

Keema naan, stuffed Indian bread

Recette pour 4

Description

A very soft bread, that's ideal to dip in indian recipes with a sauce.

L'idée déco

Brush the bread with egg wash to get a nice golden crust since there is no salt in the recipe.

Ingrédients

Dough

- 500 Gr Wheat flour
- 100 Gr Plain greek yogurt 0%
- 2 Tbsp Canola oil
- 1 Tbsp Sugar
- 7 Gr Baker's yeast
- 250 Ml Warm water

- Salt and pepper
- Olive oil

Stuffing

- 450 Gr Ground lamb
- 1 Unit(s) Onion
- 2 Clove(s) Crushed garlic
- 1 Tsp Fresh ginger
- 1 Tsp Ground coriander
- 1 Tsp Cardamom
- 1 Tsp Paprika
- 1 Tsp Cumin seeds
- 4 Sprig(s) Fresh cilantro

- Salt and pepper
- Olive oil

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre Oven à 380.00 F°

Dough

Dissolve the yeast in warm water and pour in the mixer bowl.

Add flour and sugar. Make a little well and add oil and yogurt.

Start the pétrissage at low speed and once all the ingredients starts to mix together increase the speed. Let mix for about 10 minutes until your dough ball is nice and smooth. Put in a oiled bowl and cover with a wet table cloth.

Let the ball double in size.

Stuffing

Cisel the onion, chop the garlic

Mix all the ingredients together.

Plating

Press on the dough ball to remove the air.

Cut in 6 pieces and make little balls with them

Cover again with wet cloth and let aside for another 10 minutes.

Then using your fingertips, spread the dough.

Put a spoon of filling int the middle and fold back the edges on it. Close properly.

Turn it back and flatten the middle.

Now keep the side rounded and pick threw the center with a spoon.

Grill the bread on a baking tray with parchment paper.

Bon appétit!