

Naan

Recipe inspired by Emeril Lagasse's recipe on Food Network

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy

1 tsp yeast

½ tsp sugar

½ cup warm water

1 cup flour

½ tsp salt

¼ cup olive oil

Combine the yeast, sugar and water and let rest for about 5 minutes. The surface of the water will become foamy. In a separate bowl, mix the flour and salt and make a large hole in the center of the dry mixture. Add the yeast mixture and oil and then mix with your hands. Knead the dough until it is smooth (adding flour as needed for stickiness).

After about three minutes of kneading, form the dough into a ball and place it in an oiled bowl. Turn the ball of dough so that it is coated with the oil, then cover it with a towel and leave it in a warm location to rise for about 1 hour (it should double in size). Preheat the oven to 400 F while the dough rises and lightly grease a cookie sheet.

Divide the dough into six equal pieces and place them on a floured surface. Roll the pieces into six circles and then place each circle on the cookie sheet. Bake for roughly 12 minutes, or until the naan is puffy and lightly browned.

Servings: 6 (\$0.20/serving)