

Cooking **the**



***Bagels
& Lox***

ISSUE 01

***Cooking Zine is a series of
food adventures.***

Not a full cookbook, but more than a recipe, each issue expands a dish into simple components that can be made from scratch.



THE BREAKFAST ISSUE



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an **Intro duction**



*While looking for the now-lost photo of my first bagel, my mom found this timely picture of us being well ahead of the curve.

A couple months ago, I found myself like many others, stuck inside with little to do. It seemed like everyone was baking to pass the time. Without any yeast but with plenty of time, I decided to get more experimental in the kitchen, too.

About 16 years ago, I started working for my father, a graphic designer. I learned how to help him lay out magazine pages and made little illustrations to fill in the spaces. The DIY mentality of zine culture seemed like the perfect outlet for this newfound approach to cooking.

Over a couple decades ago, I had my first bagel.* My mother, who managed cafes and restaurants, continued to introduce me to exciting new foods and cooking techniques over the years. And between a Jewish mother and a Scottish father, I was primed to love lox on my bagel.

A handful of generations ago, and stretching back millennia, the human experience of daily life was very different. Things took more time, more effort, more care, and the average person was more attuned to where their food came from. The access to ingredients and flavors we have today is unparalleled, but easy to take for granted.

A few weeks ago, I challenged myself to make homemade bagels and lox, which I feel is in some way my ancestral nourishment. I wanted to keep things simple, with minimal tools and ingredients, while maximizing fun and flavor. Spending just half hour here and there over the course of a week, I made gravlax, yogurt, pickled onions, and bagels all for the first time. By the weekend, I treated myself to the tastiest, most rewarding brunch I've ever had. Now I want to share it.

—Sam Richman
May 2020

Kitchen notes

salmon filet
red onion
eggs
yogurt
whole milk
flour
baking powder
apple cider vinegar
sugar
salt

1234
Grocery

I ordered these recipes so you can space them out by a day or two and bring everything together at the end of the week (or whenever).

It was important to me to keep the amount of kitchen gadgets to a minimum, partly because it would harsh the whole making-it-the-traditional-way vibe, and because I don't have that many tools to begin with.

That said, one tool I highly recommend getting is a food thermometer. It makes the yogurt, and many more dishes, much easier to prepare.

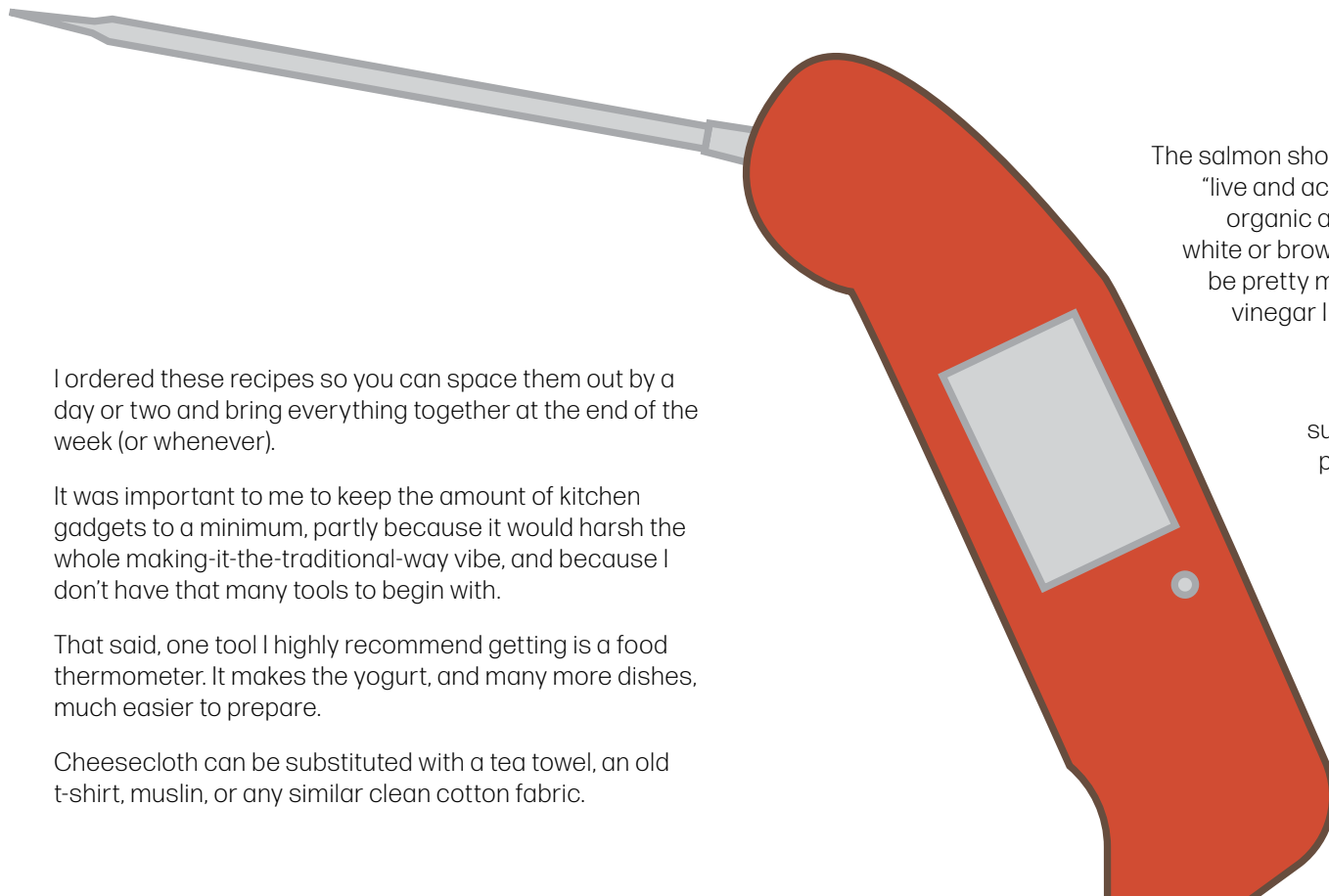
Cheesecloth can be substituted with a tea towel, an old t-shirt, muslin, or any similar clean cotton fabric.

