



Fresh Milled Naan Bread

Naan is an enriched bread dough that uses yogurt and not yeast for leavening.

Ingredients

- 255 g wheat berries, hard
- 255 g wheat berries, soft
- 280 g yogurt
- 175 g milk, whole
- 50 g olive oil

Directions

1. Mix well into a soft dough. If it feels dry, add more liquid until you get a soft or slightly sticky dough. I used Greek yogurt so I needed to add some extra liquid compared to when I used regular yogurt the time before.
2. Let the dough rest, covered, so it can fully absorb everything.
3. Knead it for a few minutes (not even 5). I did this entirely in my wooden bowl with a danish dough whisk.
4. Divide into 8-12 dough balls depending on what size you want them. Roll flat, and cook on a skillet over medium-high heat 1 minute, then flip and do the other side.
5. Brush with melted butter, with garlic or parsley if you like.

Notes

