



JERNEJ KITCHEN

HOMEMADE BAGELS

Bagels with a dense, chewy inside, perfect for rich, delicious sandwiches.

MAKES 14 BAGELS
PREPARATION: 180 MINUTES

HOMEMADE BAGELS

1 kg all-purpose flour

15 g fresh yeast

500 ml water, lukewarm

2 eggs

20 g salt

50 g butter, softened at room temperature

½ tsp baking soda

1 tbsp floral honey

mixture of seeds (cumin, fennel, sesame) *optional

TOOLS AND EQUIPEMENT

stand mixer (optional)

kitchen knife

kitchen towel

plastic wrap

parchment paper

large pot

large baking dish

Sponsored

KNEAD INTO A DOUGH

Combine all purpose flour, lukewarm water and yeast in the mixing bowl of a stand mixer fitted with a dough hook. Mix on low speed for about 2 minutes. Add the eggs and salt and mix for another 3 minutes. Slowly incorporate small chunks of softened butter and mix for another 5 minutes. The dough has to be elastic and soft. Cover with a kitchen towel or cling film and leave to proof for 1 hour at room temperature or until doubled in size.

DIVIDE THE DOUGH

On a lightly floured surface, divide the dough into 14 pieces, each about 120g (4 oz.). Shape each piece into a ball, then leave them to rest on the surface for about 5 minutes.

FINAL PROOF

Make a hole in the middle of each ball, it should be about 3cm (1.1 inch) wide. Place each bagel on a baking tray, lined with parchment paper. Make sure there's a bit of space between each bagel. Cover the bagels loosely with cling film and leave to proof at room temperature for 40 - 50 minutes (or until doubled in size.) You can also proof them overnight in the fridge.

COOK THE BAGELS

Preheat your oven to 220°C/ 430 °F/gas 7. Bring a large pot of water to a boil. Add the baking soda and the floral honey. Slip the bagel into the water (not more then 3 or 4 at a time). Cook for about 1 minute, then turn the bagel over and cook for another minute.

BAKE

Remove the cooked bagels and drain any excess water. Sprinkle with a topping and place them on a baking tray lined parchment paper. Bake in the oven for 20 minutes or until

browned and delicious. Leave to cool on a wire rack, then serve.