



Naan Bread

Naan is a traditional Indian flatbread that is baked in a very hot oven and looks like a puffy tortilla. It is typically served hot and brushed with butter. It can be used to scoop other foods or served stuffed with a filling.

Servings 8

Ingredients

1 teaspoon sugar
1/2 cup warm water
1/4 oz active dry yeast
2 1/4 cups all-purpose flour
1/2 cup plain yogurt
1 tablespoon oil
Some oil for greasing the skillet
3 tablespoons melted salted butter

Instructions

In a small bowl, add the sugar, warm water, and yeast together. Stir to combine well. The yeast should be activated when it becomes foamy, about 10 minutes. Transfer the flour to a flat surface and make a well in the middle. Add the yeast mixture, yogurt, and oil, knead the dough until the surface becomes smooth and shiny, about 10 minutes. Cover the dough with a damp cloth and let it rise in a warm place (for example: beside the stovetop or warm oven). The dough should double in size, about 1 hour. Divide the dough into 8 equal portions. Roll the dough to a 8" circle using a rolling spin. Heat up a skillet (cast-iron preferred) over high heat and lightly grease the surface with some oil to avoid the dough from sticking to the skillet. Place the dough on the skillet. When it puffs up and bubbles and burnt spots appear, flip it over and cook the other side. Repeat the same until all dough are done. Brush the naan with the melted butter and serve warm.

Recipe Notes

If the dough is sticky, add extra 2 more tablespoons of flour to bind the dough.



Nimbu Pani (Lemon Drink)

Summertime in northern India can be extremely hot and humid. To beat the heat, Indians often make this tasty beverage, which is simple to make and replenishes natural salts in the body. You can find it being sold on street corners and served in people's homes every day.

Serves: 4

Ingredients

Lemons – 4 (Plus an extra for garnishing)

Fresh mint sprigs – 5

Sugar – to taste (6 teaspoons is common)

Salt – a pinch

Cumin powder – to taste (A “pinch” is common)

Water – 1 glass room temperature, 3 glasses chilled

Ice cubes

Instructions

Add one glass of normal water to a large pitcher or jug.

Now add sugar (you can adjust the sweetness as per your taste) and stir until it dissolves into the water.

Squeeze all lemons and add the juice to the pitcher.

Add pinch of salt and cumin seeds powder to it and continue to stir.

Add chilled water and crushed ice to the jug and stir again.

Add a few mint leaves.

Serve in chilled glasses garnished with lemon slices and mint sprigs.