



WHATSheATE



Naan: Indian Oven-Baked Flat Bread



Vegetarian

READY IN



210 min.

SERVINGS



6

CALORIES



243 kcal

BREAD

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 6 servings butter melted for slathering on the finished naans
- ☐ 6 servings sea salt for sprinkling
- ☐ 1 teaspoon fennel seeds
- ☐ 2 cups flour all-purpose plus more for rolling, see cook's note*
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons yogurt plain

- ☐ 1 teaspoon sea salt fine
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon kalonji (nigella seeds)
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ rolling pin
- ☐ kitchen timer

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large glass, dissolve the dry yeast and 1 teaspoon sugar with 3/4 cup warm water (about 100 degrees F).
- ☐ Let it sit on your counter until it's frothy, about 10 minutes.
- ☐ Meanwhile, sift the flour, salt, remaining 1 teaspoon of sugar and baking powder into a large, deep bowl.
- ☐ Once the yeast is frothy, add the yogurt and the olive oil into the glass, and stir to combine.
- ☐ Pour the yogurt mixture into the dry ingredients and add the kalonji and fennel seeds, if using, and gently mix the ingredients together with a fork. When the dough is about to come together, use your hands to mix. It will feel like there isn't enough flour at first, but keep going until it transforms into a soft, slightly sticky and pliable dough. As soon as it comes together, stop kneading. Cover the dough with plastic wrap or a damp tea towel and let it sit in a warm, draft-free place for 2 to 4 hours.
- ☐ When you're ready to roll, make sure you have two bowls on your counter: one with extra flour in it, and one with water. The dough will be extremely soft and sticky-this is good! Separate the dough into 6 equal portions and lightly roll each one in the bowl of extra flour to keep them from sticking to each other.

- ☐ Shape the naan. Using a rolling pin, roll each piece of dough into a teardrop shape, narrower at the top than at the bottom. It should be 8 to 9-inches long, 4-inches wide at its widest point and about 1/4-inch thick. Once you've formed the general shape, you can also pick it up by one end and wiggle it; the dough's own weight will stretch it out a little. Repeat this method with the rest of the dough. (If you're making the gluten-free version, you'll have better luck pressing the dough out with your fingertips, than rolling.)
- ☐ Warm a large cast-iron skillet over high heat until it's nearly smoking. Make sure you have a lid large enough to fit the skillet and have a bowl of melted butter at the ready.
- ☐ Dampen your hands in the bowl of water and pick up one of your naans, flip-flopping it from one hand to the other to lightly dampen it. Gently lay it in the skillet and set your timer for 1 minute. The dough should start to bubble.
- ☐ After about 1 minute, flip the naan. It should be blistered and somewhat blackened, don't worry - that's typical of traditional naan! Cover the skillet with the lid and cook 30 seconds to 1 minute more.
- ☐ Remove the naan from the skillet, brush with a bit of butter and sprinkle with a little coarse sea salt.
- ☐ Place the naan in a tea towel-lined dish. Repeat with the rest of the naans and serve.

Nutrition Facts



Properties

Glycemic Index:51.02, Glycemic Load:24.05, Inflammation Score:-4, Nutrition Score:7.2317390639497%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 242.88kcal (12.14%), Fat: 9.55g (14.69%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 32.61g (11.86%), Sugar: 1.91g (2.12%), Cholesterol: 12.05mg (4.02%), Sodium: 628.45mg (27.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin B1: 0.39mg (25.91%), Folate: 89.23µg (22.31%), Selenium: 14.45µg (20.64%), Manganese: 0.31mg (15.48%), Vitamin B2: 0.24mg (14.35%), Vitamin B3: 2.7mg (13.49%), Iron: 2.05mg (11.41%), Phosphorus: 62.45mg (6.25%), Fiber: 1.4g (5.59%), Vitamin E: 0.82mg (5.46%), Copper: 0.07mg (3.36%), Vitamin K: 3.31µg (3.15%), Magnesium: 12.07mg (3.02%), Vitamin B5: 0.3mg (2.97%), Calcium: 29.01mg (2.9%), Zinc: 0.41mg (2.74%), Vitamin A: 135.3IU (2.71%), Potassium: 72.09mg (2.06%), Vitamin B6: 0.03mg (1.55%)