

# Bagel Ekmek

Learn to make authentic homemade bagels with this easy recipe. Chewy interior, crispy exterior - perfect for breakfast or sandwiches.

240	40	280	4	Medium
HAZIRLIK DK	PIRME DK	TOPLAM DK	PORSIYON	ZORLUK

Bagel Ekmek

## Malzemeler

- 2 cup flour
- 1 tsp yeast
- 2 cup water
- 1 tbsp olive oil
- 1 tbsp granulated sugar
- 1 tbsp maple syrup
- 1 tsp salt
- 2 tsp baking soda

## Yapılışı

- Activate the yeast**

Combine 1/2 cup warm water (around 38°C/100°F), 1 tablespoon sugar, and 1 teaspoon yeast in a small bowl. Stir well and let stand for 10 minutes until the mixture becomes foamy and bubbly.
- Make the dough**

Mix 2 cups flour, 1 teaspoon salt, 1 tablespoon maple syrup, and the activated yeast mixture in a large bowl. Gradually add the remaining 1.5 cups water while stirring until a rough dough forms.
- Knead**

Knead the dough on a lightly floured surface for 8-10 minutes until it becomes smooth and elastic and springs back when poked gently.
- First rise**

Place the dough in an oiled bowl, turning once to coat all sides. Cover with plastic wrap and let rise in a warm place for 1-1.5 hours until doubled in size.
- Shape the bagels**

Punch down the dough and divide into 4-6 equal pieces. Roll each piece into a ball, then poke your finger through the center to create a hole about 2 inches wide. Stretch gently to form a ring shape.
- Second rise**

Place shaped bagels on a parchment-lined baking sheet sprinkled with 1 tablespoon cornmeal. Cover and let rise for 1-2 hours until slightly puffed but not doubled.

**7 Prepare for boiling and baking**

Preheat oven to 200°C (400°F). Fill a large pot with water, add 1 tablespoon honey, and bring to a rolling boil. Stir in 2 teaspoons baking soda gradually to prevent excessive foaming.

**8 Boil the bagels**

Carefully lower 2-3 bagels into the boiling water using a slotted spoon. Boil for 1-2 minutes per side, then remove and place on a clean parchment-lined baking sheet.

**9 Bake the bagels**

Bake for 20-25 minutes, flipping halfway through, until the bagels are deep golden brown and sound hollow when tapped on the bottom.

**10 Cool and serve**

Transfer bagels to a wire rack and cool completely before slicing, about 30 minutes. Slice and serve with your favorite toppings.

## ?puçlar?

Use high-protein bread flour for the best chewy texture and structure.

Keep the dough slightly sticky rather than dry - this helps create the proper chewy texture.

For thicker, crustier bagels, boil for 2 minutes per side; for thinner crusts, boil for just 30 seconds.

Add honey or malt syrup to the boiling water for authentic flavor and better browning.

Don't skip the overnight rise if possible - it develops better flavor and texture.

Test if bagels are ready for boiling by dropping one in water - it should float immediately.

Brush with egg wash before adding toppings to help seeds and seasonings stick better.

Let bagels cool completely before slicing to prevent a gummy texture.