

Bagels

Category: Baking

Servings: 2

Rating: 10

Source: Jenny Rowswell

Description:

Jenny made these for the Book Club Christmas dinner, with cream cheese and smoked salmon caught by Scott. What a treat!

Ingredients:

bread flour	2 cups
whole wheat flour	1 cup
salt	3/4 teaspoon
honey	1 1/2 tablespoons
water	one cup
yeast	1/2 tablespoon

Instructions:

Put the ingredients in bread machine, let it knead the dough once, and then let the dough rise for 20 minutes only in the machine. Remove the dough from the machine and divide it into 16 pieces. Roll each piece into a rope and form a circle, pressing ends together. Wet the ends slightly to help seal them together if necessary.

Place bagels on a greased baking sheet, cover, and let rise for 15-20 minutes. Meanwhile, bring about 2 inches of water to a slight boil in a nonaluminum pan. Carefully lower 3 or 4 bagels at a time into the water, cooking for about 30 seconds on each side. Remove, drain on a towel, and sprinkle with topping (sesame seeds, poppy seeds) if desired. Return to the baking sheet and bake in a pre-heated 550 degree oven for about 5-6 minutes.