

NAAN BREAD

SERVES 4

INGREDIENTS

2 tsp SUNFLOWER OIL
250g/8 ½ oz PLAIN FLOUR
¼ tsp BICARBONATE OF SODA
170g/6 oz NATURAL YOGHURT

METHOD

1. CUT OUT 4 PIECES OF FOIL ABOUT 11 x 8 in. BRUSH THEM WITH THE OIL.
2. SIFT THE FLOUR, SALT AND BICARBONATE OF SODA INTO A BOWL.
3. ADD THE YOGHURT AND STIR UNTIL THOROUGHLY MIXED TO MAKE FAIRLY SOFT DOUGH.
4. LIGHTLY FLOUR YOUR SURFACE AND TURN THE DOUGH OUT ONTO IT. KNEAD FOR 5 - 7 MINUTES OR UNTIL SMOOTH
5. PRE HEAT THE GRILL ON HIGH
6. CUT THE DOUGH INTO QUARTERS.
7. ROLL OUT ONE AT A TIME ON A LIGHTLY FLOURED SURFACE INTO AN ELONGATED OVAL SHAPE (about 10in long and 7in wide across the middle)
8. LAY THE BREAD ON A PIECE OF THE PREPARED FOIL, UNDER THE GRILL ABOUT 6 - 8 in AWAY FROM THE HEAT.
9. COOK UNTIL THE BREAD BUBBLES UP AND BROWNS SLIGHTLY IN PLACES. THIS TAKES ROUGHLY 2 MINS
10. TURN OVER AND COOK THE OTHER SIDE FOR 1 - 2 MINUTES UNTIL FIRM AND BROWN IN PLACES
11. WRAP IN FOIL OR A TEA TOWEL TO KEEP WARM WHILE GRILLING THE REMAINING BREADS.
12. SERVE WARM OR HOT

The addition of yoghurt increases the calcium content of the bread and adds useful amounts of phosphorus and vitamins B2 and B12. Calcium from dairy products such as yoghurt is much more readily absorbed than calcium from other foods.