

Recipe: Naan bread

Use this step-by-step recipe card to make some delicious Indian naan breads

Ingredients:

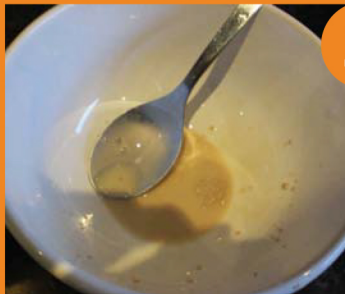
- 1 tsp sugar
- 1 tsp dried active yeast
- 7oz/200g plain flour
- ¼ tsp salt
- pinch of black onion seeds
- ½ tsp baking powder
- 1 tbsp vegetable oil
- 2 tbsp natural yoghurt
- 2 tbsp milk
- warm water

Utensils:

- small bowl
- mixing spoon
- large bowl
- cling film
- rolling pin
- floured board
- greased baking tray

Method

1 Preheat the oven to gas mark 1/140°C/275°F before cooking.



2 Mix the yeast and 1 tbsp of warm water in a small bowl.

Once mixed, stir the sugar into the mixture and leave this for about five minutes in a warm place until the yeast is covered in froth.

3 In the large bowl, mix in the flour, onion seeds, salt and baking powder. Next, add the oil, yoghurt and milk. Then, stir in the activated yeast.



4 Knead the dough with slightly wet knuckles for about ten minutes or so. This should be continued until the dough is pliable.



5 Put the mixture into a large mixing bowl and cover with some cling film. Leave this in a warm place for 15 minutes to rise. Discuss what is happening and why.



6 Separate the mixture into four equal-sized balls and place onto a floured surface. Roll out each ball into an oval shape, about 0.5cm thick.

7 Put the oval shapes onto a greased baking tray and then place them into the centre of the oven for about 10–15 minutes. When the naan breads have puffed up slightly then they are ready. They are definitely best served straight from the oven (having cooled off slightly) and should be quite soft rather than chewy.



8 The naan breads can be served with chutneys to taste or, if you're feeling adventurous, with an authentic curry.