

Recipes and Tips



Bagels

Makes 15

- 1 Kg strong white flour
- 2 teaspoons salt
- 7g dry yeast
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 500 ml warm water
- 2 tablespoon malt or sugar for poaching the bagels

Combine flour and salt. Mix yeast into water and whisk in the oil and sugar then add to flour and make a dough

Knead the dough for up to 10 minutes. The stiffer it is the better. Put into an oiled warm bowl and cover with cling film.

After an hour punch it down and knead for a couple of minutes. Divide into three and roll into ropes. Cut each rope into 5 and roll each piece into a ball. Roll each ball into another rope and curl to form a ring around your hand where your fingers meet your palm. Overlap the ends by a couple of centimetres and pinch together. Leave under a cloth for 20 minutes.

Heat water and add the malt or sugar. Bring to a boil. Drop in the number of bagels that will fit comfortably and boil for 1 minutes, turning once. Place on a rack to dry for a couple of minutes. Place on an oiled baking sheet, well-spaced out and bake for 20 minutes in 200°C, turn them over half-way through the bake.