Bagel Making Recipes from Old City Kitchen

Bagels	Bakers Ratio
480 g AP Flour	100%
303 g Warm Water	63.125%
12 g Kosher Salt	2.5 %
9 g Dry Active Yeast	1.875%
9 g Dark Brown Sugar	1.875%

Water Bath
1 gallon Water
1 tbsp Dark Brown Sugar
1 tbsp Kosher Salt
1 tbsp Baking Soda

1. Bloom yeast: combine yeast and warm water (approx 100F, “warm bath” temp), let sit for 10 minutes or until yeast bubbles and there are no dry particles
2. When yeast is bloomed, combine all except Salt. Knead until just combined, some flour will still be visible. Rest in a bowl covered with plastic wrap until doubled in size (depending on environment, this could take 45 minutes to 1.5 hours; keep dough in warm place to speed process). Proofing without salt can be called Fermentolyzing
3. When dough has doubled, add salt and knead dough until salt can not longer be felt and the dough can be stretched thin without tearing, approx ten minutes by hand or 5 minutes in a stand mixer with dough hook attachment, speed 2. Cover dough in plastic wrap again and let double (this is your Bulk proof, salt will impede the rise, so may take longer.)
4. When doubled, knead dough out on a floured surface. Knead until dough is smooth, do not be over delicate. Portion dough into 140g balls. Smack portions against table to smooth them then twist ends to tighten. On a sheet tray, cover with plastic wrap and leave to proof until approx doubled (~2 hours). At this stage overproofing can be an issue so keep an eye on dough after 1 hours. If portions deflate you may need to knead again.
5. Shape portions by poking the center of each ball with your index finger and spinning the portions around that finger until completely punctured. Cover again and let rise appro 45 mins.
6. Poach bagels in boiling water with appropriate additives for 45 seconds to 1 minute.. Baking soda will add crispness to the crust, double amount if super crisp is desired. Do not lose a boil when poaching.
7. Drain Bagels. At this stage decorate with egg wash and preferred seasonings. Bake on a parchment lined sheet tray at 425F for 18 minutes or desired color.
8. Allow to cool, slice and enjoy.

Levain (Sourdough Starter)

150 g Unbleached, Quality Flour
150 g Water

To Start:

In a glass container (typically ball jar), combine equal weight Flour and Water
Cover the jar with cheesecloth tightly to prevent any contamination (remember, the Levain must be able to breathe)
Keep at room temperature, away from direct sunlight for 5 days, feeding once daily
After 5 days, Levain may be stored in refrigerator

To Feed:

Mix equal amount of fresh flour and water and add to the developing starter, generally no more than 100 g each. As you feed your starter, you will find that you are generating a lot of Levain. It is common to discard excess starter, but this excess makes for great sourdough Fry Breads or, mixed with some sugar, pancakes!

To add Levain to a recipe, weigh your starter to roughly 3% of your total recipe (Bakers Percentages!), then subtract half of the weight from the flour and water respectively. If your recipe calls for:

1000 g Flour
640 g Water

You would want to use 30 g starter. Half and subtract that amount from each