



HOMEMADE BAGEL

 8 portions

INGREDIENTS

- 1.25 cups of water, bottled, generic [296 g]
- 6 tsps of sugars, granulated [25 g]
- 1 packet of leavening agents, yeast, baker's, active dry [7 g]
- 3.5 cups of wheat flour, white, bread, enriched [480 g]
- 1.5 tsps of salt, table [9 g]

COOKING METHOD

- 1° Combine warm water, yeast, and sugar in a large bowl or stand mixer, let sit for 5 minutes
- 2° Add 3 cups bread flour and salt
- 3° Knead or use dough hook to mix for 8-10 minutes
- 4° Add oil to the bowl and place dough inside, coat dough with oil
- 5° Cover loosely with a towel and let rise for 1-2 hours or until it has doubled in size
- 6° After dough rises, punch it down
- 7° Divide dough into 8 pieces
- 8° Roll the dough into a ball and flatten
- 9° Using your thumb, press into the middle of the ball and stretch to form a 2 inch hole in the middle
- 10° Place dough onto sheet pan and cover with a damp cloth, let sit for 10 minutes
- 11° Bring water in a saucepan to a boil
- 12° Place bagel in water, cook for 45 seconds, flip to the other side and cook for 60 seconds. The longer you cook them, the chewier they will be
- 13° Remove bagel and place on towel to dry off
- 14° Preheat oven to 425 degrees
- 15° Brush each bagel with melted butter and any toppings you desire
- 16° bake for 20-25 minutes until golden brown

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (102 g)	% DRI
ENERGY	227 kcal	231 kcal	12 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	429 mg	438 mg	18 %
CARBOHYDRATE	46 g	47 g	16 %
SUGARS	3 g	3 g	—
FIBER	2 g	2 g	7 %
PROTEIN	7 g	8 g	—