

## CULINARY FLOURS & SEMOLINAS, SPECIALTY FLOURS

# BAGELS

Another of our highly requested recipes during our Sourdough Challenge was bagels! Check it out here:

## INGREDIENTS

INGREDIENTS	WEIGHT
Bagels	
Sunfield Plain Flour	0.640kg
Water	0.310kg
White Sugar	0.040kg
Salt	0.005kg
Vegetable Oil	0.028kg
Dry Yeast	0.014kg
Water (for boiling)	4.000kg
Honey (optional)	0.250kg
Toppings (optional)	
Poppy Seeds	0.024kg
Sesame Seeds	0.024kg
Dried Onion Flakes	0.024kg
Coarse Salt	0.012kg

## METHOD

### STEP 01

Combine 0.340kg water, flour, sugar, salt, vegetable oil, and yeast in the mixing bowl of a stand mixer. Mix on low speed using the dough hook until well-developed, about 8 minutes.

*Note: To ensure the gluten has developed fully, cut off a walnut-sized piece of dough. Flour your fingers, and then stretch the dough: if it tears immediately, the dough needs more kneading. Fully developed dough should form a thin translucent "windowpane."*

### STEP 02

Transfer the dough to a lightly oiled bowl, cover it with plastic wrap and a kitchen towel, and let rise for 2 hours.

### STEP 03

Punch the dough down, place it on a lightly floured work surface, and use a knife or dough scraper to divide the dough into 6 pieces (or more, for smaller bagels). Roll each piece of dough into a sausage shape about 6 inches long. Join the ends to form a circle. Repeat with the remaining dough, and let the bagels rest for 15 minutes.

#### STEP 04

Preheat oven to 245°C. Line a baking sheet with parchment paper. Arrange small plates with poppy seeds, sesame seeds, and onion flakes next to the baking sheet.

#### STEP 05

Bring 4 litres of water to a boil in a large pot. Add honey, if desired (see note below). Boil the bagels, three at a time, until they rise to the surface of the pot, about 1 minute per side. Remove the bagels with a slotted spoon and place them on the parchment-lined baking sheet.

*Note: Adding honey or barley malt syrup to the boiling water bath gives the bagels a pleasing chewy texture with a hint of sweetness. You may omit the honey, if desired.*

#### STEP 06

Dip the tops of the wet bagels into the toppings and arrange them, seeds up, on the baking sheet. Sprinkle with coarse salt, if desired. Bake in the preheated oven until the bagels begin to brown, 15 to 20 minutes.

*Yield: 6 Bagels*

*These instructions may vary depending on manufacturer's premises and equipment used.*