

Pretzel Bagels

[Cup4Cup Recipe](#) [2020 Menu](#) [Cup4Cup Index](#)

[Link](#)

Ingredients

- 2 cups warm water
- 1 packet instant yeast (2 1/4 teaspoons + see notes)
- 1 tablespoon molasses or honey
- 5 1/2 cups all purpose flour
- 1 teaspoon kosher salt
- 6 tablespoons salted butter, at room temperature
- 1/4 cup baking soda
- 1 egg, beaten
- pretzel salt or flaky sea salt

Process

In the bowl of a stand mixer fitted with the dough hook, combine the water, yeast, molasses, flour, salt, and 2 tablespoons softened butter. Knead until the dough comes together, about 1-2 minutes. Cover and let sit in a warm place for 1-2 hours, until doubled in size.

Preheat the oven to 425 degrees. Line two baking sheets with parchment paper.

Once the dough has doubled, punch it down and place on your counter, using a little more flour if needed to prevent from sticking. Divide dough into 10-12 balls. Working with one piece of dough at a time, use your finger to poke a hole in the middle. Gently stretch the dough until the hole is about 2 inches big. Place the bagel on the prepared baking sheet. Repeat with the remaining pieces of dough. Cover the baking sheet with a damp kitchen towel and let the bagels rise for about 15 minutes.

Bring a large pot of water to a boil and add the baking soda. Lower 2-3 bagels at a time into the water. Boil for 3 minutes then flip to the other side and boil for 1-2 additional minutes. Using a slotted spoon, remove the bagels from the pot letting the water drain. Transfer to a parchment paper lined baking sheet. Repeat until you've boiled all of the bagels.

Brush each bagel with the beaten egg. Make sure there is no water piled up next to the bagels. Transfer to the oven and bake 10 minutes. Remove from the oven and brush the remaining 4 tablespoons melted butter over each of the bagels. Generously sprinkle each bagel with salt. Return to the oven for another 10-15 minutes, or until the bagels are golden brown. Let cool. Slice, toast, eat whole, slathered with butter or cream cheese!

RECIPE NOTES

Storing: Bagels will keep for 4-5 days in a sealed storage bag. But you may prefer to freeze them, as the salt on the bagels will begin to make them soggy.

Freezing: Bagels can be frozen for up to 4 months in a freezer safe container.

To Use Active Dry Yeast: Mix 1 packet (2 1/4 teaspoons) active dry yeast with the warm water and honey/molasses. Let sit 5-10 minutes, until bubbly and foamy on top. Add the flour and follow the directions as listed for the remainder of the recipe.

To Make Gluten Free: Use an equal amount of your favorite gluten free flour blend in place of the all purpose flour. I recommend Cup4Cup gluten free flour.

Nutrition

Servings:

Calories:

Fat:

Carbs:

Protein: