Bread & baking / Canada

Montreal bagels

Bagels boiled in honey water and baked in a wood oven, sweeter and thinner than New York's.

Time 145 min **Servings** 12

What you'll need.

- ☐ 700 g Strong flour
- ☐ 300 ml Warm water
- ☐ 10 g Dry yeast
- ☐ 2 piece Eggs
- ☐ 60 ml Vegetable oil
- ☐ 60 g Sugar
- ☐ 150 g Honey — for the boiling water
- ☐ 150 g Sesame seeds
- ☐ 100 g Poppy seeds
- ☐ 1 tsp Salt

Let's make it.

01 Dissolve the yeast and sugar in the warm water and leave it ten minutes, until it foams.

02 Knead a dough from the flour, yeast mixture, eggs, oil and salt and work it fifteen minutes until elastic.

03 Let it rise somewhere warm for an hour and twenty, until doubled.

04 Divide it into twelve, roll each into a rope and join the ends into a ring with a large hole.

05 Bring a large pot of water to the boil with the honey and lower the rings in three or four at a time.

06 Boil them a minute a side and roll them in sesame or poppy seed at once.

07 Bake at 230 °C for twenty minutes, to a deep golden crust, turning them once halfway.

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