

FOOD

KITCHEN CURIOUS

Make bagels in 30 minutes with 2-ingredient ‘miracle dough’By **Ligaya Figueras**
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Chewy on the inside, toasted on the outside, a schmear of cream cheese on top, perhaps capped with savory fixings like smoked salmon, red onion and capers – when the craving for a bagel strikes, it's hard not to give into it.

How long does it take you to drive to your favorite bagel shop? What if you could get that same gratification at home, and in less than 30 minutes?

In her new “2-Ingredient Miracle Dough Cookbook” (Page Street Publishing Co., \$21.99), author Erin Renouf Mylroie shares a recipe for everything bagels

that come together in half an hour.

The dough, which is the foundation for the more than 70 recipes in the book, is made from self-rising flour and plain Greek yogurt. For everything bagels, it's just a matter of stirring the seasoning into the dough and shaking more atop the egg-brushed rounds.

Sticklers for rules may claim that these aren't real bagels because they aren't made from yeast nor are they boiled prior to baking. Busy home cooks, however, will cheer for zero rise time.

And everyone will agree that these bagels taste darned good.

Mylroie notes that the recipe can be adjusted to meet most dietary needs. It works with nonfat, low-fat, full-fat or vegan varieties of Greek yogurt.

As for flour, use a gluten-free blend, if desired.

And if you have a well-stocked spice cabinet, make your own everything bagel seasoning by combining 1 tablespoon each minced onion, minced garlic, sesame seeds, poppy seeds and kosher salt.

If this baking project gets you really excited, whoop it up: Double, even quadruple, the recipe. And stir a tablespoon or two of seasoning into softened cream cheese to achieve Triple Everything Bagels.

DOUBLE EVERYTHING BAGELS**1 cup self-rising flour, plus more for kneading****1 cup plain Greek yogurt****3 tablespoons Everything Bagel Seasoning, divided (see note)****1 egg, beaten****Cream cheese, for serving, optional**

Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or foil and spray lightly with nonstick cooking spray and set it aside.

In a medium bowl, combine the self-rising flour, yogurt and 1 tablespoon Everything Bagel Seasoning by stirring the dough with a wooden spoon until the mixture forms a shaggy ball. Knead the mixture in the bowl by hand for about 10 turns, until the dough is well combined and no dry crumbs remain. Sprinkle in a little more flour if the dough remains sticky.

Gather the dough into a ball. Divide the dough into four equal sections, rolling each section into a smaller ball. Shape each ball into a bagel by either rolling it into a snake shape and joining the ends or by pushing your thumb through the center of the ball to create a hole in the dough for a bagel shape.

Dip or brush the top and sides of the bagels in the beaten egg. Sprinkle the bagels generously with the Everything Bagel Seasoning. Place the bagels on the prepared cookie sheet. Bake 16 to 18 minutes, or until they are golden brown and very fragrant. Let cool for about 10 minutes on the baking sheet. Serve warm and fresh



It doesn't take too much time or too many ingredients to make Double Everything Bagels at home with this recipe. LIGAYA FIGUERAS / LFIGUERAS@AJC.COM

with a schmear of cream cheese, or cool them completely and toast them. Makes 4 bagels.

Note: If you aren't able to find Everything Bagel Seasoning, you can make your own by combining the following ingredients: 1 tablespoon dried minced onions, 1 tablespoon dried minced garlic, 1 tablespoon sesame seeds, 1 tablespoon poppy seeds and 1 teaspoon kosher salt. Store in an airtight container.

Per bagel: 173 calories (percent of calories from fat, 15), 8 grams protein, 28 grams carbohydrates, 1 gram fiber, 3 grams fat (1 gram saturated), 57 milligrams cholesterol, 693 milligrams sodium. Reprinted with permission from “2-Ingredient Miracle Dough Cookbook” by Erin Renouf Mylroie, Page Street Publishing Co. 2019.

CraftCellr's mobile platform gives craft beer lovers an edge**Bob Townsend**
Beer Town

CraftCellr, a new mobile platform that lets craft beer lovers connect with craft breweries to preview and preorder new releases, officially launched in December 2017.

Since then, the Atlanta-based startup has been steadily expanding its reach, with brewery partners across Georgia, as well as in Alabama, Colorado, North Carolina, South Carolina, Tennessee and Virginia, and states coming soon.

