

GLUTEN FREE SOURDOUGH BAGELS



Bagel Stats

Total Dough Weight: **grams**
Makes: **10 large - 120 grams**
Hydration: **90%** Skill Level: **Medium**

STEP 1 - Prepare Levain

4-8 hours in advance, prepare your levain.

1. In a jar, add 130 grams of water
2. Add 40 grams of your sourdough starter
3. Add 130 grams of flour (65 grams buckwheat and 65 grams of brown rice)
4. Stir until well combined
5. Ferment at room temperature for 4-8 hours.

STEP 2 - Mise en Place

Gather ingredients, baking tools and proofing bucket.

STEP 3 - Mix the Final Dough

In a bowl, mix milk (use water for dairy free) with the levain.

Whisk in the psyllium husk and ground golden flax, allow to sit for 2-3 minutes. The mixture will thicken. Meanwhile, mix the flours and salt together in a separate bowl. Add the levain mixture to the flour and stir, combining with a spoon, dutch whisk or your hands until all the flour is incorporated.

STEP 4 - Bulk Fermentation > 8 to 12 hours or overnight

We are now moving into the bulk fermentation of the dough. Cover with a lid and allow the dough to rest in a cool location (about 15-19°C /59-66°F) for 8 to 12 hours or overnight in the refrigerator. If using the refrigerator, fermentation will slow, which can give you more time between mixing the dough through shaping and baking. The dough may rise up to 50%, but it may not rise much at all - so don't think you did it wrong if it does not rise much.

STEP 5 - Shaping > Final Rise 1 to 2 hours

Turn the dough onto a surface or pastry liner lightly dusted with tapioca starch. Divide the dough into 10 pieces (120 grams each). Shape each piece into a round, then putting a finger or two into the centre, gently slide and stretch the round into a ring. Place each bagel onto a silicone or parchment paper covered baking sheet. Cover with plastic wrap or damp cloth for 1 to 2 hours. → **TIP: For easier dough handling and a tighter shape, chill the bagels after the final rise in the refrigerator for 30 minutes to an hour just before boiling.**

STEP 6 - Boiling > Preheat your oven to 500F for at least 30 minutes

While your oven is preheating, bring a large pot of water to a boil. Once the water is boiling, add 2 teaspoons of baking soda to the water. (If you prefer a sweeter flavour, use 2-3 tablespoons honey in the water instead of the baking soda). Lower each bagel into the boiling water with a slotted spoon or gently by hand. They will initially sink to the bottom, then slowly rise to the surface. Boil the bagels for 40 seconds to 1 minute. If you like a chewier bagel, boil for up to 2 minutes. With your slotted spoon/spatula, remove each bagel from the water and place on baking sheet brushed with oil or lined with a silicone mat or parchment paper. Brush the bagels with egg wash if desired (1 beaten egg with a bit of water). Then, add toppings if desired.

WEIGHT	INGREDIENTS	BAKER'S %
150 grams	sorghum flour	32.68%
54 grams	tapioca starch	11.76%
55 grams	sweet white rice	11.98%
70 grams	oat flour	15.25%
30 grams	psyllium husk	6.54%
8 grams	ground golden flax	1.74%
430 grams	milk (slightly warmed) *use water for dairy free	93.68%
300 grams	levain (prepared 4-8 hours in advance)	65.36%
8 grams	sea salt	1.74%

STEP 7 - The Bake

Transfer boiled bagels to the preheated oven, immediately reduce the temperature to 450°F. Bake for 15 minutes or until golden brown. Internal temperature should be 200°F. Remove from the baking sheet to a cooling rack and allow the bagels to fully cool..

TIMELINE EXAMPLE

<u>PREPARE LEVAIN</u>		<u>SHAPING</u>	
4 to 8 hours in advance	- 3:00 PM	Divide and Shape	
<u>THE MIX</u>		<u>FINAL PROOF</u>	
HYDRATE PSYLLIUM HUSK	- 8:00 AM	TEMP DEPENDENT - 1 to 2 hours	
REST 2 - 3 MIN		- 8:03 AM	
MIX & KNEAD DOUGH	- 8:10 AM	<u>OVEN PREP</u>	
<u>BULK FERMENTATION</u>		PREHEAT - 500°	
LET RISE - 8 to 12 hours or overnight		BAKE TIME	- 15 minutes

NOTES:
