

Easy Bagels

I used to shy away from making bagels thinking that they would be too tedious to make but they are really easy and the boiling water bath doesn't complicate the process much. These tend to be a bit lighter and softer than bagel shop bagels (which I think you'll like) but the flavor is the same. For true bagel flavor use the barley malt syrup but in a pinch you can substitute dark corn syrup.

Ingredients

Double Batch (12 bagels)	Ingredient	Single Batch (6 bagels)
6 cups, 816 g	Bread flour, 93%	3 cups, 408 g
½ cup, 65 g	Whole wheat flour, 7%	¼ cup, 33 g
1 ½ Tbsp, 14 g	Yeast, 1.6%	¾ Tbsp, 7 g
1 ½ Tbsp, 21 g	Salt, 2%	¾ Tbsp, 11 g
2 tsp	Freshly ground pepper	1 tsp
¼ cup, 55 g	Oil, 6%	2 Tbsp, 28 g
¼ cup, 85 g	Barley malt syrup, 10%	2 Tbsp, 43 g
2 cups, 474 g	Water, warmed to 105-115 F, 58%	1 cup, 237 g

Mixing the Dough

In a large bowl stir together the bread flour, whole wheat flour, yeast, salt and pepper. Form a bowl in the middle of the dry ingredients and add the oil, barley malt syrup and water. Stir until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 2 hours then refrigerate OR refrigerate immediately and use at least 12 hours later.

Forming the Bagels

Remove the dough from the refrigerator and fold the dough a few times on a floured surface. Divide the dough into 6 (single batch) or 12 (double batch) equal pieces and shape dough into a ball, pulling the dough around to the bottom and turning as if making a round dinner roll. Use your thumb to punch a hole in the middle of each ball then stretch and turn each ball to make a doughnut shape with the hole being much bigger than the final desired hole (the hole will get smaller as the gluten pulls back together and from the second rise). Lay each bagel on a baking sheet covered with parchment, 6 bagels per sheet. Cover loosely with plastic wrap and allow to rise at room temperature for an hour or refrigerate for several hours prior to boiling and baking.

Boiling, Topping, and Baking

When ready to bake, preheat the oven to 450 degrees. Remove the bagels from the refrigerator (if necessary) and bring a large filled with water to a boil. Turn the heat down so that the water is at a simmer or low boil then stir 2 Tbsp barley malt syrup, 1 Tbsp baking soda and 2 tsp salt into the water. Gently lower each bagel into the water and boil for about a minute, then use a ladle to turn each bagel over and boil for a minute more. Remove the bagels to a cooling rack and repeat the process until all the bagels are boiled.

In a cup, beat an egg white with 2 Tbsp water and brush each bagel with the egg white mixture shortly after removal from the water bath. Sprinkle desired toppings over the bagels. Place bagels back on the

parchment covered baking sheets. Turn the oven down to 400 degrees and bake for 20minutes or until the tops are browned. Remove to a wire rack to cool.

Suggested Toppings

Sea salt

Sesame, poppy or dill seeds

Minced onion

Diced bacon or prosciutto

Asiago cheese

Rosemary or Sage

Bagel Dough Variations

Cinnamon-Raisin Bagels: Plump 1 cup of raisins by soaking in hot water for 5 minutes then drain. Stir the raisins and 1 tsp cinnamon into a single batch of dough when adding liquid ingredients.

Whole grain bagels: Replace 1 cup of the bread flour with 1 cup of whole wheat, rye or spelt flour when initially mixing a single batch of dough

Pumpernickel bagels: For a single batch, replace 1 cup of the bread flour with 1 cup of rye flour and replace the barley malt syrup with molasses. Add 2 Tbsp of Dutch process cocoa if desired.

Chocolate chip bagels: Stir 1 ½ cups of chocolate chips into a single batch of dough just after adding the liquid ingredients.