

Sue's Chewy Bagels

2 cups	white rice flour
2 cups	tapioca starch
½ cup	dry milk powder
1 heap tbsp	guar gum
2 tsp	salt
2 tbsp	sugar
1 tbsp	instant dry yeast
1 cups	warm water
1 tsp	sugar
¼ cup	egg whites
1/3 cup or 60g	solid shortening
½ cup	hot water

Add sugar, ½ cup warm water, egg whites and yeast to mixer bowl, let stand to develop yeast. In a measuring cup add the other ½ cup of hot water and shortening, microwave until shortening is almost melted, remove and stir. Add dry ingredients to mixing bowl with remainder of warm water. Once warm water is used, begin with hot water/shortening. Mixture will be very thick and form a ball, coming away from the sides of the bowl.

Use a large scoop to portion the dough into approximately 120g portions (about the size of a tennis ball). Have a bowl of warm water on hand. Form

with wet hands to a flattened disc. Push thumbs through to make hole and smooth. Place on baking sheet and FREEZE for at least 2 hours.

To Boil: Pour 8-12 cups very hot water in low large pot, add 1/3 – 1/2 cup sugar, and bring to a boil. Have a large bowl of very cold water beside the stove. Place 2 frozen bagels in boiling water, use a metal spatula to make sure they don't stick to the bottom, replace lid on pot as necessary to continue the boiling. Once the bagels float, use a metal lifter to remove one at a time, place in cold water, where they will soon sink to the bottom, then place onto parchment lined baking sheet. Spray with sugar/water and shake sesame or poppy seeds on top if preferred. Bake at 425° for 30 – 35 minutes, till tops and sides are golden.

Variation: Chop dried blueberries (or other dried fruit) into small pieces. Once the dough is portioned, add 2-3 tsp of the cut dried fruit to the dough portion and knead into the dough to distribute evenly. Proceed with shaping the dough and freezing it.

To Make Chewy Pretzels: Use similar portion of dough and form into rope about 18" long, carefully twist into pretzel shape and place on parchment sheet and FREEZE for at least 2 hours. Boil as per bagels. Spray with sugar water before baking, but don't sprinkle with salt yet. Once baked, about 30 mins, until golden, cool for a few minutes then spray with the sugar water and sprinkle with coarse salt. Can be frozen. Can be warmed in a microwave or in oven.