



Proportions for Jalapeno bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	%	g	Cups & spoons	
Flour	100	615	5.3 cups	
Water (1g = 1ml)	54	300	1.2 cups	Water content of Jalapeño assumed to be 80% and is in calculation
Instant yeast	0.7	5	1.5 tsp	
Sugar (4g per bagel)	5	29	2.5 tbp	
Salt (1g per bagel)	1.2	8	1.5 tsp	
Malt barley syrup	2.8	18	3 tsp	
Jalapeno	6.5	40	1 tbsp	

Jalapeno water content depends on what variety you get. Consider sliced brine-pickled jalapeno to be about 80% water.

If you add more jalapeño than the weight above, consider 80% is water and take that off the amount of water you add. By contrast, if you add less, consider 80% of the under-weight would have been water and take that **off** the amount of water prescribed above.

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

Normal water weight 54% of flour weight of 615g = 332g.

Take off 80% of jalapeño weight of 40g = 332-32 = 240g.