



Naan



Prep
30 m

Cook
7 m

Ready In
3 h

Recipe By: Mic

"This recipe makes the best naan I have tasted outside of an Indian restaurant. I can't make enough of it for my family. I serve it with shish kabobs, but I think they would eat it plain."

Ingredients

1 (.25 ounce) package active dry yeast
1 cup warm water
1/4 cup white sugar
3 tablespoons milk
1 egg, beaten

2 teaspoons salt
4 1/2 cups bread flour
2 teaspoons minced garlic (optional)
1/4 cup butter, melted

Directions

- 1 In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.
- 2 Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
- 3 During the second rising, preheat grill to high heat.
- 4 At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.