



Bagels



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



499 kcal

SIDE DISH

Ingredients

- ☐ 7 g yeast dried
- ☐ 500 g flour white for shaping plus a little extra
- ☐ 2 tbsp brown sugar light
- ☐ 10 servings cooking oil for greasing
- ☐ 1 tbsp baking soda
- ☐ 1 egg whites
- ☐ 10 servings nigella seeds for the topping

Equipment

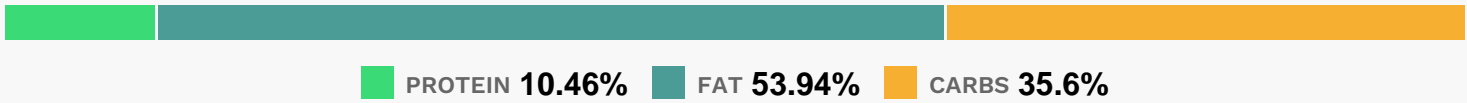
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Mix the yeast with 300ml lukewarm water.
- ☐ Put the flour, sugar and 1 tsp salt in a large bowl and mix together.
- ☐ Pour over the yeasty liquid and mix into a rough dough.
- ☐ Tip out onto the work surface and knead together until smooth and elastic this should take around 10 mins.
- ☐ Put the dough in a lightly oiled bowl and cover with a piece of oiled cling film.
- ☐ Place in a warm area and leave until doubled in size, about 1 hr, then uncover and tip onto your work surface.
- ☐ Divide the dough into 10 portions and form into balls I like to weigh them to make sure that they're all the same size. Line up on 2 parchment-lined baking trays and cover lightly with cling film.
- ☐ Leave for around 30 mins or until risen and puffy, then remove the cling film.
- ☐ Use a floured finger to make a hole in the centre of each bagel, swirling it around to stretch the dough a little, but being careful not to knock out too much air.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Fill a large saucepan with water and bring to the boil.
- ☐ Add the bicarbonate of soda to alkalise the water (see tip, below left).
- ☐ Place 1-2 of the bagels in the water at a time and boil for 1 min (2 mins if you want a chewier bagel), turning over halfway through. Using a slotted spoon, lift out the bagels, drain well and place back on the baking tray.
- ☐ Brush the bagels with the egg white and sprinkle with your chosen seeds.
- ☐ Bake for 20-25 mins or until golden brown.

Transfer to a wire rack to cool before eating. They will keep for 3–4 days, or freeze for 2 months (see How to freeze, below left).

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:27.6, Inflammation Score:-4, Nutrition Score:9.3113044417747%

Nutrients (% of daily need)

Calories: 498.71kcal (24.94%), Fat: 29.19g (44.91%), Saturated Fat: 3.03g (18.97%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 39.28g (14.28%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 335.33mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Vitamin B1: 0.47mg (31.31%), Folate: 108.02µg (27.01%), Selenium: 17.64µg (25.19%), Fiber: 4.42g (17.67%), Manganese: 0.35mg (17.25%), Vitamin B2: 0.29mg (16.95%), Vitamin E: 2.48mg (16.53%), Vitamin B3: 3.24mg (16.2%), Iron: 2.35mg (13.08%), Vitamin K: 10.13µg (9.65%), Phosphorus: 59.01mg (5.9%), Copper: 0.08mg (3.84%), Vitamin B5: 0.32mg (3.22%), Magnesium: 11.92mg (2.98%), Zinc: 0.41mg (2.71%), Potassium: 68.27mg (1.95%), Vitamin B6: 0.03mg (1.68%)