



BAGELS

These bagels are a bit of a cross between a Montreal and New York style bagel, taking a bit from each tradition to make a delicious bagel!

SHOPPING FOR YOUR CLASS

Diastatic Malt Powder: Diastatic malt powder helps with the yeast activity, flavour and browning of your baking. It's made by malting barley, and drying it naturally. This helps preserve some enzymatic activity in the grain. It is optional in this recipe. It can be found in specialty food stores (Barb's Kitchen Store in Edmonton) or online.

Barley Malt Syrup: You can use either barley malt syrup or honey in the water bath. Barley malt syrup gives a better flavour. It can be found in specialty food stores or online (Eden Organic can be found on Amazon or Well.ca)

Dried Minced Garlic and Onion: These are flaky pieces of dehydrated garlic and onion, which is different from granulated or powdered versions. Do not substitute the dried minced garlic and onion with either granulated or powdered. These can be found in most grocery stores or specialty stores like Silk Road Spice Merchant.

BAGELS (*makes 12 Bagels*)

Recipe by LARRY HARRIS

		Weight	Baker Percentage
Dough			
Unbleached All-Purpose Flour	5 1/3 c	700 g	100.0%
Water (90° F)	270 ml	270 g	39.0%
Honey	1/3 c	110 g	16.0%
Granulated Sugar	3 T	30 g	4.3%
Unflavoured Oil (Canola)	2 T	30 g	4.3%
Egg	1	50 g	7.0%
Egg Yolk	1	20 g	3.0%

Instant Yeast	2 1/4 t	10 g	1.4%
Kosher Salt	2 t	8 g	1.1%
Diastatic Malt Powder (optional)	2 t	6 g	0.9%
Dough Weight		1234 g	

Water Bath

Water	2 l	2000 g
Barley Malt Syrup or Honey	1/4 c	85 g
Baking Soda	1 t	4 g

Toppings (optional)

Everything Bagel Mix – recipe follows	~100 g
Sesame Seeds (White and/or Black)	~100 g
Poppy Seeds	~100 g

- You can use regular all-purpose or bread flour instead of the unbleached flour.
- Yeast quantity is 1 package, if you use packages. If you use traditional yeast, follow package instructions for blooming prior to the start of class.

MAKING THE DOUGH

- **Mixing with Stand Mixer**
 - Place the Water (90° F), honey, granulated sugar, unflavoured oil (canola), egg and egg yolk into the bowl of your stand mixer. Whisk together by hand.
 - Add the unbleached flour, instant yeast, salt and diastatic malt powder, adding the salt and yeast to opposite sides of the bowl. This initial separation prevents the salt from killing the yeast.
 - Using the dough hook, mix on low speed until well combined. Increase speed to a medium-low (2 or 3 on a KitchenAid). Knead until you have a smooth dough and it is starting to pull away from the sides of the bowl, about 8-10 minutes.
 - Form into a ball, and place into an oiled bowl and cover with cling wrap. Let it sit in a warm place for approximately 50 to 60 minutes or until the dough has doubled in size.
- **Mixing By Hand**
 - Place the Water (90° F), honey, granulated sugar, unflavoured oil (canola), instant yeast, egg and egg yolk into a large bowl. Whisk together by hand. Then whisk in the salt. This initial separation prevents the salt from killing the yeast.

- Knead in the bowl or sprinkle a work surface with flour and tip the dough onto it. Knead the dough for 5-10 mins until your dough is soft. This is a low hydration dough and will be on the stiffer side.
- Form into a ball, and place into an oiled bowl and cover with cling wrap, let it sit in a warm place for approximately 50 to 60 minutes or until the dough has doubled in size.

SHAPING AND BAKING

- Preheat oven to 450° F.
- Prepare 2 half sheet pans by lining with parchment paper and set aside.
- Divide dough into 12 pieces, approximately 100 g each and roll into ball. Keep covered with towel while you shape the bagels.
- There are 2 ways to shape the bagels:
 - Traditional Method: Roll each piece into a 10-12 inch rope, without adding any flour. Take the rope and wrap rope around your fingers, overlap the ends to make a circle, pressing the ends together, you should have a 3 inch circle. Place on parchment lined baking sheet, you can sprinkle the parchment with some flour or rice flour to prevent sticking. Repeat for remaining dough. Cover and let proof for 30 minutes.
 - Bun Method: Cup dough piece beneath the palm of your hand and with circular motion, press lightly on counter to form a smooth ball. Repeat for all balls. Press down on the dough ball, then poke your finger into the middle and gently stretch into about a 3 inch circle. Place on parchment lined baking sheet, you can sprinkle the parchment with some flour or rice flour to prevent sticking. Repeat for remaining dough.. Cover and let proof for 30 minutes.
- Prepare your water bath by bringing the water to boil. Add the barley malt syrup or honey, then add the baking soda gradually – it will foam a bit.
- Line a baking sheet or cutting board with some paper towels to drain bagels after boiling.
- If using, have your toppings ready in a shallow dish or plate.
- Boil the bagels in batches, about 45 seconds top 1 minute per side. Remove them from the water with strainer or slotted spoon. Drain on paper towel briefly, then place on parchment lined baking sheet, or place in topping and coat, then place on prepared baking sheet – 6 per baking sheet.
- Bake in the oven until golden brown, 20-25 minutes, rotating pans halfway through baking. Remove and cool on wire rack.

EVERYTHING BAGEL MIX *(makes approximately 2/3 cup)*

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		Weight
Dried Minced Garlic	1 T	9 g
Dried Minced Onion	1 T	9 g

Black Sesame Seeds	3 T	33 g
White Sesame Seeds	3 T	33 g
Poppy Seeds	2 t	6 g
Flaky Sea Salt (Maldon)	1 1/2 t	6.5 g
Caraway Seeds	2 1/4 t	7 g
		103.5 g

- Place all ingredients in a small bowl and mix thoroughly.

EQUIPMENT

Stand Mixer (optional)
 Digital weighing scale
 Bowl(s)
 Spatula or spoon
 Whisk
 4-5 quart container
 Dough scraper
 Sheet pans
 Parchment paper
 3-4 quart pot