

Boiled Bagels

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

1 hr 50 mins

Description

Bagels that are boiled before being baked

Ingredients

- - 4 $\frac{1}{4}$ cups all-purpose flour
- divided
- or as needed - 2 (.25 ounce) packages active dry yeast - 1 $\frac{1}{2}$ cups warm water (110 degrees F/45 degrees C) - 4 tablespoons white sugar
- divided - 1 tablespoon salt

Instructions

1. Combine 1 1/2 cups flour and yeast in a large bowl. Mix water
2. 3 tablespoons sugar
3. and salt together; add to dry ingredients. Beat with a mixer for half a minute at low speed
4. scraping the sides of the bowl clean. Beat at a higher speed for 3 minutes. Then mix in enough flour by hand to make a moderately stiff dough. Turn out onto a lightly floured surface and knead until smooth and elastic
5. 8 to 10 minutes. Cover and let rest for 15 minutes. Cut into 12 portions and shape into smooth balls. Poke a hole in the center with your finger
6. and gently enlarge the hole while working the bagel into a uniform shape. Cover and let rise for 20 minutes. Meanwhile
7. start a gallon of water boiling. Add in remaining 1 tablespoon sugar and mix it around a bit. Reduce to simmering. Preheat the oven to 375 degrees F (190 degrees C). When bagels have risen
8. put 4 or 5 bagels into the water and cook for 7 minutes
9. turning once. Drain. Place drained bagels on a greased baking sheet and bake in the preheated oven for 30 to 35 minutes. Remove from the oven and eat hot or cold. Broiling option: For a glossier surface
10. place raised bagels on an ungreased baking sheet prior to boiling them. Broil them
11. 5 inches from heat
12. for 1 to 1 1/2 minutes on each side. Then put them into the hot water to be boiled as above. Note: do not bake broiled bagels as long as non-broiled ones
13. 25 minutes should be long enough.