

Recipe No. 09/2014

Naan Bread

To accompany the fragrant 'Sun city' chicken curry from last week, we made this quick and easy bread. Enjoy left over bread crisped-up in the oven and served with a salad. To all our consultants off to the Palace, have a wonderful trip, you deserve it.

Makes: 12

Preparation time: 1½ hours with proving

Cooking time: 10 minutes for each batch

Ingredients

30 g water
150 g milk
160 g natural yoghurt
30 g butter or cooking oil
450 g self-raising flour
15 g instant dry yeast
½ tsp sugar
1 tsp salt

To garnish

40 g melted butter
Poppy, sesame seeds, herbs or rock salt

Method


- Preheat oven to 240°C.
- Place water, milk, yoghurt and butter into TM bowl. Warm gently **30 sec/37°C/speed 2** until temperature 37°C light lights up. Repeat if necessary. The mixture must not be too warm otherwise the yeast will become inactive.
- Add flour, yeast, sugar and salt. Mix **5 sec/speed 7** to combine.
- Knead dough **2 min/closed lid position/interval speed**. Transfer to floured bowl. Cover. Allow to rise in a warm place for 1 hour.
- Knock down the dough on a floured surface and divide into 12 pieces. Roll or pat each piece into an oval. Place on warmed baking trays.
- Bake on the bottom shelf for about 10 minutes. Brush with melted butter and sprinkle with selected garnish. Serve warm.

Cook's notes

- Dry roast 2 tsp cumin seed **8 min/Varoma/speed 1**. Cool seeds. Add seeds with 20 g dried onion pieces to dough for last 30 seconds of kneading time.



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