

Taste the Hills

Recipes and Tips

Bagels

Makes 15

1Kg strong white flour

2tsp salt

7g dry yeast

2 tbsp sugar

1 tbsp vegetable oil

500ml warm water

2 tbsp malt or sugar for poaching the bagels

Method

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

2 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.

3 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. Pinch the overlapping ends.

4 Leave under a cloth for 20 mins. Heat water in a frying pan and add the malt or sugar. Bring to the boil. Drop in 2 bagels and boil for 1 minute, turning once. Place back on an oiled baking sheet, well spaced and bake for 10-15 minutes.

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