

Naan Yoghurt Bread

150mls	lukewarm milk
2tsp	sugar
2tsp	dried active yeast
3.5 cups	plain flour + extra for dusting
1/2tsp	salt
1tsp	baking flour
2tbsp	olive oil
150mls	plain yoghurt
1 large	egg, lightly beaten



Method

Put 1tsp sugar and yeast into the milk for 5 minutes.

If you have a bread machine

Put all ingredients into your bread machine on dough setting.

When finished put the dough in a bowl and slow proof in the fridge overnight or cover for 1 hour.

If you are hand mixing

Sift flour, salt and baking powder in a large bowl. Add all remaining ingredients. Using a wooden spoon, blend and form the mixture into a ball of dough.

Sprinkle a little flour on a clean surface. Knead the dough for 10 minutes until smooth. Place in a bowl and cover with cling wrap. Set aside for 1 hour. When the dough has almost doubled in size, punch it with your fist and knead lightly for a minute.

Weigh 120gms dough and roll in a ball. Using a rolling pin, flatten into large oval shapes.

Preheat a non-stick frying pan. Gently cook dough until it puffs up. Turn over and cook for about 30 seconds.