



Bagels



DIFFICULTY: MEDIUM



PREPARATION TIME: 30 MINUTES (+ PROVING TIME)



COOKING TIME: 20 MINUTES



SERVES: 8

Ingredients

- 1¼ cups lukewarm water
- 2 tsps dried yeast
- 1 tbs sugar
- 3 ¼ cups bread flour
- 1½ tsps salt

Toppings

- Poppy seeds
- Sesame seeds

Method

Place the water, yeast & and sugar into a small bowl and allow to stand for 5 minutes for the yeast to develop.

Place the flour and salt in a large bowl of electric mixer fitted with a dough hook. Make a well in the centre then pour in the yeast mixture and mix on a low speed until the dough comes together. Increase the speed & continue to knead until the dough is elastic. The dough will be quite firm. Place the dough into a lightly greased bowl.

Select Dough Prove 1 and allow the dough to prove for 35 to 40 minutes or until doubled in size.

Line two trays with baking paper. After proving, knock the air out of the dough and knead on a lightly floured surface. Divide the dough into 8 even pieces and knead each piece to form a round shape. Lightly flour your finger and push through the centre of the dough to form a hole. Stretch the hole by rolling the dough around your finger so as the dough forms a ring. The hole should be about one third of the diameter of the round. Arrange the bagels on the lined trays allowing some room for spreading. Carefully cover with a tea towel and allow to rest in a warm place for 20 to 25 minutes.

Wipe out any excess water from the base of the oven and preheat on CircoTherm® to 190°C.

Bring a large saucepan of water to the boil, Induction level 9, then reduce to induction level 6 or 7. Using a slotted spoon, gently lower 2 to 3 bagels into the water & cook for 1 to 2 minutes on each side. The water should be gently bubbling around the bagels. Place the bagels back onto the prepared trays & sprinkle with seeds.

Cook on shelf positions 1 and 3 for 20 minutes or until golden and cooked (see note if you have an oven with VarioSeam).

Notes

A low level of VarioSteam (added steam) can be added when baking.

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