

GARLIC NAAN BREAD

ZEST & PEEL COOKING CLASSES

INGREDIENTS

2 1/4 TSP YEAST
1 CUP WARM WATER
1/4 CUP SUGAR
3 T MILK
1 EGG, BEATEN
2 TSP SALT
4 1/2 CUPS FLOUR
1 TSP OIL (TO COAT DOUGH)
2 TSP MINCED GARLIC
1/4 CUP BUTTER, MELTED

DIRECTIONS

IN A KITCHEN AID OR LARGE BOWL, DISSOLVE YEAST IN WARM WATER. LET SIT FOR 5 TO 10 MINUTES UNTIL YEAST IS ACTIVATED AND BUBBLY.

STIR IN SUGAR, EGG, MILK, SALT, AND ENOUGH FLOUR TO MAKE A SOFT DOUGH.

COAT DOUGH IN OIL, PLACE BACK IN BOWL, AND COVER BOWL WITH DAMP CLOTH AND SET ASIDE TO RISE FOR ONE HOUR. DOUGH SHOULD ALMOST DOUBLE IN SIZE.

PUNCH DOWN DOUGH BY TURNING IN KITCHEN AID FOR 5 SECONDS. REMOVE FROM BOWL AND ADD GARLIC TO DOUGH. KNEAD INTO DOUGH BY HAND UNTIL EVENLY DISTRIBUTED.

PINCH OFF SMALL AMOUNT OF DOUGH (SIZE OF GOLF BALL), PLACE ON A BAKING TRAY AND COVER WITH DAMP TOWEL AND ALLOW TO RISE FOR 30 MINUTES.
(APPROXIMATELY 30 SMALL OR 15 LARGE DOUGH BALLS)

PREHEAT GRILL TO MEDIUM HIGH HEAT. BRUSH GRILL WITH BUTTER. ROLL DOUGH OUT & BRUSH ONE SIDE WITH BUTTER AND PLACE BUTTER SIDE DOWN ON GRILL. BRUSH TOP OF DOUGH WHILE COOKING ON GRILL. WHEN DOUGH BUBBLES, TURN AND COOK ON OTHER SIDE. (2 TO 4 MINUTES TOTAL COOK TIME). ADJUST HEAT AS NEEDED.