The salmon should be skin-on. Make sure the yogurt says "live and active cultures" on the label. The milk is best organic and not ultra-pasturized. The sugar can be white or brown or honey or agave, etc. The vinegar can be pretty much any kind; I liked it with the apple cider vinegar I had. I used sea salt but kosher works too.

Since this whole thing is an experiment, add whatever flavorings you want. I make suggestions throughout for common flavor profiles, but feel free to get creative with it.

Aromatic Additions

Black Pepper
Lemon
Dill
Garlic
Chives
Everything Bagel Seasoning



3 days • 1 filet

GRAVLAX

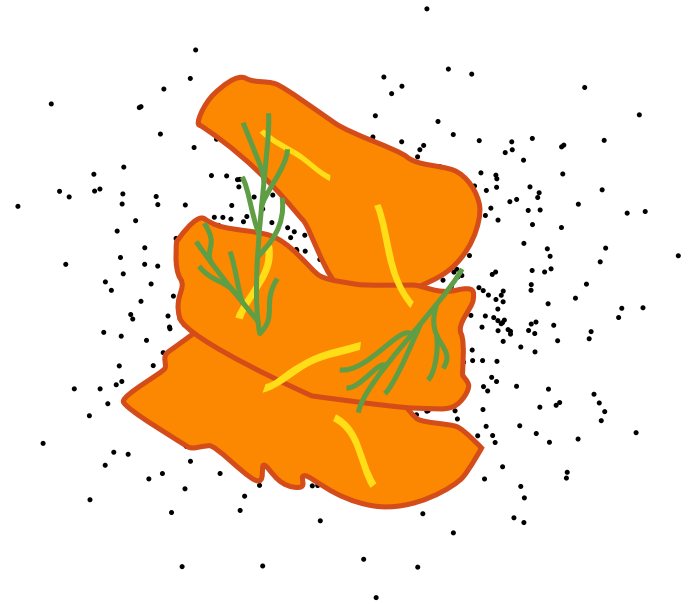
1 salmon filet

1/3 cup sugar

3 tbs salt

Swedish for “Grave Salmon,” Gravlax was traditionally buried while it cured. I used a tomato can on a plate for this recipe, but feel free to get out the shovel if you want.

I tried both wild-caught and farmed salmon and found the texture of the farmed one to be much more ideal for a bagel. If you’re measuring salt and sugar by weight, I went for a 1:1 ratio.



Spicing Suggestions

dill, lemon zest, cracked pepper,
a splash of gin or cointreau

Preparation

Coat the salmon with the other ingredients. Wrap in plastic, and poke holes through the skin side so it can drain.

Place in a pan with a lip and weigh it down with something flat and heavy.

I left it out for a bit to let the sugar melt. Put it in the fridge for 2-3 days.

Unwrap and thinly slice.

