

Bagels

Sponge:

Yeast	1 tsp
Bread flour	18 oz
Water, room temp	20 oz

Directions:

1. Mix all ingredients together and allow to rest in a warm place until bubbles form on top. It will look like a wet dish sponge☺
2. Do this step first before moving onto final dough. This has to be 100% fermented and bubbly before moving on.

Final Dough:

Yeast	½ tsp
Bread flour	17 oz
Salt	0.7 oz
Honey	0.5 oz

Poaching liquid:

Enough water for them to float

1 Tablespoon(ish) of honey

1 Tablespoon of baking soda

Directions:

1. Make sure sponge is ready!
2. Once sponge is ready, combine all ingredients from final dough with the sponge. Knead until elastic dough forms.
3. Proof the bread until double in size
4. Portion into 4 oz boules and allow to rest for about 10 min covered
5. Roll into baguettes and wrap around finger tips. Apply a little water on one end and sealed the dough together (Watch video for explanation).
6. Allow to proof until almost double.
7. While proofing, get together poaching liquid. Combine all ingredients of the poaching liquid and be sure to get a deep enough pot.
8. Place the bagels gently into the water, once they float to the top, allow them to boil on each side for 30 seconds, then flip to the other side.
9. Place back on sheet pan, lined with parchment paper and spray. Sprinkle desired topping (poppy seeds, sesame seeds, cinnamon sugar, everything, etc.)
10. Bake at 400F for about 10 minutes. Check internal temp and be sure it reaches 180F
11. Enjoy them☺