



There are some things which normally you would take for granted but find the Gluten Free versions are a bit disappointing. Most folk wouldn't usually consider making their own Garlic Naan Bread. But these really were worth the effort. We've plenty in the freezer for when we next do a Curry.

Ingredients:-

1 Egg
408g of All Purpose Flour
1Tsp of Baking Powder
1 Tsp Xanthan Gum
½ Tbsp Yeast
1 tsp Sugar
½ Tsp Salt
2 Tbsp Oil
3 Tbsp Yogurt
60ml of Milk

Ingredients for Garlic ?Butter?:-

3 Tbsp Margarine
2 Cloves of Garlic, minced
Dried Parsley
Dried Coriander

Method:-

- (1) Add the Sugar and Yeast to 280ml of warm Water and allow to stand for 15 minutes.
- (2) Add Salt, Baking Powder and Xanthan Gum to the Flour and mix well.
- (3) Add the Oil, Yogurt and Egg and mix well.
- (4) Warm the milk in a pan slightly.
- (5) Add the Yeast and Water to the flour mixture.
- (6) Gradually stir in the warm milk.
- (7) Knead into a dough and cover with cling film.
- (8) Allow to rise in a warm place for 3 hours.
- (9) Melt the Margarine and add the Garlic, Pasley and Coriander and set aside.
- (10) Spoon sufficient amounts of the dough onto a floured board to form into Naan shapes about 3mm thick.
- (11) Fry one side in the griddle pan while basting the top with Garlic Butter.
- (12) Turn several times and fry until the Naan is browned on both sides and fluffed up evenly.
- (13) Set aside under a warm grill until you have fried all the dough and are ready to serve.

This recipe has been adapted for UK measurements and was originally found here -

<https://www.youtube.com/watch?v=Nf8CNVtsM6w>