

Cooking Class for Kids + Teens: Bagels!

Yes, we're going to make bagels together, from scratch! They don't require a lot of rising time, so we can make them in real time. All you need is some flour, yeast, salt, a bit of honey (though I usually use brown sugar in my cooking water instead) and something to sprinkle on top—sesame or poppyseed, everything bagel seasoning... or leave them plain! We can even talk about how to make cinnamon-raisin bagels. See you then!!

Saturday, Jan 22, 10:00 AM MT

Zoom link: <https://us02web.zoom.us/j/88192028251?pwd=R0t3cFU1U1JybDN4K01mb0d3a3RhUT09>

Homemade Bagels

I've made bagels for years, and recently meshed my usual recipe with one from my friend Amy Rosen's cookbook, *Kosher Style: Over 100 Jewish Recipes for the Modern Cook*. They're easier to make than you might think, and don't require a lot of rising time, so can be made quicker than other yeast breads. Bagels are boiled first, then baked, which helps give them that deep golden finish and chewy texture.

1 1/4 cups warm water
1 Tbsp active dry yeast (or instant)
3 1/2 cups all-purpose flour
1/2 cup honey, divided (or 1/4 cup honey and 1/4 cup brown sugar)
1 1/2 tsp salt
1 egg (optional)
sesame or poppy seeds or everything bagel mixture

Put the warm water into a large bowl (or the bowl of your stand mixer, if you have a dough hook) and sprinkle over the yeast. Let it sit for a minute or two, then stir until it dissolves. (If you have instant or quick yeast, you don't need to dissolve it—you can just add the flour and proceed with the recipe.) If you're not sure if your yeast is still active, wait a few minutes and make sure it gets foamy.

Add the flour, 1/4 cup honey and salt. Stir until the dough comes together and then knead for about 5 minutes, until you have a soft, smooth dough. (You can use the dough hook on your stand mixer or do it by hand.)

Return the dough to the bowl, drizzle with a bit of oil if you like and turn it over in the bowl to coat, then cover with a tea towel and set aside in a warm place for 30 minutes.

While you're waiting, bring a large pot of water (at least 8 cups) to a boil, and add the remaining 1/4 cup honey OR 1/4 cup brown sugar.

Cut the dough into 10-12 pieces. Roll each piece into a rope about 8-9 inches long and pinch the ends together to make a bagel. Alternatively, poke your finger through a piece of dough and shape it into a ring—however you want to do it. Make the hole bigger than you think, because the dough will swell as it cooks. Put them back on the counter or on a parchment-lined sheet, cover with a tea towel and let them rest for 15 minutes.

Place an oven rack on the lowest position and preheat the oven to 450°F. Line two baking sheets with parchment paper.

Lower the heat on your pot of water to a simmer and cook 2-3 bagels at a time: simmer for 2 minutes, flip and cook for another minute. Remove with a slotted spoon and place on a parchment-lined baking sheet. Crack the egg into a small dish, add about a tablespoon of water and stir with a fork. Brush each bagel with egg wash and sprinkle generously with some sesame or poppy seeds or everything bagel mix.

Bake one sheet at a time for 18–20 minutes, or until cooked through and deeply golden brown. Makes 10-12 bagels.