

Really Good Bagels

Makes 6

Recipe

5 cups All purpose or bread flour
1 ½ cups of water
2 teaspoons of salt
1 ½ teaspoons of instant yeast.
Toppings of your choice.

Boiling pot:

2 teaspoons Salt
1-tablespoon molasses
slotted spoon or spatula



Pour water into bowl . Add yeast give a stir and let sit for a minute or two. Add flour then salt. Mix until a ball starts to form. Let it rest for about 10 minutes. Knead dough into a nice smooth ball about 15 minutes. . This particular dough should be smooth & soft but rather tight., An Easy handling dough as I like to say. Place back In a slightly greased bowl covered. Let it rest for 2 hours. It could take a little longer depending on your ambient room temperature. Good rule is when it has doubled it has developed a nice flavor and is strong and ready for bread making.



At this point you can also place in the refrigerator if you were not going to use it today or wanted to prepare ahead of time. Good for two days refrigerated, but be sure check on it and squish it down, as it will rise.

Just Prior to working with dough:

Preheat oven to 425 F.

Set up your boiling pot. In a large pot place 3 quarts of water, salt and molasses . let this come to a boil as you prepare your bagels.

Set up baking tray with parchment or lightly greased . I like to sprinkle some of the toppings on the bottom so both sides of the bagel are coated.

The pre-shaping:



After two hours turn dough out onto a floured surface. Pat down to a rectangle so there are no air bubbles. Divide dough into 6 equal pieces. You will roll each into a tight ball . Using the palm of your hand cupped around the dough portion gently drag it on an area of the work surface that is not covered in flour. You

want to create a little friction that will help tighten the dough to a ball.



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Shaping:

Place your thumb through the center of the ball begin stretching gently, then roll with a couple of fingers to achieve a doughnut shape. Finish by stretching the interior circle to just fit over your hand like a bracelet. Place on floured surface and continue for the next 5. Bench rest for 15 minutes.



Boiling Bagels:

When water comes to a rolling boil begin placing the bagels into the water with spatula or slotted spoon. Boil for 2 minutes on each side. Be sure to flip them after two minutes. Remove from water drain and place on prepared baking sheet.

After all 6 have been boiled you can sprinkle your choice of toppings directly onto the bagel . place bagels

Bake

Bake for 20 minutes or until golden brown. Let cool before slicing. Enjoy!



If you are using the "everything topping" (available at most markets) I suggest waiting to sprinkle on the top portion. Take the tray out 5 minutes before you are going to take the bagels out of the oven , brush the bagels you want to use the "Everything topping" on with some of the bagel boiling water. Sprinkle and return to oven for final 5 minutes. this will prevent the garlic and onion from burning during the necessary baking time.

HAPPY BAKING !

The Vineyard Baker

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Sharing good Bread with good People