12 hours • 4 cups

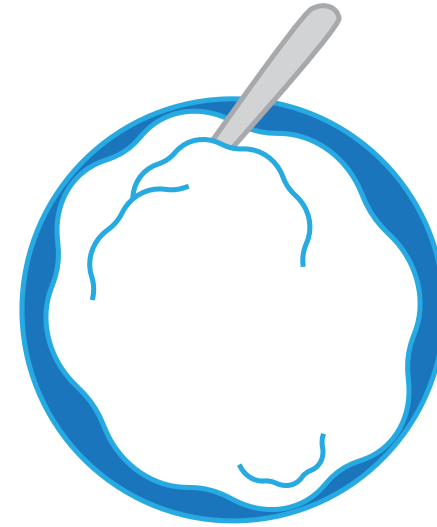
YOGURT

1 quart *whole milk*

3-4 tbs *yogurt*

This is the powerhouse of this issue. It carries the weight of both bagel and cream cheese. If seeing “yogurt” on a two-ingredient list for how to make yogurt has you trapped in a recursive loop, think of this instead as amplifying your yogurt.

I got yogurt with the “Live and Active Cultures” seal on its label, which means the National Yogurt Association certified that the yogurt had at least 100 million cultures per gram when it was made.



Preparation

In a big pot, heat the milk to about 190°F while stirring, then turn off the heat and let it cool to around 115°.

Mix the warm milk with the yogurt. I like to pour about a cup of the warm milk into a bowl with the yogurt, mix that, then pour it back into the pot.

Pour the mixture into jars, cover, and keep them around 110-120° for about 12 hours.

You’ve got yogurt! Strain it in a cheesecloth for about an hour in the fridge to make thicker Greek yogurt.

Save the strained-off whey for other dishes like ricotta, which I’m planning for the next issue, and save 3-4 tbs of yogurt to make the next batch.

Incubation Notes

If your oven can’t do 110°, set the jars near a radiator, on a heating pad, in a turned-off microwave next to a separate cup of boiled water, or use your roommate’s instant pot.

3 hours • 1 jar

QUICK- PICKLED ONION

1 red onion

1/2 cup apple cider vinegar

1 tbs sugar

1 1/2 tsp salt

If you're just going to make one thing from this zine, let this be it. They're so easy and bring so much to any sandwich, salad, or pizza.

If you're really in a rush, you could just put some sliced onion in a bowl of vinegar while you make whatever you want to put them on.

I tried making these several ways, and found that pouring boiling water over the onions gave them a nice crunchy-yet-melty texture, and adding sugar helped balance out the vinegar's acidity.



Ingredient Ideas

garlic, black peppercorns, coriander seeds

Preparation

Boil a few cups of water. Thinly slice the onion.

Put the onion in a strainer and pour most of the boiling water over the onion.

Whisk the remaining ingredients in a bowl to dissolve. Transfer the onion to a jar and pour over the vinegar mixture. Add some water to top up the jar.

Leave out at room temperature for a few hours, then refrigerate.

30 minutes • 4 bagels

BAGELS

1 cup **yogurt** (pg 8)

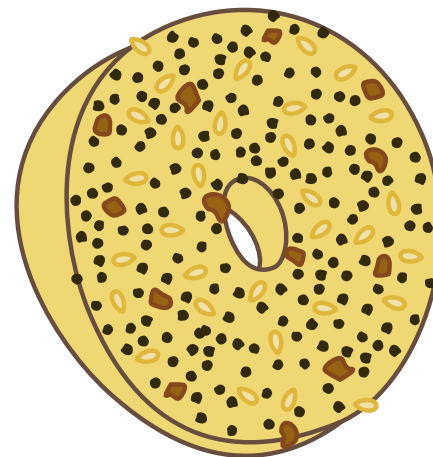
1 cup **flour**

1 1/2 tsp **baking powder**

a pinch **salt**

1 **egg**

To anyone with instant yeast, non-diastatic malt powder, and a desire for three hours of boiling and baking, these yogurt bagels might seem like some kind of sham. I didn't have any of those things and I was also skeptical. But I did have some homemade yogurt, and without too much effort was able to turn it into something surprisingly bagel-like and delicious.



