

indian recipe, cooking videos, Naan

Naan — fluffy, soft leavened Indian bread that can be paired with just about any curry dish. You can make it with egg or without. Watch this video and try this easy to follow recipe that is sure to please your family.

Ingredients:

All Purpose Flour/Maida – 2 cups (275 g)

Salt – 1 tsp

Oil – 4 tsp

Warm Water – 1/2 cup

Rapid Rise Yeast – 1 tsp

Sugar – 1 tsp

Egg – 1, medium, well beaten (or 1 Tbsp Flaxseed powder mixed with 3 Tbsp of water can be used as a substitute for egg)

Yogurt – 2 Tbsp

Additional All Purpose Flour for rolling and dusting

Method:

1. Add Yeast and Sugar to warm Water and mix well. Cover and keep it aside for 5-7 minutes (until foamy).
 2. In a large bowl, mix Flour and Salt well.
 3. Add Oil and mix until there are no lumps.
 4. Once Yeast and Water mixture becomes foamy, add Yogurt and Egg. Whisk until mixed well.
 5. Add the mixture to the Flour a little at a time and knead into a soft dough ball.
 6. Drizzle a few drops of Oil on the dough and cover to that a “skin” does not form.
 7. Cover and keep in a warm place for 1 hour. You can preheat the oven to 170 degrees F and turn the oven off and keep dough inside.
 8. Preheat Oven to highest temperature possible (approx 550 degrees F/ 288 degrees C) with Pizza Stone inside. Once dough has risen, lightly oil hands and punch down the dough and knead. Dust with additional flour if needed.
 9. Divide dough into small portions and roll it out on a floured surface. Keep rolled naan aside on a tray.
 10. Place 3-4 rolled naan onto hot Pizza Stone and place stone on the highest oven rack.
 11. Bake for 3-5 minutes until naan are light golden brown.
 12. Remove from oven and smear on butter (optional).
 13. Keep naan in an insulated container until ready to serve. Best served fresh and hot.
- Makes – 8 avg size naans.

Tips:

1. If you don't have a pizza stone, you can use a regular baking sheet or pan. You will need to flip the naan half way through.
2. Different topping can be used (minced garlic, kalonji, chat masala, etc.)
3. One tablespoon Flaxseed powder mixed with 3 tablespoons of water can be used as a substitute for egg. You will be able to see tiny flaxseed flecks but there is no taste difference.
4. You can use regular yeast instead of rapid rise yeast. Allow dough to rise for one hour, punch the dough down and allow to rise again for an additional hour.
5. Once the first lot of naan are in the oven, start rolling second lot and get a process in place to save time.