

Gluten Free New York Boiled Bagels - yeast version (vegan, FODMAP friendly)



Your 'handling' time: 20 minutes



Cook Time: 30-45 mins



Serving: 8-12 bagels

Ingredients

SMALL REGULAR

330g 500g water, warm

½ or 1tsp/5g 1/7g/1.5tsp packet active dry yeast

330g 500g Gluten Free Bread Mix

20g 30g extra virgin olive oil

15g 25g apple cider vinegar

20g 40-50g raw sugar or rice malt (optional)

FOR BOILING WATER: Add to your taste sulphate free liquid molasses sugar, golden syrup, dark molasses/brown sugar, maple syrup, or just raw sugar or nothing at all if you prefer



- After a few minutes (depending on the size of the bagels), the bagels will float on the top. Let them sit for 1-2 mins, then gently flip them over to boil for 1-2mins on the other side.
- Quickly remove and drain the bagels onto the dusted tray
- Transfer the bagels onto silicon baking paper (eg. Gladbake) lined tray
- Bake in the preheated 225C fan forced oven for 15mins
- Without opening the oven to peep (!), reduce the temperature to 200C or lower (180C) if the bagels started to look too dark, and bake for another 20mins
- Using a thermometer, insert horizontally into the bagel, temperature must be 100C and the crumb is not sticky
- Turn oven off, leave bagels in for another 10-15mins
- Leave to cool and enjoy!

FREEZER friendly BAGELS: baked bagels can be frozen and thawed, and no one will know! Ready to be toasted or refreshed in the oven with a few handfuls of ice or use high steam preheated combi oven 180C for 10-15mins

Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (10mins total mixing), scrape down the sides regularly.
- Shape the dough into a ball and let rise in a covered bowl or container for a 1-2hour (if cold) to almost double in volume or alternatively: you can keep the dough in the fridge for up to 12hrs/overnight (thaw 1hr prior to use)
- When you are ready, divide the dough into 80-120 g portions and shape into balls
- Dip or dust the dough balls generously with (not fine, slightly coarse) brown rice flour or polenta or any other gluten free flour of your choice
- The method used here is done by simply poking the hole in the middle of round ball of bagel dough.
- Gently stretch bagel rings to about the third diameter of the bagel. If the hole is too small, it will close during boiling and baking.
- Rest the bagels for 10-15mins
- Pre-heat your oven to 225C fan forced
- Prepare a flat tray with generous dusting of flour (as per above)
- Prepare a roasting pan (electric or over the stove top) or any wide mouth shallow pan (wok is fine) and fill with boiling water at least 5cm/2inches deep.
- **OR: steam 100C, full steam for 15-20mins**
- Add your preferred sweetener
- Heat until the water is at kept at a rolling boil
- Using a slotted spoon, add a few bagels
- Initially, bagels will sink to the bottom of the pan, they will puff up quite a bit, so do not over crowd the water (continued on the left column, below photo)

Gluten Free Sourdough New York Boiled Bagels (vegan, FODMAP friendly)



Your 'handling' time: 20 minutes



Cook Time: 30-45 mins



Serving: 8-12 bagels

Ingredients

SMALL REGULAR

330g	500g	water, warm
330g	500g	Gluten Free Bread Mix
50g	80g	Gluten Free Sourdough starter, active (1:1)
20g	30g	extra virgin olive oil
10g	15g	apple cider vinegar
20g	40-50g	raw sugar or rice malt (optional)

FOR BOILING WATER: Add to your taste sulphate free liquid molasses sugar, golden syrup, dark molasses/brown sugar, maple syrup, or just raw sugar or nothing at all if you prefer



- After a few minutes (depending on the size of the bagels), the bagels will float on the top. Let them sit for 1-2 mins, then gently flip them over to boil for 1-2mins on the other side.
- Quickly remove and drain the bagels onto the dusted tray
- Transfer the bagels onto silicon baking paper (eg. Gladbake) lined tray
- Bake in the preheated 225C fan forced oven for 15mins
- Without opening the oven to peep (!), reduce the temperature to 200C or lower (180C) if the bagels started to look too dark, and bake for another 20mins
- Using a thermometer, insert horizontally into the bagel, temperature must be 100C and the crumb is not sticky
- Turn oven off, leave bagels in for another 10-15mins
- Leave to cool and enjoy!

FREEZER friendly BAGELS: baked bagels can be frozen and thawed, and no one will know! Ready to be toasted or refreshed in the oven with a few handfuls of ice or use high steam preheated combi oven 180C for 10-15mins

Cooking Method

- In a large bowl, combine ingredients
- Mix well by hand or in your favourite electric mixer until well mixed (10mins total mixing), scrape down the sides regularly.
- Shape the dough into a ball and let rise in a covered bowl or container for few hours until almost double in volume or fridge for up to overnight or up to 2 days (thaw 1hr prior to use)
- When you are ready, divide the dough into 80-120 g portions and shape into balls
- Dip or dust the dough balls generously with (not fine, slightly coarse) brown rice flour or polenta or any other gluten free flour of your choice
- The method used here is done by simply poking the hole in the middle of round ball of bagel dough.
- Gently stretch bagel rings to about the third diameter of the bagel. If the hole is too small, it will close during boiling and baking.
- Rest the bagels for 10-15mins
- Pre-heat your oven to 225C fan forced
- Prepare a flat tray with generous dusting of flour (as per above)
- Prepare a roasting pan (electric or over the stove top) or any wide mouth shallow pan (wok is fine) and fill with boiling water at least 5cm/2inches deep.
- **OR: steam 100C, full steam for 15-20mins**
- Add your preferred sweetener
- Heat until the water is at kept at a rolling boil
- Using a slotted spoon, add a few bagels
- Initially, bagels will sink to the bottom of the pan, they will puff up quite a bit, so do not over crowd the water (continued on the left column, below photo)

