



Proportions for Olive bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	%	g	Cups & spoons	
Flour	100	615	5.3 cups	
Water (1g = 1ml)	54	297	1.2 cups	Water content of olives assumed to be 70% and is in calculation
Instant yeast	0.80	5	1.5 tsp	
Sugar (4g per bagel)	4.8	29	2.5 tbp	
Salt (1g per bagel)	1.3	8	1.5 tsp	
Malt barley syrup	2.9	18	3 tsp	
Olives	8	49	3 tsp	

Olives will add both a bit of salt (because of the brine) and a bit of richness to the dough (because of the oil); as a result the dough may feel a bit silkier than other bagel doughs.

If you add more olives than the weight above, consider 70% is water and take that off the amount of water you add. By contrast, if you add less, consider 70% 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 70% of olive weight of 49g = 332-35 = 297g.