



Proportions for Turmeric and Cumin bagels

Makes approx 8 @ 120g or 10 @ 100g

Ingredient	%	g	Cups & spoons	
Flour	100	615	5.1 cups	
Water (1g = 1ml)	54	332	1.5 cups	
Instant yeast	0.8	5	1.5 tsp	
Sugar (4g per bagel)	5	32	2.5 tbp	
Salt (1g per bagel)	1.3	8	1.5 tsp	
Malt barley syrup	2.9	18	3 tsp	
Turmeric powder	2.5	15	2 tbsp	Turmeric has a drying action = a touch more water might be required
Roasted cumin seeds	2	12	2 tbsp	