

Bagels

160–170 Min

Ingredients 8 Portions

= Kotányi Produkte

For the dough

420 g	Plain flour
235 g	Warm water
25 g	Sunflower oil
20 g	Sugar
7 g	Dry yeast
10 g	Salt
10 g	Honey or agave syrup
3 g	Baking soda

For sprinkling

2 tbsp	Sesame seeds
1 tsp	Black sesame seeds
1 tbsp	Poppy seeds
1 tsp	Garlic Granules
1 tsp	Onion granules
0.5 tsp	Salt

Preparation

1. In a large bowl, add water, yeast, salt, sugar, oil, honey, and flour. Combine with a food processor and knead a soft dough by hand (you will need to knead for about 10 minutes). If you have a food processor, mix the dough with the attachment on the lowest speed for 2–3 minutes, or until the ingredients are combined. Increase the speed and continue mixing for another 5–7 minutes. The dough should separate from the walls of the bowl and become firm and elastic/stretchy.
2. Form the dough into a ball and return it to the oiled bowl. Cover the bowl and let the dough rise for 1 to 1.5 hours at room temperature, or until it doubles in size.
3. Divide the dough into 8 equal parts and shape them into balls. Poke a hole in the centre of each ball with your finger, then use your fingers to stretch the dough into a ring about 10 cm in diameter.
4. Transfer the shaped bagels to a sheet lined with baking paper. Cover them with a cloth and let them rise for 30 minutes.
5. Preheat the oven to 215 C without fan. Boil a large pot of water. When the water boils, add a teaspoon of baking soda and mix well.
6. Carefully drop 2–3 bagels into the pot and cook for 30 seconds, flip and cook for another 30 seconds. Remove them from the water using a slotted spoon and place them on a lined baking sheet with a distance of at least 10 cm.
7. Combine all the ingredients for the sprinkles in a bowl and sprinkle on the bagels.
8. Transfer the sheet to the oven and bake them for 12–15 minutes, or until they are golden brown in colour. Transfer the baked bagels to a large cooling rack and let them cool for about 20 minutes before serving.