

Naan (Broiled Flat Bread)



Prep Time: 1.5 - 2 hours. Serves: 14-16 people

Ingredients:

- 1 kilogram white flour (approximately 7 cups)
- 2 teaspoons baking powder
- 3 ½ teaspoons yeast
- 1 ½ teaspoon salt
- 1 egg
- Warm water to knead the bread
- 2 teaspoons kalonji (onion seeds) - optional
- Some extra white flour to use while rolling out the dough
- For Garnish: Small dabs of butter can be applied to the Naan as soon as you take it out from under the broiler. Spread some garlic paste as needed or sprinkle powdered garlic

Procedure:

- 1) Dissolve the yeast in half a cup of warm water and let it sit until it's frothy, about 10 minutes
- 2) Mix all ingredients and add warm water a little bit at a time and start kneading the dough by hand. The dough would need to be softer and "wetter" than most doughs
- 3) Let the dough sit for about half hour or 45 minutes
- 4) Portion the dough into balls the size of golf balls
- 5) Use either a rolling pin or your hands to form into Naans the size of burrito shells but much thicker than burrito shells
- 6) Spray non-stick cooking spray on a cookie sheet. Place the Naan on the cookie sheet and put the sheet under the broiler in the oven. Make sure the Naan is not too close to the broiler element
- 7) Monitor the Naan while it is cooking since it can burn VERY quickly. It is ok (actually preferable!) to have some areas of the Naan as golden brown. Flip over the Naan and cook the other side until some parts are golden brown
- 8) Take the Naan off the broiler and leave it in a warm drawer if not serving immediately

A Casa de Montaña Bed & Breakfast recipe