

# New York-Style Bagel Recipe

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## Overview

This easy homemade New York-Style Bagel recipe uses basic pantry ingredients to make classic, chewy bagels with a soft, shiny crust. The dough is boiled, then baked for authentic New York texture and flavor. Same-day method; ready in about 2 hours.

## At a Glance

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<b>Yield</b>	Makes 8 medium-sized bagels
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	20 minutes
<b>Additional Time</b>	1 hour 20 minutes (rise and rest)
<b>Total Time</b>	About 2 hours

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## Ingredients

### Bagel Dough

- 2 teaspoons (6 g) active dry yeast
- 4  $\frac{1}{2}$  teaspoons (19 g) granulated sugar
- 1  $\frac{1}{4}$  cups (300 ml) warm water, plus up to  $\pm \frac{1}{4}$  cup (60 ml) more as needed
- 3  $\frac{1}{2}$  cups (440 g) bread or high-gluten flour  
*(up to an additional  $\frac{1}{2}$  cup / 60 g for kneading)*
- 1  $\frac{1}{2}$  teaspoons (6 g) fine salt

### Optional Toppings

Caraway seeds, cinnamon sugar, coarse salt, minced fresh garlic, minced fresh onion, poppy seeds, sesame seeds, everything bagel seasoning, or any combination you like.

## Instructions

1. **Proof the yeast.** In a small bowl, combine 1/2 cup (120 ml) of the warm water (about 105–115°F / 40.5–46°C) with the sugar and yeast. Do not stir for 5 minutes. Then stir to dissolve completely.
2. **Make the dough.** In a large bowl, mix flour and salt. Make a well and pour in the yeast mixture. Add 1/3 cup (80 ml) warm water and begin mixing, adding the remaining scant 1/2 cup (about 100 ml) as needed to form a moist, firm dough. Depending on flour, humidity, and altitude, you may need an additional 2–4 tablespoons up to about 1/4 cup (60 ml).
3. **Knead.** Turn onto a lightly floured surface and knead about 10 minutes, working in as much flour as needed to achieve a smooth, elastic, and fairly stiff dough.
4. **First rise.** Place in a lightly oiled bowl, turn to coat, cover with a damp towel, and let rise in a warm place for about 1 hour, until doubled. Punch down and rest 10 minutes.
5. **Divide and pre-shape.** Divide into 8 equal pieces. Shape each into a taut round by cupping your hand in a “C” shape and rotating against the unfloured work surface to create surface tension.

6. **Shape bagels.** Dust a finger with flour, poke a hole through the center of each round, then gently stretch the hole until it is about one-third the diameter of the bagel. Place on a lightly oiled or parchment-lined sheet.
7. **Rest and preheat.** Cover with a damp towel and rest 10 minutes. Meanwhile, preheat the oven to 425°F / 220°C (Gas Mark 7) and bring a large pot of water to a gentle boil.
8. **Boil.** Reduce the boil to a simmer. Using a slotted spoon or skimmer, lower in as many bagels as fit comfortably without crowding. They will float quickly. Simmer 1 minute, flip, and simmer 1 minute more. For an extra-chewy, classic New York texture, boil 2 minutes per side.
9. **Top.** While still tacky from the water, add desired toppings. (Alternatively, brush with a light egg wash before topping, if you prefer extra sheen.)
10. **Bake.** Transfer to an oiled or parchment-lined baking sheet and bake 20–25 minutes until uniformly golden brown (start checking at 20).
11. **Cool (a little) and serve.** Cool on a wire rack for a few minutes—or slice warm and add a generous schmear of cream cheese.

## Serving Suggestions

- **Classic Schmear:** Plain or flavored cream cheese.
- **Butter or Butter & Jam:** Simple and great, especially with high-quality butter.
- **Lox Bagel:** Cream cheese, lox, tomato, red onion, cucumber, and capers.
- **Avocado:** Toasted bagel with smashed avocado; add bacon if desired.
- **Egg & Cheese:** Deli-style egg-and-cheese (with bacon optional); season and dress to taste.

## Notes

### Water Amount & Dough Feel

Water quantities are guidelines. Aim for a smooth, cohesive dough—not dry or crumbly. Adjust during mixing (not after rising).

### Shinier, Slightly Sweeter Bagels

For extra sheen and gentle sweetness, add about 1 teaspoon barley malt syrup to the dough and a generous tablespoon to the boiling water. (Brown sugar or honey in the boil is a reasonable substitute.)

### Flour Options

Bread or high-gluten flour yields the chewiest texture. All-purpose flour works well (slightly less chewy). For whole-wheat, use half whole-wheat and half bread flour. Spelt variations can work; sifted spelt lightens the crumb.

### Boiling Tips

Keep the water at a simmer rather than a rolling boil for smoother crusts. Handle shaped dough gently to avoid wrinkles.

### Pan Prep

Use lightly oiled parchment or a silicone mat to minimize sticking; a light oiling of the parchment adds extra insurance.

## Altitude

At higher elevations, dough rises faster. Consider reducing yeast to 1 teaspoon and allow a full rise until doubled (timing may vary).

## Make-Ahead & Storage

- **Cold Rise:** After kneading, cover and refrigerate overnight for deeper flavor. Bring to room temp for about 30 minutes before shaping.
- **Par-Bake:** Bake 10–15 minutes until just faintly golden. Cool, freeze airtight. From frozen, bake an additional 10–15 minutes until golden.
- **Freezing:** Cool completely, slice, and freeze in a freezer bag. Toast straight from frozen if desired.
- **Room Temp Storage:** In a resealable bag up to 2 days.

## Nutrition (Approximate, per 1 of 8 bagels)

Calories	228.4
Carbohydrates	44.4 g
Protein	6 g
Total Fat	—
Trans Fat	1.4 g
Cholesterol	0 mg
Sodium	441 mg
Fiber	1.7 g
Sugar	2.4 g

## FAQs

### Yeast Choices

**Fresh yeast:** Use approximately 2.5:1 fresh-to-active-dry by weight (about 15 g fresh for this recipe). Fresh yeast need not be proofed.

**Instant yeast:** Substitute 1:1 by weight; no proofing required—add directly with flour and sugar.

**Milder yeast flavor:** Reduce active dry yeast to 1 teaspoon and double the first rise.

### Temperature

Ideal water temperature for yeast activation is roughly 105–115°F (40.5–46°C).

### Mixer/Bread Maker

A stand mixer with dough hook on the lowest speed for 5–6 minutes works well. For double batches, check the manufacturer's capacity guidance.

### Smoothness

Handle gently and keep the poach at a simmer rather than a rolling boil to avoid a wrinkly crust.

### Egg Wash

Optional. Toppings adhere fine to wet, freshly boiled dough. Skip egg wash for a vegan-friendly result.

## Sizing Up

Larger bagels need a few extra minutes in the oven; bake to uniform golden brown.