

Naan (Indian flatbread)

Cuisine: Indian
Food category: Other



Author: Jaroslav Mikoška

Company: Retigo



Program steps

Preheating: 250 °C

1

 Hot air

 100 %

 Termination by time

 00:02 hh:mm

 240 °C

 60 %



Ingredients - number of portions - 8

Name	Value	Unit
plain wheat flour	480	g
baking powder	4	g
salt	5	g
milk 3.5%	120	ml
caster sugar	10	g
chicken eggs	1	pcs
yogurt	30	ml
vegetable oil	60	ml

Directions

1. In a large mixing bowl, combine the flour, salt and baking powder. Make a well in the centre.
2. In a separate bowl, whisk the sugar, milk and eggs until they fully combine.
3. Gradually pour the wet mixture into the dry mixture and knead to a soft dough. Add water if needed.
4. Add the oil and keep kneading. Cover and allow to rest for 3 hours.
5. Set the oven on dry heat (slow fan speed) at 240°C.
6. Divide the dough into 8 equal portions.
7. Shape each dough ball into flat ovals.
8. Bake until golden.

Nutrition and allergens

Allergens: 1, 3, 7
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	218.7 kJ
Carbohydrate	45.1 g
Fat	1.2 g
Protein	6.6 g
Water	0 g

Recommended accessories



Vision Grill Diagonal