

Easy Sourdough Bagels

Double Batch	Ingredient	Single Batch
1 cup, 215 g	Liquid Starter, 24%	½ cup, 108 g
2 cups, 474 g	Water, 54%	1 cup, 237 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, 48 g
6 cups, 816 g	Bread flour, 93%	3 cups, 408 g
½ cup, 65 g	Whole wheat flour, 7%	¼ cup, 33 g

Mixing the Dough

In a large bowl stir together the liquid starter and water. Allow to stand a few minutes while you gather the other ingredients. Stir in the salt, pepper, oil, barley malt syrup until smooth then stir in the bread and whole wheat flours. Stir until smooth then stir vigorously another 15-30 seconds. Cover and allow to rise at room temperature for 10-12 hours, then refrigerate or proceed to shaping the bagels.

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 on the stove bring a large pot 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 20 minutes or until the tops are browned. Remove to a wire rack to cool.