



Bagels

Makes 6

2 1/2 cups bread flour
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon instant dry yeast (make sure its “instant” not “active” dry yeast)
1 cup lukewarm water

Put flour, sugar, and salt into large bowl and mix lightly. Add yeast and water. Mix and mash as much as you can with fork, then knead in the bowl until dough holds together in a ball shape. Put dough on table top and continue to knead for 8 minutes, adding drops of water if dough is dry or pinches of flour if dough is sticky. Cut dough into equally sized 6 pieces. Shape each piece into a ball.

Shape the dough. You can either poke a hole in the middle with your finger and stretch out into a bagel shape or roll out the dough into a rope and create a circle, pressing overlapping dough ends together. The dough will expand, so leave a nice big hole in the middle. Cover the bagels with plastic wrap and let rest* for about 20 minutes (30-40 min during winter time).

In the meantime, fill a large pot with water and a teaspoon of sugar or honey and bring to a simmer.

Preheat oven to 375 degrees. When the dough is ready, carefully drop them into the water (a few at a time) and let them simmer for about 15 seconds on each side, flipping them only once. The bagels should float. Keeping the water boiling too hard or flipping too much will cause the surface of the bagels to crinkle later.

Take the bagels out with a slotted spoon and blot excess water. If you would like to add toppings, do so now. For small or crumbly toppings such as sesame seeds, poppyseed, minced onion or sea salt, dump out the toppings on a small plate and gently press the top of the bagel into the topping. Put the bagels onto a baking sheet and let bake until brown, approximately 15 minute.

*optimal temperature for dough to rise is 80-90 degrees. to create a warm, moist, draft free environment for your dough, do the following. Put a 1/2 cup of water in an oven safe bowl. Put the bowl in the oven. Turn oven on to 170 degrees and set the timer for 2 minutes. When 2 minutes is up, turn oven off. Keep oven door closed until you put your bagels in it to rest.