



## Andy's Bagel Recipe

Yield: about half a dozen bagels

### Ingredients:

- 2 cups bread flour, can substitute for whole wheat or all purpose flour
- 2 tsp ish dry yeast
- $\frac{3}{4}$  cup lukewarm water
- 1 tsp salt
- 2 tsp brown sugar for dough (can sub for malt barley powders/syrups)
- Approx 2 quarts of water (for boiling)
- 2 tbsp of brown sugar (for boiling water)
- Optional baking soda (for boiling water)
- Egg whites
- Bagel topping (suggested: everything)

### Steps:

1. Put the flour into a large bowl
2. Put the yeast into the lukewarm water
3. Mix in salt and sugar into yeasty water
4. Pour the yeast mixture into the flour and fold the mixture together with a spatula
5. Once the dough starts sticking together, take it out of the bowl and knead it with your hands (for about 5 minutes, until it feels smooth) into a ball (if it is too dry add more water, if it is too wet add more flour)
6. Put a little bit of olive oil or vegetable oil on your hands and spread lightly onto dough
7. Let dough rise for about an hour and a half
8. Once risen, divide the dough into 6 equal sections and roll each section into a ball
9. To create the hole, either
  - a. Push your thumb through the ball and then stretch the dough out to expand the hole (be careful not to squeeze the dough!)
  - b. Roll the dough between your hands to create a long piece and then wrap the dough around your thumb and pinch the two ends together
10. Allow the dough to rise for another 30 minutes, while they are rising preheat oven to 425 degrees Fahrenheit and start boiling water with brown sugar in it



11. Put the bagels in the boiling water for 1-2 minutes on each side, then remove with a slotted spoon
12. Put the bagels on parchment paper (lightly lined with vegetable oil – not olive oil as it will smoke) and coat in egg white, then sprinkle with toppings on one or both sides
13. Pop the bagels in the oven for 20-25 minutes
14. Enjoy!