

Naan

Prep time – 10 minutes
Resting time - 1-2 hours
Cooking time – 10 minutes
Serves 4-6

This rich bread is originally from the northern part of the sub-continent, and is a great accompaniment to curries

Ingredients:

1 cup plain flour, ¼ tsp salt, ¼ tsp sugar, ½ cup yoghurt, 1 ½ tbsp. oil, ¼ tsp baking soda, ½ tsp active dried yeast, ½ cup of water (or more as required), 6-7 cloves of garlic, chopped, handful of chopped coriander leaves, melted butter, pinch of onion seeds.

Method:

Mix the flour, yeast, salt, and sugar together in a large mixing bowl. Make a well in the centre and add oil. Add the yoghurt and combine well. Use water as needed to make a fairly loose dough. Take care to avoid using too much water. Remove the dough onto an oiled surface and knead well for 10-15 minutes. The dough is ready when it has come together in a smooth ball, and is elastic. Place the dough in an oiled bowl, cover with a damp tea towel, and set in a warm place to rise for about 1-2 hours.

Once the dough has doubled in size, remove it onto a floured surface and knock out the air. Divide the dough into 6-8 equal portions. Roll the portions gently into balls, and set on a tray for a further 5-10 minutes. Cover with a damp cloth.

Preheat the grill and line a baking sheet with foil. Lightly grease the foil and set it aside. Using your fingers, press one dough ball flat, onto a floured surface, to a 3 inch diameter. Next, pick it up and stretch it gently. When it appears to be evenly stretched, place it back onto the surface and stretch further. Take care that the dough doesn't rip. Then, place the naan onto the baking tray, and garnish with garlic, coriander and onion seeds. Grill on each side for 3-4 minutes, or until it starts to brown. Remove to a dish and rub with some butter to serve.