

VEGAN BAGELS

INGREDIENTS

- 2 1/4 T** Yeast (active dry) (1/4 ounce)
- 1 2/3 c** Water (water)
- 4 1/2 c** Flour (Gluten-free)
- 1 T** Sugar
- 1 T** Barley malt syrup
- 2 t** Salt
- 1 1/2 t** Onion powder
- 1 t** Garlic powder
- 3 quarts** Water (approximately)
- 2 T** Sugar
- Sesame, poppy, caraway seeds or your choice of one or two of the seeds
- Salt



DIRECTIONS

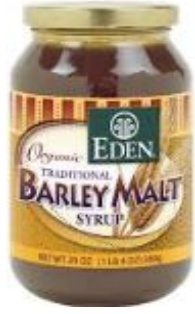
- 1** In a medium size bowl, whisk together the yeast & the warm water
- 2** Allow to sit for about 10 minutes so the yeast blossoms
- 3** In another bowl, add the bread flour & add the yeast mix, sugar, barley malt syrup, salt, onion & garlic powders & mix with a spoon
- 4** When the dough become thick, mix with your hands & knead on a clean non-stick dough mat a lightly floured surface
- 5** Continue kneading until the dough springs back with poked by your finger (12-15 minutes)
- 6** If dough gets too sticky add a little bit more flour
- 7** Pre-heat oven to 425F or 218 C & cover a baking sheet with parchment paper
- 8** Form the dough into a ball & cover it with a plastic bag & let it sit for 45 minutes
- 9** In a large pot, add 3 quarts of water & 2 T sugar
- 10** Put the pot on a high heat until it boils & then reduce heat until it simmers
- 11** Knead the dough one more time & divide it & roll into bagels
- 12** Knead the dough again (2 minutes)
- 13** You can either use the dough now or wrap it in plastic wrap & refrigerate it for a few weeks
- 14** Divide the dough into 10 pieces.
- 15** Roll each piece into a 9 - 10 inch cylinder & then moisten the ends with water
- 16** Form the cylinders into a bagel shape by overlapping the ends by 1 inch
- 17** Place the bagels on the baking sheet & cover with a clean moist towel & let them rest (10 minutes)
- 18** Place the bagels 5 at a time into the pot of water from step # 10
- 19** Keep the bagels in the water for 30 seconds & then turn them & simmer another 30 seconds
- 20** Place the bagels on a rack for a few minutes to drain
- 21** Immediately, sprinkle the bagels with salt & your choice of the seeds
- 22** Transfer the bagels to another parchment paper lined baking sheet
- 23** You can carefully adjust the bagels to a perfect round shape if necessary
- 24** Repeat this procedure with the rest of the dough
- 25** Bake the bagels (15 minutes) or until the crust is golden & place them on a cooling rack

SCROLL DOWN FOR NOTES & KOSHER PRODUCT CHOICES

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NOTE

If you're using the dough later,
make sure the dough is room temperature
before removing it from the plastic wrap and forming it into shape.



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