

## **NAN** 3 different methods

### **METHOD:**

1. Put 125ml warm water into a bowl and sprinkle over the yeast and 1 tsp of the sugar. Leave for 10-15 mins or until frothy.
2. In a bowl stir the butter in 1/2 cup of boiling water. It should cool down to room temp.
3. In a larger bowl put the flour, 1 tsp of sugar, salt and baking powder. Mix together then make a well in the centre in which to pour the melted butter, yogurt, milk and yeast mixture. Stir just enough to mix it together. Cover or wrap the bowl and leave for about 20 minutes.
4. Turn the dough out onto a lightly floured table top. Let it rest for 3 minutes.
5. **Kneading:** Knead the dough 5 to 10 minutes, adding small amounts of flour to the board if dough seems sticky. When the dough is smooth, elastic, soft and silky to the touch, it has been kneaded enough.
6. **Proofing:** Grease a large bowl with extra melted butter or ghee then shape the dough into a ball and place in the prepared bowl. Cover and leave in a warm place for about 2 hour or until doubled in size.
7. **Shaping:** Divide the dough into 6 balls and put them on a baking tray dusted with flour, then cover the tray with a damp tea towel. Take one of the balls of dough and roll it out to form a teardrop shape that's approximately 21cm long and around 13cm at the widest part.

### Using pan

- Heat a large non-stick frying pan over a high heat.
- When the pan is very hot, carefully lay the naan bread into it. Let it dry fry and puff up for about 1 mins, then turn over and cook on the other side for another 1 mins.
- Transfer to grill net or pulka net with handle place over high flame and flip until cooked through and charred in patches.
- Heat oven to its lowest setting and put the cooked naan bread on a baking sheet. Brush with a little melted butter and put it on the baking sheet and cover with foil. Keep warm in the oven and layer up the cooked naans one on top of each other as you make them, brushing each one with melted butter or ghee as you go. Serve warm with curry or dips.

### Using Oven

- Turn the oven to 260C. If you have a pizza stone place that in the oven, if not just used a lined baking pan.

- Fill a small bowl with COLD water and put it near the board.
- Baking: Dip your fingers in COLD water and place the shaped bread directly in the oven. Bake the bread at 260C for 5 minutes or until it is lightly golden and puffed. (It really does take only 5 minutes.) You might want to turn the bread over half way through cooking but it isn't really necessary. (Use tongs!)
- When the bread is done, put it on a warm plate and drizzle a little melted butter over top!

Yeast alternative

<https://www.healthline.com/nutrition/yeast-substitute>

<https://www.thekitchn.com/yeast-substitutes-23019019>

## NAAN BREAD

### **INGREDIENTS:**

Makes 6 Naan Breads

- ¼ cup lukewarm water
- 1 tsp active dry yeast
- ¾ cup water
- ¾ tsp sugar
- 1½ Tbsp plain yoghurt
- 3 Tbsp butter
- 2 ½ Cups Atta Flour
- ¾ tsp salt
- melted butter, for drizzling (optional)

### **METHOD:**

1. In a small bowl, add the yeast and some of the sugar to lukewarm (do the baby's bottle test on your wrist). Whisk together until creamy. Set aside.
2. Cut the butter into pieces in a bowl large enough for the dough to triple (I use a large casserole dish). Add boiling water and stir til the butter is melted.
3. Add the yoghurt, salt, and rest of the sugar to the butter water. Using a wooden spoon, stir in the atta flour. Double check that the dough is no warmer than baby bottle temperature, then add the yeast mixture to the large bowl. Stir just enough to mix it together. Cover (plate, lid, plastic wrap) and leave on counter for about 20 minutes.
4. Turn the dough out onto a lightly floured board. Let the dough rest as you wash and dry your mixing bowl. This prepares the rising bowl AND gets your hands clean.
5. Kneading: Knead the dough 5 to 10 minutes, adding small amounts of flour to the board if dough seems sticky. When the dough is smooth and silky to the touch, it has been kneaded enough.
6. Proofing: Put the dough into the clean dry bowl that holds three times the volume of the dough. Cover the bowl and allow to rise in a non-drafty area at room temperature (or in the cold oven with only the light turned on) until the dough has doubled. This might take anywhere from an hour to four hours – the cooler the area, the longer it will take. Plan ahead. It's BETTER when it takes longer to rise.
7. Turn the oven to 260C. If you have a pizza stone place that in the oven, if not just used a lined baking pan.
8. Shaping: 5 minutes before baking, when the dough has doubled in volume, gently turn it out onto a lightly floured surface. Divide the dough into six equal pieces and shape each into a round. Use your fingertips (or a floured rolling pin) to flatten the rounds. Stretch them so they become thin flat ovals or rounded triangles, approximately 4 inches wide by 8 inches long. Naan are ideally teardrop shaped. (But it doesn't really matter.)
9. Fill a small bowl with COLD water and put it near the board.
10. Baking: Dip your fingers in COLD water and place the shaped bread directly in the oven. Bake the bread at 260C for 5 minutes or until it is lightly golden and puffed. (It really does take only 5 minutes.) You might want to turn the bread over half way through cooking but it isn't really necessary. (Use tongs!)

*11. When the bread is done, put it on a warm plate and drizzle a little melted butter over top!!*

# Indian Naan Bread

## Ingredients

- 2 cups plain flour
- 3/4 cup lukewarm water
- 2 tbs oil
- 2 1/2 tbs Greek yoghurt
- 1 tsp salt
- 1 tsp yeast
- 1 tsp sugar
- 1 pinch baking powder

## Method

1. Mix yeast with water in a bowl and set aside.
2. Sift flour and add salt, sugar and baking powder and mix together.
3. Add yoghurt and mix together, then add water with yeast and oil and mix.
4. Form into a dough, by kneading on a floured surface.
5. Place dough back into bowl and proof in a warm place, covered with a cloth, for 4 hours or until dough rises well.
6. Preheat oven to 230-240C. Place 2 trays in oven to heat as well.
7. Divide dough into 6 equal parts and roll into rectangles 6 mm thick.
8. Before placing the dough into the oven wet fingertips with water and pat very lightly on the dough.
9. Line trays with baking paper before placing naan on top.
10. Bake until golden spots appear and the dough is cooked.
11. Spread hot bread with garlic butter or serve plain.