

Fate Naan Bread

Ingredients

- 300g Fate Low Protein All-Purpose Mix
- 1 sachet of yeast (enclosed with the pack)
- 1 teaspoon salt
- 25ml oil
- 300ml warm water
- Few drops of browning
- 15-20g butter
- Little extra Fate All-Purpose Mix to shape



Method

1. Place the Fate Low protein All-Purpose Mix into a mixing bowl. Add the whole packet of yeast and the salt. Stir.
2. Measure the water and the oil and place into a separate jug. Add just a couple of drops of gravy browning to lightly colour.
3. Pour all the oil and water mixture onto the dry ingredients, and using a wire whisk, or an electric hand whisk, mix quickly for about a minute until well blended and smooth. Leave to rest for a couple of minutes to thicken.
4. Meanwhile, take three pieces of kitchen foil about 25cms x 28cms (10ins x 11ins) and use some of the butter to grease well.
5. Place roughly a third of the Naan bread mixture on to the middle of the foil.
6. Lightly sprinkle a little Fate All-Purpose Mix onto the mixture. Then, using well dusted hands, gently press the Naan mixture into shape. Aim for the traditional tear drop shape, about 20cm at the widest, and 25cm at the longest (about 8in x 10in). The Naan should be about 1cm ($\frac{1}{2}$ inch) thick.
7. Place the Naan, still on the foil, on to a baking tray, to support it, and place it into a large polythene bag. Tie the ends up trapping as much air as possible so that the bag is lifted well above the Naan. Leave in a warm place to prove until almost double in size.
8. Place a large frying pan or griddle over a gentle heat. Do not grease the pan.
9. When the pan is hot, take the Naan out of the polythene bag and lift the foil with the Naan into the hot pan. Make sure you place it with the foil down first.
10. Leave to cook over a gentle heat. The butter on the foil will start to bubble and help cook the Naan.
11. After about 2-3 minutes the underside should be cooked and golden brown.
12. Use the edge of the foil to help you turn the Naan over to cook the other side. Gently lift off the foil. If you buttered the foil well enough, the foil should come away easily. The Naan should take another 2-3 minutes to cook the other side.
13. Place onto a wire rack to cool.
14. Cook the other Naan bread in the same way.
15. The Naan freezes well. Just defrost and reheat gently in a dry frying pan, or under the grill.

This recipe has been provided by ©Fate Special Foods



National Centre for Inherited Metabolic Disorders

