

# Naan Bread

## Ingredients

- 1 package active dry yeast
- 1 cup warm water
- $\frac{1}{4}$  cup white sugar
- 3 Tablespoons milk
- 1 egg, lightly beaten
- 2 teaspoons salt
- 4-4½ cups bread flour
- 2 teaspoons minced garlic (optional)
- $\frac{1}{4}$  cup butter, melted

## Directions

1. Mix the yeast and one teaspoon sugar into the warm water and let it set for about 10 minutes until yeast is activated.
2. Stir the sugar, milk, and egg into the yeast mixture
3. Mix salt into the first cup of bread flour and begin adding flour to the liquid mixture
4. Continue adding flour until a soft dough forms.
5. Knead the dough for 6 to 8 minutes, until smooth
6. Place dough into a well oiled bowl, cover with a damp cloth, and let rise for about 1 hour, or until doubled in size
7. Punch down the dough, then knead in the minced garlic.
8. pinch off small handfuls of dough (about golf ball sized), roll into balls and place on a tray. Cover the tray with a damp towel and allow to rise again for about 30 minutes, or until doubled in size.
9. During the second rising, preheat a grill pan to high heat. Melt butter.
10. when risen, roll each ball of dough out into thin circle
11. Place dough on the hot grill and cook for about 2-3 minutes, until puffy and lightly browned. Brush uncooked side with butter and turn over. Brush cooked side with butter and cook for another 2-3 minutes, until lightly browned.

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Last update: **2019/07/03 11:45**

