

# Bagels

Recipe courtesy of [Breads From Anna®](#)



## Ingredients

- 1 package [Breads From Anna®](#) Bread Mix (gluten, corn, dairy, soy, rice, and nut free, green label)
- 3/4 cup potato starch, 1/2 for mixing and 1/4 for rolling dough
- 1/2 cup tapioca starch
- 1 tbsp xanthan gum
- 2 packages of active yeast (not rapid rise yeast) or 2 tbsp if using bulk yeast
- 3 tbsp honey, maple, or sugar
- 1 tbsp apple cider vinegar
- 1 tbsp butter or favorite non-dairy shortening
- 1-3/4 cup warm water
- 1/8 cup baking soda
- 1 tsp salt
- 1 lightly beaten egg (or olive oil) to brush on baking bagel

\*For best results use a counter-top mixer using flat paddle

## Directions

1. Whisk **Breads From Anna®** Bread Mix, 1/2 cup potato starch, tapioca starch, xanthan gum, and yeast in a large bowl.
2. In a separate bowl add warm water, honey (maple or sugar), and apple cider vinegar, until all ingredients are dissolved.
3. Pour the liquid mixture into the flour blend. Mix for 5 minutes on medium-high speed. Any flour on the side of the mixing bowl should be blended in with the wet.
4. Add one tablespoon of shortening and beat for an additional 1 minute.
5. On a small plate, pour the additional 1/4 cup of potato starch. Rub a small amount of shortening on hands. Taking a scoop of dough (approximately 1/2 cup) drop into the potato flour, lightly pick up the ball of dough. Move the dough gently from one hand to another creating the ball.
6. Gently press your thumb in the center of the ball of dough, making a hole 1 to 1-1/2 wide. Place the shaped bagels on a greased or parchment paper lined cookie sheet.
7. Cover with wax paper and let rise for 1 to 1-1/2 hours, or until 2-3 times larger in size.
8. In a large frying pan, fill with water (about 1/2 way up the side of the pan) with 1/8 cup of baking soda. Bring to a boil.
9. Gently drop bagels (using slotted spoon) into boiling water for 3 seconds on each side, remove with slotted spoon and transfer to the greased or parchment paper lined cookie sheet.
10. Bake in pre-heated oven at 400 degrees for approximately 30 minutes or until golden brown using center rack. During the last 10-15 minutes brush the bagel with the egg or olive oil. It is also recommended to place inside of the oven on the bottom rack, a glass baking dish filled 3/4 up the side of the dish with water.

11. Remove from oven, cool on wire cooling rack.

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