

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



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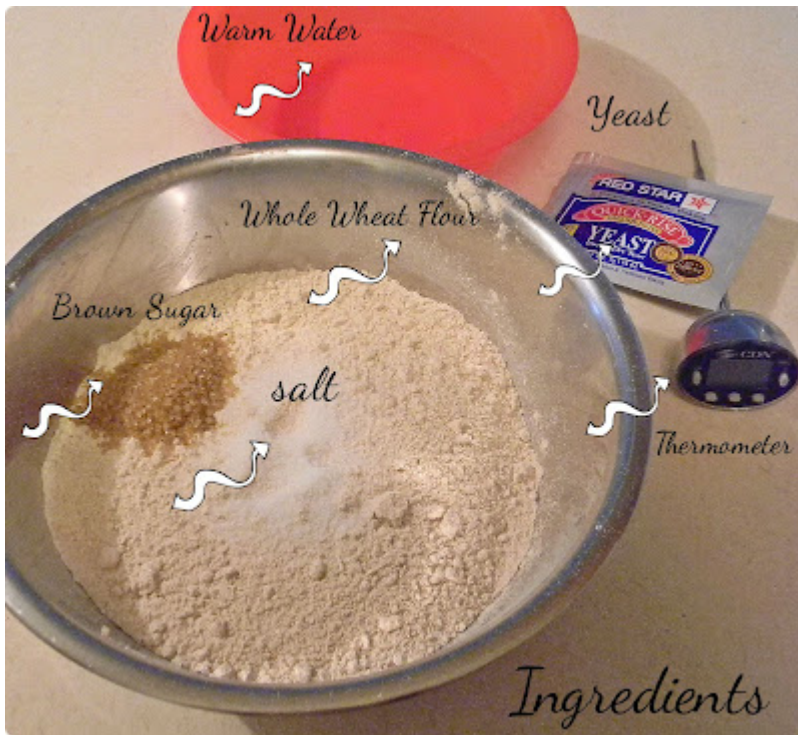
Bagel is a bread product, made with whole wheat flour/ white flour, knead it and shaped it into a ring and baked it in a oven. They are dense, chewy on inside and browned, crispy on outside. You can make bagels with wheat flour or white flour. For health reasons, here I used whole wheat flour to make 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](http://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.



### **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.



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## [Mullu Murukku Recipe](#)



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Mullu Murukku is a popular snack in Southern part of India. Mullu means “thorn” Murukku means Crispy rice snack. This mullu murukku resembles like thorns, hence the name. This mullu murukku is usually prepared during festival occasions like Diwali and Krishna jayanthi. This instant murukku recipe is very easy, delicious and simple to make murukku and it is really crispy and tasty. In this method, I used store bought rice flour to make this murukku. Other flour I used is besan flour which is also store bought. This is very simple procedure as you do not need to make rice flour at home, and hence it is a time saving murukku recipe, I have given step by step picture to easily understand the recipe. It involves very simple procedure, just mix the store bought flours, butter, red chilly powder, hing and salt. and make easy mullu murukku recipe with the help of murukku press. Adding asafoetida is to help for easy in digestion. Try this store bought rice flour

murukku and here is the recipe.



**Preparation and Cooking Time : 1 Hr**  
**Yield : 12-15 Murukku**

### **Ingredients for mullu murukku recipe**

- 3/4 Cup of Rice Flour
- 1/4 Cup of Besan Flour(Kadalai Maavu)
- 1 and 1/4 Tsp of Red Chilly Powder
- 1/4 Tsp of Asafoetida(Hing)
- 1 Tbsp of Butter
- 1/2 Tsp of Salt or to taste
- 1/4 Cup +2 Tbsp of Water
- 1 Tsp of Hot Oil
- 3 Cups of Vegetable Oil To Deep Fry



## Method for instant murukku recipe

- Sieve both the rice flour and besan flour in a bowl.
- Melt the butter in a microwave for 10 secs.
- In a bowl containing flours, add red chilly powder, asafoetida, melted butter, salt, hot oil and water, mix well. Knead it to get a soft, smooth dough.



- Grease the murukku press with oil, on inner wall of the

press. Place the dough into murukku press, with star sign plate at the bottom.

- Meanwhile, heat oil in a kadai/ shallow pan.



- In a counter top, place the parchment paper or milk cover or polythene sheet, grease it with some oil, squeeze murukku in a circular motion as shown in the picture. Make sure you seal the end of the murukku.
- When the oil is hot (325 Degree F) Gently take with your hand and carefully drop the murukku into the oil. Cook the murukku on both sides till “Ssh” sound ceases and they turn golden brown color. Always cook murukku in a medium flame. Once it done, drain it in a paper towel.



- Repeat the same process for the rest of the dough. Store it in a airtight container after it completely cool down.
- Crispy & Tasty Murukku is ready to enjoy ☐



## Tips

- Always cook murukku in a medium flame.
- Adjust the amount of red chilly powder and salt according to your taste.
- If you are an expert, you can also press murukku directly to oil.
- You can also add cumin, if you like. I added asafetida, for easy digestion.
- If you are planning to make in larger scale, then cover the dough with wet cloth, otherwise it get dried soon.
- If you don't have butter, add ghee.

