

Sourdough Bagels

Rating (01-10): 08

Hours to prepare: 24

Leaven type: Sourdough Starter

Recipe Source: 'Artisan Sourdough Made Simple' (Author: Emilie Raffa) – p.116

Bread Volume: Makes 8 bagels

of Times Baked: 1

Last Time Baked: March 12, 2022



Special Notes:

This is a surprisingly easy process. If you mix the dough during day one and place it in the refrigerator overnight, you can bake bagels the next morning to have for either breakfast or lunch.

These would be a good choice when we have some good bagel spread to accompany them.

Special Tools:

- Sheet pan
- Parchment paper
- Large slotted spoon
- Stand mixer (optional)

Ingredients:

<u>INGREDIENT</u>	<u>QUANTITY</u>
Warm water (95°F)	250g
Leaven	150g
Sugar	24g
Bread Flour	500g
Salt	9g
Honey	20g
Seeds	---

Seeds could be sesame, poppy, fennel, flax, etc. You could also use Everything Bagel Seasoning

Directions - Prep:

Ensure that the sourdough starter has been removed from the refrigerator and has been fed enough times to ensure it is rising and falling in a predictable manner.

Directions – Day Before Baking:

Sometime in the late morning or very early afternoon, start the process of preparing the dough:

MIX

- Whisk with fork the water, leaven, and sugar in a large bowl (if planning to use a stand mixer, start with the mixer bowl)
- Add the flour & salt and mix thoroughly
- Combine thoroughly for 5-6 minutes with a stand mixer on low speed (or do by hand)
- Cover with a damp towel and let rest for 45-60 minutes

BULK RISE

- Work dough into a semi-smooth ball (30 seconds)
- Cover with damp towel & let rise until doubled in size (8-10 hours at 70°F)
- Place in refrigerator overnight

Directions – Baking Day:

Early in the morning, prepare for baking the bagels:

SHAPE

- Line a sheet pan with parchment paper and lightly oil the paper
- Remove dough onto a non-floured surface & flatten into a rectangle
- Cut dough into 8 equal pieces (approximately 115g each)
- Pull in ends, turn over, and roll each into a smooth ball
- Let dough balls rest 10-15 minutes
- -----
- For each ball, poke a hole through the center using your finger
- Insert two fingers into hole and slowly rotate to increase hole size
- Return shaped dough to sheet pan (holes might shrink slightly)

SECOND RISE

- Cover with damp towel and let rest 15-20 minutes (until slightly puffy)

FINAL PREP

- Bring a medium pot of water to a boil
- Add honey and whisk thoroughly
- Preheat oven to 425°F
- Add selected seeds to shallow bowls

BOIL

- Add 2-3 bagels to boiling water & wait until the float (about 10 seconds)
- Simmer for about 30 seconds on each side
- Using a slotted spoon, transfer bagels to sheet pan (rounded side up)
- Once slightly cooled (but still damp), dip rounded side of bagels in seed choice
- Return bagel to sheet pan (rounded side up)
- Repeat 'BOIL' step for all bagels

BAKE

- Bake the bagels for about 20-25 minutes
- Turn bagels over and bake for an additional 1-2 minutes