



Proportions for Plain bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	g	Cups & spoons
Flour	615	5.1 cups
Water (1g = 1ml)	332	1.4 cups
Instant yeast	5	1.5 tsp
Sugar (4g per bagel)	32	2.5 tbps
Salt (1g per bagel)	8	1.5 tsp
Malt barley syrup	18	1 tsp

Dilute the malt syrup in 50g hot water. Then add the rest of the water.

Mix the dry ingredients

Make a well

Add the water

Mix in and knead until it passes the window pane test

Leave to prove for an hour

Shape into bagels and place on a tray sprinkled with semolina or cornmeal

Leave to prove in the fridge overnight or in a warm place for an hour

Pre heat oven to 250 C or 220 if you have a fan oven

Boil for 45 seconds in water with a desert spoon of malt syrup added

Place on a cooling tray to drain and then on a baking tray

Bake for 15 minutes. You want a dark crust. Inspect after 12 minutes to check progress