

HOMEMADE SOURDOUGH BAGELS

YIELD : 8 | PREP : 14 hr. | COOK : 25 min.

ingredients:

SOURDOUGH STARTER

100g sourdough starter
100g warm, filtered water
100g all-purpose flour

BAGEL DOUGH

250g active sourdough starter
400g warm water
30g sugar
750g bread flour
15g sea salt

WATER BATH

8c water
25g honey

optional : seasonings & egg wash

directions:

1. PREPARE THE STARTER.

The day before baking, mix 100g of sourdough starter, 100g of filtered water and 100g of all-purpose flour. Before using the starter to make the dough, the starter should be active and bubbly.

2. MAKE THE DOUGH.

To make the dough, measure 250g of active sourdough starter with 400g of warm water and 30g of sugar into a mixing bowl, and whisk until combined. Then, add 750g of bread flour and 15g of sea salt, and mix with your hands until the dough is shaggy (lumpy yet will mixed).

3. LET THE DOUGH AUTOLYSE.

Cover the shaggy dough with a thin kitchen towel and let the dough rest on the counter for 30 minutes.

4. MIX THE DOUGH.

With a dough hook, mix the dough on low speed for 8 minutes in a stand mixer.

5. LET THE DOUGH BULK RISE.

Cover the bowl with a bowl cover or cling wrap, and let the dough bulk rise for 8-12 hours at room temperature until the dough has risen and doubled in size.

6. SHAPE THE DOUGH & BENCH REST.

Prepare a baking sheet with parchment paper. Using the dough scraper, remove the dough from the mixing bowl onto floured surface. Divide the dough into 8 equal parts, shape each piece into a ball, cover with a thin kitchen towel and let the dough rest for 30 minutes. After the bench rest, use your thumb to create a hole through the center of the dough ball, forming the bagel shape. Place the bagels onto the prepared baking sheet, cover with a thin kitchen towel and let the bagels rest for 30 more minutes.

7. PREHEAT THE OVEN & WATER BATH.

Preheat the oven to 425°F. Fill a large pot with 8 cups of water and 25g of honey, and bring to a boil. Boil the bagels (only boiling 3-4 at a time) for 1 minute on each side. With a mesh strainer, remove the bagels and place back onto the baking sheet. If you would like to add toppings, allow the bagels to cool, brush with egg wash (one beaten egg white), dip the bagels into the toppings of your choice and place the bagels back onto the baking sheet.

8. BAKE THE BAGELS AND ENJOY.

Bake the bagels at 425°F for 24-26 minutes or until golden brown. Remove the bagels from the baking sheet and let the bagels cool for a few minutes on a cooling rack. Serve and enjoy!