



Proportions for Beetroot and Cumin bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	%	g	Cups & spoons	
Flour	100	615	5.1 cups	
Water (1g = 1ml)	54	240	1 cup	Water content of Beetroot assumed to be 75% and is in calculation. See below
Instant yeast	0.8	5	1.5 tsp	
Sugar (4g per bagel)	5	32	2.5 tpb	
Salt (1g per bagel)	1.3	8	1.5 tsp	
Malt barley syrup	2.9	18	3 tsp	
Grated beetroot	20	123	1 cup	
Roasted cumin seed	1.9	12	2 tbsp	

It is important to check the weight of the beetroot - by adding more, you are adding more water. If you do have more, consider that 75% of it is water and take that off the amount of water you are adding.

Beetroot water content varies: sometimes it is 80%. Grating very finely can increase the amount of beetroot juice released into the dough.

For example, the calculation for water above is as follows:

Normal water weight 54% of flour weight of 615g = 332g.
Take off 75% of beetroot weight of 123g = 332-92 = 240g.