

# NAAN BREAD

Last Modified: 02/10/2020

PREP: 1 Hr 30 Min

COOK: 25 Min

STOVETOP

F EASY

INDIAN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
<b>DRY INGREDIENTS</b>			
3	Cups	All Purpose Flour	Divided
1	1/4 Oz	Packet Dry Active Yeast	
1	Tsp	Granulated Sugar	
1/2	Tsp	Kosher Salt	
<b>WET INGREDIENTS</b>			
1/2	Cup	Warm Water (NOT Hot)	
1/4	Cup	Olive Oil	
1/3	Cup	Plain Yogurt	
1	Large	Egg	
<b>FLAVOR OPTIONS</b>			
1	Tsp	Garlic Powder	
1	Tsp	Onion Powder	
1	Tsp	Italian Seasoning	
1	Tsp	Black Onion Seeds	
4	Tbsp	Salted Butter	Melted
		PICK ANYTHING YOU LIKE	

<b>PREPARATION</b>	
<b>FACTOID</b>	Naan Bread enjoys a special position in Indian Cuisine. It's versatility allows for scooping up other foods and Gravies, stuffed with a filling, quick Pizza Bread, the uses list stretches for it's 2,500+ year long history in India. Soft, pillowy and strewn with air bubbles. A typical Naan recipe involves mixing White or Whole Wheat Four with Active Dry Yeast, Salt, and Water. The Dough is kneaded for a few minutes, then set aside to double in size.
<b>TOOLS</b>	1) Large Cast Iron Skillet 2) Small Mixing Bowl 3) Medium Mixing Bowl 4) Wooden Spoon
<b>PREP</b>	<b>NONE</b>
<b>1</b>	<b>Wet Ingredients:</b> In a small mixing bowl, stir together the Warm Water, Yeast & Sugar until dissolved. Allow the mixture to set undisturbed until it gets frothy on top, about 5 minutes. Whisk in the Olive Oil, Yogurt and the Egg until no white streaks are visible.
<b>2</b>	<b>Start The Dough:</b> In a medium mixing bowl, whisk together 1 cup of Flour and the Salt. Using a wooden spoon, stir in the wet ingredients until well combined. Continue adding in more Flour, 1/2 cup at a time until it becomes VERY difficult to stir, about 1 to 1 1/2 cups more.
<b>3</b>	<b>Dough:</b> Turn the Dough out onto a lightly Floured surface. And knead the ball for 3 minutes, adding just enough Flour to keep it from sticking. The Dough should be smooth and soft, but NOT sticky at this point.

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<b>HINTS</b>	<b>DOUGH PROOFING:</b> An easy, sure way to "proof" (Raise in a warm place) Bread Dough's is outlined in the Bread Proofing box in Ron's Gold Plated Cooking Factoids.
<b>4</b>	<b>Dough Rise:</b> Loosely cover the Dough with a Tea Towel and let it rise (proof) until it doubles in size, about 1 hour.
<b>5</b>	<b>Disks:</b> GENTLY flatten the Dough into a circular 1 " thick disk. Slice the disk into 8 equal sized pie slices.
<b>6</b>	<b>Dough Balls:</b> Using the palms of your hands, GENTLY roll each slice into a small round ball.
<b>7</b>	<b>Frying:</b> Over medium heat, heat the DRY cast iron skillet until hot. Meanwhile, Roll a Dough Ball out until it is about 6" in diameter. Place the rolled out Dough in the skillet and fry until the bottom is GB&D (Golden Brown & Delicious) and large bubbles have formed on the top. Turn the Dough over and fry the other side until GB&D. Repeat until all of the Dough disks have been cooked.
<b>SERVE</b>	You may serve this bread cold or warm. You can also brush the top with melted Butter and sprinkle with dried Herbs of your choice.
<b>HINTS</b>	Naan Bread freezes nicely. Wrap them individually in plastic wrap and freeze them for up to 3 months. Thaw overnight on the countertop.