Dinner, Indian

Bajra Methi Garlic Naan

Rustic bajra flatbreads perfumed with fenugreek leaves and studded with chopped garlic, pressed with seeds before rolling and toasted over an open flame until golden. Serve them hot with your favourite curries.



Vegetarian

25 min	91	16.3 g	0.6 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 3/4 cup bajra (black millet) flour
- [ ] 3/4 cup whole wheat flour (gehun ka atta)
- [ ] 1/4 cup finely chopped fenugreek leaves (methi)
- [ ] 1 tsp sugar
- [ ] 1 tsp dry yeast
- [ ] salt (namak) to taste
- [ ] 1/2 tsp oil
- [ ] 8 tsp finely chopped garlic (lehsun)
- [ ] 1 tsp flax seeds for sprinkling
- [ ] 1 tsp black sesame seeds (kala til) for sprinkling
- [ ] whole wheat flour (gehun ka atta) for rolling
- [ ] 2 tsp butter for brushing

Nutrition Facts

Per serving

Calories	**91**
Total fat	1.8 g
Saturated fat	Not listed
Sodium	11 mg
Total carbs	16.3 g
Fiber	2.8 g
Total sugars	0.6 g
Protein	2.8 g

Method

- [ ] 1 In a small bowl, whisk together the sugar, dry yeast and 1/4 cup of lukewarm water, then cover the bowl and leave it undisturbed for 10 minutes so the yeast activates.
- [ ] 2 Tip the bajra (black millet) flour and whole wheat flour (gehun ka atta) into a deep bowl, add the activated yeast mixture along with the finely chopped fenugreek leaves (methi), salt (namak) and oil, then knead everything into a soft dough with roughly 1/2 cup of warm water.
- [ ] 3 Give the dough 10 to 20 minutes to prove, keeping it covered with either a lid or a damp muslin cloth, until its volume increases slightly.
- [ ] 4 Portion the dough into 8 equal pieces.
- [ ] 5 Take one portion, flatten it out on a rolling board and top it with 1 tsp of finely chopped garlic (lehsun), a little flax seeds and some black sesame seeds (kala til).
- [ ] 6 Press the toppings in lightly and roll the portion into an oblong measuring 125 mm (5 inch), dusting on whole wheat flour (gehun ka atta) for rolling whenever the dough sticks.
- [ ] 7 Warm a non-stick tava (griddle) and set the rolled naan on it, letting the first side cook until it puffs a bit before you flip it.
- [ ] 8 Once the second side has also puffed a little, finish the naan straight over an open flame so both sides take on a golden brown colour.
- [ ] 9 Work through the rest of the dough in the same way, sprinkling, rolling and cooking piece by piece, until you have made 7 more naans.
- [ ] 10 Brush every hot naan with a share of the 2 tsp butter for brushing and serve at once.

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