



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Bey pazari Bagel

Bey pazari Simidi



1 matchbox sized yeast
1 tsp sugar
1 cup warm water
1 cup warm milk
1 tsp salt
Flour as much as the mixture gets in
For the Upper Side:
4 tbsp grape molasses
2 tbsp sugar

- # Put the yeast into a deep bowl, add sugar and water. Mix it until the yeast dissolves in the mixture.
- # Add milk, salt and flour until the mixture reaches the medium consistency. Knead the mixture during adding these ingredients.
- # Cover the dough's bowl and rest it at room temperature for about 45 minutes at least.
- # At the end of the resting time, to remove the air in the dough sprinkle some flour over the dough and knead it for a while.
- # Divide the dough into 8 pieces. Shape each part as bars those have 20 inches length. Get the both ends of the bars to shape them as bagels.
- # Place the bagels over the grease-proof paper in the oven tray. Spread the mixture of water and molasses over the bagels by a brush.
- # Place the tray into the oven which is preheated to 392 F. Bake them, until they turn into red.

Note: The mixture of molasses and water prevents the bagels grow up too much during the baking and makes the bagels seem bright.