



NON-DIASTATIC MALT POWDER

A sweet derivative of roasted barley.

Used to produce shiny crusts on the country's best – New York bagels.

Boil bagels in a mixture of 2 tablespoons powder and 2 quarts water.

Add 1 to 2 tablespoons to bread recipes.

3995

© NET WT 16 OZ (1 LB) 454g

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

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WATER BAGELS

BAGELS

2 1/4 teaspoons instant yeast
2 cups warm water
1/4 cup non-diastatic malt powder
2 tablespoons sugar
1 tablespoon salt
5 3/4 cups King Arthur Unbleached
All-Purpose Flour

BAGELS: In a large bowl, mix together yeast, water, malt and sugar, then salt and flour. Knead until smooth (by hand, mixer or bread machine). Put in greased bowl, cover and let rise until doubled in bulk, about 1 to 1 1/2 hours. Punch dough down and transfer to greased work surface.

WATER BATH

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

WATER BATH: Put the 2 quarts of water in a deep, frying pan (water should be 3" deep) and add malt and sugar. Bring to a boil while you shape the bagels. Roll dough into a log and divide into 16 pieces. Working with 1 piece at a time, shape into a ball, poke a hole through the center with a finger or twirl on table, to have dough form a ring. Place all on greased baking sheets. Boil immediately for a dense bagel, or let rise for 20 minutes for a lighter one. Reduce water bath to a very gentle simmer. Gently transfer 3 to 4 bagels at a time to water bath; don't crowd. Simmer each for 30 seconds on each side, then return to baking sheet. Brush them with a bit of beaten egg white and sprinkle with seeds or coarse salt, if desired. Bake in a preheated 425°F oven for 20 minutes, or until deep golden brown.

Yield: 16 bagels.

Produced on equipment that also processes eggs, milk, soy, wheat, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry. **3995B01A**

Do not eat raw flour, dough or batter.



Nutrition Facts

Serving Size 1 Tablespoon (8g)
Servings Per Container about 57

Amount Per Serving

Calories 30 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 7g **2%**

 Dietary Fiber less than 1g **0%**

 Sugars 7g

Protein less than 1g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BARLEY MALT EXTRACT.

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