

BAGELS

makes 7

ingredients:

450g bread flour
7g instant yeast
2 teaspoons salt
250mls warm water
1 tablespoon canola oil
2 tablespoons honey
1 egg, beaten
caraway seeds for topping

method:

in a large bowl add the salt to the flour and then the yeast – keep the salt and the yeast separate

stir the oil and the honey into the water

using a stand mixer at a low speed, slowly add the liquid to the dry ingredients

knead for 10 minutes

add more flour if the dough is too wet – the dough is stiffer than normal bread dough but will still have elasticity

lightly oil the mixer bowl, return the dough to the bowl and turn to coat in the oil

cover with cling film and put in a warm place until doubled in size

lightly oil two baking trays

remove the dough from the bowl, punch it down to knock the air out and knead briefly

roll in to a sausage shape and divide into 7 pieces – I used my scale and each piece was just over 100g

as you work one, keep the others covered with a clean tea towel

shape the bagels by rolling each piece into a ball, pierce a hole in the centre with your finger, pull the dough open wide by twirling it round your index fingers (wider than you think you need as the hole will shrink when the dough proves, is poached and then baked)

place on the prepared baking tray and repeat with remaining dough

cover and allow to rise for a further 10-20 minutes

preheat the oven to 200° Celsius

fill a large sauce pan with boiling water and return to a simmer

gently place each bagel into the water to poach (do not try to put too many bagels in at once as they will expand slightly)

poach for 90 seconds on each side, turning gently with a slotted spoon

remove the bagels from the water, allowing them to drain first and place on the prepared baking trays spacing them about 3-4cm apart

brush with the egg and sprinkle with the topping

bake in the oven for 15 minutes, then turn upside down for a further 10 minutes to cook the bases cool on a wire rack.

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