

FATE CORIANDER AND GARLIC NAAN BREAD

Ingredients

300g Fate Low Protein All Purpose Mix

1 sachet yeast (enclosed with the pack)

1 large teaspoon salt

1 medium clove garlic, finely chopped

3 tablespoons chopped fresh coriander

30mls oil

300mls warm water

Few drops of suitable browning

Butter for greasing, about 20-25g

Little extra All Purpose Mix to shape

This recipe makes 3 large Naan breads, but if you want just one it's easy to reduce the recipe amounts.



Method

1. Place the Fate Low Protein All Purpose Mix into a mixing bowl. Stir in the yeast, salt, and garlic. Then stir in the chopped fresh coriander.
2. Measure the oil and water and place into a jug. Add a couple of drops of gravy browning. Pour this liquid mixture onto the dry ingredients and use a wire whisk to quickly blend the ingredients together until smooth. This will take about 1 minute.
3. Take three pieces of kitchen foil 25cms x 28cms (10ins x 11ins) and use the butter to grease it well. Place about a third of the mixture onto one of the buttered foils. (as a guide it should weigh about 200g)
4. Sprinkle the surface of the mixture with a little Fate All-Purpose mix and with your hands, well dusted in All Purpose mix, press and push the mixture into shape. A tear drop shape is traditional, about 25cms long and 20cms at the widest point, but you can shape it into a round to fit your frying pan if you wish.
5. Place a large frying pan onto a high heat. When it is hot, gently place the piece of foil with the Naan on top into the pan. The butter on the foil should immediately start to bubble. Turn the heat down a little and leave to cook for about 2 mins.

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6. Use the foil to carefully turn the Naan over. Leave to cook for another minute or so to cook through.

The Naan freeze well, just defrost when needed and warm through in a dry frying pan or microwave.

For the best looking large Naan, you will need to use your largest pan one with a base of at least 22cms, but you can make smaller Naan bread if you like. Serve with any spicy foods especially Fate vegetable Shashlik.

Mini Naan Breads

If you want to make mini Naan, just use about 75g of the mixture for each one, shape and cook in the same way, be careful not to overcook.

1. Make up the recipe above
2. Take a piece of foil about 16cms x 16cms and butter it well. Place it onto your scales and weigh about 75g of mixture on to it. Lightly dust the top with a little Fate All Purpose mix and gently pat the mixture out into a tear drop shape about 15cms x 10cms long.
3. Heat a frying pan until hot and lift the Naan bread, still on the foil, into the pan. The butter on the foil should start to bubble. Leave to cook for about 1 – 1 ½ minutes and the underside should be golden brown.
4. Use the foil to help you lift the Naan and flip it over. Cook for a further minute or so until golden brown.
5. Transfer to a wire cooling rack to cool.



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