

Butter Naan (+Healthy & Whole Wheat)

This recipe of Butter Naan does not require a traditional tandoor (a clay oven) to cook it. It is also a simpler and healthier version that is made with whole wheat flour and is brushed with butter before serving.



Prep Time	Cook Time	Total Time	★★★★★
2 hrs	30 mins	2 hrs 30 mins	5 from 18 votes

Course: Main Course Cuisine: North Indian Diet: Vegetarian Difficulty Level: Moderate
 Servings: 14 Butter Naans Calories: 133kcal Author: [Dassana Amit](#)

Ingredients

- 3 cups whole wheat flour (atta)
- 1 tablespoon sugar
- ½ teaspoon instant yeast
- 1 cup water or as required
- 3 to 4 tablespoon [Curd](#) (yogurt)
- 2 tablespoons [Butter](#) - softened, unsalted or salted
- ¾ teaspoon salt or as required
- [Butter](#) - softened or melted, as required, for brushing on the naan, unsalted or salted

Instructions

Making Buttery Dough

1. In a bowl, take the instant yeast, sugar. Add water and stir the mixture to dissolve the sugar and yeast granules.
2. Then add 1 cup whole wheat flour and stir or whisk it with the rest of the yeast mixture.
3. Cover and keep aside to leaven for 40 to 45 minutes.
4. Then add the remaining whole wheat flour, salt, softened butter and curd/yogurt. Knead to a soft, pliable and smooth dough.
5. If the dough become sticky, add a few tablespoons of flour and knead again. If its dry, then add some more water.
6. Cover the naan dough and keep aside for 25 to 30 minutes.
7. Divide the dough into medium balls.
8. Give a resting time for the dough balls for about 15 to 20 minutes. Cover and keep aside.

Assembling and Rolling

1. Lightly dust the dough balls with some flour.
2. You can also sprinkle some sesame seeds or nigella seeds on the dough ball and then roll it.
3. Roll into a small to medium sized rounds of medium thickness.

Cooking butter naan

1. Place the rolled flat bread on a hot tawa or flat skillet. Keep the heat to medium-high to high.
2. When the bottom is partly cooked, flip. You will see many air pockets on the naan.

3. When the second side is half cooked, remove the naan with a pair of tongs and place the side which was cooked first facing the fire.
4. The naan may puff up. Flip and brown the second side also. Ensure the naan is cooked well but don't over roast it.
5. Place the hot naan in a roti basket or casserole. Spread some softened butter on top.
6. Make all butter naans this way in batches. If not serving straight away, then stack them in the roti basket.
7. Or else you can serve Butter Naan immediately.

Notes

- Make sure to knead the dough to a soft and pliable texture.
- If you do not have instant yeast, use $\frac{3}{4}$ teaspoon of dry active yeast or 1.5 teaspoons of fresh yeast. Note that if using dry active yeast or fresh yeast, you will have to use lukewarm water to activate them. The time for the dough to leaven for first time will be for about 1 hour or more and for the second rise will be 30 minutes.
- Instead of whole wheat flour, use all-purpose flour. When forming dough with all-purpose flour, you will need to add less water. So begin with $\frac{3}{4}$ cup of water and later add more if needed.
- You could sprinkle some sesame seeds, coriander leaves (cilantro) or nigella seeds while rolling the bread.
- For the butter, either use salted or unsalted butter. If using salted butter, add less amount of salt or as needed.
- Easily scale the recipe to make half a batch or increase the portions.

Nutrition

Calories: 133kcal | Carbohydrates: 21g | Protein: 4g | Fat: 4g | Saturated Fat: 2g | Polyunsaturated Fat: 0.5g | Monounsaturated Fat: 1g | Trans Fat: 0.1g | Cholesterol: 10mg | Sodium: 166mg | Potassium: 113mg | Fiber: 3g | Sugar: 1g | Vitamin A: 115IU | Vitamin B1 (Thiamine): 0.2mg | Vitamin B2 (Riboflavin): 0.1mg | Vitamin B3 (Niacin): 2mg | Vitamin B6: 0.1mg | Vitamin B12: 0.02µg | Vitamin C: 0.02mg | Vitamin D: 0.005µg | Vitamin E: 0.3mg | Vitamin K: 1µg | Calcium: 17mg | Vitamin B9 (Folate): 23µg | Iron: 1mg | Magnesium: 39mg | Phosphorus: 107mg | Zinc: 1mg

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