

Homemade Naan

Ingredients

1/21 cups NESTLÉ® CARNATION® evaporated milk

1 Level teaspoons Leavening agents, yeast, baker's, compressed

teaspoons Sugars, granulated

1/23 cups Wheat flour, whole-grain

1 teaspoons Salt, table

2 cuillères à soupe Butter, Clarified butter (ghee)

1 teaspoons Spices, cumin seed

Instructions

1. Heat ½ cup evaporated milk in microwave or on stovetop to 35 degree celcius.
2. Combine flour and salt in large mixer bowl. Add yeast mixture and remaining 1 cup evaporated milk. Mix together on low speed using a dough hook for about 5 minutes or until a soft, smooth dough is formed. (Or knead by hand for 10 minutes.)
3. Divide dough into 12 pieces. Lightly flour work surface and rolling pin; roll out each piece into 7- to 8-inch ovals.
4. Heat cast iron skillet over medium-high heat until smoking hot. Brush one side of one dough oval with melted ghee; sprinkle with any optional seasonings. Stretch dough out a little and place oiled-side-down on hot skillet. Cook for about 2 minutes or until large bubbles form on top. Flip with a spatula; cook for 1 to 2 minutes or until toasted spots appear on bottom and naan puffs up a bit. Place on large plate. Repeat with remaining dough, ghee and seasonings.

Nutrients

Les glucides	314.42
Énergie	3366.38
Les graisses	218.24
Protéine	61.97

20 Minutes

1