



SOURDOUGH BAGELS

Ingredients

- 500 g (1.1 lb) Cake Wheat Flour
- 250 g (0.55 lb) Water
- 1 Small Egg (Coating)
- 150 g (0.33 lb) Sourdough Starter
- 10 g (0.022 lb) Salt
- Seed Mix (Optional)

MAKES 4 LARGE BAGELS

Directions

1. Prepare your *Sourdough Starter* the night before. Mix in **30 g (0.066lb) of Mature Starter, 75 g (0.17 lb) of Rye Flour** and **75 g (0.17lb) of water**.
2. In a large bowl *mix all ingredients (Excluding egg & seed mix)* until fully incorporated, cover with a damp towel and wait 15 minutes.
3. Perform *stretch & folds*, pulling the ends around the dough over itself. Once completed, re-cover the dough & wait an additional 15 minutes to *repeat this process*. After the second stretch & fold, re-cover the bowl and leave the dough to rest for 3 hours.

Directions Continued

4. Once the rest is over, take the dough out of the bowl & **cut it into 4 equal pieces**. Fold all corners of the individual piece over itself, shape it into a ball & create a large hole in its centre. Repeat with all pieces of Bagel dough & evenly **position them on a floured baking tray**. Cover with a damp cloth and place in the fridge overnight.

5. Bring a pot of water to a gentle boil & insert your individual Bagel Doughs into the pot for **50 seconds** until flipping them over for an **additional 50 seconds**. Once the second timer is over remove the boiled dough from the water and place it flour side down on a dry cloth. Repeat with all remaining dough pieces.

6. Preheat your oven to **230°C (446°F)**. Place boiled doughs on a generously floured baking tray and coat all doughs with a whisked egg using a brush, **wait 1 - 2 minutes for the egg wash to be absorbed** (You may also choose to sprinkle your bagels with various seed mixes at this point). Now insert the baking tray into a high to medium rack in your oven (once preheated). **Bake for 15 - 20 minutes** or until **Golden Brown**.

ENJOY!