

Naan Bread

This recipe will make 6 Naan's, with a preparation time of 25 minutes and a cooking time of 4-5 minutes each, using a preheated grill on a maximum setting.

Ingredients

350g/12oz Glutafin Multipurpose White Mix
2 x 5ml tsp of Dried Yeast (in a sachet with the Mix)
¼ x 5ml tsp Caster Sugar
1 x 5ml tsp Xanthan Gum
1 x 5ml tsp Gluten-Free baking powder
¼ x 5ml tsp Salt
25g/1oz Butter or Ghee (melted)
5 x 1ml tbsp Warm Milk
150ml/¼ pt 1 small pot of natural Yogurt
1 medium egg (lightly whisked)

Topping

1 x 15ml tbsp Melted Butter or Ghee for brushing

Method

1. Place all the dried ingredients into a large mixing bowl and stir with a fork.
2. Stir in the remaining ingredients and bring together by hand into a ball.
3. Knead on a work surface, liberally dusted with extra White Mix and knead for 2 minutes, until smooth.
4. Divide into 6, then roll out into a tear shape, approximately 18cms in length x 10cms wide. Rest on individual pieces of non-stick baking foil.
5. Rest the pieces on a flat surface and cover with a loose sheet of foil. Then leave to prove for 30 minutes.
6. Once proved, place the naan on a foil liner, under a pre-heated grill and cook each piece, on each side, for 2 - 3 minutes.
7. Brush with the melted butter and serve warm, with the curry of your choice.