

Naan Bread

Printed from Indian Curry Recipe at <http://www.indiancurryrecipe.co.uk/>

Naan bread is the perfect accompaniment to most Indian dishes - use it to mop up leftover curry sauce or to eat your curry with. Leftover naan can also be baked and eaten as crisps.

Ingredients:

175ml warm water
250g plain flour
1 tsp. salt
4 tbsp. ghee
2 tbsp. plain yoghurt
1 tsp. dried active baking yeast
1 tsp. caster sugar

Directions:

1. Whisk the water with the yeast and sugar. Cover, and let stand for ten minutes.
2. Sift the flour and salt into a bowl. Add the yeast and water mixture, half of the ghee and the yoghurt. Mix together until it forms a dough, then knead for ten minutes until smooth and elastic.
3. Put into a greased bowl and cover, then allow to prove for 1 1/2 hours.
4. Push the dough down and knead for another five minutes or so, then divide it into six pieces. Push the dough out into flat rounds, then place onto a covered baking tray. Brush with the rest of the ghee then grill under a hot grill for 2 minutes on each side.

Author: Laura Young