

A Recipe From *tikkido*

Homemade Plain Bagels

<https://tikkido.com/blog/easy-homemade-bagels-recipe>

Ingredients:

- 3 ½ cups bread flour
- 2 packages yeast
- 3 T sugar
- 2 t salt
- 1 t non-diastatic malt powder (optional, but it makes the bagely-ness even better)
- 1 ½ cups warm water.

For the Boil:

- A good sized saucepan filled with simmering water
- 2 Tablespoons Barley malt syrup (can sub sugar or molasses)
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For the Egg Wash:

- 1 egg
- 1 T water

Instructions:

1. Preheat oven to 400 degrees Fahrenheit.
2. Place ingredients in bread maker and press the dough cycle.
3. Divide dough into 8 parts, and pat into round, flatish disks. Poke fingers through the center of the disk of dough and stretch to create a bagel shape.
4. Boil the shaped bagels for 30 seconds on each side in the mixture of water and syrup.
5. Set bagels on silpat lined baking pans, and brush with the egg wash. Add any toppings at this point, if you want them.
6. Bake for 20-25 minutes.

