

# MAKE BETTER BAGELS

Baking gets better and easier the more you do it. It's a craft that's learned through hands-on experience. After making a recipe a few times, your hands instinctively know what to look for and how to make small adjustments.

Here are some tips and tricks from our pros to help you fine-tune your craft when making bagels using regular all-purpose flour or **Easy Peasy Bagel, Pancake & Waffle Mix**.



## HOW TO MEASURE

Measuring is the most integral step in any successful recipe, and this is a common misstep when it comes to working with baking mix or flour.

- Always use a dry measuring cup and not a liquid measuring cup.
- Instead of scooping the mix or flour straight from the bag, use a large spoon to scoop it into your dry measuring cup.
- Avoid packing the mix or flour in—this will give you a larger amount than the recipe calls for.
- Use the flat edge of a knife to level the mix or flour across the measuring cup.

## MY DOUGH IS TOO STICKY

The mix—like any flour—is hygroscopic, meaning it absorbs moisture from the air. With this in mind, getting an accurate measurement can be different on any given day. Even if you perfectly measure your mix or flour using the guidelines above, you're not guaranteed to have accurate results every time.

While this shouldn't affect the bagel recipe too much, you will find that after making a few batches you can naturally adjust the recipe by feel and use more or less mix than called for.

As a general rule of thumb, if you're finding your dough is too sticky, add more mix or flour!



## MY DOUGH IS TOO DRY OR THICK

It might be in the yogurt! At Epicure, we use 2% Greek yogurt when making flawless Perfect Portion Bagels. Or, you can go vegan and use unsweetened Premium Creamy Cultured Coconut Yoso (dairy-free yogurt).

## START WITH RAGGED DOUGH

When blending the mix or flour with yogurt, use a fork to first form a ragged dough, and gently combine the dry and wet ingredients. The mixture should look like lumps and bumps. While you don't want to overwork it at this stage, be sure that it's evenly combined before shaping into a ball. Then let it rest so that the mix can relax and continue to absorb all the moisture—this is why you set it aside for 10 minutes before shaping!

## SHAPING YOUR DOUGH

If your dough is too tacky, lightly dust the counter with the baking mix or flour. Gently roll and lightly knead the dough, adding more mix or flour as needed. You'll know it's ready when it's soft and slightly sticky, but no longer tacky. It's okay to let it sit another 5 minutes before cutting into wedges. Then form into ropes as per recipe.

## DEEP, DARK & GOLDEN

Using an egg wash (as per recipe on **Perfect Portion Bagel & Donut Pan** card) helps create a golden crust. For a vegan egg wash, lightly brush with melted coconut oil. For an even deeper golden crust, carefully remove bagels from pan. Place back on a sheet pan and continue to bake for 5 more minutes or until they're as brown as you like. Remember that once you split and toast the bagels, they'll brown up to crusty perfection!



# BAKED BAGELS RECIPE

TOTAL TIME:  
45 MIN

MAKES:  
6 BAGELS

COST PER  
SERVING: \$1.86 CA/ \$1.58 US

Vegetable oil, for brushing

1½ cups **Easy Peasy Bagel, Pancake & Waffle Mix** or all-purpose flour

1 tsp baking powder\*

Pinch **Sea Salt\***, finely ground

1 cup 2% plain Greek yogurt

1 egg, lightly beaten, optional

6 tsp **Everything Bagel Whole Food Topper**

*\*If using Easy Peasy Bagel, Pancake & Waffle Mix, omit baking powder and salt.*

1. Preheat oven to 375° F. Place **Perfect Portion Bagel & Donut Pan** on **Sheet Pan**. Lightly brush bagel pan with oil; set aside.
2. Place mix in a bowl (if using flour instead of mix, whisk together flour, baking powder, and salt). Make a well in centre; add yogurt. Using a fork, mix until combined. Dough will be crumbly.
3. Knead dough in bowl a few times until it comes together in a ball. Dough should be tacky, but not sticky. Cover and let stand 10 min.
4. Turn onto floured counter; knead 2–3 times, flatten slightly. Add more mix as needed, if dough is sticky. Cut into 6 wedges. Roll into ropes, each about 7" long.
5. Lay ropes in pan; pinch ends to seal. Brush with egg, if using. Sprinkle with topper.
6. Bake in oven until puffy and golden, 15–18 min. Cool; pop out.

**Per Serving (1 bagel):** Calories: 160, Fat, 1.5 g (Saturated 0.5 g, Trans 0 g), Cholesterol 5 mg, Sodium 320 mg, Carbohydrate 32 g (Fibre 3 g, Sugars 4 g), Protein 6 g.

For more recipe inspiration visit [epicure.com](https://www.epicure.com)

CUSTOMIZE IT!	
<b>GREEN POWER</b>	Replace 1 scoop flour or Easy Peasy Bagel, Pancake & Waffle Mix with 1 scoop Super Greens Smoothie Booster.
<b>TOPPERS</b>	Replace Everything Bagel Whole Food Topper with equal amounts of Garlic & Onion Nutritional Yeast Topper or Smoky Roasted Tomato Nutritional Yeast Topper.
<b>EXTRAORDINARY BAGEL</b>	Stir ½ tsp each 3 Onion, Lemon Dilly and CCB Dip Mix into mix or flour.
<b>MEXICAN CHEESE BAGEL</b>	Stir ⅓ cup shredded cheese and 1 tsp Nacho Cheese Dip Mix into mix or flour.

