

STEAMED BAGELS

THE STEAM
OVEN KITCHEN



INGREDIENTS

$\frac{1}{2}$ cup warm water
2 tspn yeast
1 T sugar
 $3\frac{1}{2}$ cups strong flour (bread flour “ or high grade)
1 $\frac{1}{2}$ t salt
1 $\frac{1}{4}$ to 1 $\frac{3}{4}$ cup warm water extra
Olive Oil
Optional toppings ie sesame seeds, poppy seeds, grated parmesan

INSTRUCTIONS

Add first quantity of water, yeast and sugar to small bowl and let stand for 5 minutes .
Add flour and salt to large bowl (or to mixer bowl if using a mixer to knead)
Add $\frac{3}{4}$ of the extra water as you mix until the dough comes together and becomes firm and smooth but not sticky.
Knead for 8 - 10 minutes or until smooth and elastic

Transfer to oiled bowl and leave to rise for 1 hour. Cover bowl unless using steam oven to rise dough choose dough proving function uncovered

When doubled in size remove dough from bowl and knock back and divide into 8 equal pieces.

Use ring cutter or form ball and then create hole with finger in centre of ball.

Line a baking tray with baking paper and place bagels on tray.

Set oven to Steam 100C 6 minutes
Steam bagels

Remove from oven , brush with olive oil, and top bagels with your desired toppings such as sesame seeds, parmesan cheese, rock salt, or poppy seeds

Set oven to 220C Fan assisted + Steam 25% 20 minutes.

Preheat oven and then place Bagels in oven and cook 20 minutes or until golden brown.