

Miele

Poppy seed bagels

By Miele

15 minutes, plus proving time

Preparation time

26 minutes

Cooking time

10

Serves



INGREDIENTS

375 ml (1 ½ cups) warm water
(approximately 37°C)

2 tsp (7 g) dried yeast

3 tsp malt syrup

750 g (5 cups) Baker's flour

1 tbsp salt flakes

2 tsp malt syrup, extra

35 g (¼ cup) poppy seeds

Miele Accessories

Perforated steam container

METHOD

1. Combine the water, yeast and malt syrup in a small jug, set aside for 10 minutes.
2. In a bowl of a freestanding mixer with a dough hook attachment, lightly mix flour and salt on low speed. Pour in the yeast mixture.
3. Continue to mix in the freestanding mixer on low speed for a further 15 minutes.
4. Portion the dough into 10 equal pieces or weigh to 110g each, roll into a ball then push a hole through the middle with your finger and gently stretch the dough out for that classic bagel shape.
5. Place the bagels into a lightly oiled perforated steam container. Select Prove yeast dough for 30 minutes and place the bagels into the combi steam Pro oven.
6. Once the bagels have proved, Steam at 100°C for 6 minutes then remove from the oven.
7. Whisk the 2 teaspoons of malt syrup with 2 tablespoons hot water until dissolved, brush over the bagels then dip into the poppy seeds.
8. Lightly oil the perforated steam container and return the bagels to it.
9. Preheat the oven on Moisture Plus with Fan Plus at 200°C with 1 manual burst of steam.
10. Place the bagels in the oven on shelf position 2, releasing the burst of steam immediately and bake for 20 minutes.

Alternative appliance methods

Combi steam Pro oven:

- Insert the bagels into oven at step 5 (before second proving) and create the following user programme:

Stage 1: Select prove yeast dough + 30 minutes

Stage 2: Select Steam + 100°C + 6 minutes.

Stage 3: Select Fan Plus at 200°C + 18 minutes.

- Save and start programme.

Hints and tips

- Poppy seeds can be substituted with alternative seeds, such as sunflower or sesame.
- Honey or maple syrup can be used instead of malt syrup.
- The bagels can be frozen and stored up to 3 months in a sealed bag.
- This recipe can be saved as a User programme, with a minute minder set for 36 minutes to add the poppy seeds to the bagels.
- Add more moisture during the final stage if you like a softer bagel