



Second to Naan Quick Bread

By Dylan Sabuco

Prep Time 10 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

fry: to fry in a pan in a small amount of fat.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

Equipment

- Skillet
- Mixing bowls
- Measuring cups
- Measuring spoons
- Wooden spoon
- Heat resistant spatula or tongs

Ingredients

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- 1/2 C water
- 1 pkg (or 2 1/4 tsp) active dry yeast or instant yeast
- 2 C all-purpose flour ******(for GLUTEN ALLERGY sub 1 3/4 C gluten-free/nut-free all-purpose flour + 1/4 C cornstarch)******

- 1/2 stick butter, melted ******(for DAIRY ALLERGY sub 1/4 C vegetable or other nut-free oil)******
- 1 tsp garlic powder or onion powder
- 1 big pinch granulated sugar
- butter OR nut-free oil to lightly grease skillet

Food Allergen Substitutions

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Gluten/Wheat: For 2 C all-purpose flour, substitute 1 3/4 C gluten-free/nut-free all-purpose flour + 1/4 C cornstarch.

Dairy: For 1/2 stick butter, substitute 1/4 C vegetable or other nut-free oil.

Instructions

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intro

Naan is a type of flatbread common across India. Naan is often used to scoop up whatever stews, sauces, or salads are served alongside it. What sets naan apart from the rest of the flatbreads out there is that the recipe calls for a healthy amount of butter and seasoning.

scrumptious science

Even though yeast looks like large grains of sand, it is actually a living organism. Yeast is a label broadly used to describe about 1,500 different kinds of fungi. This means that yeast makes up about one percent of the fungus you would come across in the world. The type we are using today is called active dry yeast. It means that the yeast is alive but sleeping in its container. To "wake up" the yeast, you will need to feed it its favorite breakfast: sugar! Once the yeast begins eating the sugar, it creates a byproduct: carbon dioxide. (I like to think of the yeast as burping little, itty bitty burps from eating the sugar too fast!) This carbon dioxide will later be trapped inside the naan dough you are creating in this recipe, which is super important for making a light, fluffy texture.

measure + stir

Start off by measuring **1/2 cup lukewarm water**, ******1 teaspoon garlic powder (or onion powder), 1 big pinch of granulated sugar, **and** 1 package of active dry yeast or instant yeast****** in a large bowl. Stir a couple of times—too many stirs, and the sleepy yeast will not be happy. Meanwhile, in a skillet, melt **1/2 stick of butter**.

measure + stir

In the large bowl of bubbling yeast, dump in **2 cups of flour** and the melted butter. Stir and stir and stir until a glossy ball of dough forms. Then, divide the dough into at least 12 pieces. Flatten the dough until it is as thin as possible. Pinching and rotating the dough while you hold it over a cutting board is the quickest and easiest method. While pinching and turning the dough, hold it up towards a light source. If you can see light faintly through the dough, then that is the perfect thickness.

shape + fry

Place the shaped naan into a lightly-buttered skillet over medium-high heat. Each naan bread will take about 2 minutes on each side. Cook until lightly golden brown.

scoop + eat

Use this delicious bread to scoop up hearty bites of stew, like **Blissful Broccoli Indian "Korma" Stew**. Serve each student a piece of naan alongside the broccoli korma.

Featured Ingredient: Baker's Yeast!

Hi! I'm Baker's Yeast!

"Did you know that I'm a living organism? If you add baker's yeast to dough, it will cause your bread, cinnamon rolls, doughnuts, and more to rise up! Just add me to warm water with a little sugar (which I love to eat) and wait at least five minutes until I burp some gas bubbles (excuse me!) and get foamy at the top before adding me to your flour and other ingredients!"

Yeasts are single-celled, microscopic members of the fungus kingdom. Baker's yeast is from the species *Saccharomyces cerevisiae*. It is the strain of yeast used to leaven (or raise) bread and other types of dough. It is also used in beer and winemaking.

There are several varieties of baker's yeast: active dry yeast, compressed yeast, cream yeast, deactivated yeast, instant yeast, and rapid-rise yeast. Home bakers and Sticky Fingers Cooking chef instructors generally use active dry yeast, instant yeast, or rapid-rise yeast when baking.

Active dry yeast must be activated by adding a warm liquid, like water or milk. Its granules are larger than the other dry yeasts, instant and rapid-rise, which do not have to be rehydrated (or proofed).

The word "yeast" comes from the Old English "gist," of Germanic origin, from an Indo-European root "yes-," meaning to "boil," "foam," or "bubble."

Baker's yeast has some protein, fiber, B vitamins, and potassium; however, the amount you would get from a packet of active dry yeast distributed throughout a dough would be minimal.

Nutritional yeast, a deactivated yeast, contains more protein, fiber, B vitamins, and potassium than active dry yeast. People who eat a vegan or vegetarian diet often add nutritional yeast to foods to supplement these nutrients and add a nutty or cheesy flavor to foods.