



## New York Bagels

<b>What to collect</b>	
<b>Ingredients</b>	<b>Equipment</b>
2 teaspoons yeast	small bowl
1 ½ tablespoons granulated sugar	metric measuring cups/spoons/jug
1 ¼ cups warm water (may need a bit more water.)	pastry brush
3 ½ cups bread flour	saucepan
1 ½ teaspoons salt	baking tray
optional toppings:	
poppy seeds	
sesame seeds	
sunflower seeds	

## What to do

1. In ½ cup of warm water, pour in the sugar and yeast. Do not stir. Let it sit for five minutes and then stir the mixture until it all dissolves.
2. Mix the flour and salt in a large bowl or in an electric mixer. Make a well in the middle and pour in the yeast mixture.
3. Pour 1/3 cup of remaining warm water into the well. Mix and stir the in rest of the water as needed. Add more water if necessary so that you have a moist firm dough after you have mixed it.
4. Knead for 10 minutes until it is smooth and elastic.
5. Lightly brush a large bowl with oil and turn the dough to coat. Cover bowl with a damp tea towel.

- 6. Let rise in a warm place for 1 hour or until the dough has doubled in size. Punch the dough down and let it rest for another 10 minutes.**
- 7. Divide dough into 8 pieces. Shape into a round ball. Take your time to shape them well.**
- 8. Coat a finger in flour and gently press your finger into the center of each dough ball to form a ring. Stretch the ring to about  $\frac{1}{3}$  the diameter of the bagel and place on a lightly oiled baking tray.**
- 9. Continue until all bagels are formed.**
- 10. Cover bagels with a damp tea towel and allow to rest for 10 minutes.**
- 11. Preheat oven to 220C.**
- 12. Bring a large pot of water to a boil. Reduce heat and using a slotted spoon, lower bagels into the water.**
- 13. Once bagels are in, it won't take long for them to float to the top. Let them sit there for a minute and then flip them over and sit for another minute.**
- 14. Using a slotted spoon, remove bagels and place them on an oiled baking tray.**
- 15. If you want to top your bagel, brush with an egg wash so the toppings will stick.**
- 16. Bake for 20 minutes or until golden brown.**