

Baby Bagels

Calvin Douglas



Ingredients

Starter

- 1/16 tsp yeast
- 1 cup (124 grams) high gluten flour
- 1/2 cup (113 grams) cool water

Dough

- all of the starter
- 1 cup (227 grams) lukewarm water
- 2 tsp salt
- 3 1/2 cups (436 grams) high gluten flour
- 1 Tbl baking soda
- 1 1/2 tsp yeast (one packet)

Directions

1. **Make the starter:** Combine the flour, water, and yeast in a small container, stirring till smooth. Cover and let rest at room temperature for about 14 hours (overnight), until bubbly and expanded.
2. Combine the risen starter with the remaining dough ingredients, mixing till you've formed a shaggy, rough dough.
3. Knead the dough for about 7 minutes in a stand mixer. Or knead it using the dough setting on your bread machine. It's difficult to fully develop this dough manually, so we don't recommend kneading it by hand. The well-kneaded dough will be fairly stiff and perhaps a bit shaggy.
4. Place the dough in a lightly greased container (or leave it in your bread machine), and let it rise for about 90 minutes, till it's puffy.
5. While the dough is rising, pour water to a depth of about 1/2" to 3/4" into a large pot or deep skillet with a lid; a 12" to 13" skillet is a good choice. Add 1 tablespoon baking soda (this will make a bubbly bagel crust). Place a towel on a counter near the pot/skillet AND a prep parchment lined baking sheet and keep nearby.
6. Preheat the oven to 425°F.



7. Gently deflate the dough, and divide it into 12 pieces. Each piece will weigh about 76g (about 2 5/8 ounces).
8. Round six of the pieces into smooth balls, rolling them beneath your cupped fingers on a non-floured work surface. (A floured work surface won't give you enough traction for rolling.) Keep the other pieces covered with plastic wrap.
9. Working quickly, poke a hole in the center of each ball of dough, and twirl it around your finger to make a hole about 1 1/2" wide. As you move from one piece of dough to the next, the holes will shrink; that's OK. While you're doing this, heat the water in the skillet or pot to a gentle simmer.
10. Working 2 - 3 bagels at a time, drop the bagels into the simmering water for 1 minute on each side (simply flip bagels with a large spoon after 1 minute) and let them rest on the towel as you work through boiling all bagels.
11. Transfer bagels to the parchment lined baking sheet. Add any toppings you want (sesame seeds, etc) and bake for 20 minutes or until golden.
12. Let cool and enjoy!

Credit

<https://www.kingarthurbaking.com/recipes/baby-bagels-recipe>

