

Bagels – Serves 6

Ingredients:

- 1 Tablespoon instant dry yeast
- 1 Tablespoon honey, plus
- ¼ Cup extra honey
- 1¼ Cups warm water
- 3½ Cups cake flour
- 1 Teaspoon salt
- 1-2 Litres water
- 1 Tablespoon bicarbonate of soda
- 1 Egg
- 50g Mixed seeds
- Butter, for greasing



Instructions:

1. In a medium-sized bowl, whisk the yeast, 1 tablespoon of honey and warm water together. Cover with a clean dishcloth and set aside for 5-7 minutes until the yeast starts to bubble.
2. Mix the flour and salt together in a large bowl, make a well in the centre, then pour in the yeast mixture and combine with a wooden spoon to form a tough dough.
3. Transfer onto a clean surface and knead for about 3 minutes.
4. Cover the dough again and let it rest for 5 minutes, then knead again until smooth.
5. Transfer to a greased bowl, cover with clingwrap and place in the fridge for 12 hours.
6. Take the chilled dough out of the fridge and let it rest at room temperature for about 45 minutes.
7. Line a baking tray with parchment paper or cooking spray.
8. Heat the oven to 180°C.
9. Turn the dough out onto a clean counter.
10. Divide it into 8 equal pieces, and roll each piece into a ball with your hands. Flatten slightly.
11. Make a smallish hole in the centre of each dough ball using your thumb and index finger. (Remember that the bagels will double in size when cooked.)
12. Place the bagels on the baking tray and cover with a clean dishcloth so that they don't dry out.
13. Fill a large pot of the way with water. Add bicarbonate of soda, ¾ cup honey and bring to the boil.
14. In batches, blanch the bagels in the boiling water for about 1 minute on each side, then return to the baking tray.
15. Whisk the egg and lightly brush the bagels with it using a pastry brush, then top with mixed seeds.
16. Bake for 20 minutes until golden.
17. Serve warm or cold, with your filling of choice.

Beetroot Hummus – Serves 6

Ingredients:

- 1 Cooked beetroot bulb
- 1 Can chickpeas, drained
- ¼ Cup olive oil
- ¼ Cups lemon juice
- Zest of half a lemon
- ½ Teaspoon cumin
- 1 Teaspoon sea salt
- 1 Teaspoon mixed herbs
- 1 Garlic clove



Instructions:

1. In a blender add the beetroot, chickpeas, cumin, mixed herbs, salt, lemon zest and garlic clove.
2. Pour in the olive oil and lemon juice.
3. Blend the ingredients together until smooth.
4. Transfer into a small container and place in the refrigerator for 2 hours or over night.
5. Serve as a dip or spread.

Chocolate Ganache – Serves 6

Ingredients:

- 200ml Fresh cream
- 2 Slabs dark chocolate (100g each), broken into chunks



Instructions:

1. Pour the cream into a saucepan and bring to a simmer over medium heat. As soon as it starts simmering, remove from the heat and add the chocolate.
2. Allow the chocolate to sit for 3-5 minutes in the hot cream.
3. Gently stir the cream and chocolate together until smooth.
4. Serve as a dip or top over freshly baked cake.