

Recipes from Gluten Free Cooking School's “Fresh, Hot Gluten Free Bagels” Class

Gluten Free Bagels

(makes 8 large bagels)

300 grams water	570 grams Mary's GF Flour mix
26 grams Bread Machine yeast	24 grams sugar
24 grams sugar	24 grams salt
	12 grams xanthan gum
30 grams olive oil	
100 grams egg (2 large chicken eggs)	
10 grams cider vinegar	

In a small mixing bowl combine the first 3 ingredients: water, yeast and sugar. In a separate bowl, mix the remaining dry ingredients. In a third bowl, whisk the eggs, olive oil, vanilla and vinegar together. Add both the liquid mixtures to the dry ingredients and combine by hand until all of the flour is mixed in. Move the dough to a clean surface (unfloured) and knead the dough until it is smooth.

Divide the dough into 8 pieces; each piece should be approximately 140 grams. Roll each piece of dough between your hands to form a smooth ball. Slightly flatten the ball, and then using the thumb and forefinger of both hands, pinch a hole into the middle of the dough and gently enlarge the hole while turning the dough 360 degrees. Cover the bagels with a damp towel and let them rest for 20 - 30 minutes.

While the bagels are resting, bring 3 - 4 inches of water to boil in a large pot and preheat your oven to 400 degrees. Once the water is boiling and the bagels have rested, drop the bagels into the boiling water. Do not crowd! I do 4 bagels at a time in my large stock pot. Let the bagels cook on one side for 2 minutes, and then flip them to the other side and cook for an additional 2 minutes. Pull the bagels out of the water and set them on a wire cooling rack. Sprinkle the bagels with toppings while they are wet. Then let the bagels rest on the wire rack until they are dry.

Place the bagels onto a baking sheet when they are dry and put them into the hot oven to bake for 25 - 30 minutes. The tops should have a nice golden hue when they are done.

Mary's Gluten Free Flour Mix

(this makes enough for 1 batch of bagels)

210 grams brown rice flour
195 grams corn starch or tapioca starch
110 grams sorghum flour or garbanzo flour
55 grams masa harina or coconut flour

Gluten Free Cinnamon Raisin Bagels

(makes 8 bagels)

300 grams water	570 grams Mary's GF Flour mix
26 grams Bread Machine yeast	24 grams sugar
24 grams sugar	24 grams salt
	12 grams xanthan gum
4 grams vanilla or almond extract	8 grams cinnamon
30 grams olive oil	80 grams raisins
100 grams egg (2 large chicken eggs)	
10 grams cider vinegar	

In a small mixing bowl combine the first 3 ingredients: water, yeast and sugar. In a separate bowl, mix the remaining dry ingredients. In a third bowl, whisk the eggs, olive oil, vanilla and vinegar together. Add both the liquid mixtures to the dry ingredients and combine by hand until all of the flour is mixed in. Move the dough to a clean surface (unfloured) and knead the dough until it is smooth.

Divide the dough into 8 pieces; each piece should be approximately 150 grams. Roll each piece of dough between your hands to form a smooth ball. Slightly flatten the ball, and then using the thumb and forefinger of both hands, pinch a hole into the middle of the dough and gently enlarge the hole while turning the dough 360 degrees. Cover the bagels with a damp towel and let them rest for 20 - 30 minutes.

While the bagels are resting, bring 3 - 4 inches of water to boil in a large pot and preheat your oven to 400 degrees. Once the water is boiling and the bagels have rested, drop the bagels into the boiling water. Do not crowd! I do 4 bagels at a time in my large stock pot. Let the bagels cook on one side for 2 minutes, and then flip them to the other side and cook for an additional 2 minutes. Pull the bagels out of the water and set them on a wire cooling rack. Sprinkle the bagels with toppings while they are wet. Then let the bagels rest on the wire rack until they are dry.

Place the bagels onto a baking sheet when they are dry and put them into the hot oven to bake for 25 - 30 minutes. The tops should have a nice golden hue when they are done.

Mary's Gluten Free Flour Mix

(this makes enough for 1 batch of bagels)

210 grams brown rice flour
195 grams corn starch or tapioca starch
110 grams sorghum flour or garbanzo flour
55 grams masa harina or coconut flour