
Sourdough Naan Bread

Ingredients

Yield: makes 8 flatbread

- 275 g Organic flour (freshly ground whole grain flour of your choice or a mixture)
- 200 g Sourdough Starter
- 125g milk
- 75g plain yogurt
- 5g salt

Method

- Blend Sourdough Starter, milk and yogurt together
- Gradually add the flour to the Sourdough mixture and the salt at the end
- Hand knead the dough for 5 – 10 minutes on a floured board
- Cover bowl and let dough proof for 4 – 8 hours at room temperature. It can also go into the fridge to proof at a slower rate if you want to make naan bread the next day.
- When ready to eat. Divide the dough into 8 equal size portions and form them into balls. Roll the balls into round disks. Roll to about ¼” thick.
- Preheat a cast iron frypan. Add olive oil and place first disk onto hot fry pan.
- Adjust heat as needed, the dough should bubble up and dark brown spots appear on the bottom side
- Cool on a rack. They also freeze well

Notes



Minced garlic, cilantro or other herbs can be added to the Naan bread before it is separated into balls.

