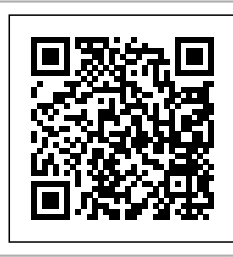


Homemade Bagels



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Recipe by: Laura Vitale

Makes 8

Prep Time: 2 hours 0 minutes

Cook Time: 25 minutes

Ingredients

- __ 2-1/4 tsp of Active Dry Yeast
- __ 1-1/2 cups of Warm Water, needs to be around 115 degrees
- __ 2 Tbsp of Granulated Sugar plus 1 teaspoon
- __ 3-1/2 cups of Bread Flour
- __ 2 tsp of Salt

For the water bath:

- __ 12 cups of Water
- __ 1/3 cup of Honey
- __ 1 Eggwhite beaten with a splash of water to make an eggwash

1) In a small bowl, mix together the warm water, 1 teaspoon of sugar and yeast, set aside for a few minutes to allow the yeast to activate.

2) In the bowl of a standing mixer, add the flour, salt, remaining sugar and yeast and water mixture, attach a dough hook and mix for about 8 minutes on medium-low speed until your dough is smooth. Place the dough in an oiled bowl and (flip it over to coat the whole thing with a bit of the oil) cover and allow it to rest for about an hour and a half.

3) Once the dough has risen (wont be doubled in size but will be pretty risen by then) flip it over onto a very lightly floured surface, deflate it gently and then divide the dough into 8 equal pieces.

4) Form each piece into a ball by rolling it between the palm of your hand and your work surface, then dip your two pointer fingers in some flour, using one finger poke a hole (go all the way through) in the center of each ball and using both pointer fingers, poke them through the center hole and rotate your fingers to about a 2 hole (check out video for better and more clear instructions on this).

5) Place the bagels on a parchment paper lined baking sheet cover with a damp, lint free towel and allow to rest for about 20 minutes.

6) Meanwhile, preheat your oven to 425 degrees and place one of your oven racks on the top 2/3 of the oven. In a large, wide pot (I used my dutch oven for this) add your water and honey and bring to a gentle boil, reduce the heat to simmer, add 4 bagels at a time and cook them for 1 minute on each side and then transfer them on the same baking sheet (make sure you flip them back to top-side-up) repeat with all the bagels.

7) Brush the tops and sides of each one with the beaten egg white wash and bake them for about 20 minutes or until deeply golden brown all around (rotate your pan halfway through).

8) Allow them to cool for a few minutes on your baking sheet before moving them to a cooling rack to finish cooling completely.

