

Indian Naan Bread

September 8th, 2021

This recipe serves: 8

Prep Time: 02:00

Cook Time: 00:30

Naan is an Indian flatbread, traditionally cooked in a Tandoori, a large brick oven, reaching temperatures near 800° to 1000° Fahrenheit. Naan is difficult to make at home, since the heat requirements are typically beyond the capability of the average Conventional Oven. This recipe uses a conventional oven, utilizing a Pizza Stone to provide the perfect finish to your Naan. In order to ensure maximum heat, I typically re-heat the oven between each batch.

Ingredients:

5 Cups (600 Grams) Bread Flour

2 Teaspoons Active Dry Yeast

1 Tablespoon Sugar

1 Teaspoon Salt

1.5 Cups Water, heated to 105° to 110° Fahrenheit

Directions:

Combine the Dry ingredients in a mixer.

Using the Dough hook, mix well.

Add the water and mix until fully integrated.

Knead for about 5 minutes.

Separate into 8 even portions. Shape each portion into a smooth ball.

Work each ball by hand, stretching and pulling until you have an 8 inch circle.

Lay each Naan on on Parchment Paper or Wax Paper, so that none of them are touching. Cover with Plastic Wrap or a Tea Towel.

Let rise for 2 hours.

Place a Pizza Stone on the middle rack of the oven. Preheat the oven to the highest setting, 500° to 550° Fahrenheit.

After the oven reaches the desired temperature, heat for another 30 minutes.

Carefully place 2 Naans on the Pizza Stone, so that they are not touching. Cook about two minutes.

Use a Pizza Peel to flip each Naan. Cook for another minute.

Be careful not to over-cook - Naans should be soft and chewy, not crunchy.

Remove the Naans from the oven. Drizzle with melted butter. Add Chopped Cilantro, Sesame Seeds, and Sea Salt.

Preheat the oven back to the highest setting. Cook the remaining Naans, 2 in each batch.

Serve Warm.