

Shopping List

Bulk

Tapioca flour

Sugar

Baking soda

Baking powder

Xanthan gum

Sea salt

Cornmeal (optional)

Grocery

Milk

Active dry yeast

Eggs

Potato starch

GF Cornstarch

Apple Cider vinegar

Sesame seeds or some other topping



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Gluten-free Bagels



Gluten-free Bagels

INGREDIENTS

2/3 c lukewarm milk (plus 2 T for egg wash)

2 T active dry yeast

3 T sugar, divided into 1 T portions

1 c gluten-free potato starch *

1 c gluten-free cornstarch *

1/2 c tapioca flour *

1/2 t baking soda

2 t baking powder

2 t xanthan gum

1 t sea salt, plus more for topping

2 eggs + 1 egg

1 T milk

1/2 t apple cider vinegar

Sesame seeds or other topping

Cooking oil for baking sheet (or parchment paper)

Cornmeal (optional) - to put on the cookie sheet under the bagels

* Be careful when measuring your flours - if you use even a little more than what is listed then your bagels will turn out dry. If your dough seems a bit dry when you are done mixing, add more milk (start with 1 T) - your dough should be (slightly) sticky and feel delicate when shaping the bagels.

INSTRUCTIONS

1. In a 2 cup liquid measure combine the (lukewarm, about 115°F) milk and 1 T sugar. Stir briefly to help dissolve the sugar. Add the yeast (stir to disperse granules) and let sit for about 10 minutes until it's foamy on top.
2. Preheat oven to 375°F. Put on a pot on to boil, with about two inches of salted water.
3. In a large bowl, whisk together potato starch, cornstarch, tapioca flour, baking soda, baking powder, xanthan gum, 1 T sugar, and 1 t sea salt. Create a "well" in the middle of the flour.
4. Scramble 2 eggs in a bowl with the 1 T milk and add the vinegar; mix to combine.
5. Add the egg and yeast mixtures to the flour "well" and mix gently with a rubber spatula to combine and remove all the lumps.
6. Flour your hands well and divide dough* into 6 evenly sized dough balls/mounds. Press a hole into the center of each ball with your thumbs and shape it into a bagel—they will rise slightly during step 8, so make sure your hole isn't too small—it should be about the size of a quarter. Place them on a floured sheet of parchment paper.
7. Add 1 T sugar to the boiling water.
8. Gently place a bagel into the boiling water. Boil for about 1 minute, gently flipping the bagel after about 30 seconds—the crust will be thicker and chewier the longer you boil them and the interior will be denser.

9. Remove the bagel from the water (use a flat spatula) and place it on a greased or parchment paper lined baking sheet (you can also skip the oil and instead sprinkle cornmeal on the sheet).
10. Sprinkle sesame seeds and sea salt over the bagels immediately once they come out of the water (or whatever topping you have chosen, or none at all) and brush gently with an egg wash (see below). Repeat steps 9 and 10 with remaining bagels.
11. Bake for 18-20 minutes, or until golden brown.
12. Allow to cool on the baking sheet set on a wire rack.

Bagels can be frozen—wrap tightly and thaw in fridge.

To make egg wash:

1. Beat one egg in a small bowl.
2. Add 2 T milk or water and beat the mixture until combined.
3. Spread egg wash over the top of the uncooked bagels with a pastry brush.

Using an egg wash will give you a shiny and crunchier crust.



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Makes 6 bagels