

Bagels....Bread Machine, New York Style

Description

Pretty good actually and not hard at all to make.

Ingredients

- 1 1/2 cups Warm water (110-115)
- 1 tbsp granulated sugar
- 1 tbsp vegetable oil
- 2 tsps Malt syrup or powder
- 2 tsps kosher or sea salt
- 4 1/2 cups Unbleached bread flour
- 1 tbsp dry active yeast
- Water mixture (below) for boiling before baking

Instructions

Preheat oven to 450°

Place ingredients in bread machine in the order the machine calls for (some require dry ingredients first, other require liquid first--check your manual)

Select the dough cycle.

Stop the machine after the first kneading (NOT the initial mixing cycle). This is 20 minutes with my machine.

Let the dough rest in the machine with the lid closed for 15 minutes.

Divide dough into 8 equal sections.

Form bagels by gather sections into bun like balls, then piercing with your thumb and twirling around your index finger.

Place on a lightly floured surface and rest for 15 to 20 minutes until slightly puffy.

KETTLE WATER

Fill a large cooking pot 3/4 full with water. Add 2 Tablespoons malt syrup or powder and 1 teaspoon kosher or sea salt. Bring to full boil.

Reduce the boil and add 2 or 3 bagels at a time. Simmer on each side for 45 seconds.

Set the boiled bagels on a kitchen towel to dry

Transfer to a parchment lined baking sheet and sprinkle with toppings if desired. (sesame seeds, poppy seeds, minced garlic, minced onion, coarse salt, shredded cheese, chopped herbs)

Place the tray or trays into the oven and reduce the heat to 425°

Bake for 17 to 20 minutes until golden brown. (You can remove from the oven and put on an egg wash after 10 minutes, and then return to oven and finish baking.)