



NAAN

Naan is a leavened, oven-baked **flatbread** found in the cuisines of the **Middle East, Central and South Asia**. Generally, it is similar to **pita** in both looks and taste, and, like pita bread, is usually leavened with **yeast** or with **bread starter**, which is leavened naan dough left over from a previous batch. Naan is cooked in a cylindrical oven known as **tandoor**; this baking method distinguishes it from **roti**, which is usually cooked on a flat or slightly concave iron griddle called a **tava**. Modern recipes sometimes replace baking powder for the yeast. **Milk** or **yogurt** may also be used to impart distinct tastes to the naan. Milk used instead of water will, as it does for ordinary bread, yield a softer dough. Also, when bread starter is used, the milk may undergo modest lactic fermentation. Typically, it is served hot and brushed with **ghee**, that is, clarified butter. It can be used for scooping other foods instead of cutlery (which is not commonly used in India and other neighboring countries) or served stuffed with a **filling**. For example, **keema naan** is stuffed with a minced meat mixture (usually lamb or mutton or goat meat); another variation is **peshawari naan**, which is filled with a mixture of nuts and raisins.



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