Traditional Toppings

everything seasoning.
sesame seeds, poppy seeds

Preparation

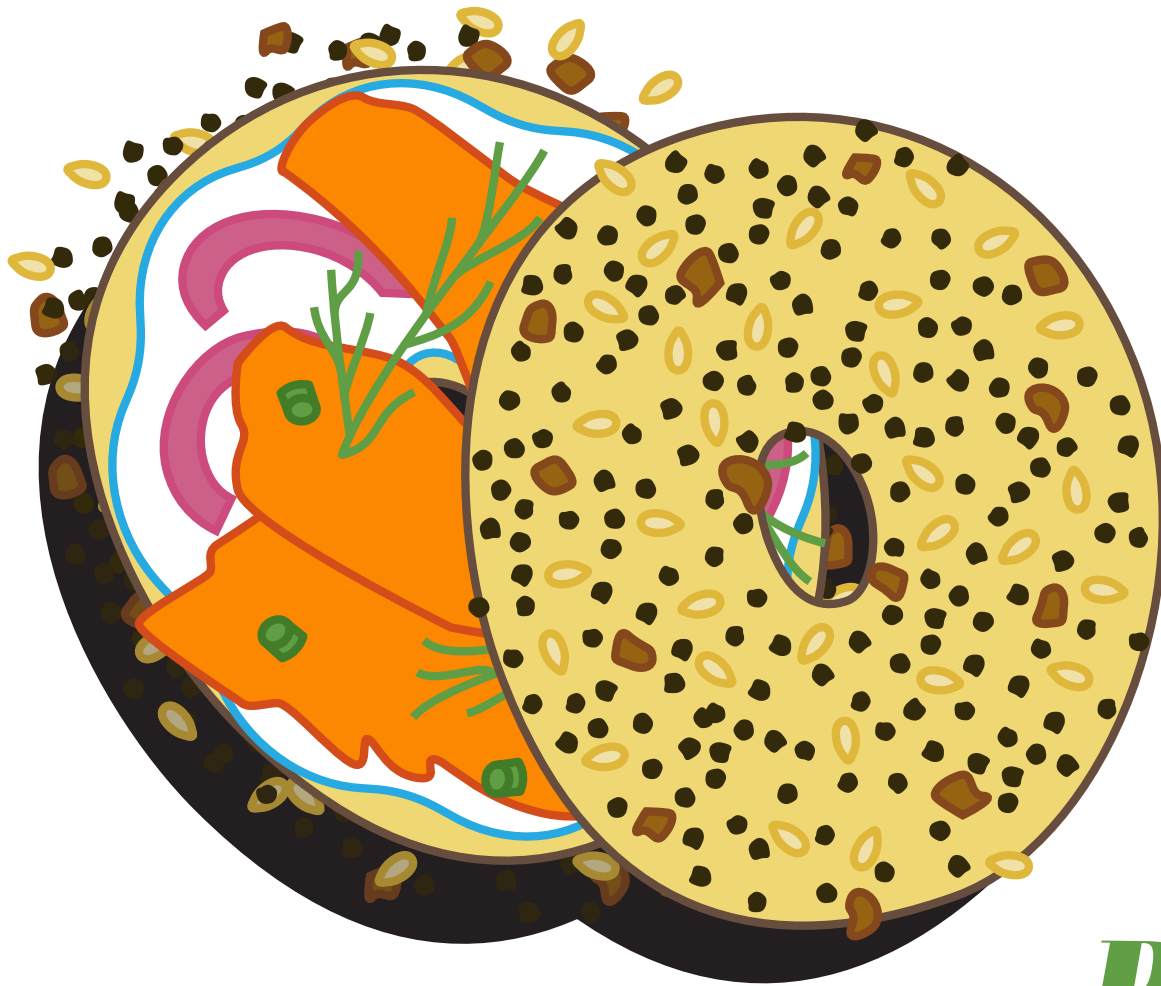
Combine the dry ingredients, then add your yogurt. For the right consistency, make sure it's Greek yogurt – thoroughly strained and thick.

Mix until it forms an even dough. Form into four bagels and put them on a baking sheet.

Brush the tops with a beaten egg. Add toppings.

Bake in preheated 350°F oven for about 25 min. Crank it to 500°F for the last couple of minutes to brown the tops.

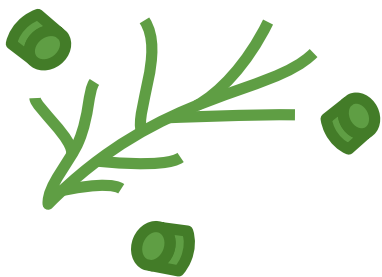
Serve warm.



Cut open your homemade bagel.
Smear on some homemade yogurt.
Add a few pieces of homemade
pickled onion. Top with thin slices
of your homemade lox.

Enjoy.

Build your
Bagel



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