

Kana

Student No. 004

Cooking Show Speech

Good afternoon ladies and gents! Welcome to "Everyday Home Cooking." I'm your chef for today, Kana. Today I am going to tell you how to make bagels. Bagels, even though they are a type of bread, they don't use eggs or milk in the ingredients, and are a low calorie food. People often buy bagels, but they are very easy to make at home too!

Before you get started make sure that you have flour, sugar, dry yeast, and salt in your kitchen.

Once you have every ready, mix 250g of flour, 10g of sugar, 2g of dry yeast, 5g of salt, and a cup of tepid water into a bowl. Knead it until it turns into a smooth and elastic dough. Divide the dough into 4 pieces and let it prove, which means to ferment, for about 10 minutes. Shape each piece into a bagel shape, and cover them with a plastic bag. This prevents the dough from drying. Let it prove for another 40 minutes and then carefully remove the bagels and boil it in a pot for 30 seconds. It might seem odd to boil bread before baking, but this step will make your bagels nice and chewy. Take the bagels out of the pot and remove the extra moisture on a cooking sheet. Then, transfer the bagels into the oven set at 190 degrees and bake them for about 15 minutes. Take the bagels out when they turn golden brown.

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This recipe makes 4 plain bagels. You can add sugar, dry fruits, or cinnamon powder into the dough to try something different. And of course when you eat them, bagels are best served with cream cheese, ham, vegetables, or whatever you like to make a bagel sandwich. If you want to freeze the bagels, they will keep fresh for about a month. All you need to do is put them in the microwave to warm them up and they will become soft again.

So bagels are delicious, easy to make, and easy to preserve. Plus, they are a low calorie snack! There is no reason why you should not to try making bagels at your home.