

# S O U R D O U G H   B A G E L S

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## Ingredients:

- 1/2 Cup Sourdough Starter
- 1 Cup Water
- 2 Tablespoons Honey or Sugar
- 2 Teaspoons Salt
- 4 Cups Flour

## Water bath:

- 6 Quarts Water
- 1 Tablespoon Sugar



## Directions:

1. In the bowl of a stand mixer attached your dough hook and add in the following ingredients; starter, water, honey, salt and flour. Let mix for 6-7 minutes, the dough will be very stiff. Cover the bowl and let rest at room temperature overnight.
2. Line a baking sheet with parchment paper. Turn the dough out onto a clean work surface and divide into 8 equal pieces. To shape the bagel view the video above to see how to perfectly shape beautiful bagels. Allow to sit and rise for one hour.
3. Bring to a boil the water and sugar mixture. Once to a boil turn on your oven to 425 Degrees F to preheat. Boil the bagels -about 3 at a time- for 2 minutes on each side. Using a slotted spoon drain each bagel and place back onto the parchment paper.
4. After slightly cooling you can then sprinkle salt on them or dip them into seasoning.
5. Bake the bagels at 425°F for 20-25 minutes or until golden brown.

