



Although traditionally bagels have been treated as a breakfast food, they are now served as a snack or as a meal for breakfast, lunch or dinner.

Ingredients

1 cup flour for making bread
2 ½ cups flour for making bread/
1 teaspoon dried yeast
2 Tablespoons sugar
2 teaspoons salt
150 ml milk (cold)
150 ml water (hot)

Method

Add the first cup of flour, dried yeast and sugar into a bowl and mix together

Combine the water and milk together, add to the dry ingredients and mix together to form a batter. Leave this to stand for 3 minutes.

Mix in the salt and 2 ½ cups flour.

Knead the dough for 10 – 15 minutes. Cover the dough and leave it to rest for 15 minutes.

Divide the dough into 6 or 7 pieces

The bagels may be shaped in either of two ways:

1. Form the pieces into round shapes 8 cm wide and 2 – 3 cm high. Put your 1st finger through the middle and lift up the dough. Twirl it around your finger to make a hole in the centre like a doughnut.
2. Roll out the pieces about 2 cm thick and then carefully join the ends to form a circle.

Cover the bagels and leave them to rise for 20 – 30 minutes.

Poach each bagel in boiling water for 15 seconds on each side and place on an oiled tray.

Bagels can be sprinkled with toppings of your choice, including poppy seeds, sesame seeds, onion or garlic.

Bake at 185°C for approximately 25 minutes until golden brown.

Fillings Bagels can be filled with a range of fillings; heres some ideas:

- Traditional fillings: Cream cheese and strawberry jam. Cream cheese and smoked salmon (*as per image*).
 - For Snacks: Spread with jam, honey or peanut butter. Serve with camembert cheese and sliced strawberries or pear. Make a raisin or date butter and serve on warm bagels.
 - For Breakfast: Melt cheese over bagel. Mix cream cheese and strawberry jam and spread on a warm bagel.
 - For Lunch: Layer with crushed pineapple, top with cheese and grill. Spread with cream cheese and top with smoked salmon and tomato. Fill with chicken or salami, lettuce and tomato. Spread with pickle and top with cheese and ham.
 - For Dinner: Serve as a side toasted with garlic or herb butter.
-
- Slicing: Don't stand your bagel on its side to slice it. Lay it flat on the bench, place one hand on top then slice in half horizontally from one side. When you get halfway through you can place the bagel on end and finish slicing.
 - Freezing: Slice your fresh bagels before freezing them in a plastic freezer bag. They should keep for a couple of months. Make sure they are cool before putting in the plastic freezer bag or they will 'sweat' and go soggy.
 - Microwave: Be careful if warming in the microwave as bagels toughen very easily.