

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: As an Appetizer OR as an Accompaniment to your Favorite Curry or Soup

The Easiest Yeast Bread Ever!

Whole Wheat Naan

1 (.25 OZ) Package Active Dry Yeast
1 Cup Warm Brewed Green Tea
(about 105F Degrees)
¼ Cup Raw Sugar
3 TBs Non-Fat Greek Yogurt
1 Large Egg
2 Tsp Sea Salt
3 Cups Bread Flour
1 ½ Cup Whole Wheat Flour
Olive Oil for Brushing the Naan and
the Grill

Step One In a large bowl; dissolve the yeast in the warm tea. Let stand about 10 minutes, until frothy. Stir in the sugar, yogurt, egg, salt, and flours to make a soft dough. Knead for about 6 minutes on a floured

surface, or until smooth. Place it in a bowl sprayed with non-stick spray, turn the dough over and cover with a kitchen towel. Let it rise 1 hour or until the dough has doubled in size.

Step Two Punch down the dough, and pinch off small pieces about the size of a golf ball. Roll into about 16 balls, and place on a tray. Coat the top with non-stick spray, cover with a towel, and allow to rise until doubled in size, about 30 minutes.

Step Three Pat the balls into discs. Lightly oil a grill or grill pan and preheat until hot. Place the dough on the grill and cook until puffy and lightly browned. Brush uncooked side with oil, and turn over. Brush

the cooked side with oil and cook until browned, another 1- 2 minutes.

2 Kitchen Smidgen

Large or small, Naan is the generic term for various flatbreads from different parts of the world. Made with yeast and oven baked or grilled, it is a savory light accompaniment to Indian or Asian dishes and is a delicious base for any kind of spread or topping.

3 Get Creative

The toppings for the naan is only limited by your imagination. Try these fast and easy ideas:

- Chutney and Light Cream Cheese
- Chopped Kalamata Olives and Capers topped with Nonfat Greek Yogurt and Minced Green Onions
- Nonfat Refried Beans and Salsa
- Light Cream Cheese with Smoked Salmon and Thinly Sliced Red Onion

4 WINE of the Week

Big House White
Monterey County, California

Whole Foods about \$12

I must admit I bought the first bottle of Big House wine for the label alone. Cheerful on the outside, the wine is a fun surprise inside! Made from a combination of not-the-usual suspect grapes like Torrontes, this light and flavorful quaffer is a great partner for spicy ethnic cuisines or light appetizers.