

Sourdough Bagels

Yield: 8 serves | **Rating:** 5/5 | **Prep:** 25 min | **Cook:** 25 min | **Fermentation:** 12 hr

This is my sourdough bagel recipe for a true NY style bagel with chew. Seriously just like NY so it's not the water!

Ingredients

Ingredients to make ½ cup (100 g) of active sourdo:

- 1 tablespoon sourdough starter (15 g)
- ⅓ cup + 1 tablespoon all-purpose flour (50 g)
- 3 ½ tablespoons water (50 g)

Bagel dough:

- ½ cup active sourdough starter (100 g)
- 1 cup + 1 tablespoon water (255 g, I need 275 high elevation)
- 2 tablespoons honey (40 g, or sugar)
- 2 teaspoons fine sea salt (10 g)
- 4 cups + 2 tablespoons bread flour (500 g)

Water bath:

- 6 cups water
- 1 tablespoon granulated sugar

Optional toppings:

- 1 Knotty Wood BBQ Rub <https://knottywoodbbq.com>
- 1 sesame seeds
- Everything Bagel Seasoning
- 1 salt (sprinkle on top, don't dip)
- 1 poppy seeds
- 1 shredded cheese

Notes

BBQ Bagels: Add 2 teaspoons Knotty Wood BBQ Rub (it must be this rub).

Tips for baking in warm and/or high humidity areas: Reduce the water by 50 grams in the initial mix and then slowly add the remaining water until you achieve the correct hydration level. You may need to bake the bagels a few minutes longer. This will take some trial and error! In dry environments add 25-35g of water extra.

To Freeze baked bagels: Let the bagels cool completely. Wrap bagels individually in plastic wrap and then foil and then place in a freezer-safe container for up to 6 months.

To Reheat: Allow the bagels to thaw on counter completely, if frozen.

Nutrition

Serving: 1 bagel Calories: 262cal
Carbohydrates: 54 Protein: 8g
Fat: 1g



Instructions

Feed your sourdough starter:

1. 12 hours before you plan to mix the dough, add the ingredients to make ½ cup (100 g) of active sourdough starter to a clean jar. Stir until combined, loosely cover the jar and let the starter rise at room temperature. The sourdough starter is ready to use when it has doubled in size and there are plenty of bubbles on the surface and sides of the jar.

Make the dough:

1. In the bowl of a stand mixer, stir together the starter, water, honey and salt with a spatula. Add the bread flour and use your hands to bring the ingredients together as best as possible. The dough will be very stiff. Place the dough hook on the mixer and mix the dough on the lowest speed for 6-7 minutes. Cover the bowl and let rest at room temperature for 8-12 hours.
2. Line a baking sheet with parchment paper. Turn the dough out onto a clean work surface and divide into 8 equal pieces. Shape each piece into a ball. To shape the bagel, place a dough ball on the surface in front of you and use your thumb to poke a hole straight down through the middle of the dough. Pick the bagel dough up, gently shape the ring and place on the parchment paper. Repeat with remaining dough balls. Cover the dough with a towel and let rise for 30-60 minutes or until puffy.
3. Preheat oven to 425°F (218°C) making sure that the oven rack in the center position. Bring 6 cups of water to a boil in a large stockpot and add 1 tablespoon of sugar. Once the bagels have finished rising, boil them for 2 minutes on each side.
4. Use a mesh stainer to remove the bagels and let rest on the parchment paper until cool enough to handle. Once cool enough, dip one side into your choice of toppings and place back onto the parchment paper.
5. Bake the bagels at 425°F (218°C) for 25-28 minutes or until golden brown.