

Indian Garlic Naan

<http://userealbutter.com/2011/10/02/indian-garlic-naan-recipe/>
from [The New York Times](#) and [Guilty Kitchen](#)

1 envelope or 2 1/2 tsps dry yeast
2 tsps sugar
4 1/2 to 5 cups all-purpose flour, more for dusting and rolling
2 tsps salt
1 tsp baking powder
2 cloves garlic, crushed and minced
3 tsps milk
2 tsps plain Greek yogurt
1 large egg, lightly beaten
2 tsps vegetable oil, more for the bowl
3 tsps ghee (Indian-style clarified butter) or melted unsalted butter
2 cloves garlic, crushed and minced for garnish

Dough: Place the sugar, yeast, and 1/4 cup warm water (110 to 115 °F) in a small bowl and let sit 5 to 10 minutes until it becomes foamy. Put the flour, salt, and baking powder in a food processor fitted with a dough blade or a mixer bowl with the dough hook and blend. Pour the yeast mixture, 2 cloves of minced or crushed garlic, milk, yogurt, egg, 2 tablespoons of vegetable oil, and 3/4 cup warm water into the bowl and knead until the dough forms a ball that is smooth and elastic. Estimates are 2-3 minutes in a processor, 5-8 minutes in a stand mixer, and 8-10 minutes by hand. I did a combination of the stand mixer and by hand (I think I had a bit much flour). The dough should be soft without being sticky. If it's sticky, add more flour. Put the dough in a lightly-oiled large bowl. Turn the dough around to coat oil on all sides and then cover the bowl with plastic wrap and let it sit in a warm, draft-free place for 60 to 90 minutes (I put it in the oven). Punch down the dough and cut it into 8 pieces. Roll them into balls and set on a floured baking sheet. Cover with damp kitchen towel and let rise until doubled in size (about 40 to 60 minutes).

Cook: Apparently there are many ways to cook your naan. You can heat a tandoor to 450°F, or use your oven broiler, or grill on medium-high heat, or you can use a hot skillet (which is what I did). Roll the dough balls out on a floured work surface to a disk about 6 inches in diameter. Stretch one end to make an oblong teardrop shape.

If using tandoor: drape one piece of dough over the round cloth pillow called a gadhi. Press the bread onto the hot clay wall. Cook the naan until the top is puffed, blistered and browned, 1 to 2 minutes. Using a skewer, gently pry the bread off the tandoor wall, taking care not to scratch the clay. Brush the top of the bread with ghee or melted butter, then place in a cloth-lined basket for serving. Repeat with remaining dough.

If using an oven: turn on the broiler. Lay 1 or 2 pieces of dough on the pizza stone. Cook until the bottoms are browned and the tops blister, puff and are lightly toasted, 2 to

4 minutes. Remove from oven, brush tops with ghee or melted butter, and place in a cloth-lined basket for serving. Repeat with remaining dough.

If using the grill: brush and oil the grate. Lightly brush top of dough with butter and place butter-side down on grate a few at a time (do not crowd the grate). Grill until the bottoms are browned and the tops start to puff and blister, 1 to 2 minutes. Lightly brush the tops with a little butter. Invert bread, and grill the other side until lightly browned, 1 to 2 minutes. Transfer to a cloth-lined basket, brushing tops of each with any remaining butter.

Or if you are using a skillet like I did: Melt a little butter on a hot skillet. Brush the naan with water and place it water-side down. Large bubbles should begin to puff up within a minute. Brush the top of the naan with water and flip it over for another minute or so. Remove to a basket or plate and brush with melted butter and sprinkle some minced garlic. Repeat until you have 8 naan.