

Homemade Bagels

Move over Einstein Brother's Bagels, you have two other nerds to contend with now.

- Servings - 1 dozen bagels
- Prep time - 2 hours (1 hour 15 minutes inactive)
- Cook time - 40 minutes

Ingredients

- 2 large russet potatoes, peeled and cubed
- 2 1/2 cups water
- 2 packages (5 teaspoons) active dry yeast
- 1/4 cup vegetable oil
- 4 large eggs at room temperature
- 7 1/2 cups all purpose flour
- 1 1/2 tablespoons salt
- 1 large egg, beaten
- Sesame or poppy seeds (optional)

Protocol

1. In a saucepan, boil the cubed potatoes in the water until tender (about 10 minutes). Measure out 2 cups of this water and add to a large mixing bowl.
2. Once the water has cooled to 110°F mix in the yeast and let dissolve. Set it aside until it becomes foamy (about 5 minutes).
3. Add in the oil and eggs and whisk to combine.
4. Whisk in 2 cups of the flour and salt until smooth (about 2 minutes).
5. Stir in remaining flour (in 1 cup batches) with a large wooden spoon until a soft dough is formed.
6. Scrap out the dough onto a lightly floured surface and knead the dough until smooth and elastic (about 5 to 7 minutes).
7. Form the dough into a ball and place in a well oiled bowl. Set aside in a warm draft free spot until it doubles in size (about 1 hour).
8. Punch down the dough and turn it out onto a lightly floured surface. Slice into quarters and take each quarter and cut into thirds.
9. With your fingers and palms, roll out the pieces into 10 inch long ropes, 1 inch in diameter.

10. Flatten one end and dabble just a bit of water. Bring the other end towards it to form a circle and pinch together.
11. Set aside all of the bagels on a lightly floured surface and let them rest for 15 minutes.
12. Position your oven rack in the lower third of the oven and preheat to 425°F. Grab 2 baking sheets and line with parchment paper and lightly oil the paper.
13. Fill a large wide pot 3/4 of the way with water and bring to a boil. Once boiling, reduce heat to maintain a gentle boil.
14. Using a large slotted spoon, gently lower 3 bagels into the water and simmer for 1 minute. Flip the bagels over and simmer for another minute. Spoon out the bagels onto the parchment paper and repeat with remaining batches.
15. Brush the bagels with the beaten egg and sprinkle with seeds.
16. Bake for 25 to 30 minutes or until golden brown.
17. Cool on a wire baking rack before toasting then enjoy!