

BAKING SKILLS SERIES

Honey Whole-Wheat Bagels

**INGREDIENTS:****YIELD: 12-16 BAGELS**

3 1/2 Cups (447 Grams)
Unbleached Bread Flour
3 Cups (383 Grams) Whole Wheat
Flour
2 Teaspoons (9 Grams) Sea Salt
1 1/2 Tablespoons (12 Grams)
Instant Yeast
3 Tablespoons (57 Grams) Honey
3 Cups (680 Grams) Warm Water
(95-100 Degrees)
1 Large Egg - Separated (The
Egg White is Used for an Egg
Wash)

POACHING LIQUID

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

DIRECTIONS:

1. Preheat the oven to 450 degrees F with oven rack on middle shelf (place pizza stone on middle shelf). The oven should preheat for at least one hour in order to properly preheat the pizza stone.
2. In a mixing bowl, whisk together the whole wheat flour, salt, and yeast. Add the warm water and honey to the dry ingredients.
3. Using the dough hook of a stand mixer, mix all ingredients until all ingredients are incorporated. Mix the ingredients on high speed for three minutes using the dough hook and then let the dough rest for 5 minutes.
4. After the dough has rested start mixing again at low speed with the dough hook. Slowly add the bread flour and mix until it is incorporated into the dough. Switch to high speed and knead the dough for 8 minutes.
5. Cover the mixing bowl with plastic wrap and let the dough rise for one hour or until the dough has doubled in size.
6. After the dough has risen turn the dough out on a lightly floured Silpat (silicone mat) and divide the dough into 12 to 16 pieces (depending on the size of the bagel you want to make).
7. First form each piece into a ball. Once all the pieces have been shaped into balls, cover the balls with plastic wrap and let rest for 5 minutes.
8. While the dough is resting, bring a large pot of water to a boil.
9. You are now going to shape each ball into a bagel starting with the first piece that was formed into a ball. Press your thumb through the center of a ball. Using the palm of your hand and your fingers spread the hole made in the bagel to about the diameter of 2 inches. Try to shape the bagel into a uniform doughnut shape to insure even baking in the oven. If you have one side of the bagel much thicker than the other, the bagel will be difficult to bake evenly.
10. Once all the bagels are shaped and the pot of water is boiling, add the honey and salt, and then slowly add the baking soda to the water. You need to add the baking soda slowly to prevent the water from boiling over.
11. Reduce the heat of the water to bring the water to a simmer. Place 2 to 3 bagels in the simmering water (depending on the size of the pot used and the size of the shaped bagels) and simmer for one minute. Turn the bagels over

COOKING**SKILLS****ACADEMY**

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CONTINUED DIRECTIONS:

- and simmer the second side for another 60 seconds.
12. Remove the bagels from the water and let dry on a cooling rack.
 13. Cover a cookie sheet with parchment paper and spread semolina on the parchment paper. Place the bagels on the prepared cookie sheet. Leave a small space between each bagel on the parchment paper. The bagels will not get much bigger in diameter when they bake.
 14. Whisk the egg white with 1/2 teaspoon of water. Brush on the egg wash to cover the tops and side of a few bagels. While the egg wash is still wet on the bagels, sprinkle a small amount of the rolled oats onto each bagel. Continue to egg wash and sprinkling the oats a few bagels at a time, until all of the bagels have been covered.
 15. Using the cookie sheet as a pizza peel slide the parchment paper and bagels onto the pizza stone in the oven. Bake the bagels for 10 minutes and then rotate the parchment paper 180 degrees on the pizza stone. Continue baking the bagels for another 10 minutes. The bagels should be a golden brown color and the internal temperature should be about 200 degrees when they are done baking.
 16. Cool the bagels on a cooling rack for 20 minutes before eating.

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