

Orgran Bagels

Ingredients:

½ cup & 1 tbs. & 2tsp.milk (150ml)
¾ cup maize corn flour (100g)
⅓ & 1tbs. & 3tsp. cup rice flour (70g)
½ cup & ½ tbs. Orgran GFG (80g)
1 fresh egg
2 tsp. raw sugar (6g)
½ tsp. salt
1tbs. vegetable or Canola oil
1 tsp. gluten-free baking powder (4g)
2 tsp. dry yeast



For sprinkle:

1 tbs. raw sugar (12g)
egg white from 1 egg
2 tsp. water (10ml)
50g sesame seed or poppyseed or coarse salt

Method:

Dough can be made by hand or bread making machine.

In bread making machine:

1. Remove baking tin; attach kneading blade.
2. Place all ingredients (except ingredients for sprinkle) in baking pan in order listed
3. Insert baking pan, close lid and plug in.
4. Set for white bread "Dough" stage. Press START.
5. When mixing begins, after 6-8 minutes, not before, use a plastic spatula and scrape flour / batter from around the sides, assist knead, to ensure consistency mixing.
6. Batter should resemble a thick mashed potato consistency.
7. When the dough is ready (approximately 10-115 minutes), remove from the bread machine.
8. Transfer the dough to a lightly floured surfaced and if necessary knead for 3-4 minutes until any excess moisture has been absorbed.

Mixing by hand

1. Combine all dry ingredients into a mixing bowl (except ingredients for sprinkle).
2. Form a well in the middle, add milk slowly and mix until soft dough form.
3. Knead the dough until smooth and any excess moisture has been absorbed.

Once dough is made, this is how you can turn them into bagels !

1. Cut into 8-10 equal pieces. Roll each piece between your palms to form a thin rope, about 20cm / 8inch in long with tapered and overlapping. With moistened fingers, pinch or lightly knead the joined ends so the circle is securely fastened.
2. Set the bagels in a warm place to rise and cover them loosely.
3. Preheat the oven to 180 °C (355 °F)
4. While they are proving, bring about 2.0L of water to boil in a deep saucepan and add 1 tbs. of sugar.
5. When the bagels have risen, for 15 minutes, drop one or two bagels at a time into the boiling water. *Handling them as gently as possible so they do not deflate.* They will rise too surface of the water and swell up.
6. Cook for 1 minute, then turn them over and let them cook for 3 minutes longer.
7. Remove the bagels and drain over the water.
8. Then place the bagels on an un-greased baking sheet.
9. Beat the egg white with water and brush over the bagels then sprinkle with sesame or poppy seeds or coarse salt.
10. Bake for 20 – 25 minutes or until golden brown.

Serving suggestions: Why not add smoke salmon, cream cheese and dill to the inside of your bagels. OR Include a vegetable antipasto with capsicum, zucchini, pesto and bocconcini.