

Bagels

Dough

- 1 tablespoon instant yeast
- 4 cups Sir Lancelot High-Gluten Flour
- 2 teaspoons salt
- 1 tablespoon non-diastatic malt powder or brown sugar
- 1 1/2 cups lukewarm water

Water Bath

- 2 quarts water
- 1 tablespoon sugar
- 2 tablespoons non-diastatic malt powder or brown sugar

Mix the dough ingredients to make a very stiff dough. Place the dough in a lightly greased bowl, cover, and let rise till noticeably puffy, though not necessarily doubled in bulk, about 1 to 1 1/2 hours.

Divide the risen dough into eight balls. Cover with plastic wrap and let rest for 30 minutes.

Heat the water, sugar, and malt powder to a gentle boil in a large, wide-diameter pan. Preheat the oven to 425°F. Poke a 2-inch-wide hole through each ball; the entire bagel will be about 4 inches across. Place bagels on a lightly greased or parchment-lined baking sheet, and let rest for 10 minutes.

Gently lower the bagels, 3 or 4 at a time, into the simmering water. Simmer for 2 minutes, gently flip them over, and simmer 1 minute more. Place them on the baking sheet. Sprinkle with seeds, if desired. Bake for 20 to 25 minutes, or until golden brown. Remove from the oven, and cool completely on a rack.

Yield: 8 bagels.

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 45

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0g **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber less than 1g **4%**

Protein 4g

Iron 8%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR.

Processed in a facility that also packages products containing eggs, milk, soy, tree nuts, and wheat.

Store cool and dry. For prolonged storage, wrap airtight and freeze.

Enjoy by:



Product of The Baker's Catalogue, Inc.
The King Arthur Flour Company, Inc.
Norwich, Vermont 05055
800.827.6836 • kingarthurfour.com

3332