

HOMEMADE BAGELS

- 3 c. warm water
- ½ c. oil
- ½ c. sugar
- 1 tbsp salt
- 4 eggs
- 6 c. white flour
- 4 tbsp. SAF yeast
- 4 c. bread flour
- ¼ c. brown sugar
- Cornmeal



Directions

Put all liquids and sugar in the Bosch bowl with the dough hook. Add 6 c. flour and yeast and start on Speed 1. Add remaining flour until bowl cleans and let knead for 5 min. on speed 2. Divide into 4 parts. Divide each part into 6 balls. Roll each ball in your hand and flatten with your palm. Push finger through centre and twirl to make a good-sized hole at centre. Place on a towel and let rise until almost double. Bring 3 quarts of water to a boil and stir in ¼ c. brown sugar. Set oven at 400 deg. F. Sprinkle large cookie sheets with cornmeal. Keep water boiling lightly. Drop 4 bagels into water. After 2 min., turn and boil the other side. Transfer boiled bagels to a cookie sheet. Top with poppy seed, sesame seeds or whatever, and bake 25 – 30 min. until brown. If bottom doesn't brown, turn after 20 min.

Variations:

Whole Wheat Bagels: Substitute 2 c. whole wheat for 2 c. of the wheat flour.

Onion Bagels: Cook ½ c. finely chopped onion in ¼ c. margarine. Brush over bagels after first 15 min of baking

Flax Bagels: To dry ingredients, add ½ c. crushed flax. Decrease oil to 1/3 c. and flour by ¼ c.

Orange-Oatmeal Bagels: Substitute 1 ½ c. oatmeal for an equal portion of the flour. Add 1 tbsp.

Grated orange zest and 2 tbsp. Honey to recipe.

Cinnamon-Raisins Bagels: Increase the sugar by 1 tbsp. And add 1 tbsp. Cinnamon, 1 tsp. Ground mace or nutmeg, and ½ tsp. ground cardamom with the flour in the initial mixing. Add 1 ½ c. golden or dark raisins during mixing. Formed into a loaf and topped with sesame seed, this makes wonderful bread for toasting.