

## Homemade Naan

Makes 4 Naan

By Jeff Delaney

### Ingredients:

1 cup all-purpose flour  
1 cup whole wheat pastry flour  
3/4 teaspoon baking powder  
1/2 teaspoon baking soda  
1 1/2 teaspoon sugar  
2 Tablespoons hot tap water  
1/4 heaping teaspoon active dry yeast  
1/4 cup plus 2 tablespoons warm milk  
1/2 cup yogurt  
Melted butter for brushing  
Fresh cilantro or other herbs for topping

### Tools Needed

Large Bowl  
Liquid Measuring Cup  
Measuring Cups and  
Spoons  
Mixing Bowl and Spoon  
Cast Iron Pan  
Pastry Brush

### Directions:

1. In a liquid measuring cup, dissolve the sugar in warm water. Add the dry yeast to the warm water and stir until the yeast is dissolved. Let it sit for 10 minutes or until the mixture begins to froth and rise
2. Add the flour, baking soda and baking powder to a large mixing bowl
3. When the yeast is foamy and smells like bread add the warm milk and yogurt. Pour the wet ingredients right into the middle of the dry and begin mixing the wet with dry using a wooden spatula. When the dough is about to come together, use your hands to finish mixing. As soon as it comes together, stop kneading. It should be sticky, but should form a ball and be soft. Cover bowl with plastic wrap and let sit in a warm place 1 hour or if not using right away overnight in the fridge
4. When ready to cook divide the dough into 4 equal balls and using a rolling pin, roll each piece of dough into an oval shape. It should be about 6-8 inches long and about 1/4-inch thick, but no thinner. Repeat this method with the rest of the dough
5. Warm a cast iron skillet over medium-high heat. Brush both sides of the naan with melted butter and if desired sprinkle on any spices you like such as cumin and garlic. Place naan on the hot skillet and cook for 1 minute, until you see bubbles starting to form. Flip and cook for 1-2 minutes on the other side, until large toasted spots appear on the underside. Brush with a bit more butter if desired, then sprinkle with a little kosher salt and herbs. Repeat with the rest of the naan and serve