

Allie's Authentic Bagels & Jude's Filling

Bagels

Ingredients:

- 3 cups bakers flour
- 1 sachet instant yeast (make sure the yeast is within best before)
- 1.5 ish cups water (gotta go by feel)
- Good pinch of cooking salt
- 1 tablespoon malt extract/molasses/maple syrup/honey
- Toppings (eg sesame seeds, caraway seeds, poppy seed, garlic powder, onion powder)

Utensils:

- 2 large glass bowls
- large deep pot
- baking tray
- topping rack (something to put the boiled bagels on to cover in toppings before transferring to baking dish)
- baking paper
- large skimming spoon/ladle



Method:

Mix the flour, dry yeast, salt together.

Add the malt extract (or substitute) and one cup of warm water and mix together until you have a shaggy dough.

Start kneading the dough and adding small amounts of water until you get a firm dough that isn't sticky. If it's sticky add some flour until it's not sticky. If it's too dry then add small amounts of water until you get the right consistency.

Knead the dough for about 10 mins until it's feeling elastic but still firm. Roll into a ball.

Lightly coat a large bowl with olive oil then roll the dough ball in the bowl until it has a fine sheen of oil.

Cover bowl tightly with a wrap or wet towel. Leave to rise at room temp for at least 1 hour and up to 5 (or overnight in the fridge)

Once the dough has leavened, press it down into a large fat disk then separate into eight pieces. (Put a large saucepan of water and a good pinch of salt on the boil now and also preheat fan baked over to about 200C). Roll each piece into a ball and then shape by sticking your finger into the middle then gently pull out until you make a bagel shape.

Boil the bagels for 1-2 mins each (you can usually fit about 4 bagels at once depending on the size of the saucepan).

As soon as the bagels are boiled, put them on a drainer and coat them in your toppings immediately e.g sesame seeds, onion powder, garlic powder, caraway seeds, poppy seeds, cumin seeds etc

Once all bagels are boiled and topped bung them in the oven for 15-20 mins but WATCH THEM LIKE A HAWK after the 15 min mark. When they are lightly browned they are good to go!

Vegan “Smoked Salmon” and Herbed “Cheese” Bagels

Ingredients

- 3 medium sized carrots shaved into thin ribbons (use a vegetable peeler)

Marinade

- 2 tsp olive oil
- 1 tsp sesame oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tbsp miso paste
- 2 tsp maple syrup
- 1 tsp nori flakes
- 2 tsp capers
- Juice of half a lemon

Cream cheese

- 400 g extra firm tofu
- ½ cup raw cashews
- 1 clove garlic
- 2 tbs olive oil
- 1tbsp apple cider vinegar
- 1 tsp onion powder
- 1 tsp dill
- 1 tsp oregano
- 1 tsp fresh chives
- ¾ tsp salt
- 2 tbsps plant milk if needed to thin



Method

Mix marinade ingredients in a container then toss in carrot ribbons until fully coated. Let sit for 10 mins (optional)

Transfer carrots to a baking tray and bake at 350 F for 8-10 mins

Meanwhile make your cream cheese by adding all ingredients to a blender and blend till smooth

To serve

Spread cream cheese on bagels

Top with fresh capers, lemon juice and fresh dill

Pickled Nasturtium Seeds (Poor man's capers)

Ingredients

- 1 cup nasturtium seeds
- 1/3 cup cider vinegar
- 1/3 cup water
- 1 tbsp sea salt
- ½ tsp sugar
- 2 sprigs fresh dill



Method

Pick nasturtium seed pods in spring or summer.

Place pods in a bowl of water and swill around to remove dirt and debris- any dried flowers will float to the surface.

Add clean pods to an 8 oz pickling jar

Fill a small saucepan with water vinegar salt and sugar and bring to the boil

Add sprigs of dill to the jar then pour pickling solution over the pods

Seal and place in a dark cool spot to pickle for at least two weeks, then store in fridge for up to 6 months