

Homemade New York Style Bagels

Chewy bagels are made with barley malt and boiled for a traditional New York style bagel.



Ingredients

Bagel dough

600g / 5 cups bread flour

4.5g / 1½ tsp instant yeast -OR- 7g / 2¼ tsp active dry yeast (prove with the hot water & sugar)

14.5g / 3 tsp fine sea salt

350g / 1½ cup water (90-95°F)

28g / 1 tbsp + 1 tsp barely malt syrup -OR- 38g granulated sugar (dough stays white)

Poaching liquid

8 cups water

1 tbsp barley malt syrup

1 tbsp baking soda

1½ tsp salt

Toppings for everything bagels

2 tsp minced dehydrated garlic

2 tsp minced dehydrated onion

poppy seeds

sesame seeds

flaked salt (optional)

Instructions

Make the bagel dough

YIELD: 8 BAGELS

PREP TIME 30 minutes

COOK TIME 20 minutes

ADDITIONAL TIME 12 hours

TOTAL TIME 12 hours 50 minutes

1. *In the food processor:* Add dry ingredients into the food processor and pulse to combine. In a separate bowl combine the warm water and barley malt syrup and stir to dissolve the syrup. Then add the water mixture to the flour. Process until the dough comes together into a ball. Let rest for 10 minutes.
2. *In a stand mixer or by hand:* Add dry ingredients and wet together in a large mixing bowl or the stand mixer bowl, and mix with a wooden spoon or with a damp hand until it forms a rough, shaggy dough. Then knead for 3 minutes, either in the stand mixer on lowest speed using the dough hook or by hand on a clean and floured counter. Let the dough rest for 5 minutes, then mix or knead again for an additional 3 minutes.
3. At the end of either kneading method, turn the dough onto a clean, floured counter and knead for 1 minute, adjusting the dough by adding more water or flour if necessary. (If kneading by hand, do these adjustments in an additional minute at the very end of kneading). You should end up with a barely tacky dough. Form it into a smooth dough ball.
4. Place seam side down in a lightly oiled bowl and cover with plastic wrap or a damp towel. Let rise for 45-75 minutes until around doubled in size.
5. After the rise it's time to shape the dough. Prepare a baking sheet by covering it with parchment paper or a silicone mat and spray with oil. Divide the dough into 8 equal pieces (~120g each) and roll each into a ball. To shape the bagels you can either (a) poke a hole in the middle of the dough ball and gently stretch the hole until it's an inch or two wide or (b) roll until 8-10" long then wrap around your hand and roll the two ends under your palm to seal. Place shaped bagels on the greased baking sheet. When all are shaped spray with more oil and then cover with plastic wrap. Place in fridge and leave overnight, or up to 48 hours.
6. On baking day: test dough to determine if it's fully proofed by placing it in a bowl of water. If it floats it's ready to go, if not, leave it out on the counter to finish rising at room temperature, retesting regularly until ready.
7. Preheat the oven to 500°F.
8. If making everything bagels, place the dehydrated granulated onion and garlic in two small heat proof bowls and cover them with boiling hot water to rehydrate so they don't burn while the bagels bake.
9. Bring 8 cups of water in a large pot to a boil. Turn heat to medium high to maintain a steady boil and add the salt, baking soda, and barley malt syrup. Boil the bagels 2-3 at a time, taking care not to over crowd the pot, for 60 seconds then flip and boil an additional 45-60 seconds. Strain and place bagels back on the baking sheet. Top with your desired toppings while they're still hot and wet for optimal sticking. If using seeds, gently press them into the dough after topping. Repeat with remaining bagels.
10. When the oven is pre-heated and bagels are all boiled and toppings added, place the baking sheet into the oven on the center rack and turn the heat down to 450°F. Bake for 10 minutes, then rotate the baking sheet and bake an additional 8-10 minutes until the bagels are a dark golden brown. If you didn't use barley malt syrup in the poaching liquid, they will not brown as darkly or richly.
11. Let the bagels cool at least 15-20 minutes before cutting into them. For long-term storage cut the bagels first, then place in a freezer safe Ziploc bag and freeze until ready to eat. Just take them to partially defrost, ~15-20 minutes, before toasting them.