

Spiced Onion Stuffed Naan Bread



Recipe By FoodieBook

Ref: 482

Heading: Bread & Baking

Cuisine: Indian

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

300 g flour
115 ml water warm 40°C
65 g Greek plain yogurt
1 egg
3 tbsp olive oil
2 tsp yeast dried
1 tsp caster sugar
40 g butter/ghee melted
1/2 tsp salt

Filling

3 onion med finely chopped
4 garlic clove finely chopped
1 tbsp fresh ginger finely chopped
1 tbsp water
1/2 tsp cumin ground
1/2 tsp coriander ground
1/2 tsp chilli powder
2 tbsp butter/ghee melted
1/2 tsp salt

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 - Make the filling by frying off the onion until soft, using butter/ghee, add garlic & ginger, continue to fry stirring until light brown, mix all the spices with water add with the & salt stir in a cook for a further 2 mins, add a little more water if too dry.

Step 3 - In a mixing bowl place flour & salt then mix, add yogurt, egg, olive oil & the starter & mix into a dough.

Step 4 - 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 5 - Tip dough out onto a floured worktop & cut into 36 g pieces & roll into balls, then with a rolling pin roll out in a tear drop shape about 3 mm thick, try to get all the same size & shape, when done lay on floured worktop & cover loosely with damp tea towel or cling film.

Step 6 - Take one piece & place about 1 heaped tbsp of filling in the middle, & spread out to 1 cm of the edge of the naan, wet the edge take another piece & wet the edges & place over the top, then seal the edges, place back under the tea towel or cling film, when all done let it rest for 10 mins.

Step 7 - Heat & melt butter/ghee, in a saucepan, cook for 1 min, ready with a pastry brush standing by.

Step 8 - 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 9 - Brush on melted butter/ghee & stack or store in a low oven until all done.

Suggestion & Tips

Great a complement with Indian food or instead of rice.