



Bagels (Everything)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 12 fl oz warm water (100-110 degrees) - 1.5 oz compressed yeast OR - 2.25 envelopes of powdered yeast (9g) - 20 oz high gluten flour (or bread flour) - 1.5 oz sugar - .5 oz salt - toppings (poppy seeds, sesame seeds, garlic, salt, whatever you want)

Instructions

1. Bring a wide pot to boil and add 1 tablespoon of sugar. The water only needs to be 4 - 6 inches deep. 2. Dissolve yeast in warm water. Let it sit for a few minutes so it fully dissolves. Mix all the ingredients together and knead for a few minutes. Dough should be firm and not sticky. The dough should be firm enough to easily roll and shape. Shaping: Divide dough into 4 oz pieces (about 10 total). Shape each into a 12 inch cylinder. Moisten ends and fuse to form a ring. 3. Once formed, let the shaped dough bench proof for 10 minutes (I proofed my covered with a dishcloth). Test for proofing: if you drop a bagel into a pitcher of warm water an under-proofed bagel will sink, a properly proofed bagel will sink slowly and an over-proofed bagel will float. Preheat oven to 400F now. 4. Poach proofed bagels in simmering water (not boiling) for 30 seconds and remove from water. 5. Have wide dishes ready with the topping you want to add. I did an everything bagel and a zatar bagel (above). Drop bagel onto dish of toppings. 6. Put bagels on parchment lined pan. 7. Bake immediately at 400 degrees for 15 minutes.