

Naan Bread

Makes: 10-13 small naan breads

Ingredients:

1/2 Tbsp. active dry yeast

1/2 c. warm water (plus a little extra if needed to moisten the dry ingredients)

1 1/2 Tbsp. milk

1/2 egg, if large, (OR 1 egg, if small), beaten

2 Tbsp. sugar

1 tsp. salt

2 1/4 c. Bread flour, you can also substitute All Purpose flour (plus a little extra for kneading and rolling out)

1/8 tsp. garlic powder (optional)

Olive oil (or preferred oil) to brush on while grilling

Directions:

In a small bowl, dissolve yeast in the warm water. Let stand about 5 minutes or until frothy. In the meantime, mix together flour, salt, sugar and optional garlic powder in a large bowl. Stir in egg, milk and the dissolved yeast into the flour mixture to make a soft dough. Knead for 6-8 minutes on a lightly floured surface or until smooth. Place dough in a well oiled bowl, cover with a cloth and let rise 1 hour.

Punch down the dough. Cut dough into golf ball size pieces. Roll into balls, and place onto a tray or plate. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.

Preheat outdoor grill or indoor grill pan. At grill side, roll each ball into a thin circle. Lightly oil grill. Place doughs on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with oil and flip. Brush cooked side with oil and cook until browned, 2-4 minutes. Repeat as needed.