

Naan Bread

Fluffy Leavened Bread



Ingredients

- 1 tsp dried active yeast
- 1 tsp sugar
- 200g plain flour
- 1 tsp black onion seeds (you can also use handful of chopped coriander leaves)
- ½ tsp salt
- ½ tsp baking powder
- 1 tbsp vegetable oil
- 2 tbsp plain yoghurt
- 2 tbsp milk

Method

- 01** In a small bowl, mix the yeast and sugar with a tablespoon of warm water to activate.
- 02** Leave for 5 minutes in a warm place until frothy. Meanwhile, in a separate bowl mix the flour, onion seeds, salt and baking powder. When the yeast is frothy add it to the flour with the oil and yoghurt.
- 03** Knead the dough with slightly wet hands folding as you go. If it feels a little dry add some milk and continue to knead. Once it's nice and soft cover with cling film and leave it in a warm place to rise for at least 1 hour (but longer if possible).
- 04** Turn the grill on to heat up and divide the dough into four balls and place on a floured surface. Roll each into a tear shape about 0.5cm / ¼ inch thick.
- 05** Heat the tava or frying pan and place the naan onto it for a couple of seconds to brown on one side.
- 06** Transfer to a baking tray (seared side down) and place under the hot grill for 2-5 minutes and watch the magic as they puff up.
- 07** Smear with butter - yummy!

Served with

The only way you can eat naan is by tearing it with your hands and sharing it to mop up the luscious masala sauce of your dish. I sometimes like to have naan with bacon and a spiced omelette too.

