



rising stars

Why not add exotic flair to your daily bread with these classics from India and the Middle East?

By Daniel Boulud

About 10 years ago I took a fantastic trip to Israel with a group of my fellow chefs, and we were exposed to some amazing Middle Eastern food there. Flatbreads are essential to the way meals are eaten in that part of the world—you eat with your hands, using the bread as a tool to pick up food and to soak up sauces and dips.

Pita bread, which is eaten throughout the Middle East, and naan, an Indian flatbread popular in South Asia, are great starting points for any meal. Flatbreads cook very quickly—

if you set your oven to broil and use a preheated pizza stone, they puff up in a matter of seconds, and it's fun to watch them do their magic as they bake. They are best eaten warm, and the two dips featured here are welcome accompaniments. Hummus has the savory tastes of tahini and a little spice, while the minty raita offers a cooling contrast to the warm naan.

## NAAN BREAD

Special equipment: pizza stone

Makes 8-10 naan

- 4 tsp. instant dry yeast
- 1 scant cup warm milk
- 1 Tsugar
- 1 egg
- 1 Tyogurt
- 1/2 cup olive oil
- 41/3 cups all-purpose flour
- 1 tsp. salt
- 1 cup melted butter
- 4 T Madras curry powder
- 2 tsp. nigella seeds or black sesame seeds
- 2 T coarse sea salt

In a small bowl, dissolve the yeast with the warm milk and sugar; let sit at room temperature for 15 minutes or until foamy. In another small bowl, whisk together the egg, yogurt, and olive oil. In a large bowl, mix the flour and salt, then make a well in the center and add the yeast and egg mixtures. Combine by stirring the flour from the outside of the well into the liquid. When the dough begins to form, turn out onto a floured surface and wash out the bowl. Knead the dough by hand until smooth (it should be firm and moist). Lightly coat the inside of the clean bowl with olive oil and return the ball of dough, turning it over once to coat in the oil. Cover the bowl tightly with plastic wrap (at this point you may refrigerate the dough for up to two days). Set dough in a warm area of the kitchen until doubled in size.

Place a pizza stone (or inverted baking sheet) on the bottom rack of the oven and remove any racks above it; preheat to broil. Line two baking sheets with parchment paper and dust with flour. Turn out the dough onto a floured surface and divide into 8 to 10 pieces. Roll pieces into balls. Using a floured rolling pin, roll out balls into ¼"-thick circles. Place on prepared baking sheets, and season both sides by brushing with melted butter and sprinkling with curry, nigella or black sesame seeds, and sea salt as desired; lightly press spices into dough. Cover with plastic wrap, and return to a warm area for at least 15 ▷