



BAGALS

4-5 Cups / 1-1.12 L Flour
1 tbsp – 15ml Instant Yeast
2 tsp – 10ml salt
1 ½ cups – 375ml Hot water 130°F (55°C)
2 tbsp – 30ml Honey
1 Egg White
1 tbsp – 15ml Cold Water

- Sift 4 cups (1L) of the flour along with yeast & salt. Beat in the hot water & honey, stir in enough of the remaining flour to form a smooth dough ball. Knead for 5mins. Cover and allow dough to rest for 15mins.
- Divide into 12 equal portions. Roll into balls then flatten. Poke a hole in the centre. Stretch the dough causing hole to increase to 1 ½". Place on lightly flour dusted surface, cover & allow to rise for 20mins.
- In large kettle or dutch oven, place enough water to cover 2" of the bottom. Bring to boil. Simmer bagels in water for 7mins. Remove from water, pat dry & put on baking sheet. Mix egg white with cold water & brush the bagels. Sprinkle over some poppy seeds. Bake in pre heated oven 375°F – 190°C for 30mins.