

Bagels



This recipe will make 10 to 12 bagels

Ingredients

1 500g packet of JUVELA Gluten Free Mix
1 sachet of dried yeast supplied with the mix
2tbsp of vegetable oil
150ml (6floz) of warm water (40oC)
150ml of warm milk
50g (2oz) sesame seeds optional
To glaze 1 egg, beaten with 2tbsp of milk

Oven temperature 220oC/425oF/Gas mark 7

Method

1. In a large bowl combine the Mix and the Yeast, then stir in the oil.
2. Now add the water and the milk gradually to the dry ingredients to form a soft but sticky dough.
3. Knead the dough until smooth, on a surface lightly dusted with the Mix.
4. Divide the dough into 10 small equal pieces and shape each piece into a round approximately 3 inches wide and 1 inch thick.
5. Using a small scone cutter cut out the centre of each round, to make a ring, keep the centres to make dough balls.
6. Place on a baking tray and brush with the glaze and optional sprinkle sesame seeds on top.
7. Leave to prove for about 30 minutes.
8. Now bake in the preheated oven for 15 to 20 minutes, until golden brown.