

Sourdough Bagels

Ingredients

For the Dough

150 g active sourdough starter
250 g warm water
24 g granulated sugar
500 g bread flour
10 g fine salt

For the water bath

1 T brown sugar
1 T baking soda

Toppings

Mixed seeds, such as poppy or sesame

Instructions

1. **Make the Dough:** In a mixer bowl, stir the starter, water, and sugar together.

The add some flour and salt and mix using the dough hook. Keep adding flour until all combined

Cover the dough with airtight cover and rest for 45 minutes to 1 hour. After the dough has rested, work the dough into a semi-smooth ball.

2. **Bulk Rise:** Cover the bowl with airtight covering, I use a plate and place inside a plastic cake dome on a heated pad (in cool months).

Let rise until double in size, about 10-12 hours when the temperature is 68 F; 8 to 10 hours @ 70°F.

Note: in the summer, rise the dough during the day. Once the dough is almost double in size, cover and chill in the bowl overnight. Proceed using the cold dough the following day.

3. **Shape:** Line a sheet pan with a silicone mat or parchment paper. If using parchment, lightly coat with cooking spray or oil to prevent sticking.

Remove the dough onto a non- floured work surface. Flatten the dough into a rectangle and divide into 8 equal pieces. Roll each piece into a ball. Let the dough rest on lined sheet pan for 10 to 15 minutes to relax the gluten.

4. Working with one ball of dough at a time, poke a hole straight through the center. Move your finger around in a circular motion to gently stretch the dough until the hole is about the size of a walnut. When finished, place the dough back onto the sheet pan. It's okay if the hole shrinks slightly.
5. **Second Rise:** Cover the dough with a damp towel and let rest at room temperature for 15 to 20 minutes. The dough will puff up only slightly at this stage.



6. Bring a medium pot of water to a boil. Add the brown sugar and baking soda. Preheat your oven to 425°F. Place seeds to a shallow bowl.
7. **Boil the bagels:** Add 2 to 3 bagels into the pot and simmer for 30 - 45 seconds on each side
***Note:** if using cold dough from the fridge, the bagels might not float to the surface right away. Give them a nudge after 30 seconds. Using a slotted spoon, transfer the bagels back the sheet pan you used earlier, placing them rounded side up.*
8. **Topping:** Once slightly cool but still wet, dip the rounded side of the bagels into the seeds to coat. Place back onto the sheet pan and finish boiling the rest of the bagels.
9. **Bake:** Place your sheet pan on the center rack. Bake the bagels for about 20 minutes. Transfer to a wire rack to cool. Most delicious when warm out of the oven. 😊

Adapted from Clever Carrot and Farmhouse on Boone recipes.

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