

# NY Style Bagels

Bagels are just bread dough that's has a little less water for a chewier texture and they are boiled before baking (just like soft pretzels). That's part of how they get that shiny exterior that seals the moisture into the bread.

## Ingredients

- 510 g wheat berries, hard

### DR. MEL'S QUICK NO-WAIT YUDANE

- 50 g water, boiling
- 25 g flour, any (from the milled flour)

### REMAINING INGREDIENTS

- 365 g water, cold
- 6 g sea salt
- 8 g yeast
- 8 g lemon, juice
- 20 g butter
- 23 g barley malt syrup

### WATER BATH:

### EGG WASH:

- 50 g egg, whole (1 egg)
- 10 g water (1 tbsp)

## Directions

1. Mill wheat berries on the finest setting.
2. Make the Yudane: Quickly mix yudane flour from step 1 with yudane boiling water until a paste forms.
3. Pour the COLD water over the hot yudane and stir. This will immediately cool down the yudane so we don't kill our yeast.
4. Add the remaining wet ingredients, sugar, and flour, and mix until combined.
5. Let the dough rest 10-15 minutes for the dough to hydrate.
6. Add yeast and salt and mix 1-2 minutes.
7. Add butter, softened.
8. Mix until the dough is smooth, elastic, and passed a windowpane test. If the dough feels too dry, drizzle in water very slowly while kneading.
9. Let the dough rise until almost doubled in size. This will take longer than usual bread dough because we are using less yeast to affect the flavor of the dough.
10. Gently fold the dough to even out the dough temperature.
11. Preheat oven to 425 F (220 C).

### SCALING:

13. For larger bagels, divide the dough into 9 (~ 95 grams) For smaller bagels, divide into 12, ~75 gram pieces.

### SHAPING:

15. Roll each piece into a ball, then poke your finger through the middle and stretch out from there. Alternatively, roll the dough into a log, twist at opposite ends in different directions, and join together to form a circle with a hole.

**PROOFING:**

17. You can let these rise in a warm place 30 minutes OR do a slow rise in the fridge, covered, overnight to develop the flavor.

**WASHING:**

19. Bring water bath ingredients to a boil, and immerse each bagel for 1 minute, then flip and let stand another minute before removing. Place on baking tray lined with parchment. Brush with egg-wash, and top with toppings of choice.

**BAKING:**

21. Bake for 20 minutes, until nicely browned. The dough should be 190 F in the middle if you need to check.

22. Remove from the oven and let cool on a baking rack.

**Notes**

**Topping Ideas**

- everything bagel seasoning
- cinnamon and sugar
- Asiago, Parmesan, cheddar
- sea salt, cracked pepper
- cinnamon sugar
- crumb topping

**Mix-In Ideas**

- raisins
- blueberries or fruit powder
- veggie powder
- chocolate chips
- jalapenos (especially with cheddar topping)
- figs or dates

[Eden Organic Barley Malt Syrup](#)