

# Authentic Garlic Naan Bread



Makes 8 Authentic Garlic Naan Breads

Naan bread is an Indian flatbread usually baked against the wall of a Tandoor oven. You probably don't have one of those. But this garlic naan bread recipe is really easy and results in really authentic garlic naan bread by using a searing-hot cast-iron skillet!

The trick to making *authentic* garlic naan bread really is to get that skillet searingly, blisteringly, smokingly hot. So you're going to need to crack a window or 3 open!

This recipe is a modified version of Joshua Weissman's excellent video recipe, so go check him out on Youtube! These are delicious with Butter Chicken or any other curry!

## Ingredients:

- 388 g Plain Flour
- 1 tsp Salt
- 1 tbsp Instant Yeast
- 2 tbsp Melted Ghee
- 120 g Yoghurt
- 1 tsp Sugar
- 135 g Lukewarm water No warmer than 33 degrees celsius

## Garnish:

- 2 tbsp Melted Ghee
- 1 Clove Crushed Garlic
- Fresh, finely chopped Parsley

## Method:

- Add instant yeast to the warm water and allow to bloom for 10 minutes
- In a mixing bowl add all the dry ingredients followed by the melted ghee
- Stir in the water/yeast mixture
- In a stand mixer with a dough hook, knead the dough for around 2 to 3 minutes until the dough is smooth and combined. If you do not have a stand mixer, you can knead by hand for around 5 – 10 minutes
- Place the dough ball into a bowl and cover with a damp towel.
- Leave in a warm place for an hour or until the dough has doubled in size.
- Once the dough is doubled in size, remove from the bowl and divide it into 8 equal portions.
- Roll each portion out so that is around 3mm thick
- Heat your cast-iron skillet until it is almost about to smoke. Do not add oil!

- Place one of your rolled out portions into the skillet and cook until you start to see bubbles forming.
- As soon as you see these bubbles form, flip, and cook the other side for approximately 20 – 30 seconds. Lifting the naan to check it is cooked.
- Repeat the process with the remaining dough
- Once your naans are cooked, wrap them in foil to keep them hot.

## **Garnish:**

- In a frying pan add your ghee and garlic and allow the garlic to cook slightly
- Use a pastry brush to generously brush the garlic butter/ghee onto each Naan
- Finally, garnish each Naan with a sprinkle of finely chopped Parsley.