

From *Inside the Jewish Bakery* by Stanley Ginsberg and Norman Berg:

New York Water Bagels

Makes one dozen 3-ounce bagels:

Volume	Ingredient
5 cups	High-gluten flour *
1½ cups+ 1 Tbs	Warm Water (105°F/40°C_)
1 Tbs	Malt powder, malt syrup *, or honey
1 tsp	Table salt
½ tsp	Instant yeast *
2 Tbs	Poppy seed, sesame seed * and/or kosher salt for topping
2 Tbs	Malt syrup *, honey or sugar for boiling

*Follow the hyperlink to find the ingredient at nybakers.com.

This is a two-day recipe that takes about one hour of actual preparation time, spread out over 16-24 hours.

Saturday Afternoon:

1. Dissolve the yeast and liquid malt extract, if using, in the water and let proof for 5-10 minutes, until foamy.
2. Use the mixer paddle attachment, hand whisk or wooden spoon to blend the flour and salt (and instant yeast, if using), then add the liquids. **By hand:** work the dough vigorously for about 10 minutes. **By stand mixer:** continue mixing until the dough is shaggy and well hydrated, about one minute. Switch to dough hook and knead at very low speed for about 10 minutes. **The dough will be ready** when it's smooth, silky, and stretches when you pull a pinch away from the mass.
3. Turn the dough out onto your kneading surface (no additional flour!), form it into a thick log shape, about 12" wide by 4" in diameter. Let the dough rest, covered, for about 30 minutes to relax the gluten and give the yeast some time to develop.
4. Shape the bagels by forming the dough into a dozen 3 oz. balls and poking your finger through the center, then stretching the hole to 2 inches.

Alternatively, cut the dough lengthwise into quarters. Take one piece and roll 1/3 into a strand about ¾" thick. Wrap the strand around your hand so it overlaps slightly in your palm and break the dough with your thumbnail. Roll the overlapped ends on your work surface gently to seal. If you can't get enough traction on your work surface, mist it very lightly with water or swab it with a damp paper towel. Make two more bagels out of the remaining piece of dough and repeat until all the bagels are made.

5. Arrange the bagels on a parchment-lined baking sheet, cover well with plastic wrap (or, preferably, put inside a food-grade plastic bag) and refrigerate overnight.

Sunday Morning:

1. Preheat oven to 460°. When it reaches heat, bring 3 to 4 quarts of water to a rolling boil, add about 2 Tbs. of malt, honey or sugar.
2. Take out only as many chilled bagels as you can bake at one time and plunge them into the boiling water until they float.
3. Drain on a rack and sprinkle toppings; bake on a parchment-lined sheet pan and bake for 15-18 minutes on parchment until they're a rich, glossy brown. If you're using [bagel boards](#) (for instructions see *Inside the Jewish Bakery*) flip after 3 minutes, then finish for another 12-15 minutes. Let cool on a rack for at least 30 minutes and enjoy.