

GARLIC NAAN

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
1/4 cup butter, melted

DIRECTIONS

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.

Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a baseball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.

During the second rising, preheat grill to high heat.

At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill, and cook for 5-8 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 3 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.