BAGELS

To make 9 bagels you will need:

500g strong white flour
10g salt
20g sugar
3g dried yeast
25g vegetable oil
300ml warm water

For the poaching solution:
2l water
50g salt
50g sugar

Mix the dry ingredients, and then add the oil. Add the warm water and mix to form a dough. Knead the dough for 10 minutes, allow to rest for a few minutes, then knead for a further 5 minutes.

Allow the dough to ferment for an hour, until the dough has doubled in size. Divide equally into 9 pieces (approximately 90g per piece) and shape into rounds. Take a dough ball, and press it gently against the work surface moving your hand and the ball in a circular motion pulling the dough into itself while reducing the pressure on top of the dough slightly until a perfect dough ball forms. Repeat with the rest of the dough rounds.

Take the ball of dough and push your thumb through it, before spinning dough around your thumb to form the bagel shape. Place the bagel on a baking parchment lined tray and repeat the procedure for each remaining dough ball. Allow the shaped pieces to prove for a further 10 mins.

Meanwhile, heat the 2 litres of water and dissolve the sugar and salt to form a brining solution. Poach the bagels for a couple of minutes on either side. They will puff up a bit as you do this, so poach in batches to give them enough space to cook evenly. Once ready, take them out of the poaching liquid and drain.

At this point you can roll them in a coating of sesame or, my personal favourite, poppy seeds. Place your coated bagels on a lined baking tray and place in an oven (220°C) for 15 minutes, until nicely browned on top and firm to touch. Remove from the oven and allow to cool before eating.