



How to make Homemade Bagels!! – I Adore Food

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



299 kcal

SIDE DISH

Ingredients

- 1 cup milk
- 3 Tablespoon yogurt plain
- 1 cup flour
- 1 cup starter (ingredients to make it are listed above)
- 1.5 cup water
- 6 cup flour
- 0.5 Tablespoon yeast dry

- 1 Teaspoon honey
- 2 large eggs
- 3 Tablespoon olive oil
- 1 serving sesame seed dried

Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- pot
- wooden spoon
- spatula

Directions

- SOURDOUGH STARTER: Prepare a jar in which you will be leaving the starter to settle for a couple of days. This jar has to have a tight cap. Warm up a cup of milk (preferably whole, but no an obligation) to about 90 to 100 degrees F.
- Remove from heat and stir in 3 tablespoons of plain unflavoured yogurt.
- Pour the milk mixture in the jar and put the cap on tightly. Leave the jar in a warm place (between 80 to 100 degrees F).
- After 18 to 24 hours, the starter should be at yogurt consistency. If a liquid has formed on top, simply mix it back in. If the liquid has turned lightly pink, discard and start again.
- When the mixture is at a yogurt consistency, stir in a cup of all purpose flour until smooth. Cover and let in stand in the same place (80 to 100 F) for 2 to 5 days (until the mixture is full of bubble and smells sour).
- During this time, if a liquid forms on top, mix it back in. If the liquid is slightly pink, discard all but 1/4 up of the starter, mix in a cup of warm milk (90 to 100F) and a cup of flour.
- Let it stand in a warm place until it bubbles and smells sour. If mold forms on top, simply scrape off and discard the mold.

- To maintain a goof supply, each time you use a portion of it, replenish with equal amounts of warm milk (90 to 100F) and flour. If you don't use it for a month, discard half and replenish with equal amounts of warm milk and flour.
- FOR THE BAGELS: In another jar, put 1 cup of sourdough starter, 1 1/2 cup of warm water and 2 cups of flour.
- Mix well until smooth and leave in a warm area overnight or up to 36 hours.
- Transfer the mixture in a bowl and add the yeast, the honey, 1 egg and the oil and a good pinch of salt.
- Mix well. Start adding the 4 cups of flour, cup by cup until it becomes a stiff dough. Lightly flour a working surface and continue kneading the rest of the flour in the dough until it is smooth and elastic. Oil a bowl and roll the dough around to coat and cover with a towel.
- Let the dough rise until it doubles in size.
- Punch the dough down, and transfer it on a lightly flour a working surface.
- Cut 14 to 16 equal pieces of dough. Make dough balls and let them sit, covered with a towel for 10 minutes.
- Lightly flatten the balls down and put your thumb through the middle and shape the balls into a bagel shape. flour a surface and place your uncooked bagels on the surface, well spaced, to rest and double up in size. Make sure they are well covered.
- Fill about 2/3 of a big, big pot with water and bring it to a boil.
- Start your oven at 375F. Take two cookie sheets and grease them.
- With the remaining egg, whisk it with about 2 tablespoons of water.
- Place the mixture near your cookie sheets along with a brush.
- Prepare the ingredients that you will be sprinkling on your bagels. When your bagels have doubled in size and your water is boiling heavily, carefully take a bagel and put it in the water. It will rise to the surface almost immediately. With a wooden spoon, flip it and boil it for a minute and a half. With an egg turner, carefully lift the bagel out of the water, letting the leftover water drip out and place it on a cookie sheet. You can do 2 to 3 bagels at a time in your pot, depending on its size. Once the bagel is ready on the cookie sheet, brush it with the egg mixture and sprinkle the topping ingredients. When you are done boiling all of them,
- Bake one cookie sheet at a time for about 20 minutes or until the bagels are golden brown. It took 22 minutes in my oven. Test the firmness of the bagels before taking them out.
- Place them on a cooling rack to cool down.

Nutrition Facts

PROTEIN 11.85% FAT 16.31% CARBS 71.84%

Properties

Glycemic Index:21.02, Glycemic Load:35.09, Inflammation Score:-4, Nutrition Score:10.552173973345%

Nutrients (% of daily need)

Calories: 298.81kcal (14.94%), Fat: 5.33g (8.19%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 50.85g (18.49%), Sugar: 1.65g (1.83%), Cholesterol: 29.22mg (9.74%), Sodium: 21.73mg (0.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.7g (17.4%), Vitamin B1: 0.52mg (34.98%), Selenium: 24.02µg (34.31%), Folate: 121.94µg (30.48%), Vitamin B2: 0.38mg (22.29%), Manganese: 0.44mg (22.2%), Vitamin B3: 3.8mg (19%), Iron: 3.13mg (17.4%), Phosphorus: 107.84mg (10.78%), Fiber: 1.92g (7.66%), Copper: 0.12mg (6.19%), Magnesium: 19.56mg (4.89%), Vitamin B5: 0.48mg (4.85%), Calcium: 46.43mg (4.64%), Zinc: 0.69mg (4.57%), Vitamin E: 0.56mg (3.71%), Potassium: 113.85mg (3.25%), Vitamin B6: 0.06mg (2.92%), Vitamin B12: 0.17µg (2.89%), Vitamin D: 0.34µg (2.26%), Vitamin K: 2.08µg (1.98%), Vitamin A: 71.1IU (1.42%)