

# From Desire to a Delicious Dozen Bagels

Total time required: 24 hours

Prep time: 2.5 hours

Yields: 12 medium-sized bagels

Cook Time: 12-25 minutes

## Ingredients

- 166 grams of high gluten flour for the Poolish
- ¼ teaspoon of instant yeast
- 198 grams of lukewarm water

## Dough

- 1 tablespoon of non diastatic malt powder
- 663 grams of high gluten flour
- 22 grams of salt
- ¾ teaspoons of instant yeast
- 340 grams of lukewarm water

## Water Bath

- 2 tablespoons of barley malt powder

## Miscellaneous

- Semolina flour
- Plastic wrap/plastic bag



## Making the Poolish (10 minutes)

1. In the large bowl (stand mixer bowl if you have a stand mixer), empty 166 grams of KA High Gluten flour followed by  $\frac{1}{4}$  teaspoon of instant rapid rise yeast.
2. Fill a one cup measure with lukewarm water. Then take out and discard 1 tablespoon of water. Next, pour water into the bowl and mix the ingredients together for about two minutes until a pancake-batter consistency is reached.
3. *For easier cleanup:* use the dough scraper to scrape the sides of the bowl down towards the poolish creating one contiguous batter.
4. Cover the bowl with a reusable, plastic bag or plastic wrap. And leave it out at room temperature for 7-9 hours.

## Making the Dough (40 minutes)

1. If you'll be using a stand mixer
  - 1.1. Add in one and a half cups of lukewarm water into the bowl. Using the dough hook, manually mix the poolish and water together for around 40 seconds, breaking it up into large clumps. Next, add three  $\frac{1}{4}$  teaspoon scoops of yeast into the batter (you can store the rest away as no more is needed). Finally, add in 663 grams of KA High Gluten along with 1 tablespoon of non diastatic malt powder, and 22 grams of kosher salt.
  - 1.2. Using the dough hook, run the stand mixer on a speed setting 4 for about five minutes until a cohesive, shaggy dough is created.
1. If you won't be using a stand mixer
  - 1.1. Add in one and a half cups of lukewarm water into the bowl. Using your hand, break up the poolish into large clumps (see video).
  - 1.2. Add three  $\frac{1}{4}$  teaspoon scoops of yeast into the batter (you can store the rest away as no more is needed). Finally, add in 663 grams of KA High Gluten along with 1 tablespoon of non diastatic malt powder, and 22 grams of kosher salt.
  - 1.3. Using a large spatula, mix the ingredients together for about 5 minutes until a shaggy and cohesive dough begins to form. Next, using your hands, mix for another 5 minutes.
2. Transfer your dough onto a clean kitchen surface. If the dough feels very sticky, add a little bit of flour (High Gluten or All Purpose will do) to the dough or your fingers. Shape the dough into a ball and begin kneading by pushing it away from you with one hand while bringing it back and rotating it ninety degrees with the other (see video). Knead for approximately four minutes. Place your dough back into the large bowl, cover it, and let it sit out at room temperature for about one hour.
3. After an hour has passed, remove the cover and punch down on the dough in the bowl to remove air. Next, using the dough scraper, separate the dough from the sides of the bowl, and fold it into fourths (see video).
4. Leave the dough out for approximately one more hour under its cover. Then, put the covered bowl into the refrigerator overnight (or for up to 24 hours).

## Shaping your Bagels (35 minutes)

1. Remove the bowl from the refrigerator and let it sit out at room temperature for one to two hours.
2. On a large, clean, floured tray, divide the dough into 12 equal pieces by shaping it into a rectangle and cutting it into equal fourths and then those pieces into equal thirds.
3. Shape each piece into a tight ball (see videos for close up), cover, and let rest for 15 to 25 minutes.
4. Poke a hole in the center of each bagel and gently stretch to make the hole 2" to 3" in diameter (see video for technique).
5. Return the shaped bagels to the floured surface (or a tray), cover them and let them sit for another 15 to 25 minutes. If the tops are a little bit sticky, sprinkle a little bit of flour to keep them from sticking to your hands and the cover.

## Boiling and Baking (1 hour)

1. As the bagels proof, preheat the oven to 475°F convection (or regular if your oven doesn't have that feature).
2. On the stovetop burner, fill your large pot about 4" deep with water, add in two tablespoons of non diastatic malt powder, and bring it up to a raging boil. Prepare two trays with parchment paper/baking sheets on them to cook the bagels on. Sprinkle semolina (roughly a tablespoon) on both of the trays and get out a cooling rack and place it near your boiling station.
3. Using two wooden spoons -- or a spider/skimmer/strainer utensil -- carefully place the bagels into the boiling water and boil them for about 30 seconds on each side (20 to 40 seconds is fine), flipping them using the spoons (see video). You can boil the bagels one at a time or do multiple at once.
4. After 30 seconds on each side, lift the bagels out of the water and put them onto your cooling rack. Let them sit for two minutes, or until they're warm to touch, before moving them onto your cooking trays (six should fit nicely on each) and then placing the trays into the oven. Bake the bagels for 12-16 minutes at convection or 20-25 at regular until they're a beautiful, vibrant brown color.
5. Remove the bagels from the oven, let them cool, and enjoy. Happy baking!

### Bagel Storage - If you don't eat them all right away

- A. Short-Term (fresh for about three more days): Sealed large ziploc on the counter.
- B. Long-Term (fresh for about three more months): Sealed large ziploc in the freezer.