

Fresh Handmade Bagels

Ingredients:

1 1/4 cup warm water

1 tbs vegetable oil

1 ½ tsp salt

4 cups all- purpose flour

1 tbs sugar

1 tbs active dry yeast

In a large mixer bowl, mix all ingredients in the exact order listed. This prevents the need for any proofing of your yeast. Mix well and continue to mix at medium speed for 5 minutes. This extra mixing will replace hand kneading for this dough. Cover dough and allow to rise in a warm location until doubled in size (approximately 1 hour).

Once your dough has risen sufficiently, turn dough out onto floured surface and form 12 equal sized dough balls. Using a chopstick or similar punch a hole in the center of each dough ball and expand slightly with your finger to create bagel center.

Cover and allow to rise again for 15 minutes. Prepare a large stock pot with a baking soda water bath for boiling the bagels. Add 2 tbs of baking soda to boiling water and stir to dissolve.

After this second rise, add 4-6 bagels at a time to your boiling water bath, allow to boil 1 minute, flip and boil an additional 1 minute.

After boiling, place bagels on a greased baking sheet, brush with egg wash and if desired top with your favorite bagel toppings.

Bake the bagels for 15 -20 minutes in a 450 degree oven until golden brown.

Remove bagels to wire racks to cool completely. Bagels may be stored for up to a week in a Ziploc bag or similar airtight container. Bagels can also be frozen for up to 3 months.

Yield: 12 medium size bagels