

THE CULINARY

Playground



Naan

1 cup flour
¼ teaspoon baking powder
¼ teaspoon salt
½ cup plain low fat yogurt

Preheat oven to 500 degrees with pizza stones inside.

In a small bowl, combine flour, baking powder and salt. Stir with a fork to blend.

Add the yogurt and mix to form a ball.

Knead the dough on a lightly floured counter for 3-5 minutes or until smooth and elastic.

Lightly oil a bowl and place the dough in the bowl to rest.

Cover with a towel and allow to rise for 1 hour.

Divide dough into 4 pieces and flatten each piece to the thickness of a pancake with fingers or rolling pin.

Place directly on a hot pizza stone for 5-6 minutes until tops have light golden spots, and bottoms are golden,

Let cool on rack and brush with melted butter if desired.

