Artisan Rolls or Bagels

From the Cookbook, Gluten-Free-Way by Julianne Morrison

Makes about 4 rolls or bagels

Ingredients:

1 Cup Tapioca Flour

3/4 Cup Almond Flour

3 Tablespoons Cassava Flour

3 Tablespoons Potato Starch

1 teaspoon Nutritional Yeast

3/4 teaspoon Sea Salt

1 1/2 teaspoons Instant Dry Yeast

5 Tablespoons Egg White

1/3 - 1/2 Cup Warm Milk (dairy free is OK)

3/4 teaspoon Honey

2 teaspoons Oil

2 teaspoons Apple Cider Vinegar

Instructions:

1. In a medium/large bowl, mix together the flours, yeasts and salt, then add the egg whites, honey, oil and vinegar.

2. Heat the milk until just warm. If it gets too hot, let it cool down a little.

3. Add the milk and mix for 5 minutes, ensuring everything gets mixed together. You should have a thick dough. If it’s too thin, add a tablespoon of cassava flour or tapioca flour. If too thick, add a tablespoon of milk.

4. Cover and let rise in a warm place for about an hour.

5. About 45 minutes into the rising time, preheat the oven to 425 degrees F and line a small ovenproof pan (about 6” in diameter) with parchment paper if making a loaf. For rolls and bagels, line a baking sheet with parchment.

6. Fill a large pot with water, add a tablespoon of kosher or coarse sea salt, and bring to a boil.

7. Make the dough as directed in the recipes and let it rise. It should have the consistency of figure 2.

8. Preheat the oven to 425 degrees F. Boil a large pot of water (add a tablespoon of salt to the water). Line a baking sheet with parchment paper.

9. Cut a few parchment paper squares about 5”x5”” the dough from sticking to the bottom of the pot.

10. Take 1 portion of the dough and form into a ball. Gently pat the sides of each piece of dough until smooth and round.

11. Place on the parchment square and press down slightly to flatten them just a little. If making bagels, using your finger, poke a good sized hole in the middle and gently pinch all around the inner and outer sides, but don’t squish it.

12. Carefully lower the dough and the parchment into the boiling water.

13. As the dough begins to float, use tongs to remove the parchment from the water.

14. Using a slotted spoon, carefully remove the dough and let the water drain off the dough for a moment.

15. Place on a baking sheet.

16. Whisk an egg with a tablespoon of water. Brush the tops with the egg wash, then, if desired, sprinkle with salt, sesame or poppy seed.

17. Place the dough in the oven and bake for 20 minutes.

18. Carefully remove the bread from the pans and place the bread or rolls on a wire rack, then put them back into the oven.

19. Bake for about 20 minutes longer. Check on them at the 15 minute mark since oven temperatures can vary. They will brown up considerably during this cycle, so choose the level of golden brown you prefer here.

20. Turn the oven off and let the loaves/rolls sit in the oven for another 20 minutes to give it a good crust.

21. Remove from oven and let them cool completely before slicing.

Notes:

Consume within a day, or wrap and freeze for another time. For best results, slice the bread before freezing. To reheat, thaw for 20 minutes at room temperature, then bake in a 350 degree F oven for 10-15 minutes until hot. Reheating is critical for softer bread.

Patience, please! As tempting as it is to try the bread hot out of the oven, it needs to cool completely to set and provide the amazing texture. Cutting too soon may result in a gummy texture and less than attractive bread, so please, be patient! Use a sharp, serrated knife for cutting.