

# Sourdough Bagels

DELICIOUS – FUN TO MAKE



SOURDOUGH BAGELS

WWW.FOODPROOD.COM

## INGREDIENTS

- ½ Cup Active Sourdough Starter
- 1 Cup Water
- 2 Tablespoons Honey (or sugar)
- 2 Teaspoons Salt
- 4 Cups Flour

Water Bath:

- 6 Cups Water
- 1 Tablespoon Sugar

## DIRECTIONS

1. In a bowl of a stand mixer (I use a KitchenAid) stir together the starter, water, honey and salt with a spatula. Add in the flour slowly and bring the ingredients together as best as possible. Place the dough hook on the mixer and mix on lowest speed for 6 minutes (or 10 by hand). This dough will be very stiff. Cover and let rest overnight or 8-12 hours.
2. Line a baking sheet with parchment paper. Turn the dough out onto a clean surface and divide into 8 equal pieces. Shape each piece into a ball and flatten to create a bagel shape. Use your thumb or finger to create the hole in the center. Place all bagels on the parchment paper and allow to rise approx. 1 hour – maybe up to 2.
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 in a seasoning.
5. Place in the preheated oven for 20-25 minutes or until golden brown.



[www.foodprood.com](http://www.foodprood.com)

Makes 8

Recipe Adapted From Little Spoon Farm