

Master Your Bagel-Making Skills: The Ultimate Homemade Dough Guide

1. Basic Ingredients

- 500g bread flour (high in gluten)
- 10g salt
- 7g active dry yeast
- 300ml warm water
- 2 tbsp sugar or honey
- 1 tbsp neutral oil (optional)
- 1 tbsp barley malt syrup or maple syrup (for boiling water)

2. Advanced Kneading Technique

- Combine flour, salt, and yeast (avoid direct contact between salt and yeast).
- Gradually add water and knead for 10–12 minutes by hand until the dough is smooth and very elastic (a well-developed gluten network is key).
- For an even chewier bagel, use the **autolyse method**: mix flour and water first, let rest for 20 minutes, then add yeast and salt.

3. First Rise (Fermentation)

- Let the dough rest in a lightly oiled bowl, covered, for 1–2 hours at room temperature, until doubled in size.
- For deeper flavor, use a slow fermentation: refrigerate the dough for 8–12 hours.

4. Shaping the Bagels

- Punch down the dough, then divide into 8 equal pieces.
- Roll each piece into a ball, poke a hole in the center with your finger, and stretch gently to form a ring (about 2–3 cm diameter).
- Let shaped bagels rest under a towel for 15 minutes.

5. Boiling (The Key Step)

- Bring a large pot of water to a boil and add the barley malt syrup or maple syrup.
- Boil bagels for 30–60 seconds per side (the longer they boil, the chewier and shinier the crust).
- Drain on a rack.

6. Finishing & Baking

- Preheat your oven to 220°C (425°F).
- Brush bagels with beaten egg and add toppings (sesame, poppy seeds, onion, etc.).
- Bake for 18–20 minutes until golden brown.

Pro Tips

- Use a baking stone for an extra-crisp crust.
- Try adding a little rye or whole wheat flour for flavor variation.
- For super-soft bagels, add 1 tbsp milk powder to the dough.

Inspiration: <https://cookflarerecipes.com>