

MAKING SOURDOUGH BAGELS!

Following this simple recipe, you can team up with Wild Yeast and Lactobacillus Bacteria to create delicious and nutritious sourdough bagels!



MATERIALS

Sourdough Ingredients:

- 150 Grams of Active Sourdough Starter
- 250 Grams of Warm Water
- 10 Grams of Salt
- 24 Grams Olive Oil
- 500 Grams Bread Flour

You will also need:

- Large Bowl
- Kitchen Scale
- 1 Tablespoon Honey
- Parchment Paper
- Baking Sheet
- Oven

Combine the dough ingredients together in a large bowl.

It is best to use a kitchen scale to weigh your ingredients.

Cover your dough and leave it to rise. It is done when it has doubled in size.

Lightly flour a counter space and pour your risen dough onto it. Divide it into 8 equal portions.

Shape your dough portions into small balls, then cover them and leave them to proof for another 30 minutes.

Poke a hole through the centre of each dough ball using your thumbs.

Carefully stretch out the ring of dough into a bagel!

Give your bagels another gentle stretch. Boil a pot of water and add 1 tablespoon of honey.

Boil each bagel for 30 seconds on each side.

Optional Step: Top your bagels with seeds, cheese, or other ingredients by spreading the topper on a plate and lightly pressing the bagels into it.

Bake the bagels on a parchment paper lined baking sheet at 425°F for 25 minutes or until golden brown.

Leave them to cool for a few minutes then enjoy!

PROCEDURE

