

Garlic Naan

Indian Garlic Bread



Ingredients

Dough

- 1 tsp of dried active yeast
- 1 tsp of sugar
- 200g plain flour
- 1 tsp of black onion seeds (you can also use handful of chopped coriander leaves)
- ¼ tsp of salt
- ½ tsp of baking powder
- 1 tbs vegetable oil
- 2 tbs of plain yoghurt
- 2 tbs of milk

Filling

- 2 cloves garlic, thinly sliced
- 1 tbs ghee

Method

- 01** In a small bowl, mix the yeast and sugar with a tablespoon of warm water to activate. Leave for 5 minutes in a warm place until frothy.
- 02** Meanwhile, in a separate bowl mix the flour, onion seeds, salt and baking powder.
- 03** When the yeast is frothy add it to the flour with the oil, yoghurt and milk.
- 04** Knead the dough, with slightly wet hands, folding as you go until it is nice and soft.
- 05** Place the dough in a mixing bowl, cover it with cling film and leave it in a warm place to rise at least 1 hour (but longer if possible).
- 06** Divide the dough into four balls and place on a floured surface.
- 07** In a small pan heat some butter or ghee in a pan
- 08** Slice the garlic and stir into the pan. Cook the garlic gently to just soften, you don't want any colour of the garlic
- 10** Take a large ball of the dough and flatten a little place a spoon of the softened garlic (without too much of the butter) and put into the middle of the dough, fold the dough around so it is enclosed inside.
- 11** Pull up the dough to seal the filling inside then carefully roll into a tear shape about 0.5cm / ¼ inch thick.
- 12** Heat the tava or frying pan and turn on the grill to high to heat up. Place the naan onto the pan for about a minute or two to brown on one side.
- 13** Transfer to a baking tray (cooked side down) and cook under a hot grill for 2-5 minutes until all puffed up.
- 14** Smear with the garlic butter to serve.

Served with

Works deliciously with any dish that has a thick tomato based sauce.



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