

Ingredients

1 cup Expandex[®] Modified Tapioca Starch
1 tbsp + 1 tsp Potato Starch
1/2 cup Corn Starch
1/4 cup Corn Flour
1/4 tbsp Active Dry Yeast
3/4 tsp Xanthan Gum
1/2 tsp Salt

1 tbsp Honey
2 Egg whites
1/3 cup + 1 tbsp Water
1 tsp Vinegar, Apple Cider
1 tbsp Canola Oil

Makes 4 bagels.



Gluten-Free* Bagels

Procedure

1. Preheat oven to 400 degrees Fahrenheit.
2. Combine dry ingredients into a large mixer bowl. Add liquid ingredients. Beat with electric mixer on medium for 2 minutes. Mixture will be very thick and sticky.
3. Place dough on flat, floured (corn starch) surface and dust dough with corn starch to make it easier to handle. Divide dough into 4 equal balls. Dust each portion with a little corn starch if needed, shape into a ball, then flatten to a 3-inch circle and punch a hole in center, continuing to dust with starch as necessary. Form into bagel shapes (turning rough edges of dough to underside) and place on large greased baking sheet.
4. Place sheet in a warm (80°-90°F) area to proof for 20 minutes.
5. Meanwhile, bring 3 inches of water and 1 teaspoon of sugar to boil in deep skillet. After proofing, boil the bagels on each side for 30-40 seconds. (Leave oven on.) Using a slotted spoon, return bagels to greased baking sheet.
Recommended: For a shinier, crispier bagel, brush top surface of bagels with an egg white wash.
6. Bake at 400°F for 20-25 minutes, or until golden brown. Remove bagels and cool on a wire rack for about 30 minutes.

Note: For best taste, eat bagels within 5 hours. Otherwise cool, seal them in a plastic bag, and place in freezer. Bagels can be toasted.

