



NAAN

PLAIN & GARLIC

INGREDIENTS

YIELDS 12

- 500g bread flour
- 7g sachet dried yeast
- 1 tsp salt
- 1 tsp caster sugar
- 1 cup warm water
- 1/3 cup Greek yoghurt (85g)
- 2 tbsp vegetable oil
- 30g ghee or butter melted
- All purpose flour for rolling and dusting

EQUIPMENT

- Large mixing bowl
- Rolling pin
- Pizza trays

INSTRUCTIONS

Preparing dough

1. Combine the flour, yeast, salt and sugar in a bowl. Mix in water, yoghurt and oil. Knead dough for 5 minutes or until smooth.
2. Place dough in a bowl. Cover with plastic wrap and set aside in a warm place for 1 hour or until the dough has doubled in size.

Making & Baking

1. Preheat oven to 250°C.
2. Punch down dough and knead. Dust with additional flour if needed.
3. Divide dough into 12 portions on a lightly floured surface and roll out each portion of dough into approximately 20cm oval shapes.
4. Spray both sides of the dough with oil. Bake on pizza tray for 5 minutes or until puffed and light golden.
5. Remove from oven and smear on melted butter or ghee (optional) for plain Naan. Or mixture of melted butter, crushed garlic and chopped coriander for garlic naans.
6. Keep naan breads in a container until ready to serve. They are best served hot.

