

# Naan Bread

## Ingredients:

225g White Bread Flour  
60ml Lukewarm Milk  
30 - 40 ml Melted Butter for Brushing  
30ml Plain Natural Yogurt  
15ml Vegetable Oil  
7g Dried Easy Blend Yeast  
1 Egg  
½ Teaspoon Salt



**Bring a container to take  
your naan breads home in.**

## Method:

1. Pre-heat the oven to 230°C or Gas Mark 8.
2. Weigh and measure out all the ingredients accurately.
3. Heat the milk gently in the microwave or in a small saucepan. It must be 37°C, use a food probe to check this. If the temperature is any higher it will **kill** the yeast.
4. Add the heated milk and yeast to a measuring jug. Mix thoroughly and set aside for 15 minutes.
5. Sieve the flour and salt together into a large mixing bowl.
6. Crack the egg into a small bowl and beat with a fork.
7. Add the yeast mixture, oil, yogurt and beaten egg to the flour in the large mixing bowl and mix with a round bladed knife to form a soft dough.
8. Turn out the dough onto a lightly floured surface and knead for 10 minutes until smooth and elastic.
9. Place the dough on a baking tray, cover with oiled cling film and leave to rise in a warm place (the grill compartment of the oven) until doubled in size.
10. Place another baking tray in the oven to heat.
11. Once the dough has doubled in size, turn the dough out onto a lightly floured work surface and knock back (punch down). Divide into three and shape into balls.
12. Cover two of the balls of dough with oiled cling film and roll out the third into a teardrop shape about 25cm long, 13cm wide with a thickness of about 5mm.
13. Preheat the grill to its highest setting.
14. Remove the baking tray from the oven using oven gloves. Place the naan on the hot baking tray and bake for 3 to 4 minutes, or until puffed up.
15. Remove the naan from the oven and place under the hot grill for a few seconds, or until the top of the naan browns slightly.
16. Wrap the cooked naan in a tea towel to keep warm while rolling out and cooking the remaining naans.
17. Melt the butter in a small saucepan at the front of the hob. When melted, brush onto the naans and serve warm.



## Adaptations:

- To make spicy naans, add 1 teaspoon of ground coriander and 1 teaspoon of to the flour.
- To make cardamom flavoured naan, lightly crush the seeds from 4 - 5 green cardamom pods and add to the flour.
- To make poppy seed naans, brush the rolled out naan with a little melted butter and sprinkle with poppy seeds. Press them lightly so they stick.
- To make wholemeal naans, substitute wholemeal bread flour for some or all of the white flour.