

MONTREAL-STYLE BAGELS

Amount	Measure	Ingredient
1000	g	Bread flour (12% protein)
2	g	Instant yeast
4	g	Salt (optional; not used in original recipe)
40	g	Sugar (Cane sugar preferred)
9	g	Diastatic Malt Powder
1		Large Egg, beaten
8	g	Vegetable oil
463	g	Water



Combine all of the dry ingredients; make a well in the center and add the liquids. Mix by hand or with dough hook until dry ingredients are hydrated. This is a very stiff dough and will have to be kneaded by hand for the most part. Will take about 10 min to achieve a silky feel and good gluten development (use the windowpane test).

Place dough into a lightly-oiled proofing bucket and turn to coat all sides. Bulk ferment for 1-2 h at room temperature (there will be hardly any rise), then retard in the refrigerator for 12 hours (overnight).

The next day, make preparations as follows:

1. Oven temperature, 460F with two racks
2. Large pan (25 cm diameter or more), filled 2/3 full of water and heated; when warm, add 3 Tbsp liquid barley malt and dissolve. Bring the water to the boil and keep at a constant but not overly strong boil when you cook the bagels.

Portion the dough into 13 pieces, approx. 115-120 g each . Roll into ropes about 35 cm long by 1 cm diameter (this will have to be done in 2-3 stages, allowing the gluten to relax between each). Wrap a rope around your hand, overlapping generously, then roll the overlap on the counter to join the loop securely.

Boil the bagels 2-3 at a time in the malt solution. Dip in a dish of seeds if desired, then place on a parchment- or Silpat-lined sheet that has been dusted with semolina. Repeat boiling/seeding until all bagels have been made.

Bake for 10 min using both racks, then switch tray positions (top for bottom, and front to back) and bake another 10 minutes. Cool on a wire rack.

These bagels should puff up nicely when baked. They do not need steam in the oven as they have enough moisture from the boiling process.

This recipe adapted from the one on *Korena in the Kitchen* blog (<http://korenainthekitchen.com/2014/01/22/montreal-style-bagels/>), which itself is an adaptation of *The Fresh Loaf's* Montreal-Style bagel (<http://www.thefreshloaf.com/node/13104/montral-style-bagels>).