



Bagel Wheels

Ingredients

250g strong plain flour

1 x 15g sachet microfine fast-acting
fried yeast

2 tablespoons olive oil

150ml warm water

1 level tablespoon tomato puree

1 level teaspoon dried oregano

A little milk for glazing

- 1.** Put the flour and oregano in a large bowl then add the yeast. Make a 'well' in the centre of the flour. Add all the water, the oil and tomato puree. Use a wooden spoon to mix the dough. When the dough is in one lump take out the dough and knead it on the work-surface or on a board for five minutes until it becomes smooth and elastic.
- 2.** Cut the dough into 4 small pieces. Roll each piece into a small sausage on the work-surface and join the ends together in a ring shape called a bagel. Stick the ends together firmly so they don't come apart. You may need to use a little water to stick ends together well. Place the bagels on a floured surface and let them rest for 10 minutes.
- 3.** Meanwhile ask your grown up helper to set the oven at 220C/450F/Gas Mark 8. Also ask them to heat up a large pan of water. When the water is boiling ask your grown up helper to put two of the rings at a time into the water. Cook them for about 30 seconds on one side then turn them over with a slotted spoon and cook them on the other side. The bagels will start to puff up.
- 4.** Remove the bagels with a slotted spoon and place them on a greased baking tray. Brush each bagel with a little milk. Ask your grown up helper to place them on the middle shelf in the oven for about fifteen minutes until they are light brown and shiny. Cool them on a wire rack before you eat them.