

# Salt and Serenity

## Gluten-Free Seeded Bagels

¼ cup cornmeal

3 ¼ cups gluten-free Multi-Grain Flour Blend (see below)

1 teaspoon salt

2 teaspoons flax meal

1 tablespoon xanthan gum

1 tablespoon instant yeast

1 egg

2 tablespoons honey

2 tablespoons vegetable oil

1 teaspoon cider vinegar

1 ¼ cups warm water (100-120°)

1 cup gluten-free Multi-Grain Flour Blend (for dusting the counter and your hands)

1 teaspoon sugar

1 tablespoon baking soda

¼ cup sesame seeds

¼ cup poppy seeds

1 teaspoon kosher salt

1. Preheat oven to 375° F.
2. Fill a large shallow pot halfway with cold water and set aside.
3. Line a baking sheet with parchment. Sprinkle parchment paper lightly with cornmeal and set aside.
4. Put dry ingredients in bowl of stand mixer with paddle attachment.
5. In a large measuring cup, mix all the wet ingredients together.
6. Slowly pour wet ingredients into mixer and mix on low speed for 2 minutes.
7. Switch to dough hook and mix for another 1 minute.
8. The dough will be quite wet and sticky. Flour your hands and the counter with some of the gluten-free multi-grain flour blend. Using a pastry scraper, scrape the dough from the bowl of the mixer, onto the counter. Using the bench scraper, divide the dough into 10 equal pieces.
9. Flour hands again and form each piece of dough into a ball. Place balls on cornmeal lined baking sheet.
10. Poke your thumb through each hole and then use your fingers to gently stretch dough into bagel shape. Cover bagels with plastic wrap and let sit for 20 minutes.

11. While bagels are resting, mix sesame seeds, poppy seeds and salt together in a small bowl and set aside.
12. Bring pot of water to a boil. When boiling, add 1 tablespoon baking soda and 1 teaspoon sugar.
13. Using a slotted spoon, gently place as many bagels in the water as will fit in a single layer. In my pot, I was able to do 4 bagels at a time. Cook for 30 seconds. Turn bagels over and cook for an additional 30 seconds.
14. Remove bagels from water and place back on cornmeal lined baking sheet and sprinkle with poppy/sesame seed/salt mixture.
15. Repeat with remaining bagels.
16. Bake for 20-25 minutes.
17. Let cool on wire rack.
18. Slice and freeze.

### **Gluten-Free Multi-Grain Flour Blend**

- 1 ¼ cups garbanzo-fava bean flour
- 1 ¾ cups brown rice flour
- 2 cups arrowroot flour
- 2 cups potato starch
- 1 cup tapioca flour
- 1 cup amaranth flour