

# GLUTEN-FREE NAAN BREAD

## INGREDIENTS

10g Psyllium husk  
80g Warm water

1 tsp Instant yeast  
2 tsp Sugar  
100g Warm water

80g White rice flour  
40g Brown rice flour  
1 tsp Baking powder  
1/2 tsp Salt

40g Greek yoghurt  
10g Butter or olive oil

## METHOD

1. Combine the psyllium husk and warm water together in a small bowl and set aside to turn into a gel.
2. Combine the yeast, sugar and warm water in a bowl and set aside to foam up.
3. Combine white rice, brown rice, baking powder and salt in bowl. Then add all wet ingredients including psyllium gel, yeast mix, yoghurt and butter or oil. Knead into a dough.
4. Drizzle a little olive oil in a glass bowl, then place the dough into the bowl, cover with glad wrap and a clean tea towel. Place bowl in a warm location.
5. Allow dough to double in size. Slice dough into 4 portions. Place the balls on a lightly floured tray, and cover loosely with a a lightweight tea towel. Leave to rise in a warm place for 15 minutes.
6. Roll out into 3 – 4mm thick rounds. The thickness really affects the outcome. Too thin = crispier and not fluffy enough. Too thick and you won't get the bubbles.
7. Heat a cast iron skillet or frying pan over medium-high heat until it is just starting to smoke. Then place the naan in and leave to cook without touching.
8. It should only take 60 – 90 seconds for the underside to cook until it's nicely browned. Then use tongs to turn and cook for a further 45 seconds.

## NOTES