

# Bagels, homemade recipe

COOKING  
LOVERS TESTA



## Consejo del chef

Serving suggestion: fill with cream cheese, smoked salmon and green leaves (baby spinach, rocket, etc.).

## Raciones para 10

7g  
Fast-action dried yeast  
300ml  
Lukewarm water  
500g  
Strong white flour, plus a little extra for shaping  
2  
Teaspoon of brown sugar  
1  
Tablespoon of salt  
Extra virgin olive oil  
1  
Teaspoon of bicarbonate of soda  
1  
Egg white  
Sesame seeds

- 1 Mix the yeast with the water. Put the flour, sugar and salt in a large bowl and mix together. Pour over the yeasty liquid and mix into a rough dough.
- 2 Tip out onto the work surface and knead together until smooth and elastic. This should take around 10 mins.
- 3 Put the dough in a lightly oiled bowl and cover with a clean cloth. Place in a warm area and leave until doubled in size, about 1 hour.
- 4 Uncover and tip onto your work surface. Divide the dough into ten portions, making sure they are all the same size and form into balls. Line up on two parchment-lined baking trays and cover with clean cloths. Let rise for around 30 mins until puffy.
- 5 Use a floured finger to make a hole in the centre of each bagel, swirling it around to stretch the dough a little but being careful not to knock out too much air.
- 6 Heat oven to 180 °C.

7 Fill a large saucepan with water, bring to the boil and add the bicarbonate of soda.

8 Place 1-2 of the bagels in the water at a time and boil for 1 minute, turning over halfway through. Using a slotted spoon, lift out the bagels, drain well and place back on the baking tray.

9 Brush the bagels with the egg white and sprinkle generously with sesame seeds. Bake for 20-25 minutes or until golden brown.

10 Transfer to a wire rack to cool before eating.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/bagels-receta-con-masa-casera/>

