

Bagels

Recipe inspired by Oster *Deluxe Bread & Dough Maker*

Free of Egg, Peanuts, Tree nuts, Sesame, Soy, Shellfish, Dairy

1 cup warm water

1 ½ tsp honey

2 cups bread flour

1 cup whole wheat flour

1 ½ tsp salt

1 ½ tsp active dry yeast

Bread Machine:

Place all of the ingredients except the yeast in the bread pan, starting with the wet ingredients. Before adding the yeast, ensure that all of the wet ingredients are covered by the dry ingredients and make an indentation in the middle of the dry ingredients with your finger. Pour the yeast into indentation. Place the pan in the machine and select the dough cycle.

While the dough mixes, grease a cookie sheet. Once the dough is complete, take it out of the bread pan and divide it into 12 equal pieces. Roll each piece into a rope that is about 7 inches long. Wrap each rope to make a circle. Brush one end with water, and then roll both ends together to seal. Place the circles on the cookie sheet and let them rise for roughly 20 minutes (they should double in size).

Meanwhile, boil the water using a large soup pot and preheat the oven to 400 F. Using a slotted spoon or netted ladle, lower 3 or 4 bagels into the boiling water and let them boil for 15 seconds. Turn the bagels over and allow them to boil for an additional 15 seconds. Then remove the bagels and place them on a paper towel. Once all of the bagels have been boiled, place them back on the cookie sheet.

Bake the bagels for 8 minutes or until they are lightly browned. Remove them from the cookie sheet immediately and let them cool on a baking rack.

Yields: 12 bagels (\$0.10/serving)

By Hand:

Mix 1 cup of warm water, yeast and honey. Let the mixture stand for 5 minutes (it will become foamy). In a separate bowl, combine the flours and salt. Add the yeast mixture and mix thoroughly. Knead for 5 minutes on a well-floured surface. Let rise 20 minutes.

While the dough rises, grease a cookie sheet. Once the dough has risen, divide it into 12 equal pieces. Roll each piece into a rope that is about 7 inches long. Wrap each rope to make a circle. Brush one end with water, and then roll both ends together to seal. Place the circles on the cookie sheet and let them rise for roughly 20 minutes (they should double in size).

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