With more and more breweries selling some of their rarest seasonal and small batch beers as tap-room-only releases, CraftCellr's appeal to buyers is that they can reserve and pay online, then pick up their purchases without waiting in long lines. But for the platform to thrive, it had to be a win for breweries, too.

“CraftCellr has been a great way for us to gauge the popularity of certain small batch releases and the styles associated with those releases,” said Jonathan Baker, co-founder and CMO of Atlanta's Monday Night Brewing, which was the first company to sell its beer via the platform.

“It gives our consumers, particularly those who don't live close to the brewery, a way to be guaranteed they can get their hands on some-



CraftCellr lets craft beer lovers reserve their purchases and pay online, then pick up their purchases. CONTRIBUTED BY CRAFTCELLR

**Eric Thelen**

ond piece was, as a beer consumer myself, I was going to a lot of bottle shops and seeing the same stuff over and over again. And I realized if I wanted some of the more interesting beers, I'd need to go check out some of the crazy, funky, cool stuff at the breweries that you can't get anywhere else.”

Thelen said that during the first year, CraftCellr mainly stuck close to home, with Monday Night as its guinea pig.

“In year one, it was all about building the product with the people in our own backyard and our own market, and really learning from consumers and partners what they want out of it,” he said.

“And then, obviously, it made sense for us to go into other states in the Southeast.”

Asked to name some of the Georgia breweries that were thriving on CraftCellr, Thelen cited two examples – one big, and one small.

“It kind of runs the gamut,” he said. “Creature Comforts does a really good job on the platform, but we also have Pontoon that does a great job on the platform. Talk about a brewery that's a year old, they built it from the ground up, and they were one of our early adopters. So you don't need to be the size of Comforts to have success on the platform. And I guess that's the point.”

STOCK UP | COMPILED BY C. W. CAMERON**3 ways to get a little heat in your meals**

There are dozens of ways to include peppers in your cooking. We like these three.

A grinder filled with pepper from Hotlanta Peppers

Hotlanta Peppers is the brainchild of Mike Farrell. He grows 40 different kinds of peppers under organic conditions in his north Atlanta garden, harvests and dehydrates the peppers, and then creates blends that range in heat from Midnight Train to Georgia (the mildest at 1,000 to 10,000 Scoville heat units) to Devil Went Down to Georgia (the hottest, at over a million Scoville units). Buy a 1/2-ounce tin to add to whatever you're cooking, or do as we did, and purchase his pre-loaded stainless steel punch grinder. It also holds 1/2-ounce, but the mechanism allows you to push the plunger and add a dusting or a teaspoon (keep plunging!) of whatever mix you've put inside. It's perfect for sprinkling on finished dishes; we liked being able to add a little heat to something as simple as a cream cheese-topped bagel. Grinding dried peppers means the flavors aren't released until they're ground, so the mixes stay fresh for a good long while.



A pepper grinder filled with a pepper blend from Hotlanta Peppers. CONTRIBUTED BY NICOLE BRADSHAW-JACKSON

\$25 for the punch grinder loaded with 1/2-ounce of dried peppers, \$9 per 1/2-ounce tin of pepper blends. Available at the Grant Park and Green Market at Piedmont Park farmers markets, or at hotlantapeppers.com.

Hungarian wax pepper hot sauce from Pulp

“I love peppers,” said chef and former farmer Nicholas Gregory, who started his company, Pulp, to share his love of peppers with the world. His seven varieties of small-batch fermented hot pepper sauces (four available year-round and three seasonal flavors) are made in southwest Atlanta, using just five ingredients: peppers, garlic, turbinado sugar, kosher salt and white vinegar. Also, Gregory wants you to know there's roughly a half-pound of peppers in each bottle. We love peppers, too, but aren't always up for incendiary heat. So, we decided to



Hungarian wax pepper hot sauce from Pulp. CONTRIBUTED BY PULP

try the mildest, the Hungarian wax sauce. The fact that the peppers aren't cooked means the sauce tastes really fresh, and that's very different from other hot sauces

we've tried. And, because they're raw sauces, you need to keep the little bottles refrigerated. You want to use them where you can enjoy that fresh taste, so we think this would be great stirred in hummus, added to queso after it's been heated, or as the base for a fresh salsa. And, we totally can see it as the start of a great vinaigrette.

