



## RECIPE: CLASSIC BAGELS

### Makes: 6 Bagels

**Note:** You'll be boiling the bagels before baking, so you'll need a large saucepan and spider or slotted spoon when cooking.

### Ingredients

For the Dough:

210g Water (at room temperature)

5g Fresh Yeast or 3g Dried Fast Action Yeast

375g Strong White Bread Flour, plus extra for dusting

5g Salt

10g Olive Oil, plus extra for shaping

To Bake:

1 tbsp Bicarbonate of Soda

Sesame or Poppy Seeds, Flaky Sea Salt

### Method

Making the Dough

1. In a large mixing bowl weigh in the water then mix in the yeast to dissolve.
2. Weigh in the flour, salt and oil and bring together with your scraper to make a rough dough.
3. Tip out onto a clean surface and knead well for about 8 minutes without adding extra flour. The dough is quite dry and might feel tighter than you're used to, but keep working it by hand or with your scraper.
4. Form the dough into a rough ball with a light dusting of flour and place it back in your mixing bowl. Dust the top lightly with flour, cover with a clean cloth and leave to rest at room temperature for 90 minutes.

Dividing and Pre-Shaping

1. Line a large baking tray with baking paper and grease lightly with oil.
2. Dust your work surface with a little flour and turn out the dough so it lands upside down in a rough circle shape (sticky side up).
3. Press your fingertips lightly all over to flatten it slightly then use your scraper to divide the dough into 6 equal triangles/wedges - like cutting up a cake.
4. Line up the triangles in front of you with the pointy ends facing away from you.

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### Shaping

1. Roll the pointy end of the first piece of dough downwards towards the wider end, creating a small swiss roll or sausage. Pinch the join together to seal then roll with the palms of your hands to create a long rope, about 30cm in length. Roll both ends a little to taper to points.
2. Wrap the dough rope around your hand so that the tapered ends cross over in your palm. Squeeze these together then gently roll under your palm on the table to seal together.
3. Transfer the shaped bagel to the lined tray and repeat with the other 5 pieces. Line up on the tray with a little space between each for them to puff up.

### Second Prove

1. Lightly brush the bagels with oil and cover loosely with clingfilm or another upturned tray placed over the top. Rest at room temperature for 45 minutes. This is just enough time for the dough to puff up slightly - you are not looking for them to double like a normal loaf! (See Tips below).
2. Meanwhile, preheat your oven to 220°C/Fan 200°C/Gas Mark 7 and pop a large roasting tin in the bottom of the oven to warm through. Half-fill the kettle ready for baking and bring a large pan of water to the boil on the hob.

### Boiling and Baking

1. When the dough is ready, put the kettle on to boil and add the bicarbonate of soda to the pan of boiling water.
2. Carefully lift the bagels off the tray and gently lower into the pan. Boil for 30 seconds then turn over and boil for another 30 seconds on the other side. Scoop out gently with a slotted spoon and return to the tray. If your pan is big enough, you can do 2 at a time, otherwise just repeat individually.
3. Sprinkle over your choice of sesame or poppy seeds, or simply top with a little flaky sea salt, then transfer the tray to the hot oven and pour a few cm of boiling water from the kettle into the tin at the bottom.
4. Bake for 15-20 minutes. Transfer to a wire rack to cool.

### Tips from me...

If you'd like to really get your head around the classic bagel, take a look at my video:

- [Bread Tip #146: The Bagel Principle](#)

Bagels have less yeast and less water in them than many other breads so the dough stays firm and won't rise as much while proving. This is because it needs to hold up when boiled - a fluffy, airy dough could collapse or wrinkle up in the water. If your kitchen is very warm, keep an eye on the second prove as you don't want the dough to get too puffy.

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