



## Homemade Bagels

*Yields 8 bagels, about 4+ ounces each*

### Ingredients

- 1 ½ tsp active dry yeast (I had Red Star on hand)
- 337 grams warm water (scant 1 ½ cups)
- ½ tsp granulated sugar
- 1 Tbsp plus 1 tsp barley malt syrup (this is in several stores in Seattle)
- 623 grams King Arthur bread flour (about 4 cups)
- 2 tsp fine-grained sea salt
- 3 Tbsp cornmeal for dusting the baking pan
- About ¾ cups sesame seeds (black or white or a combo) to dip if you like sesame bagels like me)

### Instructions

Measure the water and add the yeast and sugar in a 2-cup glass measuring cup. For those of you challah bakers, this is the same way I start making my own challah! Let it sit until it foams a bit then add the barley malt syrup and stir.

In the mixer bowl of a stand mixer, combine the flour and salt. Put on the dough hook and add the liquids. Mix on low for about four minutes until the dough comes together, then turn the speed to medium-low and continue beating for 7-10 minutes or until the dough is formed, smooth and stiff. It is stiff and that is why you can't do this by hand!

Evenly spread the cornmeal on the bottom of a rimmed cookie sheet. Turn the dough onto your counter and divide it into eight equal pieces, about four ounces each. I weighed my total mass of dough then divided the ounces by eight so they would be equal. A little compulsive but...I like my baked goods to look professional. I then smoothed each ball of dough and covered them with Saran Wrap for five minutes at room temperature.

This is where I digressed big time from the original recipe, which had me rolling 11-inch snakes out of each ball and attaching ends together with water. Halfway through this, I decided just to punch my finger into each ball and form a bagel shape, making sure the middle hole was at least 1 ½ inches in diameter and that the dough around the hole was even and smooth. Put each bagel onto the cornmeal-dusted cookie sheet as you finish shaping until all eight are done. Be sure to leave as much space as you can between them as then rise a bit - it will seem

crowded. Cover the rimmed sheet with Saran and find space to overnight these in the refrigerator for 12-18 hours.

The next day when you are ready to boil and bake, put a regular cookie sheet in the oven (so it heats too) and preheat the oven with the rack in the middle to 450 degrees. Prepare a pie plate filled with the  $\frac{3}{4}$  cup of sesame seeds (if you like sesame seeds).

Meanwhile, bring a large soup pot filled with four inches of water to a boil. Get ready by having a cookie cooling rack ready and a piece of parchment that fits the cookie sheet (which is now in the oven) on the counter. Carefully put four raw bagels in the boiling water at a time and let them boil for 30 seconds, taking a slotted spoon or a metal skimmer and submerging them gently into the boiling water. Carefully remove the dough rings to a wire cooling rack and do the same 30-second boil for the next batch. Remove these to the rack. While they are still damp, dip one side (the rounded side) of the boiled bagels with your hands in sesame seeds and place seed side up on the parchment paper. Be sure the bagels are spaced evenly on the parchment.

When all the bagels are dipped and the oven is preheated, remove the hot cookie sheet from the oven and carefully slide the parchment and bagels to the hot cookie sheet. They will sizzle! Put the hot cookie sheet back into the oven and bake for 14-16 minutes until the bagels are brown and crisp.

Use kitchen tongs to move the bagels to a wire rack to cool. Wait for 10-15 minutes to slice in half.

\* Note: you might enjoy reading the [original recipe from the Washington Post](#). There was a [video](#) as well that included the way they want you to form ropes when making the bagels. But my way is easier, trust me!