

Miele

Mini bagels with rare roast beef and horseradish cream

By Miele

25 minutes, plus proving time

Preparation Time

1 hour 30 minutes

Cooking Time

50 serves

Serves



INGREDIENTS

Bagels

375 ml (1 ½ cups) warm water
2 tsp (7 g) dried yeast
3 tsp malt syrup
750 g (5 cups) Baker's flour
(high-protein flour)
3 tsp salt flakes
2 tbsp mixed sesame and
poppy seeds

Rare roast beef and horseradish cream

500 g beef fillet, trimmed
Salt flakes and black pepper, to taste
Neutral oil

To serve

80 g (¼ cup) store-bought
horseradish sauce
¼ cup chopped chives

METHOD

Bagels

1. In the bowl of a freestanding mixer with a hook attachment, combine the water, yeast and malt syrup.
2. Add the flour and salt to the bowl and knead the dough for 10 minutes on a medium speed, or until the dough forms a smooth ball.
3. Place the dough into a large lightly greased metal bowl. Place into the oven on Prove yeast dough and prove for 30 minutes, or until the dough doubles in size.
4. Portion the dough into 20 g balls, roll each piece into a ball then push a hole through the middle with your finger and gently stretch the dough out for that classic bagel shape.
5. Spread the bagels over two lined baking trays and sprinkle with the seeds. Place the trays into the combi steam Pro oven on shelf levels 1 and 3 and prove for 15 minutes, or until the dough doubles in size.
6. Do not remove the bagels from the oven. Select User Programmes and create the following:
Stage 1: Select Steam at 100°C for 2 minutes.
Stage 2: Select Fan Plus at 190°C for 20 minutes.
Save and start the programme.

Rare roast beef and horseradish cream

1. Place the beef into a small vacuum sealing bag and Vacuum on setting 3 and Seal on setting 3.
2. Place the beef into the steam oven and Sous-vide at 55°C for 1 hour.
3. Remove the beef from the bag and dry well, sprinkle with salt and pepper and lightly rub the oil over the surface.
4. Preheat a griddle plate on high heat, induction setting 8 for 10 minutes. Cook the beef for 2 minutes on both sides.

To serve

1. Thinly slice the beef and place in a cut bagel with a dollop of horseradish sauce and sprinkle of chives.

Hints and tips

- If you don't have a steam oven, follow this method for Step 5. Place the bagels on individual squares of greaseproof paper and prove in an oven on Prove yeast dough for 30 minutes then drop into boiling water, a few at a time, and cook for 2 minutes turning once.
- Weigh 120 g balls to make a classic bagel shape.
- Miele's Perfect Clean baking trays do not usually need to be lined. However, in this recipe they are lined because of the high level of moisture left on the trays, which can lead to sticking.
- The second Prove yeast dough can be added to the User Programme by adding a step at 40°C at 60% moisture for 15 minutes.
- Alternative fillings include smoked salmon with cream cheese, capers and dill, or avocado puree with sunflower seeds and feta.