On the rolled out naan take some water and rub this all over the naan. This is really important as we need the naan to stick to the pan as we will turn it upside down on to the flame.
8. Place the water side down on to the pan. Cook this for about 30 seconds then turn the whole pan upside down on to the actual flame and cook for about 30 seconds.
9. Using a metal spatula gently lift the naan off the pan and place on to a plate and brush on some butter.

Naans are best eaten straight away or you can place in the oven on a low heat to keep warm