

WHOLE WHEAT BAGELS – HOW TO MAKE BAGELS AT HOME WITH STEP BY STEP PICTURES



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Bagel is a bread product, made with whole wheat flour/ white flour, knead it and shaped it into a ring and baked it in a oven. They are dense, chewy on inside and browned, crispy on outside. You can make bagels with wheat flour or white flour. For health reasons, here I used whole wheat flour to make bagels. Also you can top the bagels with sesame seeds or poppy seeds or oats or any choice. If you make bagels at home, then your breakfast will be ready in mins with some butter and jelly, very filling and yummy:-)

Whole Wheat Bagels



Ingredients

2 Cups of White Whole Wheat Flour / Wheat flour
2/3 Cup of Water
1 Tsp of Salt
1.5 Tbsp of Sugar(white or brown)
1/2 Tbsp of Instant Yeast
Sesame Seeds for topping



Recipe Source : TheWellflouredKitchen

Method

Mixing :

- Now in a wide bowl, combine all the ingredients except sesame seeds, stir well till the dough starts to leave the sides of the bowl

Kneading:

- Transfer the dough to the counter top, knead it for 10 mins with hand, until you get soft and smooth dough. (You may also knead the flour in a food processor).

Rising:

- Transfer the kneaded dough to a lightly greased bowl, cover it with a towel and place the dough in a warm place for 2 hrs.
- To provide a warm place for the dough to rise, place the dough on the top rack of a cold oven. Dough should be double in size, depending on the warmth of the kitchen.



Punch:

- Punch down the dough by pushing your fist into the center of the dough. Again, knead it for 5 mins.

Shaping:

- Shaping a bagels starts with placing the dough on a counter top.
- Then, roll the dough into a cylindrical shape as shown in picture.
- Cut them into a desired number of pieces using knife.
- Take each piece of dough and shape it like ball by joining all the sides towards the centre as shown in picture.



Making holes in the dough balls

- Now place all the balls in a greased baking plate.
- Punch holes in the middle of each balls with your finger and allow it to rest for 20 mins.

- Preheat your oven to 425° F.



Cooking the bagels in sugar water

- In a heavy bottomed pan, add few inches of water and a tbsp of sugar. Allow it to come to a boil. Now drop bagels 3 at a time. Cook 90 seconds on one side, flip it and cook 90 seconds on other side.
- In the mean time, grease the baking plate with some oil. Carefully take bagels from the pan, and place it in a greased baking plate.
- If you eat eggs, brush the top with beaten eggs. If you don't eat eggs like me, just sprinkle the sesame seeds at the top of the bagels.



Baking

- Now place the baking plate in a oven. Bake about 10

mins on one side, flip with spatula and bake for another 10 mins on other side.

- Bagels are ready to enjoy with butter and jelly. Slice it and store it glass cake dome or any container.

Tips

- If you use active dry yeast, you need to activate. For that, you have to dissolve the yeast in lukewarm water and a pinch of sugar. Water temperature should be around 105 degree to 110 degree Fahrenheit. If the water is cold, yeast will not work. If the water is hot(130-140 °F), the yeast will die. So make sure to maintain the favorable temperature.
- If you have ground flaxseeds, add a tbsp of it to the flour.
- Adding sugar, not only for flavor, but it provides food for the yeast to grow.
- Adding salt, controls the growth of the yeast and also contributes the flavor to bagels.
- You can top the bagels with oats, finely chopped vegetables or Italian seasonings.
- Shelf life is very less for bagels. So finish it within 2-3 days.



100% Whole Wheat Bagels

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Health Benefits of Whole Wheat Bagels

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.



[Sweet Aval Pidi Kozhukattai Recipe](#)



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A Modak / Kozhukattai is a dumpling, which is more popular in India. Sweet aval pidi kozhukattai recipe have a special importance in the worship of Hindu God Ganesha's Birthday. Coming to the **sweet aval pidi kozhukattai recipe**, I have already posted the savory version of [aval kozhukattai](#) and this is a sweet version.

