

# Bagels I

## Ingredients

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4 c flour  
1 pk dry yeast  
2 t salt  
1 1/2 c hot water  
2 T honet or sugar  
1 egg white  
1 t cold water

## Instructions

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Measure 1 cup flour, yeast, and salt into a large bowl. Add hot water and honey and beat at high speed for 3 minutes. Add enough flour to form a ball which comes away from the side of the bowl. Turn onto a floured surface and knead for 10 minutes, adding enough remaining flour until dough no longer sticks to fingers or working surface. Allow dough to rest 10 minutes after kneading. Separate dough into qw parts. Flatten into disk shapes and poke a hole through the center of eachdisk. Stretch bagels until hole is larger than an inch. Cover and let rise for 20 minutes. (NOTE: If bagels rise longer they will become too inflated and collapse.)

Place about 2 inches of water in a large roasting or baking pan. Bring to a boil and simmer 3 or 4 bagels at a time for 7

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minutes. Remove and place on paper towels to drain. Preheat oven to 375 degrees F. Space bagels evenly on a baking sheet and brush tops with egg white that has been mixed with 11 teaspoon of cold water. Bake 25 minutes or until tops are a golden brown.</p>