\$7 per 5-ounce bottle. Available at the Candler Park Market, Chop Shop, Cultured South, David's Produce and Country Store, Floral Park Market, Grant Park Market, Lucy's Market, Jim Adams Farm & Table, Pine Street Market, Spiller Park at Toco Hills and at the Grant Park farmers market. pulp.fyi.



Hot sauce from Lillie's of Charleston. CONTRIBUTED BY LILLIE'S OF CHARLESTON

Hot sauce from Lillie's of Charleston

Tracey Richardson and her sister, Kellye Wicker, named their business after their Great Aunt Lillie. Their dad, Hank, spent his summers cooking with his aunt, and went on to open the Rib Shack on the corner of King and Cleveland Streets in Charleston, South Carolina, in 1985. Lillie's of Charleston was founded to share his original mustard-based barbecue sauce (Hab Mussy Mustard) with a wider audience, and the sisters have gone on to add a seasoning mix, two varieties of hot sauce and a second mus-

tard-based barbecue sauce, Finger Leek-en Mustard. The barbecue sauce names reflect the family's Gullah heritage. We sampled the original hot sauce, Low Country Loco. This is one hot sauce where the heat is up front, but not overwhelming. We like the mix of spices, along with the combination of black and red peppers that makes this sauce distinctive. It's perfect to add a little heat to your seafood cocktail sauce, or mix into a marinade for great grilled chicken.

\$9.09 per 5-ounce bottle. Available, along with their barbecue sauce, from Amazon. lilliesofcharleston.com.

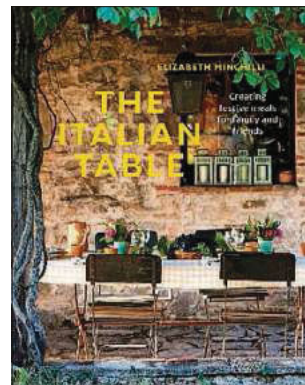
AJC BOOKS FOR HOME COOKS**Here's how to dine in Italian style**By **Susan Puckett**
For the AJC

It's no wonder that, when trying to decide what to serve for a company, we often fall back on pizza, pasta, antipasti, gelato or any combination of these Italian classics. They're uncomplicated, easy to serve, and loved by practically everyone.

What makes these same foods taste so special in Italy goes far beyond their flavors. The people, the surroundings, the tableware and the pacing are as essential to the enjoyment of a meal as the ripeness of the tomatoes or the quality of the cheese.

Elizabeth Minchilli knows this well. The award-winning blogger and prolific author writes about food, style and architecture from her homes in Rome and Umbria, and has spent decades mastering the art of entertaining in her adopted country.

In her latest book, “The Italian Table,” she shows us how we can re-create the essence of an authentic Italian dining experience – be-



The Italian Table: Creating Festive Meals for Family and Friends by Elizabeth Minchilli (Rizzoli, \$40)

it on a Roman rooftop, in a Renaissance garden, at a market in Florence, a canal-side bar in Venice – even in our own dining rooms or backyards.

Recipes inspired by favorite meals she's enjoyed all over Italy are presented in 12 sumptuous menus, with captivating descriptions and photographs of casual, real-life occasions. With each, she offers a game plan, drink suggestions, table setting

tips and recipes that are as tantalizing-sounding as they are doable.

Even if you're not up for hosting a party, there's nothing to stop you from cooking from these pages right now. I pulled together a wonderful little feast from two different menus – Pasta with Smashed Tomatoes and Arugula, and Sausages with Wine and Olives – in about an hour. For dessert, I tried her one-ingredient recipe for Roasted Grapes – so ridiculously simple, yet so good. Many of her recipes aren't much more difficult: hard-boiled eggs and anchovies skewered with a toothpick, prosecco and vodka whisked into prepared lemon sorbet for a slushy cocktail.

Now that the weather's warming up, I'm feeling inspired to dust off my patio, send out some invites, and let the celebration begin.

Susan Puckett is a cookbook author and former food editor of The Atlanta Journal-Constitution. Follow her at susanpuckett.com.