

# Baking with **LAMB**



**Who ever thought lamb could be used to bake with? Try these bakes with lamb broth, adding protein to your bakes.**



Makes 6 bagels

# High Fiber Raspberry and Broth Bagels

## Dough:

5 g Yeast, dry  
1 Egg, large  
5 mL Poppy seeds  
430 g Flour, cake  
5 mL Salt  
5 mL Sesame seeds  
25 g Sugar, granulated, white  
240 mL Nutella  
5 mL Food colouring, red  
100 g Raspberries, fresh  
180 mL Bone broth

This is as good as Broth Bread gets. These functional raspberry bagels are high in protein and fiber - the perfect way to start your day!

## For the bagels:

Sift the flour and salt together. Add the yeast and half of the sugar, with the fresh berries.

Add enough broth to mix to a soft dough, knead in a Kenwood mixer for 10 minutes until the dough is smooth and elastic.

Place in a lightly oiled bowl and leave to rise until doubled in size.

Knock down the dough on a lightly floured surface and knead until smooth, then divide in 85g pieces.

Using a bagel mold, shape the dough and allow to rise on a baking tray for 15 minutes.

Bring a pot of water to a boil, add remaining sugar and allow to dissolve.

Submerge bagels in boiling water for 30 seconds, then drain on paper towel. Place on a greased tray, brush with lightly beaten egg white and sprinkle with seeds.

Bake for 15 minutes on 220°C, then allow to cool.

Serve with filling of your choice.