



Naan Bread with Garlic & Cheese



Servings: 6 naans
Total Time: 5 hrs
Cooking Time: 5 mins
Resting Time: 4 hrs (to prove)
Pre-heat Oven to Grill

INGREDIENTS

2 tsp instant dry yeast
 1½ cups warm water
 4 cups white bread wheat flour
 2 tsp salt
 2 pinches of baking powder
 2 tsp white sugar
 5 Tbsp Greek or natural yoghurt



white bread wheat flour, for dusting
1 tsp light olive oil, for greasing

light olive oil or butter, for brushing
6 tsp finely chopped garlic
9 Tbsp Cheddar cheese, finely grated
3 tsp finely chopped chillies (optional)
freshly ground salt & black pepper

TIPS

* halve the ingredients to make fewer naans.

* The dough can be prepared in advance... Just before knocking back to make the individual naans, place the dough in a plastic bag, seal and place in the fridge until needed. The dough should be used within 2 days and brought back to room temperature before knocking back.

* Cooked naans can be frozen... Just wrap & freeze them individually in tin foil and when required, defrost to room temperature, sprinkle lightly with water on both sides & re-heat in an oven set to 180°C for 8-9 mins.

Alternately, re-heat from frozen in the microwave on high for 1 min.

METHOD

In a small bowl, mix the yeast & water and set aside for 5 mins.

Sift the flour, salt & baking powder into a large mixing bowl. Mix in the sugar & yoghurt and then the yeast water.

On a floured surface, knead the dough well for at least 10 mins. Lightly flour hands if the dough is too sticky.

Place the dough into a bowl greased with olive oil, cover with a tea cloth & leave to prove for about 4 hrs.

Knock back the dough & divide into 12. Using a little flour if sticky, roll into balls & then roll & stretch with floured hands to flatten into thin ovals each about 20cm long & 10cm wide. The flatter the naans, the better they will puff up.

Brush both sides of the ovals lightly with oil or butter and spread each with 1 tsp garlic, 1½ Tbsp cheese & ½ tsp chillies (optional). Cover with another oval & press the ends to seal. Repeat to make the other 5 naans.

Pre-heat a baking tray in the oven for about 5 mins until hot.

Cover the hot baking tray with baking paper & place as many naans that fit on top.

Season with salt & pepper.

Grill on a lowish shelf for about 5 mins until risen & brown/black spots appear.

Remove from the oven and wrap in a fluffy tea towel placed in a basket to keep warm.

Repeat for any additional naans.

Serve immediately while warm.

VARIATION

Make 12 single layer naans topped with garlic (and chillies if desired), seasoned with salt & pepper & grilled for 3 mins.



