

American Bagel

Total: 94 min · Prep: 31 min · Cook: 63 min · 4 servings · Easy · Secret

Vegetarian

Dairy-Free



INGREDIENTS

250 g Flour

150 ml Water

2 g Salt

16 g Sugar

12 g Yeast

6 g Oil

20 g Egg

1 g Sesame seeds

INSTRUCTIONS

- 1 In a small bowl, mix yeast with 1 tsp sugar and 50 ml warm water. Let stand for 5-10 minutes until the yeast starts to foam.
- 2 In a large bowl, mix flour, salt, and sugar. Add the activated yeast, remaining water, and oil. Knead into a smooth, elastic dough for 8-10 minutes. If the dough is sticky, add a little flour.
- 3 Cover the dough with a clean towel and leave for 1 hour in a warm place until it doubles in size.
- 4 Divide the dough into 4 equal parts. Shape each part into a ball. Poke a hole in the center of each ball and widen it to create a ring 4-5 cm in diameter.
- 5 Bring a large pot of water to a boil and lightly salt it. Boil each bagel for 1 minute on each side. This gives them their characteristic dense texture. Place on a baking sheet, brush with beaten egg, and sprinkle with sesame seeds.
- 6 Bake in a preheated 200C oven for 20-25 minutes until golden.
- 7 Remove the bagels from the oven and let them cool on a rack.

Nutrition per serving: 273 kcal · Protein 8.0 g · Fat 3.0 g · Carbs 53.0 g · Fiber 1.7 g