



S O U R D O U G H B A G E L S

Ingredients:

- 150 g active Sourdough Starter
- 250 g Warm Water
- 24 g Sugar
- 500 g Bread Flour
- 9 g Sea Salt
- 20 g Honey (for boiling)



Instructions:

1. **Mix the Dough:** In a large bowl, whisk together your active starter, water, and sugar until well combined. Add the flour and salt, then knead by hand until you get a stiff, shaggy dough with no dry patches.
2. **Rest the Dough:** Cover the bowl with a very damp towel. Let the dough rest for 45 minutes to 1 hour.
3. **Form into a Ball:** After resting, knead the dough for 15–20 seconds to form a semi-smooth ball.
4. **Bulk Rise:** Cover the bowl with oiled plastic wrap. Let it rise at room temperature until doubled in size, about 10–12 hours (overnight is best).
5. **Shape the Bagels:** Line a baking sheet with parchment or a silicone mat. If using parchment, lightly oil it. Turn the dough onto a clean (not floured) surface. Flatten into a rectangle and cut into 8 equal pieces (about 4 oz each). Roll each piece into a ball, then let them rest on the baking sheet for 10–15 minutes.
6. **Poke the Holes:** One at a time, poke a hole through each dough ball and stretch it into a ring (hole about walnut-sized). Use your fingers to gently roll and widen the hole. Return shaped bagels to the baking sheet.
7. **Second Rise:** Cover with a damp towel. Let sit at room temperature for 15–20 minutes. Bagels will puff slightly.
8. **Boil the Bagels:** Bring a medium pot of water to a boil. Stir in 1 tablespoon honey. Preheat oven to 425°F (220°C). Boil 2–3 bagels at a time, 30 seconds per side. While still wet, dip the top of each bagel in seeds (optional) and place back on the baking sheet.
9. **Bake:** Bake in the center of the oven for 20–25 minutes, until golden brown.

****Storage:** Keep at room temperature in a bag for up to 2 days. Freeze for up to 3 months.**