



**STS Saskatoon Chapter**  
*Bagel Making Class*  
*(and made a pizza for lunch too)...*

**Wednesday, January 21, 2026**

**Roger Valliere** used ingredients we had at home and explained each step to make these Bagels.



Our dough was prepared in advance so we started with shaping...



Punch the dough down to release air formed during rising



Cut into 8 pieces...



Shape each piece into a ball...





Dip the egg-washed top and sides of the bagel into the toppings









Pizza lunch while we wait...



## Bagel Recipe



### BAGELS

*Recipe makes 8 bagels and does not require Barley Malt Syrup*

#### DOUGH INGREDIENTS

1 1/2 cups warm water  
 2 3/4 tsp active dry yeast  
 1 TBSP white sugar (or brown sugar)  
 4 cups Baker's Strong bread flour (spoon and level to measure)  
 2 tsp salt

#### BOILING AND TOPPING INGREDIENTS

2 quarts water  
 1/4 cup honey  
 Egg wash of 1 egg white beaten with 1 TBSP water  
 Additional toppings (poppy seeds, sesame seeds, sunflower seeds....)

#### EQUIPMENT

Stand mixer with dough hook if you have one (recipe can be made without one)  
 Baking sheets  
 Parchment paper or silicone mats  
 Large pot (5 or 6 quart)  
 Pastry brush  
 Nonslick spray  
 Plastic wrap

#### A) MAKE BAGEL DOUGH:

- 1). **Bloom yeast:** In a stand mixer bowl, whisk warm water, white sugar (or brown sugar) and yeast. Cover and let sit for 5 mins.
- 2). **Mix dough:** Add flour and salt to the bowl. Using bread hook, beat on medium for 2 mins. Dough will come together and pull away from the bowl sides, forming a ball around the dough hook.