



NAAN BREAD

Naan bread is great to make as you can use it in so many ways; as an accompaniment to a curry or as a base for a pizza perhaps?

Why not have a 'creative ingredients' tray in the classroom so children can choose and create their own toppings? Simply sprinkle over and press into the dough prior to grilling. Choose from poppy seeds, sesame seeds, crushed garlic, fresh coriander ...



Skill Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use a sieve; mix to form a bread dough; knead; shape dough; use a jug to measure liquids; use weighing scales.

Equipment: Measuring jug, scales, sieve, baking tray, 2 mixing bowls, measuring spoons, rolling pin, wooden spoon, tea towel.

Allergens*: Gluten | Wheat | Milk

Ingredients (makes 5 naan):

- 250g plain flour, plus extra for kneading
- 2 tsp sugar
- 1/2 tsp salt
- 1/2 tsp baking powder
- 110 - 130ml milk
- 2 tbsp vegetable oil, plus extra for greasing
- 25g melted butter

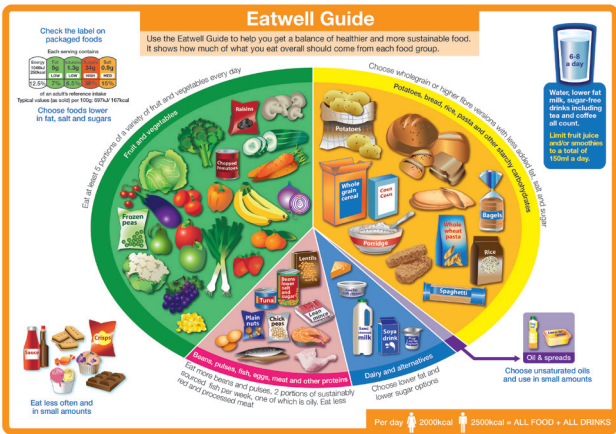
1. Sift the flour, sugar, salt and baking powder into the mixing bowl. In another bowl mix together the milk and oil.
2. Make a well in the middle of the flour mixture and add the liquid mixture slowly, working from the centre and incorporating the flour gently from the edges. Mix to form a smooth, soft dough.
3. Sprinkle flour on to a clean work surface and place the dough on the surface. Knead the dough for 10 minutes, adding a little flour if the dough is too sticky.
4. Place the dough in an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10 - 15 minutes.
5. Divide the dough into 5 pieces.
6. Preheat the grill to medium and place a heavy, greased baking sheet on the upper shelf to heat.
7. Roll the dough out thinly into a naan bread shape. Grill for 1-2 minutes, or until lightly browned. Brush with 1 tsp melted butter.

* Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use

Method



NAAN BREAD Nutrition Information



Source: Public Health England in association with the Home government, Food Standards Scotland and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about naan bread...

Bread is a good source of complex carbohydrates which gives us energy. It is also a good source of fibre and B vitamins. In general, wholemeal and whole-grain flours/bread tend to be more nutritious than white, and they also contain more fibre.



Energy, sugar, fat and salt per serving

Per 75g serving

ENERGY	1085kJ / 258kcal	13%
FAT	9.7g	14%
SATURATES	3.7g	19%
SUGARS	3.3g	4%
SALT	0.6g	10%

% of an adult's reference intake
Typical values per 100g : Energy 1447KJ /345kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.