

## #6 BAGELS

### INGREDIENTS

1 ½ cups warm water between 100 and 110 degrees F  
2 ¾ teas active dry yeast (1 package)  
3 cups all purpose flour + 1 cup whole wheat flour  
1 Tbs sugar (granulated, light or dark brown)  
2 teas salt  
Nonstick spray or 2 teas olive oil to coat the bowl  
1 egg white beaten with 1 TB water for the egg wash

### FOR BOILING

2 quarts water  
¼ cup honey

INSTRUCTIONS (instructions will be given to mix with an *electric mixer* or (by hand)

1. *Whisk the warm water and yeast together in the bowl of your stand mixer fitted with a dough hook attachment. Cover and allow to sit for 5 minutes.*
2. *Add the flour, sugar and salt. Beat on low speed for 2 minutes. The dough is very stiff and will look somewhat dry.*
3. *Turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 4 to 5 minutes. The dough is too heavy for the mixer to knead it. (If not using a mixer knead the dough by hand for 10 minutes).*
4. Lightly grease a large bowl with oil or nonstick spray. Place the dough in the bowl, turning it to coat all sides with oil. Cover the bowl with plastic wrap or a clean kitchen towel. Allow the dough to rise at room temperature for 60 to 90 minutes or until double in size.
5. Line 2 large baking sheets with parchment paper or silicone baking mats.
6. When the dough is ready, punch it down to release any air bubbles. Divide the dough into 8 equal pieces. Shape each piece into a ball. Press your index finger through the center of each ball to make a hole about 1 ½" to 2" in diameter. Loosely cover the shaped bagels with a kitchen towel and rest for a few minutes as you prepare the water bath.
7. Preheat oven to 475 Degrees.
8. Fill a large, wide pot with 2 quarts of water. Whisk in the honey. Bring water to a boil, then reduce heat to medium high. Drop bagels in (2 to 4 at a time) making sure they have enough room to float around. Cook the bagels for 1 minute on each side.
9. Remove from water and put on a kitchen towel or rack.
10. Using a pastry brush, brush the egg wash on top and around the sides of each bagel. Seeds can be put on top. Place 4 bagels onto each lined baking sheet. Bake for 20 minutes or until golden brown, rotating the pan halfway through. Remove from the oven and allow bagels to cool on the baking sheets for 20 minutes, then transfer to a wire rack to cool completely.
11. Slice, toast and enjoy.