



Bagels

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. All recipes used in class will be in an attachment in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- King Arthur High-Gluten Flour: 510g (4 ¼ cups), bread flour or all-purpose flour can be substituted, but the texture will be less chewy
- Salt: 12g (2 teaspoons)
- Non-diastatic malt powder: 12g (1 tablespoon), or barley malt syrup: 21g (1 tablespoon)
- Instant or active dry yeast: 5g (1 ½ teaspoons)
- Water: 295g (1 ¼ cups)+ 2 quarts
- Toppings of your choice: everything topping, sesame seeds, poppy seeds, sea salt are some examples

Pro-Tip

Brown sugar or sugar can be substituted for non-diastatic malt powder or malt syrup

EQUIPMENT

- Scale (preferred) or measuring cup set
- Measuring spoons
- Liquid measuring cup
- Stand mixer with dough hook attachment (not required, but highly recommended)
- Bowl scraper
- Bench scraper
- Handheld strainer, skimmer (spider), or slotted spoon, to remove bagels from boiling water
- Plastic wrap
- Large pot (can fit at least 2 quarts of water with room for bagels)
- Parchment paper or silicone baking mat or pan spray
- Baking sheet

Bagels

YIELD: 8 BAGELS

INGREDIENTS - DOUGH

- 510g (4 ¼ cups) King Arthur High-Gluten Flour
- 12g (2 teaspoons) salt
- 12g (1 tablespoon) non-diastatic malt powder or 21g (1 tablespoon) barley malt syrup
- 5g (1 ½ teaspoons) instant yeast
- 306g (1 ¼ cups) water

INGREDIENTS - WATER BATH

- 2000g (about 2 quarts) water

INGREDIENTS - TOPPINGS

- Sesame seeds, poppy seeds, coarse salt, everything bagel topping, etc.

DIRECTIONS

1. To make bagel dough by hand or in a mixer, combine all the ingredients, then knead vigorously by hand for 10 to 15 minutes, or by machine, on a medium-low speed, for about 10 minutes. Place the dough in a bowl, cover, and set it aside to rise until noticeably puffy, though not necessarily doubled in bulk, 30 to 60 minutes.
2. While the dough is resting, prepare the water bath by heating the water to a very gentle boil in a large, wide diameter pan. Preheat your oven to 450°F.
3. Transfer the dough to a work surface and divide it into 8 pieces.
4. Degas each piece of dough and pre-shape all pieces into tight cylinders. Starting with the first cylinder you rolled, and keeping the dough covered except for the piece that you're working with, roll each cylinder to a rope 8" to 9" in length. Wrap the dough around the broad part of your hand. Connect the ends of the dough in your palm and roll the dough against the bench to seal.
5. Place each bagel on a lightly greased or parchment-lined baking sheet and repeat with the remaining pieces of dough.
6. Transfer the bagels to the simmering water. Cook in as many batches as necessary so the bagels fit comfortably in the pot. Simmer the bagels for 20 seconds, flip, and cook 20 seconds more.
7. Using a skimmer or strainer, individually remove the bagels from the water, and while still moist, place them in a shallow bowl or plate with the desired toppings. Repeat with the remaining bagels.
8. Bake the bagels for 15 to 20 minutes, or until they're as deep golden brown as you like.
9. Allow to cool before slicing.
10. Store bagels covered at room temperature up to 3 days, or freeze up to 1 month. Thaw bagels before serving.

NOTES

Bagels benefit from an overnight rest in the refrigerator after shaping but before boiling. To accomplish this:

- Shape the bagels and place them on a baking sheet sprinkled with semolina or cornmeal.
- Place the baking sheet in a plastic bag or cover with plastic wrap, and refrigerate for 6 to 24 hours.
- When ready to bake, boil the bagels directly from the refrigerator as described above. No need to have the bagels warm to room temperature before boiling.