

Naan Bread Garlic & Chilli



Ingredients & Prep

300 g flour
115 g water warm 40°C
65 g Greek plain yogurt
1 egg
3 tsp olive oil
2 tsp yeast dried
1 tsp caster sugar
3 garlic clove finely grated
1 green chilli de-seeded finely chopped
40 g butter/ghee melted
1/2 tsp salt

Suggestion & Tips

Great a complement with Indian food or instead of rice.

Recipe By FoodieBook

Ref: 481

Heading: Bread & Baking

Cuisine: Indian

Food Type: Vegetarian

No of Portions: 8

Method

Step 1 - Make the starter by placing warm (body temp) water, sugar & yeast into a jug whisk together & set aside for a hour or until it gets frothy.

Step 2 - In a mixing bowl place flour & salt then mix, add yogurt, egg, olive oil & the starter & mix into a dough.

Step 3 - Tip dough out onto a floured worktop & knead for at least 10 min until it springs back when pushed with your finger, place dough into an oiled bowl cover with cling film or damp tea towel & leave in a warm place to double in size.

Step 4 - Tip dough out onto a floured worktop & cut into 75 g pieces & roll into balls, then with a rolling pin roll out in a tear drop shape about 1/4 inch/7 mm thick, when done lay on floured worktop & cover loosely with damp tea towel or cling film & let it rest for 10 mins.

Step 5 - Heat & melt butter/ghee, chilli & garlic in a saucepan, cook for 1 min, ready with a pastry brush standing by.

Step 6 - Heat a dry frying pan on a med heat, when hot cook the breads for 2 or 3 mins on each side or until they bubble & brown on the bubbles.

Step 7 - Brush on melted butter/ghee & stack or store in a low oven until all done.