

Homemade Bagels

Ingredients

7g dried yeast
2tbsp date syrup
2tsp salt
450g bread flour
300ml water

Method

1. Add the yeast and syrup into a large bowl and pour over 100ml water. Leave for 10 minutes until the mixture becomes frothy.
2. Pour the remaining water into the bowl and add the salt, slowly add the flour using your hands to mix until you have a soft dough that isn't sticky.
3. Shape into a ball and put into a clean bowl. Cover with cling film and leave in the warmest part of your kitchen.
4. Leave until it has doubled in size (approx. an hour)
5. Preheat oven 200°C
6. Divide the dough into 6 – 10 pieces
7. Shape balls of dough into a bagel shape
8. Boil a large pan of water and drop the bagels in a few at a time for approx. 1 minute each side
9. Remove from water and drain off the excess
10. Place on a tray which has been lined with baking parchment, bake for approx. 25 minutes or until golden brown.
11. Leave to cool & enjoy!

(Bagels may vary because of different ovens, kitchen temperatures and many more variables)