

Naan traditional Indian bread

Recette pour 4 personnes



Description

Traditional bread served with curries.

L'idée déco

You know you have knead enough when you press the dough with your finger and it bounces back. It is a sign that gluten has developed. This recipe is even better when the bread is cooked on the BBQ.

Ingrédients

For Naan

- 450 Gr Wheat flour
- 2 Tsp Dry yeast
- 120 Ml Milk
- 2 Unit(s) Egg
- 20 Ml Canola oil
- 100 Gr Plain yogurt 10%
- 40 Gr Melted butter
- 1 Pinch(es) Salt
- 250 Gr Cream cheese

Préparations

Temps de préparation **30.00 mins**

Préchauffez votre four à 425.00 F°

Naan preparation

In the food processor, put the warm milk, oil, the yeast, the flour, the salt, eggs and yogurt.

Work it for 5 minutes, add the melted butter, and work it until the dough absorb all the butter.

The dough should be sticky. Flour the table, and work the dough until no more air inside.

Let it grow for 30 to 40 minutes room temp.

Flour the table again, and form 10 balls, work the balls in your hand to get it nice and round with no air inside. Put it on a baking tray and let it grow for 30 more minutes.

With a pastry roll or your fingers, spread it until it looks like a disc, put the cream cheese on half side and flip it to close it. And press it again to spread the cheese inside and make a disc again.

Cook it in a dry pan until coloration but don't burn it, and finish in the oven 6 to 8 minutes on 425°F.

Bon appétit!