

Bagels



Makes 8 medium-sized bagels

Ingredients

For the bagel dough

- 1 ¼ cup warm water
- 2 teaspoons active dry yeast
- 1 tablespoon sugar
- 3 ½ cups bread flour
- 1 ½ teaspoons Kosher salt

olive oil to coat the bowl and to brush on the sheet pan

To top the bagels

1 egg whisked with 1 teaspoon water

Topping ideas:

- Everything Bagel seasoning
- Pretzel salt or sea salt
- Cinnamon sugar
- Sesame seeds
- Poppy seeds

Steps

1. Combine ½ cup of water, yeast and sugar in a large measuring cup. Let stand until yeast starts to froth and foam (about 5 minutes). Then stir to dissolve the yeast.
2. Mix the flour and salt together in the bowl of a stand mixer. Make a well in the center and pour in the yeast/sugar/water mixture. Pour an additional ½ cup of water in the well. Attach a dough hook and begin mixing on low speed. If the dough is dry and crumbly still after a few minutes, you may need to add more water but only add 1 tablespoon at a time.
3. Let dough knead for another 5 minutes. It should pull away from the sides of the bowl.
4. When dough is looking pretty smooth take it out of the bowl and dump it onto a counter that's lightly sprinkled with flour (if needed). Knead dough by hand for a couple of minutes. Coat the inside of the mixing bowl with oil. Roll the dough around the oil. Cover the bowl and let dough rise (proof) in a warm spot for about one hour (dough should be doubled in size).
5. Get a half-sheet pan ready with parchment paper. Brush the bottom of the pan with oil. Divide the dough evenly into 8 pieces (a scale makes this really easy). Take each piece of dough and roll it into a smooth ball. Stick your finger through the middle of each ball to form a ring. Stretch the ring out so that the hole is about 2-inches in diameter. Place the ring on the prepared sheet pan. Repeat with the remaining dough.
6. Preheat oven to 425°F. Bring a large pot of water to boil. Using a skimmer or slotted spoon and carefully drop in two-three bagels at a time, boiling for a few minutes on each side. Remove from the boiling water with a slotted spoon onto the prepared baking sheet pan. Repeat with the remaining bagels. Brush the tops with the egg wash and sprinkle bagels with your choice of toppings.
7. Allow the bagels to rest and rise for 10 minutes before baking. These should start to turn light brown around the edges after about 20 - 25 minutes.
8. Allow to cool a bit before eating!