- If you are vegan, add hot oil instead of butter.
- If you don't have store bought rice flour, you can also make it in your home with raw rice. It involves soaking , air drying and then ground it into a fine flour.



## Health Benefits of Rice and Besan Flour

- Rice gives fast and instant energy, regulate and improve bowel movements, boosts the skin health, aids in metabolism and digestion, blood pressure management and prevents constipation.
- Besan flour are good source of vitamins, proteins and minerals like magnesium, iron and phosphorous. Iron acts as an antioxidant and helps in the production of collagen, magnesium helps to relax muscles and maintain blood circulation. Phosphorous combined with calcium helps in building of bones.

## mullu murukku recipe



Tags: murukku,murukku recipe,mullu murukku, mullu murukku recipe,how to make murukku,mullu murukku recipe south indian,maida murukku,maida mullu murukku,how to make mullu murukku,gokulashtami recipes,krishna jayanthi recipes,easy murukku recipe,prepare murukku recipe

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# Whole Wheat Sandwich Bread / How To Make Whole Wheat Bread From Scratch / No Egg Bread Recipe



Making bread is not only fun but also gives great satisfaction. I always prefer whole wheat bread than white bread , as whole wheat bread is rich in fiber and other healthy nutrients. I love brownberry wheat bread which they sell in nearby grocery stores. Most of the day I start my breakfast with sandwiches or toast. My favourite is

almond/peanut butter-jelly sandwich. You can also see lot of sandwich recipes in my recipe index. When I was searching for whole wheat bread recipe in google, I saw lot of recipes which has all purpose flour in it in addition to whole wheat flour. At last, I got this recipe from King Arthur flour company website which uses 100% whole wheat . I tried making bread 3-4 times, and it always turns out good with this recipe and the aroma of hot bread being baked fresh which I dearly love is enchanting . In this recipe, I added milk and oil, which makes the dough soft and smooth and the addition of honey gives a rich taste to the bread. You can make 1 loaf of bread from this recipe.



## Ingredients

3.5 Cups of Whole Wheat Flour  
1 and 1/4 Cups of Lukewarm Water (110 Degree F)  
2 Tbsp of Honey  
2 Tbsp of Brown Sugar  
1/4 Cup of Vegetable Oil  
2 1/2 Tsp of Instant Yeast / 1 Packet Active Dry yeast dissolved in 3 Tbsp of Lukewarm Water(105 Degree F)  
1/4 Cup of Baker's Special Dry Milk/ Non-Fat Dry Milk / 2% Cow's Milk  
1 Tsp of Salt  
1 Cup of Flour for dusting  
Thermometer

## Method

- In a microwave bowl, heat 3 tbsp of water for 15 secs, test the temperature, if it's around 105-110 degree F (if the temperature is higher than 130 degree F, yeast will die), now add a pinch of sugar and active dry yeast, mix well, you can see foam at the top. It's a sign that yeast got activated. This process is called proofing. Allowing the yeast to metabolize the sugar and propagate. Foam indicates yeast are healthy and working.
- In another bowl, boil the water in microwave for a min, temperature should be around 110 Degree F.



## Mixing :

- Now in a wide bowl, combine all the ingredients, stir till the dough starts to leave the sides of the bowl.

## Kneading:

- Transfer the dough to the counter top, dust the surface with some flour and knead it for 10 mins, it is accomplished by folding the dough over and push down with the heel of the hand, curving your fingers over the dough, until you get soft and smooth dough. (You may also knead the flour in 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.
- Ready to shape, lightly press two fingertips quickly 1/2 inch into dough and if indentation remains.



## Punch:

Punch down the dough by pushing your fist into the center of the dough. Again, knead it for 10 mins on a lightly floured surface.



## Shaping:

- Shaping a loaf of bread starts with placing the dough on a floured surface.
- Then, roll the dough into a rectangle shape. Roll up tightly, starting with the one end. Seal with the finger tips as you roll.
- After rolling, seal the edges by pressing down on each ends. Now place it in a greased baking pan, folded ends down and cover the pan with a towel, allow the bread to rise for another 1 to 2 hrs.
- Towards the end of the rising time, preheat the oven to 350°F.



## Baking

- Bake the bread for 30 -35 mins at 350 degree F.



## Test

- Test the baked bread for doneness by tapping the top crust with your finger. If there is a hollow sound, the bread is thoroughly baked. Remove the bread from pan at once; cool on a wire rack.
- If desired, rub the crust with a stick of butter, this will yield a soft, flavorful crust. Cool completely before slicing.



## Storage

- Storing the bread properly necessary to keep them fresh tasting. Wrap the bread in foil or clear plastic wrap, or place in a plastic bag. Then, store in a cool, dry place. Do not refrigerate baked breads.



## Tips

- You can also add 1/4 cup of honey instead of adding sugar.
- If you have instant yeast, add it directly to the flour. It does not need activation.
- If you use active dry yeast, you need to activate. For that, you have to dissolve the yeast in lukewarm water. 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.
- 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 bread.
- Kneading the dough for a longer time, is an important step in bread making.
- To avoid over browning of bread, lightly cover the bread with aluminium foil after 20 mins of baking.



### **Health Benefits of Whole Wheat Bread**

- 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.



**Whole Wheat Bread**