## Bagels, homemade recipe



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

## Raciones para 10

$\square 7 g$
Fast-action dried yeast
$\square 300 \mathrm{ml}$
Lukewarm water
$\square 500 \mathrm{~g}$
Strong white flour, plus a little extra for shaping
$\square 2$
Teaspoon of brown sugar
$\square 1$
Tablesepoon of salt
$\square$ Extra virgin olive oil
$\square 1$
Teaspoon of of bicarbonate of soda
$\square 1$
Egg white
$\square$ 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 $180^{\circ} \mathrm{C}$.

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

