

LEVEL: ADVANCED

MAKES 8 BAGELS

SOURDOUGH BAGELS

Jewish immigrants brought the bagel from Eastern Europe to the New World. There, it quickly became a staple of the Jewish community and an inseparable part of U.S. and New York cuisine. That is not quite the way things turned out in Israel, where the bagel never truly entered the canon—but a few Jerusalem bakeries still produce bagels according to Ashkenazi tradition.

INGREDIENTS

3½ oz. (100g) sourdough starter
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1½ cups (350ml) cold water
1 tbsp. sugar
1 lb. (500g) white flour
1 heaping tsp. fine salt
1 tsp. extra virgin olive oil

Topping

½ cup (120ml) baking soda
½ cup (120ml) lukewarm water
1 pinch of coarse sea salt

DIRECTIONS

Combine the starter, 1 cup (250ml) cold water, sugar, flour, and salt in the bowl of a stand mixer. Using the dough hook, knead for 3 minutes at low speed. Increase the speed to medium for another 6 minutes. As you increase the speed, gradually add the remaining water, letting the dough absorb the water. The result should be a smooth and slightly fluid dough. If you do not have a stand mixer, knead by hand for a few minutes, then add water and knead again, until dough becomes a smooth, uniform ball. Remove the dough, brush with the tsp. of olive oil, and transfer to a large bowl.

Cover the bowl with plastic wrap and leave in a warm place for 60–90 minutes, until the dough has doubled in size. (Can also be refrigerated overnight.)

Line a tray with baking paper. Sprinkle flour on a clean surface and divide the dough into 8 equal portions. Roll each portion into a ball of dough and let rest for 10 minutes.

Make each ball of dough into a 12-in.-long (30-cm-long) cylindrical roll. Join the edges of each roll together to create a ring. Press the ends together and place the bagel rings on the prepared baking tray.

In a small bowl, mix the baking soda with ½ cup (120ml) lukewarm water to make a glaze, brush over the bagels, and sprinkle salt on top.

Let bagels rest in a warm place for 1 hour, or until they have doubled in size. Preheat oven to 430°F (220°C).

Bake the bagels for 20–25 minutes, until golden-brown.

Allow to cool before serving.

