



## RECIPE: NO-KNEAD GARLIC NAAN

**Makes: 6 Large Naan Breads**

**Note:** To recreate the effect of a tandoor oven at home, you'll need a large frying pan and hot grill to cook these.

### Ingredients

For the Dough:

- 340g Water (at room temperature)
- 50g Plain Yoghurt
- 15g Caster Sugar
- 12g Fresh Yeast or 7g Dried Fast Action Yeast (one sachet)
- 10g Olive or Vegetable Oil, plus extra for shaping
- 500g Strong White Bread Flour, plus extra for dusting
- 8g Salt
- 10g Nigella Seeds

For the Garlic Butter:

- 125g Butter (at room temperature)
- 1 Garlic Clove (peeled and finely grated)
- 1 tbsp Coriander (finely chopped)
- Pinch of Salt

### Method

Making the Dough

1. In a large mixing bowl weigh both in the water, yoghurt, sugar and yeast. Mix to dissolve the yeast then stir in the oil.
2. Next weigh in the flour, salt and nigella seeds. Mix together with your dough scraper to form a rough dough - it will look a bit of a mess but as long as there are no obvious really wet or dry parts it'll be great.
3. Cover with an upturned bowl or loose cloth and leave to rest at room temperature for 45 minutes.

First Fold

1. Lightly grease your work surface with oil then turn out the dough. Shape into a nice ball by gently pinching and pulling the top edge of the dough (12 o'clock position) away from you then fold it into the middle and press down. Rotate the dough slightly then repeat with the top edge

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again. Keep pulling the top edge out and into the middle and turning the dough, about 10-12 turns should do. Roll the dough over so the smooth side is on top and return to the bowl. Cover again and leave to rest at room temperature for 30 minutes.

#### Second Fold

1. Turn the dough out again onto the lightly oiled surface, making sure it lands upside down (with the sticky side facing up and the smooth side underneath). Repeat the folds above but this time for only about 4-6 turns, return to the bowl with the smooth side on top, cover and rest for another 30 minutes.

#### Dividing and Pre-Shaping

1. Lightly grease a large baking tray with oil.
2. Turn out the dough upside down again. Flatten out slightly with your fingertips then use your dough scraper to divide it into 6 equal pieces (you can weigh the dough for accuracy if you like - about 155g each).
3. Use the folding technique above to roll each piece into a small ball then space the balls apart on the oiled tray.

#### Final Proving

1. Cover the tray loosely with clingfilm and leave to prove for 45 minutes.

#### Final Shaping and Baking

1. Get a large frying pan heating up on a medium-high heat and turn your grill on to as high as it will go with a shelf rack underneath.
2. Oil a second baking tray and transfer the first dough ball to the new tray. Dimple it out gently with your fingertips, just enough pressure to feel through to the tray underneath. Then gently stretch out the dough to create the classic teardrop shape of a naan.
3. Transfer the naan to the hot pan and cook for 2 minutes to crisp up the underside, then place under the hot grill for a further 2 minutes to bubble and blister the top.
4. Transfer the cooked naan to a wire rack while you repeat with the remaining dough.

#### Making the Garlic Butter

1. Mix together the butter, garlic, coriander and salt in a small bowl until combined.

#### To Serve

1. To eat straight away, spread some of the garlic butter over the warm naans, letting it melt over the top.
2. If making in advance, let the naans cool completely then spread some of the butter over each one. Layer up the naans between pieces of baking paper and store in a sealed bag or container in the fridge (or freezer) until needed. When ready, preheat your oven to 190°C/Fan 170°C/Gas

Mark 5 and heat the buttered naans through for 4-5 minutes (or 10-12 minutes if cooking from frozen).

### **Tips from me...**

Naans are SUPER SOFT because traditionally they're cooked for just a short amount of time in an incredibly hot tandoor oven. At home, the best you can do is to use a combination of a hot pan to get a crisp, dark golden bottom, then a hot blast under the grill to scorch the top. You're looking for it to bubble up and get a little charred on the largest bubbles.

The first naan is always the trickiest so use it as your tester - you may need to adjust the heat or your timings slightly depending on how your pan and grill cook.

This is quite a wet dough which helps give the light, airy, bubbly texture that I think you really want in a naan. Wet doughs can be difficult to knead, so I developed this easy no-knead method with a simple folding technique to build the dough's structure.

I find weighing out liquids in grams WAY more accurate than measuring in volume. To do it, just place an empty jug onto your scales, make sure it is set to zero, and pour in the amount you need.

Dough scrapers are my go-to most useful piece of bread making kit. I use them for mixing the dough, cutting it, scraping out bowls, cleaning the table, LITERALLY everything. If you don't have one yet you can get yours at [bakewithjack.co.uk/shop](http://bakewithjack.co.uk/shop)