

Easy Sourdough Bagels

Get ready to tantalize your taste buds with the incredible flavors of sourdough bagels! These delectable treats are a perfect blend of savory, chewy, crusty, and delightfully tangy goodness. Whether you're looking for a satisfying breakfast or a scrumptious brunch option, sourdough bagels are sure to hit the spot.



Imagine sinking your teeth into a warm, freshly baked sourdough bagel. The crust is perfectly golden and crispy, giving way to a soft and chewy interior that's packed with flavor. Each bite offers a delightful tanginess that sets these bagels apart from their traditional counterparts.

Not only are sourdough bagels incredibly delicious, but they also offer some health benefits too. The fermentation process involved in making sourdough helps improve digestibility and adds beneficial bacteria to support gut health.

So why settle for ordinary when you can indulge in the extraordinary? Treat yourself to the irresistible allure of sourdough bagels - they're sure to become your new breakfast obsession or brunch favorite!

8 Bagels

Prep Time: 30 minutes

Cook Time: 35 minutes

INGREDIENTS

BAGEL DOUGH

- ½ cup (100 g) active [sourdough starter](#)
 - Purchase your [Starter Here](#) if you don't already have an active starter!!
- 1 cup + 1 tablespoon (255 g) room temp water
- 2 tablespoons (40 g) honey (or white or brown sugar)
- 2 teaspoons (10 g) fine sea salt
- 4 cups (500 g) unbleached all purpose flour

WATER BATH

- 2 quarts water
- 1 tablespoon baking soda
- 1 tablespoon brown sugar

OPTIONAL TOPPING IDEAS

- Sesame, caraway or poppy seeds
- Everything Bagel Seasoning
- Flaked or coarse salt (sprinkle on top, don't dip)
- shredded cheese (asiago or cheddar)

INSTRUCTIONS

1. In the bowl of a stand mixer, stir together the starter, water, honey and salt with a spatula. Add the bread flour and use your hands to bring the ingredients together as best as possible. The dough will be very stiff. Place the dough hook on the mixer and mix the dough on the lowest speed for 6-7 minutes. (*Or 10 minutes by hand.*) Cover the bowl with damp tea towel or plastic wrap. Let rest at room temperature for 8-12 hours.
2. Line a baking sheet with parchment paper and lightly dust with corn meal or flour. Corn meal is preferable but either will help prevent sticking.



3. Turn the dough out onto a clean work surface and divide into 8 equal pieces. Shape each piece into a ball. To shape the bagel, place a dough ball on the surface in front of you and use your thumb to poke a hole straight down through the middle of the dough.
4. Gently pick the bagel dough up, gently shape the ring and place on the parchment paper. Repeat with remaining dough balls. Cover the dough with a towel and let rise for 30-60 minutes or until puffy.
5. Preheat oven to 425°F (218°C) The oven should be fully preheated prior to putting the bagels into the water bath. The oven rack should be in the center position. Bring water, baking soda and brown sugar to a boil in a large stockpot. Once the bagels have finished rising, boil them for 2 minutes on each side. (Only boil 3-4 at a time, making sure not to crowd the pot.)
6. Use a mesh stainer or spider skimmer to remove the bagels and let rest on fresh or cleared parchment paper (without any flour or cornmeal).
7. Sprinkle or dip one side into your choice of toppings and place back onto parchment paper. Bake the bagels at 425°F (218°C) for 25-28 minutes or until golden brown. Remove from oven and place on cooling rack.

NOTES:

- **Fruit or Chocolate Chip Bagels** - The best time to add ingredients to homemade bagels is during the mixing process. Dried (not fresh) fruit should be used in bagels. Soak the fruit in warm water for 10 minutes prior to adding it to the dough. Drain fruit thoroughly and pat dry before adding. Less is more! Too many mix-ins can weigh down the dough and affect the final texture of your bagels
- **Herbed Bagel** – Experiment with blends of herbs. My favorite is a blend of dried rosemary and thyme. Again, start small to not overwhelm the flavor. I add approx. 1-1/2 teaspoons of herbs in total.
- **Cinnamon Raisin Bagels** - Add 2 teaspoons of ground cinnamon to the dry ingredients. Add ¾ cups of raisins during the knead to distribute evenly.
- **Whole Wheat Bagels** - Substitute whole wheat flour for all purpose flour. Unless you are wanting a true whole wheat flavor, I suggest using a white whole wheat flour or only substituting a partial amount to begin. A good starting point would be to substitute 113 g of whole wheat for 120 g of all purpose. Whole wheat has a higher absorption rate.
- How to measure flour without a scale: Use a spoon to scoop the flour into a measuring cup until it is heaped on top. Take a butterknife and level off the top.
- Baking in warm and/or high humidity area: Reduce the water by 50 grams in the initial mix and then slowly add the remaining water until you achieve the correct hydration level. Baking time may need to be increased slightly as well.
- To Store: Keep baked bagels covered, at room temperature for up to 1 week. Refrigeration is not recommended.
- To Freeze baked bagels: Let the bagels cool completely. Wrap bagels individually in plastic wrap and place in a freezer-safe container for up to 3 months.
- Day old bagels are best toasted.
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Nutrition

Serving: 1bagel | Calories: 262kcal | Carbohydrates: 54g | Protein: 8g | Fat: 1g