



Proportions for Onion bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	%	g	Cups & spoons
Flour	100	615	5.1 cups
Water (1g = 1ml)	54	332	1.4 cups
Instant yeast	0.8	5	1.5 tsp
Sugar (4g per bagel)	4.8	32	2.5 tbp
Salt (1g per bagel)	1.2	8	1.5 tsp
Malt barley syrup	2.9	18	3 tsp
Dried Onion	4	25	5 tbp

Good dried onion is hard to get hold of. I use Top-OP dried red onion.

Try to avoid onion with added preservative, often it has been fried before it has been dried.

You can dry your own onion if you have access to a dehydrator or you can fry it very slowly so it caramelises and then soak up the excess oil with a paper towel