Bagel Recipe

Bagel Dough			
water	570	grams	62.64%
malt syrup	14	grams	1.54%
SAF dry yeast	14	grams	1.54%
high gluten flour	795	grams	87.36%
all purpose flour	115	grams	12.64%
salt	14	grams	1.54%
Total	1522	grams	

1. Add water and malt syrup to mixing bowl.
2. Whisk in yeast.
3. Add flours and salt on top.
4. Mix on low speed using the hook attachment for 6 minutes. Transfer dough onto a lightly floured surface and knead briefly by hand until dough is smooth.
5. Place in oiled bowl and cover to let proof for about an hour.

Whole Wheat Bagel			
water	570	grams	62.64%
malt syrup	14	grams	1.54%
SAF yeast	14	grams	1.54%
high gluten flour	795	grams	87.36%
whole wheat flour	115	grams	12.64%
salt	14	grams	1.54%
Total	1522	grams	

1. Place water and malt syrup to mixing bowl.
2. Whisk in yeast.
3. Add flours and salt on top.
4. Mix on low speed using the hook attachment for about 6 minutes. Transfer to a lightly floured surface and knead briefly by hand until dough is smooth.
5. Place in oiled bowl and cover to let proof until double in size for about an hour.

Preheat oven to 425 F.

Make 130g balls, cover on bench with warm damp light towels, let rest for a few minutes

Ball Shaping Method:

Poke a hole in the middle and stretch out hole. **Let it sit for 2 or 3 minutes and stretch out the hole further.**

Make the holes big!

Folding Shaping Method:

Fold twice into cigars

Roll out with wet hands and join ends, enlarge hole

(While shaping it may help to dip fingers in a bowl of warm water to wet them and the dough being shaped.)

After shaped, boil in water with some honey for 20 seconds each side (some people put into ice water afterwards)

Put seasonings in bowls, not on plates

Dip in seasoning or sesame seeds. Do not sprinkle on top as the toppings tend to fall off after baked. Put seasonings in bowls and flip just-boiled bagel so it lands top-down.

Bake at 425 F until brown, 15 to 20 minutes.

Parmesan cheese and Parmesan cheese with onion are very good flavors.