

master recipe

BAGEL

The secret to the perfect bagel is a subject of heated discourse. After trying bagels from New York City to Seattle, we can tell you one thing: it's not the water source; it's the baker (see page 183). We found that a lye solution produces a superior crust that's just brittle enough to give way to the chewy crumb. Letting the dough sit

uncovered while refrigerated overnight also contributes to a better crust. One of our biggest breakthroughs was a starch slurry coating, which not only helps toppings stick but also makes it possible to use larger items—sunflower seeds, chopped nuts—that otherwise wouldn't cling well.

TOTAL TIME Active 25 min Inactive 17 h 47 min	DDT 24-26°C / 75-78°F	DIFFICULTY Moderate: mixing, shaping Advanced: boiling in lye	OVENS ★Combi ★Convection Deck Home Pizza	YIELD / SHAPE 7 bagels
--	--	--	--	--------------------------------------

INGREDIENTS	WEIGHT	VOLUME	%
For the Dough			
① Water	305 g	1⅓ cups	48.8
Instant dry yeast	1.5 g	½ tsp	0.24
② Bread flour	625 g	4⅔ cups	100
Sugar	25 g	2 Tbsp	4
Vegetable oil	17 g	2 Tbsp	2.72
Fine salt	13 g	2⅞ tsp	2.08
Malt syrup	12 g	2 tsp	1.92
For the Lye Solution			
Water	4 kg	4¼ qt	640
Lye	6 g	1¼ tsp	0.96
Yield	~1.00 kg		

NET CONTENTS	Weight	%
Ingredients		
Flour	625 g	100
Water	305 g	48.8
Sugar	34 g	5.44
Fat	17 g	2.72
Salt	13 g	2.08
Yeast	1.5 g	0.24

If you do not want to cold-proof your dough, you can proof it as 27°C / 80°F (65% RH), uncovered, for 2-2½ h or as 21°C / 70°F, covered, for 2½ h-3½ h.

For salt, flours, substitutions, and other notes, see pages vii-xi.

GENERAL DIRECTIONS

		PROCEDURE	NOTES	TIME
				active/inactive
MIX	by hand*	combine ① in a bowl, and stir to dissolve yeast; add ②, and mix to a homogeneous mass; transfer the dough to a worktable, and mix to full gluten development; transfer to a lightly oiled tub or bowl, and cover well with plastic wrap or a lid; see Hand Mixing, page 3-116		12-15 min
	by machine*	combine ① in mixer's bowl, and stir to dissolve yeast; add ②, and mix on low speed to medium gluten development; mix on medium speed to full gluten development; transfer to a lightly oiled tub or bowl, and cover well with plastic wrap or a lid; see Machine Mixing options, page 189		8-12 min
BULK FERMENT		1 h total; no folds; keep covered throughout	see Bulk Fermentation, page 3-126	1 h
DIVIDE/SHAPE	divide	bagel	see How to Divide Your Dough, page 3-136	3-4 min
		140 g		
	preshape	roll	see How to Shape Round Rolls , page 3-176	3-4 min
	rest	20 min	keep dough covered	20 min
shape	bagel	see How to Shape Bagels, page 3-168	5-7 min	
FINAL PROOF	4°C / 39°F	12-16 h, cold-proof on sheet pans lined with parchment paper and dusted with cornmeal; do not cover; the skin will help form a brittle crust; see Calling Proof, page 3-220		12-16 h
BOIL	boil	bring lye solution to a gentle boil; boil bagels three or four at a time for 1 min (boil on one side for 30 s, then flip the bagels, and boil 30 s on the other side); garnish at this point if desired, or do so post-baking (see Garnishing Bagels, page 185); return the bagels, bottom side down, to the sheet pans lined with parchment paper to bake		8-10 min
BAKE		see Bagel Baking Times and Temperatures, page 190		7-15 min

TOTAL TIME *Choose by hand or machine

by hand 40 min / 17 h 35 min
 by machine 25 min / 17 h 47 min