

Making BAGELS

Making bagels is simple, once you have the basic understanding of making bread. However, there are several significant "tricks" that make bagels come out as bagels and not just a doughnut shaped piece of bread. In this recipe, I have put an asterisk (*) beside each point that is significant to making bagels effectively at home. This recipe assumes that the bagel maker has a basic understanding of bread making.

RECIPE

Use 1 basic bread recipe for each 8 bagels that you want to make with the following exceptions:

- * Use high gluten flour instead of bread flour
- * If you cannot find high gluten flour, add an extra 1/2 cup of bread flour.

Hint: You should always make more than 8 bagels. A double or triple batch is usually best

(the basic bread recipe is 3 cups bread flour, 1 cup water, 1 Tbs yeast, 1 tsp. salt)

- * Mix all the flour into the recipe at once. The dough will be very stiff and you may not be able to knead in all the flour in the end. Get as much as you can kneaded in.
- * Instead of letting the dough rise in a warm place, put it in a large plastic bag that is big enough to allow the dough to rise and let it rise *overnight in the refrigerator*.

IN THE MORNING

Get a big pot of water boiling on the stove. Time the shaping of the bagels so that as when they are shaped, the water is boiling.

Separate one egg. Beat 1 Tbs of water into the egg white. This will be used as a coating for the bagels.

SHAPING THE BAGELS

* Bagel dough is shaped into bagels *while it is cold* (right from the refrigerator). If you are making more than one batch, separate the dough into 8 bagel batches and keep them in the refrigerator until you are ready to make each one.

Punch down the single bagel batch of dough and knead it lightly to get out all the air bubbles.

Cut it with a sharp knife into 8 equal pieces.

Knead each piece using your thumbs and fingers into a small round loaf.

* Carefully push your thumb through the dough, *making sure that you do not tear the dough*. Once you have a hole through the bagel set it aside and do the same for all the other bagels in the batch. (8)

* Now go back to the first one you formed and gently stretch the ring of dough. This is best done by putting both thumbs through the hole and roll your thumbs over each other gently pulling at the dough. **DO NOT TEAR THE BAGEL; STRETCH IT GENTLY!** Do this several times until the hole in the bagel is about 3 inches across. (This seems very big, but do not worry, it will close up in boiling and baking.)

BOILING THE BAGELS

* When all the bagels in the batch are formed, drop them into the pot of rapidly boiling water. They will first sink to the

bottom and then quickly rise to the top. Boil them for about 15 seconds (and I do mean seconds) after they float and immediately take them out of the water and put them onto a dish towel for to drain briefly.

Transfer them to a cookie sheet covered with a layer of corn meal or rice meal. Be sure to put the best side up.

Brush the top with a *beaten mixture of 1 egg white and t TBS water*. This can be done with your fingertips.

If you want to add poppy seeds, sesame seeds something else to the top of the bagel, this is the time to do it.

BAKING THE BAGELS

Bake the bagels on the middle rack of the oven at 425 deg. F (260 C) for 20 minutes. They should be golden brown.

Cool on a wire rack.