

Garlic Naan from She Makes and Bakes

Prep time: 2-3 hours; Cook time: 4-6 minutes

Yield: 4-6 breads



Notes: You can use either yogurt or sour cream in this recipe. I've used both with success. To "bake" the naan, you can use an outdoor grill, a grill pan on the stove, or a skillet on the stove. Avoid brushing the finished naan with melted butter as it gets greasy. Use ghee or clarified butter since it doesn't have the fat in it. This dough is supposed to be really sticky, so make sure you have plenty of flour on hand.

2 teaspoons active dry yeast
1 teaspoon sugar
1/2 cup warm water
1/2 cup plain yogurt or sour cream
1 head of garlic
2 tablespoons vegetable oil
2 cup all purpose flour
1 1/2 teaspoons salt
1 cup all purpose flour for dusting
1/2 teaspoon garlic powder
1/4 cup clarified butter or ghee

To roast the garlic, preheat your oven to 400 degrees. Peel the outer layers off of the garlic head, and cut the top off so you can see the cloves. Place the head in a square of foil, and drizzle about one teaspoon of olive oil on the top of the garlic. Loosely wrap the foil around the garlic so the oil won't spill out, but you want there to be space around the garlic so it can steam. Bake for 30-35 minutes or until the cloves are soft. Let cool.

In a bowl, combine the yeast, sugar, and warm water, and let the mixture sit for about 5 minutes until foamy. Mix in the yogurt and oil. Squeeze the head of garlic so that the cloves pop out. You want to get as many of the garlic cloves out, but you don't want the paper/skin. Add all the cloves to the yeast mixture.

Combine the flour and salt in a food processor. While the motor is running, pour the liquids into the bowl in a thin stream and process until the flour gathers into a ball. The dough will be sticky. Once it's mixed, dump it onto your counter that is dusted with more flour.

Gather it into a ball and place it in a greased bowl. Cover it with plastic and let it sit in a warm place until doubled, about an hour or two.

Divide the dough into 4-6 pieces. Press each piece down to three-quarters of an inch thick. Heat up your grill/grill pan/skillet to medium heat and grease. Grill until the dough is set on one side with grill marks (about 2-3 minutes). Flip it and grill the other side for another 2-3 minutes until there are grill marks. Transfer it to a plate, combine the clarified butter or ghee and garlic powder, and brush it onto the hot naan on both sides.