

# Naan

By Charishma\_Ramchandani on March 12, 2003

★★★★★ 29 Reviews



**Prep Time:** 2 hrs    **Total Time:** 2 hrs 30 mins    **Servings:** 4

## About This Recipe

"This recipe is from [www.khanakhazana.com](http://www.khanakhazana.com) and is posted here in response to a request on the boards."



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## Ingredients

- 2/3 cup milk ( or water)
- 2 cups all-purpose flour
- 2 teaspoons onion seeds
- 1 teaspoon yeast ( Dry)
- 1 teaspoon sugar
- 1 teaspoon salt
- 4 tablespoons clarified butter
- 2 tablespoons yoghurt

## Directions

1. Whisk warm milk/water with the yeast and sugar until the yeast is dissolved.
2. Cover and let stand in a warm place for 10 minutes.
3. Sift flour and salt three times into a large bowl add the yeast mixture, half of the ghee and the yogurt.
4. Mix into a soft dough then knead on a floured surface for about 5 minutes or until dough is smooth and elastic.
5. Place the dough in a large greased bowl, cover and let stand in a warm place for 1 1/2 hours or until the dough is doubled in size.
6. Punch down dough then knead for 5 minutes.
7. Divide dough into 6 pieces.
8. Roll each piece out into 8 inch round nans.
9. Cover an oven tray with foil and grease the foil.
10. Brush the nan with a little of the remaining ghee and sprinkle with some of the kalonji.
11. Cook Nan one at a time under a very hot grill for about 2 minutes on each side or until puffed and just browned.

| NUTRITION FACTS         |               | Amount Per Serving       | % Daily Value |
|-------------------------|---------------|--------------------------|---------------|
| Serving Size: 1 (128 g) |               | Total Fat 13.9g          | 21%           |
| Servings Per Recipe: 4  |               | Saturated Fat 8.4g       | 42%           |
| Amount Per Serving      | % Daily Value | Cholesterol 37.2mg       | 12%           |
| Calories 367.3          |               | Sugars 1.5 g             |               |
| Calories from Fat 125   | 34%           | Sodium 608.1mg           | 25%           |
|                         |               | Total Carbohydrate 51.4g | 17%           |
|                         |               | Dietary Fiber 1.9g       | 7%            |
|                         |               | Sugars 1.5 g             | 6%            |
|                         |               | Protein 8.5g             | 17%           |

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