

## BAGELS

adapted from [www.melindalee.com/recipearchive.html?action=124&item\\_id=423](http://www.melindalee.com/recipearchive.html?action=124&item_id=423)

who adapted from Bernard Clayton's New Complete Book of Breads (Simon and Schuster)

### MAKES 9 or 10 LARGE BAGELS

1 cup whole wheat flour  
3 cups (approximately) all-purpose flour  
2½ teaspoon dry yeast (bread machine yeast)  
3 tablespoons sugar  
1 tablespoon salt  
1½ cups warm water (120-130 degrees)

3 quarts water  
1½ tablespoons sugar  
1 egg white – beaten with 1 teaspoon, water  
topping of choice, if any (see Variations, below)  
cornmeal for sprinkling on the baking sheet

Proof yeast in ½ cup water (105 - 115 degrees) and 1 tablespoon sugar.

Make the dough: In the bowl of an electric stand mixer, measure 3 cups of the flour and stir in all the remaining dry ingredients. Pour in the yeast mix, and the rest of water, and stir with the flat paddle attachment of the electric mixer at low speed to blend, then beat for about 2 minutes.

Add the remaining half-cup of flour, a little at a time. When the batter becomes thick and heavy, attach the mixer's dough hook or lift the dough from the bowl and place it on a lightly floured work surface for kneading by hand.

Knead the dough: Knead the dough at medium low speed on the mixer – or by hand (using a push, turn and fold motion, energetically) for about 10 minutes – or until the dough is firm and solid when pinched with the fingers. Add flour as needed if the dough is sticky in your hands, or sticks to the sides of the mixing bowl (if using electric mixer). [I used about 4½ cups total.]

First Rising: When dough is kneaded enough, place it in an oiled mixing bowl, cover the bowl tightly with plastic wrap, and set aside at room temperature until it has doubled in volume – about 1 hour.

Prepare water bath: Near the end of this rising time, bring the 3 quarts of water to the boil in a large saucepan. Add the malt syrup or sugar; then, reduce the heat and leave the water just barely moving – at a slow simmer.

Shape the bagels: When the dough has doubled in volume, turn it out onto a lightly floured work surface and punch it down with extended fingers to remove excess gas.

Divide the dough into 10 pieces (each will weigh about 3-4 ounces). Shape each piece into a ball. Allow the balls to stand and relax for a few minutes – then flatten each one with the palm of your hand.

With your thumb, press deep into the center of the bagel and tear the depression open with your fingers. Pull the hole open, pull it down over a finger and smooth the rough edges. It should look like a bagel. Make the hole fairly large or it will close while baking. Form all of the bagels and place them on your work surface.

Second Rising: Cover the shaped bagels with a towel or wax paper or parchment paper. Leave them at room temperature just until the dough has risen slightly – about 10 minutes (this is called a “half proof”). [Cook’s Note: If the bagels are allowed to rise too much during this “second rise” – they will not sink when put in the simmering water; but, if that should happen, just pretend that they DID sink – and cook them for the same 1 minute as described below. The difference will be unnoticeable to most anyone.]

Prepare the baking sheet: Preheat the oven to 400 degrees. Grease a baking sheet with shortening (or use a non-stick baking sheet, or line a baking sheet with “Silpat” or similar material) and sprinkle the baking sheet with cornmeal.

Water-bathing the bagels: Into the gently simmering water prepared earlier, slip one bagel at a time (use a large skimmer, and gently lower them into the water). Simmer only 2 or 3 bagels at a time – do not crowd the pan. The bagels will sink and then rise again after a few seconds. Simmer gently for one minute, turning each bagel over once during that time. Lift each bagel out of the water with the skimmer, drain briefly on a towel, then place each bagel on the prepared baking sheet. Repeat until all bagels are simmered, drained and on the baking sheet. Due to the sugar that was added to the simmering water, the bagels will be shiny as they come from the water.

Baking the bagels: If toppings are desired, (see “Variations” below) now is the time to add them, by sprinkling the desired topping over the bagels. Brush each bagel lightly with either milk or egg-white-water mixture first, then sprinkle the topping if desired – or leave unadorned, for water bagels.

Place the baking sheet on the middle rack of the preheated oven for 22-25 minutes. When the bagel tops are a light brown, turn them over to complete baking. This turning-over step will keep the bagels in a rounded shape, instead of their being flat on the bottom. When brown and shiny, remove the finished bagels from the oven. Place the bagels on a metal rack to cool.

Variations:

Toppings may include: cinnamon sugar, turbinado sugar and cinnamon, rosemary, coarse salt, shredded onion, sesame seeds, poppy seeds, caraway seeds, or other flavors of your choice. Sprinkle toppings over before baking bagels, as described above.