

Gluten Free Bagels

(makes 8 large bagels)

1 1/3 c. water
2 Tbsp. + 2 tsp. active dry yeast
4 Tbsp. sugar , divided

2 Tbsp. canola oil
2 large eggs
2 tsp. cider vinegar

4 c. Mary's GF Flour mix
4 tsp. salt
4 tsp. xanthan gum

1 Tbsp. baking soda (optional)

Instructions:

Proof yeast in warm water and 2 Tbsp. of the sugar. In a separate bowl, mix the dry ingredients including the remaining 2 Tbsp. of sugar. In a third bowl, whisk the eggs, canola oil and vinegar together. Add the yeast and egg mixtures to the dry ingredients and combine by hand. Move the dough to a clean surface (unfloured) and knead the dough until it is smooth.

Divide the dough into 8 pieces. Roll each piece of dough into a long strip and then connect the ends and press them together to form a circle. Cover the bagels with a damp towel and let them rest for 20 – 30 minutes.

While the bagels are resting, bring 3 – 4 inches of water to boil (with or without optional baking soda) in a large pot and preheat your oven to 350 degrees. Once the water is boiling and the bagels have rested, drop the bagels into the boiling water. Do not crowd! I do 4 bagels at a time in my large stock pot. Let the bagels cook on one side for 3 minutes, and then flip them to the other side and cook for an additional 1.5 minutes.

Pull the bagels out of the water and let them drain on a wire cooling rack. Sprinkle with toppings if you desire. Then put the bagels into the oven to bake for 25 – 30 minutes. If you do not use the baking soda, then the tops should have a nice golden hue when they are done. If you do use the baking soda, then the bagels will be more of a dark brown.

Gluten Free Cinnamon Raisin Bagels

(makes 8 large bagels)

1 1/3 c. water
2 Tbsp. + 2 tsp. active dry yeast
4 Tbsp. sugar, divided

1 tsp. vanilla
2 Tbsp. canola oil
2 large eggs
2 tsp. cider vinegar

4 c. (20 oz) Mary's GF Flour mix
4 tsp. salt 4 tsp. xanthan gum
1 Tbsp. cinnamon
1/2 c. raisins

Proof yeast in warm water and 2 Tbsp. of the sugar. In a separate bowl, mix the dry ingredients including the remaining 2 Tbsp. of sugar. In a third bowl, whisk the eggs, canola oil, vanilla and vinegar together. Add the yeast and egg mixtures to the dry ingredients and combine by hand. Move the dough to a clean surface (unfloured) and knead the dough until it is smooth.

Divide the dough into 8 pieces. Roll each piece of dough into a long strip and then connect the ends and press them together to form a circle. Cover the bagels with a damp towel and let them rest for 20 – 30 minutes.

While the bagels are resting, bring 3 – 4 inches of water to boil in a large pot and preheat your oven to 350 degrees. Once the water is boiling and the bagels have rested, drop the bagels into the boiling water. Do not crowd! I do 4 bagels at a time in my large stock pot. Let the bagels cook on one side for 3 minutes, and then flip them to the other side and cook for an additional 1.5 minutes. Pull the bagels out of the water and let them drain on a wire cooling rack. Sprinkle with toppings if you desire. Then put the bagels into the oven to bake for 25 – 30 minutes. The tops should be have a nice golden hue when they are done.

Mary's Gluten Free Flour Mix

210 grams brown rice flour
195 grams corn starch
110 grams sorghum*, soy, or garfava flour
55 grams masa harina

*my preferred choice

If you haven't purchase your digital scale yet, you can approximate this mix by using the following recipe. However, I highly, highly, highly recommend that you go ahead and get a scale. Volume measurements of flour are not accurate from person to person.

1.5 cups brown rice flour
1.5 cups corn starch
1 cup sorghum, soy, or garfava flour
0.5 cup masa harina