



Greek Bagels

20'
Hands on

90 minutes'
Hands off

15'
Cook Time

10 pieces
Portion(s)

2
Difficulty



Ingredients

- 150 g hard flour
- 350 g all-purpose flour
- 7 1/2 g salt
- 35 g granulated sugar
- 275-300 g water, at room temperature
- 16 g yeast

For coating

- 200 g sesame seeds
- 2 tablespoon(s) granulated sugar
- 500 g water, lukewarm

Διατροφικός πίνακας

Nutrition information per portion

337 Calories (kcal)	13.0 Total Fat (g)	2.3 Saturated Fat (g)	43.0 Total Carbs (g)
17%	19%	12%	17%
6.3 Sugars (g)	11.0 Protein (g)	3.3 Fibre (g)	0.92 Sodium (g)
7%	22%	13%	15%

Method

- Use the mixing bowl from your mixer. Add the water and yeast and mix with a spoon until the yeast has dissolved. Let it rest for 5-6 minutes until the yeast becomes foamy.
- Add the rest of the ingredients to the mixing bowl (the hard wheat flour, all-purpose flour, sugar and salt). Beat them, using the hook attachment, on medium/high. It should take about 7-8 minutes until it forms a soft, elastic dough, which is easy to handle. The dough will start to pull off the bottom.
- Grease the whole interior of a bowl with oil. Transfer the dough to the bowl, cover with plastic wrap. Allow to rest for 30 minutes to 1 ½ hours, until it doubles in size.
- Preheat the oven to 200°C (390°F) Fan.
- Fill a bowl with water (500g). Add the sugar and mix until the sugar dissolves. Add the sesame to a separate bowl.
- Brush some oil on to a clean work surface before setting down the dough. Cut in to about 10 pieces, 80 g each.
- Form smooth balls. Knead each ball by hand, in to a long roll (like a sausage). Bring the two edges together to form a circle. Try to make them all the same size and shape.
- Dip each bagel into the bowl with water and directly into the bowl with sesame seeds.
- Place on to 35x40 cm [baking pans](#) that have been lined with parchment paper. Bake for about 15-20 minutes, until golden.
- To serve, brush with melted butter while they are still hot. Try them with blue cheese, feta cheese or [pickled grapes](#).