

Montreal style bagels



Recipe by Ilan Baron, Associate Professor of Political Science
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INGREDIENTS

2 tablespoons honey
2 tablespoons malt syrup
2 tablespoons sugar
1 tsp fast action dry yeast (I usually just use one packet, which is 7 grams)
2 eggs (slightly beaten)
2 tablespoons vegetable oil (butter also works)
1 cup water (approximate – depending on a variety of factors I've occasionally had to go up to 1 cup and a quarter, but I usually find that one cup works.)
625 grams (1 lb. 6 oz.) of bread flour

DIRECTIONS

Fill a pot with water (you want enough water that the bagels could be completely submerged), and add some brown sugar in the water (one to two tablespoons should be enough) for flavour. You will boil the bagels in this water.

Any seeds, such as sesame or poppy that you might want to sprinkle over the bagels. I tend to avoid this step.

Place the flour in the bowl of a mixer fitted with a dough hook, add the salt and yeast on opposite sides in the bowl, and in the centre add all the remaining ingredients (except the brown sugar). Turn the mixer on using a dough hook attachment (follow the instructions of the mixer for the speed used for kneading dough – I use the second speed).

You might need to add a few drops of water or a bit of flour, in the first few minutes of kneading but any additions need to be conservative. I tend to knead the dough for about 10 minutes in the machine. When the dough forms a ball, and is tacky, remove the bowl from the mixer, cover and let rise until doubled.

Once the dough has risen shape into twelve balls and then form into bagels. I poke a hole and then spin the dough around my finger, but do whatever works for you. They will contract so if you want a big hole make the hole bigger than you would want the end result to look like. Cover and let rise for about 20 minutes. They will stick so use precautions.

Heat up the oven as hot as it will go which for a home oven should be about 450 F./230 C., and bring a pot of water (with the brown sugar) to a boil.

Boil each bagel for about 45 seconds per side. You don't need to be too precise here, as the goal is not to cook the bagels. Remove and place on a cookie or baking sheet lined with parchment paper or a baking non-stick mat. The bagels will do most of their rising in the water, but make sure not to crowd them on the cookie or baking sheet.

Sprinkle the bagels with seeds if you like, and bake for 10-12 minutes until golden brown.

