Homemade Bagels

These home-baked bagels are crispy on the outside, soft on the inside, and great with cream cheese or butter! Yield:

8-12 bagels Ingredients:

1 1/2 cups warm water (112-115 degrees F)
2 tablespoons dry yeast
3 tablespoons sugar
1 tablespoon saltÂ
4 1/4 cups bread flour
8 cups of water, for boiling
1 egg white, lightly beaten
1 tablespoon water

Additionally, you can add one of the following (or be creative and come up with your own delicious addition to the recipe!):

cinnamon and/or raisins
poppy seeds
onions or garlic
sesame seeds Instructions:

1. In a small bowl, mix yeast, sugar and warm water together and let stand 3 minutes.

2. Mix 2 cups of flour with the salt in a large bowl; then add the yeast mixture. Stir until combined and slowly mix in the rest of the flour.

3. Knead dough on a floured surface for 5 minutes, adding additional flour if necessary. Dough should be fairly smooth and somewhat firm. Place dough in a greased bowl, cover and let rise until double.

4. Punch dough down (if making cinnamon raisin bagels, add the cinnamon and raisins now – knead just enough to swirl the cinnamon through the dough). Divide and shape into 12 balls.

(For larger bagels, make only 8 balls.) Allow to rest for 5 minutes.

5. Bring 2 quarts of water to boil. Make a hole in each ball of dough and pull open about 2 inches, making a bagel shape. Place the shaped dough onto a cookie sheet and cover for 10 minutes.



Homemade Bagels

6. Preheat oven to 350 degrees. Drop 2 or 3 bagels at a time into the boiling water for about 45 seconds, turning each once.



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7. Drain cooked bagels on a wire rack. Mix egg white and water; brush tops with egg white mixture and top with optional toppings, if using. Place bagels on greased baking sheets.



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8. Bake at 350 degrees for 35 minutes, turning once half-way through baking. (If making plain bagels, you can flip the bagels; otherwise, just rotate.) Bagels will be lightly browned and shiny.



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This recipe is from Tammy’s Recipes.