



Proportions for Cinnamon & Raisin bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	g	Cups & spoons	
Flour	615	5.3 cups	
Water (1g = 1ml)	324	1.4 cups	Dry raisins about 15% water. This is in the calculation
Instant yeast	6	tsp	
Sugar	29	2.5 tpbs	
Salt	8	1.5 tsp	
Malt barley syrup	18	1 tsp	(dilute in 50g of hot water and then add raisin water - see below - and then cold water to make up rest)
Raisins	49	2 tbsp	(soak the raisins beforehand and use the water)
Cinnamon	12	1 tbsp	(acts as a retarder and a desiccant)

Even dry raisins contain water. If you add more raisins then consider 15% of the extra weight as water and take that off the amount of water you are adding.

You can pre-soak the raisins in hot water, cover and leave to cool. Drain and blitz the raisins. Use the water as part of the water for the recipe.

Cinnamon comes in a few varieties. Try to use *Cinnamomum Verum* or Sri Lanka Cinnamon. It is darker with a more open quill than other varieties when bought whole. It can act as a drying agent so you may have to add a bit of water.