



# BAGEL

ROUND BREAD WITH A HOLE

## Introduction

A ring-shaped bread product, first boiled, then baked. While challah was a holiday bread, bagels (Ger.: curve) were consumed on a daily basis.

## INGREDIENTS (8 PIECES)

- 250 g of wheat flour type 650
- 250 g of Manitoba flour
- 25 g of sugar
- 10 g of instant yeast or 30 g of fresh
- 300 g of lukewarm water
- 2 tablespoons of barley malt syrup
- 6 g of sea salt
- approx. 10 ice cubes
- sesame, poppy seeds, salt flakes

## Preparation method

### • Step 1

Prepare the leaven: mix water, yeast and sugar in a container, set aside for 20 minutes.

### • Step 2

Sift both types of flour through a strainer into a large bowl, mix. Add the leaven, stir lightly, and then add 1 tablespoon of barley malt syrup. In the end, add salt. Put the dough on a pastry board and knead with your hands for 20 minutes. The finished dough is smooth and uniform, soft and does not stick to your hands.

### • Step 3

Shape it into a ball and put the dough in a lightly greased bowl, cover with cling film. Leave the dough aside for approx. 2 hours to double its volume.

### • Step 4

After 2 hours, put the dough on the pastry board and degas, namely slightly squeeze the accumulated air out of it. Divide the dough into 8 equal pieces. Each piece should weigh

approx. 105 grams.

Shape the pieces into balls, place them on a lightly floured board, cover with a cloth and set aside for approx. 10 minutes.

- **Step 5**

Meanwhile, pour water into a wide pot and bring it to a boil. Prepare a large bowl of water and ice.

- **Step 6**

The technique for shaping a bagel is twofold: take the prepared ball in your hands, make a hole in the centre and by gently stretching, mould a bagel shape; or shape the roll from the ball, to a length of about 25 cm, wrap it around your hand, fold the ends: one on top of the other, and roll them here until they are joined.

- **Step 7**

Preheat oven to 250°C.

- **Step 8**

Place the bagels on a floured tray. Add 1 tablespoon of malt syrup to the boiling water and add the bagels several at a time so that they do not touch each other.

- **Step 9**

Boil the bagels for 30 seconds on each side. After 1 minute, take the bagels out of the boiling water and toss them into ice-cold water. Then put it on a wire rack for a short while to get it cold. Thanks to a short boiling, the bagels will have a thin crust and be soft inside. If you cook your bagels longer, they will have a thicker crust and be thicker inside.

- **Step 10**

Sprinkle seeds of your choice on a tray and place the bagels on them, sometimes on one side and then on the other.

- **Step 11**

Place the bagels on a baking tray lined with baking paper. Put in a preheated oven and bake at 250°C for approx. 20 minutes.

You can cut the bagels in half and fill in with whatever you want – we recommend Rebecca's egg snack!

**Smaczne!**