To make sweet aval pidi kozhukattai recipe, I used aval, jaggery, dates, grated coconut, cardamom and nuts. If you don't know how to make stuffed modak then you can try this easy kozhukattai recipe with Red aval and can make it in a jiffy. You can also use white aval to make this sweet pidi kozhukattai recipe.

Try this sweet aval pidi kozhukattai for vinayagar chaturthi and enjoy..

Ingredients for sweet aval pidi kozhukattai recipe

- 1 Cup of Red Aval / Sivappu Aval / Red Rice Flakes
- 2 Tbsp of Fresh / Dry Dessicated Coconut
- 3/4 Cup of Jaggery / Palm Jaggery
- 1/4 Cup of Dates
- 2 Cardamom
- 10 Roasted Cashews and Almonds
- 1.5 Cups of Water for soaking the aval
- 3/4 Cup of Water to dissolve the jaggery
- 2 Tsp of Ghee

Method for pidi kozhukattai recipe



- Soak the dates in hot water for 15 mins. Remove the seeds. In a blender, add dates and little water, grind it to a smooth puree.
- Chop the nuts to afine pieces.
- Soak the aval in 1.5 cups of water for 5 mins. Drain the water, mash the aval with a spoon and keep this aside.



- Dissolve the powdered jaggery in hot water and strain for impurities.
- In a medium flame, heat this jaggery water in a pan, add the dates puree, coconut and cardamom, allow it to boil.
- When it starts boiling, add the soaked aval, mix well and turn off the flame and then add ghee and nuts, stir well. Allow it to cool down for 10 mins.



- Apply little oil in your hands, take a small portion and roll it into a desired shape like cylindrical or triangular shape or circular shape and garnish with almonds and cashews.



- Steam it in a steamer or idly vessel for 5 minutes. Sweet aval kozhukkattai is ready to enjoy ☐ ☐



Tips

- For a sweet taste, you can use palm jaggery or yellow jaggery.
- Addition of dates and ghee gives a nice taste to kozhukkattai.
- If you don't want dates, add 1 cup of jaggery instead.
- You can garnish with any nuts of choice.
- You can also use this as poornam.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Jaggery acts as a digestive agent, used to cleanse the

body and provide a good amounts of minerals.

- Dates – Relief from intestinal disorders, good for heart, cures anemia and prevents stomach cancers.
- Cardamom improves digestion and prevents cancer.



Tags : [Kozhukattai](#), [pidi kozhukattai](#), [pidi kozhukattai recipe](#), [sweet aval pidi kozhukattai](#), [how to make aval pidi kozhukattai](#), [aval sweet kozhukattai](#), [aval kozhukattai](#), [kozhukattai recipe](#), [step by step kozhukattai recipe](#), [easy kozhukattai](#), [Aval Recipe](#), [Poha Recipe](#) [sweet aval pidi kozhukattai](#), [sweet modak](#), [vinayaga chatuthi kozhukattai](#) [Recipe](#), [pidi kozhukattai for vinayagar chaturthi](#)

Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



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Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so

tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly chat..yum..yum.. and enjoy with hot cup of [tea](#)..



Ingredients

- 2 Big Idly
- 2 Tbsp of Red Onion, Finely Chopped
- 2 Tbsp of Tomato, Finely Chopped
- 1 Tbsp of Carrot, Finely Chopped
- 2 Tbsp of Omapodi (Sev)
- 1/2 Tsp of Lemon Juice
- 1/2 Tsp of Black Pepper or to taste
- Black Salt to taste
- Tomato Ketchup (optional), before serving
- 1 Tbsp of Oil
- 2 Tsp of Butter or Ghee

Method

- Dice the leftover idlies.

- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.
- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve...Enjoy with hot cup of [tea](#) :-):-)



Tips

- Always use leftover idly instead of fresh idly because they turn soggy.

- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.
- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (Oma podi).
- You can use red chilly powder for spicy taste.



sending recipe to [Priyavirundhu](#) and [gayathricookspot](#)