



# Noreen's Kitchen

## Homemade Water Bagels

### Ingredients

#### Dough

2 cups warm water  
1 tablespoon instant yeast  
2 tablespoons granulated sugar  
1/4 cup malted milk powder  
1 tablespoon salt  
6 cups bread flour (must be bread flour)  
Assorted toppings (optional)

#### Boil

8 cups water  
1 tablespoon granulated sugar  
2 tablespoons of ONE of the following:  
Malted Milk Powder  
Malt Syrup  
Brown Sugar  
Non-Diastatic Malt Powder (KAF)

### Step by Step Instructions

Combine ingredients for dough in the bowl of your mixer fitted with a dough hook. This can be done by hand, however know that you will be using high gluten flour so the dough will be very tough. A heavy duty mixer will be very helpful.

Mix well to combine ingredients then allow dough to knead for 5 minutes by machine.

Remove dough from bowl.

Oil the bowl and return the dough to the bowl. Oil the dough lightly to avoid drying out.

Cover bowl with a damp towel or plastic wrap and allow to rise/rest for at least 1 1/2 hours.

Deflate the dough gently and divide into 12 equal sized pieces for regular sized bagels or 24 pieces for mini bagels.

Roll dough into balls and cover with a damp towel and allow to rest for 10 minutes.

Once dough balls have rested, shape them into bagels by slightly flattening them on a board and pushing your index finger through the middle. Gently increase the size of the hole by spinning your fingers around the inside of the dough. You will want the hole to be approximately 2 inches in diameter.

Place the formed bagels on a baking sheet lined with parchment. Cover with a damp towel and allow to rest for 30 minutes. Prepare your boil.

Preheat your oven to 425 degrees

Combine the boiling ingredients in a stock pot. Bring to a gentle simmer.

When bagels have finished resting, they will be light and puffy. Using a gentle hand, place three bagels into the simmering water bath and allow to stay for 1 minute before turning them over and let the other side cook for an additional minute.

Remove the bagel from the bath and if you are topping the bagels place them tops down into the plate where you have your toppings. For instance I used an everything topping.

Allow the bagel to stay on the plate for a moment to cool, then flip over and remove to a wire rack and allow to rest while you finish the remaining bagels.

You can sprinkle the tops if you wish, but for better coverage, it is best to dunk them face down in what you want to top them with.

If using cinnamon sugar, place them on the rack and sprinkle to the desired amount.

When all the bagels have been boiled, place them on a baking sheet lined with parchment.

Bake for 20 to 25 minutes until golden and crunchy.

Remove from oven and place bagels on a wire rack so the bottoms don't get soggy.

Allow to cool completely before eating. Or at least wait until they won't burn your tongue!

Store bagels in an airtight container or zip top bag for up to a week or freeze and use within 3 months.

**ENJOY!**