



Multigrain Bagels

Jacob · 28/09/2024



Prep Time

2 hrs 25 mins

Difficult

Medium

Servings

3 hrs 45 mins

Description

I added flaxseed meal wheat germ rolled oats and whole wheat flour to a recipe I adapted from the Minneapolis StarTribune The multigrain bagel recipe yields 16 bagels that wont get lost in your toaster These bagels are best served toasted My kids love them topped with cream cheese and a thin layer of strawberry jam Store in a resealable plastic bag

Ingredients

- - ½ cup warm water (105 degrees F/41 degrees C) - 2 (.25 ounce) packages active dry yeast - ½ teaspoon white sugar - 4 cups whole wheat flour - 2 cups bread flour - 1 cup rolled oats - ¼ cup vital wheat gluten - ¼ cup wheat germ - ¼ cup organic flaxseed meal - 1 tablespoon sea salt - 3 cups buttermilk - ? cup orange blossom honey - cooking spray - 3 quarts water - 1 ½ tablespoons brown sugar - 1 tablespoon cornmeal
- or as needed - 1 egg white - 1 teaspoon cool water

Instructions

1. Combine warm water
2. yeast
3. and sugar in a bowl. Set aside until yeast and sugar dissolved
4. about 5 minutes. Combine bread flour
5. whole wheat flour
6. rolled oats
7. vital wheat gluten
8. wheat germ
9. flaxseed meal
10. and sea salt in a large bowl. Stir in buttermilk. Add yeast mixture and honey; stir until no dry spots remain. Cover bowl with plastic wrap; let dough rest 20 minutes. Turn dough out onto a floured surface. Knead about 7 minutes; it will be soft and slightly sticky. Add more flour if needed. Shape into a ball. Coat a mixing bowl with cooking spray. Place dough in the bowl and turn to coat. Cover with plastic wrap and let rise in a warm
11. draft-free place for 2 hours. Turn dough onto a floured surface; knead briefly. Cut dough in half; return 1 half to the bowl and cover. Form other half into a cylinder. Cut into quarters and cut quarters in half
12. yielding 8 equal-sized pieces of dough. Shape dough pieces into balls. Repeat with remaining half of dough. Preheat the oven to 400 degrees F (200 degrees C). Line one 11x17-inch baking sheet with waxed paper
13. another with a flour sack towel
14. and 2 remaining sheets with parchment paper sprinkled with cornmeal. Combine 3 quarts water and brown sugar in a large pot; bring to a boil. Meanwhile
15. flatten 1 dough ball slightly; press index fingers through the center until they meet. Rotate fingers to stretch a hole about 1 3/4-inch in diameter. Set bagel on waxed paper-lined baking sheet. Repeat with remaining dough balls. Reduce heat under brown sugar-water until simmering. Add 2 bagels at a time; boiling each for 30 seconds per side. Transfer boiled bagels to the towel-lined baking sheet to drain
16. then transfer bagels to the parchment paper-lined sheets. Whisk egg white and 1 teaspoon cool water together in a small bowl; brush onto tops of bagels. Bake in the preheated oven for 12 minutes. Flip bagels and continue baking until golden brown
17. about 13 minutes more. Transfer to a wire rack to cool. Cook's Notes: You will need four 11x17-inch baking sheets for this recipe. Flipping the bagels over after baking for 12 minutes prevents the bottoms from becoming too heavily crusted.