

## BAKING SKILLS SERIES

# Bagels

**COOKING  
SKILLS  
ACADEMY****INGREDIENTS:****YIELD: 6-8 BAGELS**

1 Tbsp. (7 Grams) Diastatic Malt Powder – You Can Substitute with 21 Grams of Honey  
 1 Tsp. (3 Grams) Instant Yeast  
 1 1/2 Tsp. (10.5 Grams) Sea Salt  
 1 Cup Plus 2 Tbsp. (255 Grams) Lukewarm Water (About 95 Degrees Fahrenheit)  
 3 1/2 Cups (454 Grams) Unbleached Bread Flour

**OPTIONAL INGREDIENTS FOR CINNAMON RAISIN BAGELS**

1/2 Tsp. (4 Grams) Ground Cinnamon  
 3/4 Cup Approximately (150 Grams) Raisins (Rinsed)

**POACHING LIQUID**

2 To 3 Quarts (181 to 272 Grams) Boiling Water  
 1 1/2 Tablespoons (28.5 Grams) Honey  
 1 Tablespoon (14 Grams) Baking Soda  
 1 Teaspoon (7 Grams) Sea Salt

**DIRECTIONS:**

- Mix the flour, malt powder, and yeast together in a bowl and stir using a whisk. Add the salt to the mixture and whisk again (If you are going to make cinnamon raisin bagels then now is the time to whisk in the cinnamon). Add the lukewarm water and stir the dough by hand for three minutes. If using an electric mixer use the dough hook on low speed and mix for three minutes.
- Let the mixed dough rest for 5 minutes.
- Transfer the dough to a lightly floured work surface and knead for 3 minutes or continue mixing with the dough hook on slow speed for 3 minutes. If making Cinnamon Raisin Bagels it is best to hand knead the dough now and add the raisins before you start the hand kneading. Hand knead the dough for three minutes to incorporate the raisins.
- When finished kneading, place the dough in a lightly oiled bowl and cover with plastic. Place the covered bowl in the refrigerator for an overnight fermentation. The dough can be kept in the refrigerator for up to five days before baking.
- On baking day remove the dough from the refrigerator about 1 1/2 hours before baking.
- When the dough has been out of the refrigerator for one hour cut the dough into 6 to 8 pieces. The number of pieces is determined by the size of the bagel you want to make. Six pieces will yield a bagel similar in size to what you purchase in a bagel store.
- Shape each of the pieces into a round ball and let rest for a few minutes.
- After the dough has rested, using your thumb or a finger, poke a hole through each ball. Using your fingers spread the hole to about 2 to 3 inches and try to make the bagel a uniform shape.
- Place the bagels on a sheet of parchment paper, spray with baker's spray and cover with plastic.
- Preheat your oven with a pizza stone to 500 degrees for 30 minutes.
- After the covered bagels have rested for thirty minutes, bring the water used in the poaching liquid to a boil. When the water is boiling turn heat down to a simmer then add the honey and salt. Slowly add the baking soda to the simmering water. If you add the baking soda too fast the water will boil over the top of the pot.

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**CONTINUED DIRECTIONS:**

12. Place three bagels into the simmering water and poach for 1 minute. Turn each bagel over and continue poaching for another 30 seconds. Using a slotted spoon remove the bagels and drain on a cooling rack.
13. Repeat the poaching step with the remaining bagels – do not place more than three bagels into the simmering water at one time.
14. Cover a cookie sheet with parchment paper. Sprinkle semolina on the parchment paper. Place the drained bagels onto the parchment paper and if the tops of the bagels have become dry, mist the bagels with water. Add the desired topping to the bagels (poppy seed, sesame seed, etc.).
15. Reduce the oven heat to 450 degrees then slide the parchment paper and bagels onto the pizza stone.
16. Bake at 450 degrees for 8 minutes then rotate the parchment paper and bagels 180 degrees on the pizza stone. Continue baking for an additional 8 minutes or until the bagels are golden brown. The internal temperature of the bagels will be over 200 degrees when finished.
17. Remove the bagels from the oven and cool on a wire rack before slicing.

