
BAGELS

INGREDIENTS

- 2 ¼ cups water
- 3 tbsp brown sugar
- 1 ½ tbsp yeast
- 1 tbsp salt
- 2 ½ -3 cups all-purpose flour
- 3 cups Barley Flour
- 4 tbsp brown sugar for water bath

PREPARATION

- Preheat oven to 400°F.
- Mix first 4 ingredients together.
- Slowly add flours until correct consistency (tacky to the touch).
- Let dough sit in mixing bowl covered for 30-45 mins.
- Separate dough into balls for bagels; let sit for 5 mins.
- Stretch the balls into bagel shapes and let rise for 20-30 mins.
- Prepare water bath by combining 2-3 quarts of water and 4 tbsp brown sugar in a large pot.
- Bring water to a boil and boil each bagel for 30 sec to 1 min for each side.
- Bake for 20-25 mins.
- Let cool and eat!

