

Naan bread

Ingredients

60ml milk
200g strong flour
1x5ml spoon baking powder
½ sachet instant yeast
1x15ml spoon plain yogurt
1x15ml spoon oil

Equipment

Baking tray, measuring jug, saucepan, mixing bowl, sieve, wooden spoon.



Method

1. Preheat the oven to 250C or gas mark 8. Put the baking tray in the oven.
2. Warm the milk (either in a saucepan or microwave).
3. Sift the flour and baking powder into a bowl. Stir in the yeast.
4. Add the yogurt, oil and warm milk.
5. Mix into a soft dough.
6. Knead for 10 minutes.
7. Leave the dough to prove (rise) for around 30-60 minutes.
8. Knead the dough and divide into 4.
9. Roll out each piece of dough into a 'tear' shape (oval).
10. Cook the nanns on the heated tray for 3-4 minutes, until puffed up and brown.

Tips

- * To make them extra special, brush the naans with melted butter and sprinkle with poppy or sesame seeds before baking.
- * Flaked almonds, dried fruit, coconut and spices could be added to the naan mix before baking.
- * Make a meal out of your naan. Once baked, stuff with your favourite curry.