

Paul Hollywood's Rainbow Bagels

Makes 6 bagels

Ingredients

375g strong white bread flour

5g fast-action dried yeast

2 tsp caster sugar

1 tsp fine salt

240ml lukewarm water

Red, orange, yellow, green and blue food-colouring paste

1 tsp bicarbonate of soda (baking soda)

You will need

5 mixing bowls, greased with sunflower oil

2 baking sheets, greased, then lined with baking paper

2 proving bags

Instructions

Step 1

Place the flour in a mixing bowl, add the yeast to one side and the sugar and salt to the other. Add three-quarters of the water and turn the mixture with your fingers. Add the remaining water, a little at a time, until all the flour is incorporated and you have a rough dough.

Step 2

Tip the dough onto a lightly floured work surface and knead for 5–10 minutes, to a soft, smooth ball.

Step 3

Divide the dough into 5 equal pieces and cover with a damp tea towel. Working with 1 piece of dough at a time, turn each into a different colour. Add 3 pea-sized drops of food colouring onto the dough, then fold it up and around the colouring. Knead to an even color. You may need to add more coloring to achieve the correct level of brightness. Add additional drops one at a time. Place the coloured dough into a greased bowl.

Step 4

Repeat with the other 4 pieces of dough until you have 5 brightly coloured portions of dough. Cover each bowl with a tea towel and leave to rise for about 45 minutes – 1 hour, until doubled in size.

Step 5

Turn out the red dough onto a lightly floured work surface and, using a rolling pin, roll out to a 8" x 5" rectangle. Set aside. Turn out the orange dough onto a lightly floured work surface and roll out also to a 8" x 5" rectangle. Place the orange rectangle of dough neatly on top of the red.

Step 6

Repeat with the yellow, green and blue doughs, rolling each one out and placing on top of one another, until you have a stack of 5 layers of dough, red at the bottom, then orange, yellow, green and blue.

Step 7

Cut the stacked dough into six 8" x 1" – wide slices, slicing down through the layers, so each strip has 5 layers of colour.

Step 8

To shape the bagels, lay one of the stacked dough strips on your work surface and place the palm of your hands at each end. Simultaneously, gently move your right hand forwards and your left hand backwards to twist the dough into a rope about 26cm long. Pinch the ends together to form a circle and gently roll the join backwards and forwards to seal. Repeat with all the strips.

Step 9

Place the bagels on the lined baking sheets, then place in proving bags and leave to prove for 20 minutes, until risen and puffed up.

Step 10

Heat the oven to 200°C/180°C fan/Gas 6.

Step 11

Bring a large saucepan of water to the boil. Add the bicarbonate of soda (this helps to form the shine and chewy texture of the crust).

Step 12

Plunge the bagels, 2 or 3 at a time depending on the size of your pan, into the boiling water. Cook for 30 seconds on each side, until the bagels puff up and the shape sets. Allow the water to reach boiling point again between each batch of bagels you plunge.

Using a slotted spoon, remove each bagel from the water and transfer back to the baking sheet (note: if you like you can sprinkle cornmeal on the baking sheet to ensure the bagels don't stick to the sheet).

Step 13

Bake the bagels for 25–30 minutes, until cooked through. Remove from the oven and transfer to a wire rack to cool.