DietCloud – Recipe

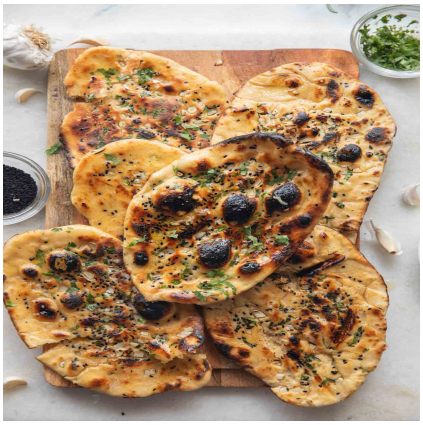
Recipe Name: Butter Garlic Naan Recipe - Garlic Flavoured Flatbread

Diet Type:

Course: Lunch

Cuisine: North Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3 cups All Purpose Flour (Maida)	12
• 1-1/2 teaspoons Active dry yeast	
• 1/4 cup Curd (Dahi / Yogurt) - whisked	
• Salt - as required	
• 1/2 teaspoon Sugar	
• 8 cloves Garlic - ground	
• 2 tablespoon Butter - softened	
• Lukewarm Water - as required	
• 6 cloves Garlic - finely minced	
• 2 teaspoons Coriander (Dhania) Leaves - chopped	
• 1 teaspoon Mint Leaves (Pudina) - chopped	
• 2 tablespoon Butter - melted	

Preparation

• To begin making the Butter Garlic Naan, prep all the ingredients and keep them ready.

• In a large mixing bowl, add the flour, salt, sugar and yeast and stir to combine.

• Gradually add the lukewarm water and knead it into a soft pliable dough.

• Knead for about 8-10 minutes on a flat, lightly floured surface.

• (Use the hook attachment for kneading, if using a stand mixer)Place the dough in a well oiled bowl and cover with a damp kitchen towel.

• Let the dough rest for 2 hours, till it doubles in size.

• Punch down the dough, once doubled and knead for a minute or two.

• Divide the dough into 6-7 equal portions and shape them into a ball.

• (Keep the other dough balls covered while your roll out one.

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-) Sprinkle some chopped garlic over the Naan and press well.
- Turn it over and brush this side with some water.
- Preheat an iron griddle over medium heatPlace the water brushed side on the hot iron griddle.
- Invert the griddle exposing the garlic side directly to the flame, without directly touching the flame.
- Move the griddle slowly so that the Naan cooks evenly.
- In about a minute, the Naan starts browning and you can see a few bubbles.
- Using a pair of tongs, take off the Naan from the griddle and cook the other side directly on the flame.
- Keep moving the naan for even cooking.
- Mix the coriander and mint with the melted butter.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)