

# Naan Bread









Used for Maundy Thursday communion - Morning Star UMC 4-2-2026

Prep. 40min

Total 2 h 50min

8 pieces

## Ingredients

-  olive oil to grease 1 tsp
-  dried yeast  $\frac{3}{4}$  tsp
-  water 8 oz
-  whole milk 6 oz
-  bread flour plus extra to dust 21 oz
-  fine sea salt to taste 2 - 3 tsp
-  salted butter 2 oz (*substitute 2 oz ghee*)
-  black sesame seeds to taste 1 tsp (*substitute 1 tsp black caraway seeds, to taste*)

## Useful Items

- large bowl
- parchment paper
- cling wrap
- pizza stone
- pastry brush
- long handled spatula
- plate
- clean kitchen towel
- airtight container

## Preparation

1. Lightly grease a large bowl with oil and cut 8 strips of parchment paper (approx. 12 in. x 10 in.) and set aside (see Tip). Place yeast, water (Warm 110°F) and milk into mixing bowl.
  - ❖ *To use active dry yeast, proof it by dissolving 1 teaspoon of sugar in warm water (90–110°F/32–43°C), then stir in the yeast and let it sit for 5–10 minutes until foamy. If it bubbles, it is alive and ready to be added to your flour mix.*
2. I use a countertop “Stand” mixer. Add flour and salt. Mix on low speed until flour is incorporated, turn up to knead the dough for 3-5 minutes depending on the mixer.
  - ❖ *Mixing bread dough by hand involves combining ingredients into a shaggy mass, then kneading on a counter for 8–10 minutes using a “push-fold-turn” motion until smooth and elastic. Use the heel of your hand to push dough away, fold it over, rotate 90 degrees, and repeat, adding minimal flour to avoid sticking.*

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3. Transfer dough to prepared bowl. Shape into a ball, turning to coat all sides. Cover with cling wrap and let rise until doubled in size (approx. 60-90 minutes).
4. Punch down risen dough and transfer to a separate piece of parchment paper or a lightly floured surface.
5. Set oven rack to middle position. Place a large pizza stone in the center of the oven rack. Preheat oven to 475°F.
6. Melt butter.
7. Divide dough in half leaving half in the greased bowl while working with first half. Cut dough into 4 equal portions and form each one into a ball. Brush with melted butter and allow it to rest for 20 minutes, lightly covered in cling wrap. In the last 5 minutes of resting, prepare the remaining dough the same way.
8. Place a dough ball onto a prepared parchment strip. Use fingertips to spread the dough out into a 6–7-inch circle, without turning the dough over. Set aside and repeat this step with each risen ball.
  - ❖ *This is where I cut .75-.80 oz dough balls for the “mini” naan used for communion at Maundy Thursday dinner.*
9. Return to first piece of dough you worked on and gently stretch out to an oval shape (approx. 9 in. x 7 in.). Sprinkle with sesame or caraway seeds.
  - ❖ *I did not put anything on the top except the Ghee*
10. Transfer two pieces of bread with parchment onto the preheated pizza stone and bake for 6-8 minutes (475°F) or until puffed and bubbled spots are golden (see Tip). Remove cooked naan from pizza stone with a long-handled spatula. Repeat with remaining dough balls.
  - ❖ *I used a half sheet pan - the bottom of the bread gets darker, then if a stone is used, watch carefully.*
11. Transfer hot naan onto a plate and cool for 5 minutes, brush with more melted butter and cover with a clean kitchen towel to keep them soft while you bake the remainder. Serve immediately or store in an airtight container.

## Tips

- Cut 8 strips of parchment paper (approx. 12 in. x 10 in.) for the 8 balls of dough. As you prepare the naan dough, work directly on a strip of parchment paper. When ready to bake, simply slide the entire piece of parchment paper onto the hot pizza stone. The paper will release the baked naan easily once baked.
- Naan dough can be refrigerated in a bowl or plastic zip lock bag for up to 3 days. Bring dough to room temperature before using it.
- Black caraway seeds (Nigella seeds) can be found at any Asian grocery store.
- Placing dough on preheated pizza stone helps it puff up. The preheated stone mimics the traditional cylindrical tandoor oven.
- Top unbaked naan with garlic butter, or try different dried herbs, spices and seeds.