
CHEWY NYC INSPIRED SOURDOUGH BAGELS

Course Breakfast, Brunch, Dinner
Cuisine American
Prep Time 35 minutes
Rest Time 40 minutes, plus 1 day
Poach Time 1 minute, 30 seconds
Cook Time 25 minutes
Total Time 1 day and 2-1/2 hours
Servings 8 large or 10 standard-sized bagels

Ingredients:

For the dough:

- 200g bubbly, active 80% hydration sourdough starter
- 315ml cold water
- 30g maple syrup
- 750g strong bread flour, T65
- 10g fine salt
- Semolina for proving

For poaching:

- 1 TBSP baking soda
- 1 TBSP brown sugar

For the toppings:

- Any combination of poppy seeds, sesame seeds, dried onion flakes, flaky salt or other toppings of your choice



Other Information

You will need a stand mixer with a paddle attachment and a dough hook.

You will need parchment paper and one or two sheet pans (depending on how many bagels you are making).

Cut the parchment paper with scissors to separate the bagels.

Preheat oven to 230°C (220°C Fan/450°F/Gas Mark 8).

Directions

DAY ONE

1. In the stand mixer bowl fitted with the paddle attachment, combine your bubbly, active starter with the water and maple syrup until thoroughly combined.
2. Change the paddle attachment to the dough hook.
3. Add in the flour and then the salt. Knead on medium speed until the dough is somewhat smooth and pliable, about 6-7 minutes. Alternatively, knead the dough on a clean countertop until smooth and elastic.
4. Shape into a ball and return to the mixing bowl; cover with a towel and let rest for 20 minutes.
5. Weigh the dough ball. Divide the dough equally between eight pieces or ten, depending on the size of bagels you want, by dividing and measuring each piece, making sure each is of equal weight.
6. Shape each weighed piece into a smooth ball by tucking the corners under, cupping the dough in the palms of your hand and rolling it in a circular way on a clean, **non floured** surface. This process will help create surface tension and a slight skin on the balls.
7. Cover the dough balls on the counter and rest for another 15 to 20 minutes. Line a baking sheet with parchment paper, spray with cooking spray and then sprinkle generously with semolina. (Note: if you make ten bagels, you will need two baking sheets.)
8. Shaping. There are two options for shaping bagels: 1. Shape each ball into a sausage about 15-20 cm (8 inches) long. Join both ends together to create a ring shape. Gently stretch the central hole to form a ring shape. Press to seal both ends together. Option 2: Poke a hole with your finger directly in the middle of the dough ball. Roll the dough around your two index fingers to stretch. Give the dough a few rolls to extend the central hole to a diameter of 5 or 6 cm. Repeat and place each bagel on the lined baking sheet.



9. Cover the shaped bagels with a towel and let them rest at room temperature for 2.5 – 4.5 hour or until doubled in size. The time is dependent on room temperature and time of the year. The warmer the room, the less time it should take for this step.
10. Take a test bagel and place it in cold water; if it floats, the proving process is complete. Next, gently dry the bagel and return it to the baking sheet. If it sinks, gently dry it, return it to the baking sheet and continue proving. Repeat the float test every half hour until it floats.
11. Once proved, cover the pan with plastic wrap and refrigerate for 12 – 24 hours.

DAY TWO

12. Preheat the oven to *230°C (220°C Fan/450°F/Gas Mark 8)*.
 13. Organise toppings of your choice and have them to hand once bagels are poached.
 14. Bring a large pot of water to a rolling boil, add the baking soda and brown sugar. Remove the bagels from the refrigerator. Cut the parchment paper around each bagel. Gently lift one paper square from one corner and drop it in the simmering water.
 15. Poach the bagel for one minute. Then, gently lift the bagel with a slotted spoon/skimmer and flip.
 16. Poach for another 30 seconds on the other side.
 17. Gently remove the bagels with the slotted spoon/skimmer, drain on a tea towel, immediately place on the baking sheet and sprinkle with your desired topping. Repeat this process for all remaining bagels.
 18. Place the baking sheet into the centre of the oven and turn it down to *200°C (190°C Fan/400°F/Gas Mark 6)*.
 19. Bake for 18 – 25 minutes, rotating the sheet 180° about 10 minutes into baking. Bake until golden on top and hollow when you tap the bottom of the bagel.
 20. Cool on a wire rack until ready to serve.
 21. Enjoy!
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