

BAGELS

EQUIPMENT

MIXING BOWLS, STAND MIXER

INGREDIENTS

520GM PLAIN FLOUR, 10GM SALT, 15GM YEAST,
45GM CASTER SUGAR, 340GM WARM WATER, SESAME SEEDS

METHOD

PLACE ALL DRY INGREDIENTS IN THE BOWL OF A STAND MIXER AND POUR OVER WARM WATER

MIX WITH A DOUGH HOOK ON MEDIUM/LOW SPEED FOR 5 MINS

REMOVE THE DOUGH FROM THE MIXER (IT SHOULD BE A LITTLE TACKY) AND KNEAD ON THE BENCH TOP FOR 3-4 MINS

PLACE DOUGH BACK INTO THE BOWL AND COVER WITH CLING FILM AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 30 DEGREES FOR 20 MINS

REMOVE AND CUT THE DOUGH INTO 8 EQUAL PORTIONS AND ROLL INTO A BALL

STAB YOUR FINGER THROUGH THE MIDDLE AND ENLARGE THE HOLE TO ABOUT 5CM IN DIAMETER

PLACE ON A PERFORATED STEAM TRAY THAT HAS BEEN SPRAYED WITH COOKING OIL

RETURN TO THE OVEN TO PROVE AGAIN STEAM SETTING 30 DEGREES FOR 20 MINS

ONCE FINISHED SPRINKLE THE DOUGH WITH SESAME SEEDS AND CHANGE THE OVEN SETTING, STEAM SETTING TO 100 DEGREES FOR 7 MINS

WHEN THE TIME HAS ELAPSED CHANGE THE SETTING AGAIN TO COMBI MODE 190 DEGREES FOR 18 MINS

HINTS & TIPS

- FOR A SWEATER BAGEL ADD SOME FRESH BLUEBERRIES AND 30GM MORE SUGAR TO THE MIX
- THE USE OF STEAM IN THIS RECIPE REPLACES THE TRADITIONAL METHOD OF BRIEFLY BOILING THE BAGEL IN SUGARED WATER
- FOR THE TRADITIONAL NEW YORK BAGEL ADD CREAM CHEESE, SMOKED SALMON, CAPERS, SPANISH ONION AND LETTUCE
- THE REASON WE HAVE BAKED THE BAGELS WITHOUT BAKING PAPER ON THE TRAY IS SO THEY DON'T POOL WATER WHILST STEAMING.