



## Onion Naan (Indian Flatbread)

Fun Fact: The 'World's Biggest Naan Bread' was made in 2004 by Honeytop Specialty Foods. The Naan measured exactly 10 feet by 4 feet. It took over five hours to make and required eight staff to carry it!

Makes 4 servings or  
Makes 8 servings

Ingredients	Supplies
$\frac{1}{4}$ cup plus 2 Tbsp or $\frac{3}{4}$ cup whole milk	Measuring cups
$\frac{1}{2}$ or 1 (.25 oz) packet active dry yeast	Measuring spoons
$\frac{1}{2}$ tsp or 1 tsp sugar	Cutting board
$1\frac{3}{4}$ cups or $3\frac{1}{2}$ cups all-purpose flour plus more for dusting	Chef's knife Small bowl
$\frac{1}{2}$ tsp or 1 tsp salt plus more for sprinkling	2 large bowls Tongs
$\frac{1}{2}$ or 1 small onion, finely chopped	Candy/oil thermometer
$\frac{1}{2}$ cup or 1 cup whole-milk yogurt (NOT Greek)	Rolling pin Whisk
1 Tbsp or 2 Tbsp olive oil plus more for cooking	Large, heavy skillet Small saucepan
	Hot plate
	Plastic wrap
	Aluminum foil



## Directions

1. Heat milk in a small saucepan over medium-low heat until a candy thermometer registers 100° F (the milk should be warm but not hot. If it's too hot it will kill the yeast).
2. Transfer to a small bowl and whisk in yeast and sugar. Let stand until foamy, about 10 minutes.
3. Whisk flour and salt in a large bowl to blend.
4. Add yeast mixture, onion, yogurt and olive oil. Mix dough by hand, until blended but still shaggy.
5. Transfer dough to a lightly floured work surface.
6. Knead until a smooth dough forms, adding flour as needed (dough will be sticky), about 5 minutes.
7. Lightly grease another large bowl with olive oil, place dough in bowl, and turn to coat. Cover with plastic wrap. Let rise in a warm, draft-free area until doubled in size, about 1 hour.
8. Punch down dough and divide into 8 pieces.
9. Using floured hands, roll each piece into a ball on a lightly floured surface. Cover with plastic wrap; let rest 10 minutes.
10. Heat a large, heavy skillet over medium-high heat. Lightly coat with olive oil.
11. Working with one piece at a time, stretch dough with your hands or roll out with a rolling pin to 1/8-inch thickness. Sprinkle with salt.
12. Cook until lightly blistered, puffed and cooked through, about 2 minutes per side. Wrap in foil to keep warm until ready to serve. Enjoy!

**Take It Down A Notch**—This recipe can be a lot of fun to do with a Pre-K or young Tiny Chefs class—mixing and measuring and “messing” with the dough is perfect for this age group. You may want to chop the onion before class starts as onions can be slippery for little hands to work with. Obviously, an instructor will have to do the actual frying, but they kids can help with everything else. (Note that this recipe is not for shorter enrichment classes because of the time the dough takes to rise.)

**Kick It Up A Notch**—This recipe provides older Tiny Chefs or Gourmet Chefs classes with some opportunity to work with bread dough, but one that gets cooked differently than many Western yeast breads. Try and give each student a chance to cook a piece of the naan.