

Bagels

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Ingredients

Dough

- 300 ml lukewarm water
- 7 g dry yeast
- 2 tablespoons of sugar
- Salts
- 500 g of flour
- A little oil

Balding and smearing

- Water
- 1 tsp salt
- 2 tsp of soda
- 1 tbsp honey, maple syrup, or brown sugar
- Egg white
- 1 tsp for water protein
- Poppy, sesame or seed mixture

Instructions

Dough

1. First we rise the yeast: add sugar to warm water, it must be pleasantly warm (yeast dies at 50°C!!), stir to dissolve and then spread the yeast on the surface. After 5-7 minutes, when the yeast comes to life, starts feeding on sugar, and we see that the water has foamed, add the flour. Don't be lazy to sift :)
2. Knead the dough well, if you are kneading with a mixer, attach the dough hook and leave it for a good 5 minutes to stretch the dough well on low speed.
3. If kneading by hand, be patient and knead for at least 7 minutes until the dough is elastic and soft.

4. Place the dough in an oiled bowl, cover with a clean kitchen towel and leave to rise in a warm place for another hour.
5. When the dough rises, tap it to deflate again and form 10-12 balls of equal size. Place on baking paper. Raise for at least another 10 minutes.
6. Poke the holes with your finger and darken them to make the holes bigger and raise them even higher.
7. I read a good tip somewhere not to overbake bagels that sink :) The pretzels need to rise enough so they don't sink in cold water.

Baldness

8. Boil water in a large pot. Add a teaspoon of salt, two teaspoons of baking soda, and a tablespoon of honey, maple syrup, or brown sugar.
9. Add a few bagels to the boiling water. They will get bigger, so leave room. One minute on each side. Place on greased baking paper.

Baking

10. Coat the bagels with a beaten egg white mixed with a teaspoon of water.
11. Sprinkle with poppy seeds, sesame seeds, mixed seeds - whatever you prefer.
12. Bake for about 20-25 minutes in an oven heated to 180°.

Notes

The indicated amount of ingredients will make 10 - 12 bagels. If you are not going to eat this amount at one time, it is better not to cook them all.

Place the formed but not yet baked bagels in a container with baking paper and cover with cling film to prevent them from drying out and leave in the refrigerator. The next morning, take it out of the fridge and let it sit at room temperature for half an hour to warm up, then peel and bake.