**Bagels**

Ingredients:

150 ml warm water (not hot)

5 ml sugar

5 ml yeast

1 egg

10 ml oil

200 ml whole wheat flour

250 ml white flour

Flavour options:

A. Cinnamon Raisin

15 ml brown sugar

60 ml raisins

10 ml cinnamon

B. Sesame seed

15 ml egg wash

30 ml sesame seeds

C. Everything Bagel

10 ml sesame seeds

10 ml poppy seeds

7 ml dried onion flakes

7 ml dried garlic flakes

3 ml coarse salt

Method:

1. Combine warm water, sugar in a large bowl.
2. Sprinkle yeast over the water
3. Let sit for 5 mins (a foam should form on the top)
4. Add the lightly beaten egg and oil once the foam has formed.
5. Stir in whole wheat flour and stir vigorously until the dough becomes slightly stringy

\*\*If doing cinnamon raisin ~ add the sugar, cinnamon and raisins here

1. Add white flour until a soft dough forms, you won't use all
2. Knead for 8-10 minutes on a lightly floured surface working in remaining flour (you may not use it all)
3. Place in your labelled bag, place in the freezer

*(If doing at home~ Cover with a damp towel and let rise in a warm oven for 1 hour)*

1. Punch down and knead again
2. Cut into 6 pieces
3. Using your hands rollout into an 18 cm long rope (and about 2 cm thick).
4. Shape into rings, pinching ends together.
5. Cover rings and let stand 10 minutes.
6. Bring a large pot of water (4 L) to a simmer.
7. Gently slide bagels into the water and cook for 2 minutes on each side.
8. Place on a parchment lined cookie sheet.
9. If doing sesame or everything bagel brush bagels with egg wash and sprinkle toppings
10. Bake at 425 for 20-25 minutes or until golden brown. Cool on cooling rack.

Yields: 6 bagels