**Bagels**

**Ingredients**

**Bagels**

375 ml all- purpose flour

15ml quick rising yeast

15 ml sugar

5 ml salt

1 egg, slightly beaten

125 ml warm water

7 ml oil

**Poaching Liquid**

1500 ml water

10 ml sugar

**Glaze**

50 ml sesame or poppy seeds

1/2 egg

**Method –Day 1**

1. In a large bowl combine flour, yeast, sugar, and salt.
2. In another bowl combine egg, water, and oil.
3. Add the wet ingredients to the dry ingredients.
4. Mix ingredients together. If the dough is sticky, add a bit more flour.
5. Turn out dough onto a lightly floured surface. Knead for 5 minutes.
6. Place in a greased bowl and grease all sides and top of the dough.
7. Cover and set aside. Let rise for 15 minutes
8. Loosely cover in saran wrap. Put your groups name on the masking tape and place it on the saran wrap. Place bowl in the refrigerator.

**Method**- **Day 2**

1. Punch dough and turn onto a lightly floured surface. Knead a few times
2. Divide dough into 6 pieces; roll each piece into a ball. poke your thumb through the centre of each ball and make sure you have made a large hole.
3. Place in prepared (parchment paper lined) baking sheet.
4. Cover and let dough rise again in a draft free place for 15 minutes.
5. In the meantime, preheat oven to 200 degrees Celsius.
6. In a large saucepan, bring water to a boil; add sugar. Reduce heat to medium.
7. Slip bagels into the water, 2 at a time , and cook for 1 minute. Turn with tongs, rake bagel out and place onto parchment paper lined sheet.
8. Brush egg on top of bagel . sprinkle with seeds.
9. Bake in centre of oven for 20-30 minutes or until golden brown and bagels sounds hallow when tapped.
10. Remove from pan; let cool on rack