



## Naan Bread

The classic Indian bread flavoured with onion seeds

**Serves** : 6  
**Preparation Time** : 20 minutes plus proving / rising time  
**Cooking Time** : 10 minutes

### Ingredients

1 tsp dry yeast  
8 oz plain, unsweetened yogurt  
2 lb / 900 g all-purpose flour  
1 tsp salt  
1 tbsp vegetable oil  
melted butter for serving

### Herbs & Spices

1 tbsp Onion Seed

### Cooking Instructions

Place onion seeds and 4 fl oz cold water in a small saucepan and bring to a boil. Remove from the heat, transfer to a large bowl, and allow the mixture to cool until lukewarm, then sprinkle the dry yeast; add 8 oz / 225g plain yogurt and stir well. Add half of the flour and mix until well combined. Cover and leave in a warm place for 30 minutes, or until partially risen.

Knead in the salt, vegetable oil and the remaining flour. Continue kneading until the dough is smooth and elastic. Cover again and leave in a warm place until the dough has doubled in size, about 2 hours. Knock the dough back and knead briefly. Divide it into 6 portions, shape into balls, then roll out into rounds. Pull the rounds into long teardrops.

Heat the oven to 220C/450F/ gas mark 8 with either a pizza stone in place or a baking tray (lightly oiled). Lay 3 of the breads directly onto the stone or baking tray and bake 5 minutes or until lightly browned. Repeat with remaining breads.

Serve warm, brushed with the melted butter.