

Easy Bagels

Easy Bagels



recipe adapted from sugargeek. com

For tiny bagels, divide into 24

For small bagels, divide into 18

For "regular" bagels, divide into 12

- 452 grams water – 110-115 degrees
- 24 grams olive oil
- 12 grams sugar
- 852 grams flour – bread or all purpose
- 14 grams instant yeast (you can use active dry, it will just increase the rise time)
- 9 grams salt
- 1 Tbsp water
- 1 egg

1. Heat your water to 110°-115°F. Combine the water with the sugar and oil and set aside
2. Place your flour and yeast into the bowl of your stand mixer with the dough hook attached. Mix for 5 seconds to distribute the yeast.
3. Pour in your hot water mixture while mixing on low, just until everything is moistened.
4. Sprinkle in your salt.
5. Increase the speed to medium-high (speed 4 on a kitchenaid, speed 2 on the bosch) and mix for 6 minutes.

If your dough is too dry, add a tablespoon or two of water until the dough sticks to the sides of the bowl. If it's too wet, sprinkle in a little flour.

6. Poke the dough, does it bounce back? The dough is ready to proof. You can also do the window test (see blog post). If the dough isn't ready, mix for another two minutes.
7. Form the dough into a ball and place it into an oiled bowl. Cover and let the dough proof for 30 minutes or until it has doubled in size. (proof 90 minutes if you're using active dry yeast).
8. Divide your dough into 24 equal sized pieces (or use a scale to make 2oz pieces). If you want your bagels to be bigger, divide into 18 equal pieces.
9. Shape your bagels into a ball and then poke a hole through the center. Stretch the hole to about 2" wide and set the bagel aside to rest for 10 minutes.
10. Bring 8 cups of water to a boil and add in 1 teaspoon of salt and 1 Tablespoon of baking soda.
11. Prepare two sheet pans with parchment paper. Sprinkle a good amount of corn flour (semolina) on top. This prevents the bagels from sticking.
12. Preheat your oven to 425°F
13. Place your bagels into the boiling water and cook for 30 seconds on each side then drain with a slotted spoon before placing onto the parchment paper.
14. Whisk together the egg and water. Brush all your bagels with egg wash using a pastry brush and sprinkle on your desired toppings
15. Bake at 425 for 20-25 minutes

Bread, Breakfast

Bread, Breakfast