

Naan Bread

Serve this naan bread as a side dish with curry. Tear off bits of bread to scoop up the sauce. Yum!



Wheat, dairy and nuts (optional)

Equipment

Weighing scales

Measuring spoons

Measuring jug

Mixing bowl

Saucepan

Wooden spoon

Cling film

Pastry brush

Rolling pin

Baking sheet

Ingredients

Makes 4 large or 8 small naan breads

250g strong white flour
(and extra for dusting)

150ml warm water

1 egg

30g unsalted butter

1 x 10ml spoon of fast action yeast (sometimes called instant or easy bake)

½ x 5ml spoon salt

Vegetable oil for greasing baking tray

Additional optional flavourings

1 x 10ml spoon of cumin seeds

Handful chopped fresh coriander

1 x 5ml spoon chilli flakes

1 clove crushed garlic or ½ x 5ml spoon garlic paste

15g ground almonds

25g dried fruit

15g brown sugar



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Method

1. Place the flour in a large mixing bowl.
2. Stir in the salt and yeast.
3. Turn the hob onto low and heat the water in the saucepan until just warm (NOT hot as this will kill the yeast).
4. Break the egg into the centre of the flour and add about three quarters of the water. If the dough seems dry, then add the rest of the water. If it is already a soft consistency, then you don't need to add any more.
5. Use one hand or a wooden spoon to mix the flour and water to a soft dough.
6. Turn the dough out onto a floured surface and knead it until the dough is smooth and elastic (stretchy). This will take about 10 minutes.
7. Dust the mixing bowl with flour and return the dough to the bowl, cover with cling film. Leave in a warm place for around an hour, until the dough has risen and doubled in size. This could be a warm cupboard, on the top of a cooker with the oven on or a sunny window sill.
8. When the dough has risen, tip onto a well floured surface and knead in any additional ingredients you may wish to use (see additional optional flavourings).
9. Turn the grill onto high.
10. Divide the dough into individual portions (4 large or 8 small).
11. Roll and shape the dough into tear drop shapes. Place onto the greased baking tray.
12. Gently melt the butter in a saucepan over a low heat.
13. Brush the naan breads with melted butter.
14. Grill the breads under a hot grill until golden brown and risen. This will take about 2 minutes on each side. Make sure you place them on a baking tray or they will sink through the grill rack!

Top tips

- Naan breads can also be cooked in a hot frying pan or griddle rather than under a grill. Use a fish slice or palette knife to flip over.
- Kneading dough by hand can take up to 10 minutes, depending on your energy. Use your knuckles to push the dough away from you, fold the dough in half, turn it around and continue pushing the dough away from you. Keep working until the dough feels smooth and stretchy.
- To save time and effort, kneading the dough can be done in a free standing mixer if you have one.

Something to try next time

Try brushing the naan with flavoured olive oil. Chilli oil will give your naan bread a 'kick'! Or you could crush a clove of garlic in with the melted butter before glazing.

