

WHOLE GRAIN BAGELS

INGREDIENTS

BAGEL DOUGH

- 3 cups warm water (115 degrees)
- 1/2 cup barley malt syrup
- 1/4 cup potato flour
- 2 teaspoons salt
- 2 tablespoons instant yeast
- 2 tablespoons dough enhancer
- 3 cups high gluten bread flour
- 3 cups (*added in kneading process) fresh ground whole wheat flour
- 2 tablespoons (*added to boiling water when cooking bagels)honey
- *for top of cooked bagels egg wash



Mix ingredients thoroughly on speed 1 using your Bosch Mixer. Continue to add whole wheat flour until dough cleans sides of the bowl. Keep dough soft (not as stiff as bread dough). Knead until gluten develops (7-8 minutes). Add more water if necessary.

Weigh out 3 oz pieces for small bagels, 6 oz pieces for large bagels. Shape each piece into a smooth ball. Poke a hole in center of each ball, stretch and smooth out to make doughnut shape. Place on parchment lined cookie sheet. Let rest 10-15 minutes. While dough rises, bring 3 quarts of water plus 2 Tbsp honey to a boil. Lower bagels into water and boil 30 to 45 seconds on each side. Drain. Brush with beaten egg wash. Sprinkle with poppy seeds, sesame seeds, etc. Bake at 350 degrees for 25-30 minutes (or until golden brown).

BAGEL VARIATIONS

- Multigrain Add 1 1/2 cups 14 grain mix to dough before adding more flour.
- Apple Cinnamon Add 1 cup chopped apple and 1 Tbsp sweet spice blend.
- Onion Garlic Saute 1/3 cup dry onion in 1 Tbsp butter. Add with water to bagel dough. After egg wash, sprinkle with 1 1/2 tsp garlic bread seasoning.
- Italian-Onion Garlic Add 2 Tbsp Italian seasoning, 1 Tbsp onion flakes and 1 Tbsp roasted garlic flakes. After egg wash, sprinkle with onion, garlic and sesame seeds.
- Cranberry-Walnut Add 1 cup chopped walnuts and 2 cups dried cranberries.