



Bread Machine & Baking Videos with Ellen Hoffman

Ellen's Almost Detroit Bagels

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Make in a 2-pound capacity bread machine on dough course.

Though I haven't lived in Detroit, Michigan since 1965, the legend of the Detroit bagels lives on in my taste memory! Whenever my dad or both parents would fly back east to Detroit for a family function, they would take an empty suitcase. The day they were flying back they would go to a Detroit bagel factory and fill that suitcase with yummy bagels! No matter what time my dad or my parents got home from the airport, we would attack the bagel suitcase and begin stuffing our faces with the best bagels in the world.

Where I live in Southern California, bagels are fat, tall, and fluffy with a lot of the inner dough. In Detroit, the bagels were flatter, had crisper crust, and a more chewy, dense texture. I've been tweaking my bagel dough in order to get what I want and I today I finally achieved it! I talked to many bread/bagel bakers and even to the experts on the King Arthur Bakers' Hotline. I read a lot of bagel recipes. I finally figured out what I wanted to do and made bagels the "new" way today! Note: This recipe is easier if two people form, boil, egg wash, and bake the bagels as a team!

- 300 grams water (If your bread machine does not have a rest/preheat cycle, you'll have to warm the water.)
- 488 grams High Gluten Flour (14.2% protein content) This is a higher protein content than bread flour.
- 24 grams granulated sugar
- 5 grams table salt
- 3 grams SAF instant yeast
- Extra ingredients:
- Honey, toppings of your choice, flour for the counter

Equipment:

- Bread machine
- Solid surface for working with dough
- Bench scraper
- At least 4 cookie sheets
- 3 cooling racks



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- Chopsticks or skewers for flipping bagels in the boiling water
 - Wide spatula for lifting bagels out of boiling water
1. Put the ingredients into your bread machine pan in the order your manual instructs you to do and set for Dough Course. After the first 5 minutes of kneading, watch the dough to make sure it isn't too wet or too dry. Add flour or water as needed.
 2. When dough is ready, turn onto lightly floured surface. Using a bench scraper, divide dough into 10 pieces and roll into balls. Cover with a dish towel and let rest for 10 minutes.
 3. While the dough balls are resting, cut 10 pieces of parchment paper into approximately 5-6" squares. Lay the parchment squares on two cookie sheets
 4. After the ten minutes, form the bagels one of these two ways: a. Poke a hole in the middle and use two index fingers to roll and stretch out the hole in the middle until it is about 1 $\frac{1}{2}$ inches in diameter. The other method is to roll the dough into ropes and join the ends. Experiment with both and see what you prefer!
 5. Lay each formed bagel on one of the small cut pieces of parchment. Spray with water and let rest for 20 minutes. Prepare two more cookie sheets with whole pieces of parchment and place near the cooktop.
 6. While they are resting, boil water in a big pot with 50 grams of honey.
 7. When the water is boiling and the 20 minutes have passed, use the parchment to pick up the bagels and put them upside down (parchment side up) into the boiling water. Set a timer for 1 minute. After a few seconds you should be able to lift off the parchment and put aside. After one minute, flip the bagel to the other side and boil for another minute. Set your timer! We find that the easiest way to flip the bagels is with a pair of chopsticks! One chopstick on the top on your left and one on the other side works easily. Preheat oven to 425.
 8. At the end of the minute on the second side, use a flat spatula (hamburger turner) to place on one of the cookie sheets lined with full sheets of parchment. You can get about 6 bagels on each cookie sheet.
 9. When all ten bagels have been boiled and placed on the cookie sheets, egg wash (one whole egg and a splash of water beat together) and top as you like. We like kosher salt, sesame seeds, everything bagel seasoning, onion, cheese, and poppyseed. We make a variety!



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10. Put one cookie sheet of bagels in the oven with the rack in the center position. If you have two ovens, bake one tray in each. Set timer for 14 minutes and bake until the bagels are a perfect golden brown.
 11. Cool on racks.
 12. Freeze in freezer bags what you are not going to eat the day you bake them.
 13. These bagels will be a shallow bagel with a crispy crust. They will not have a huge amount of dough on the inside. If you want a fluffy, doughy bagel, you will not like these. The only way these could taste more like Detroit bagels is if I had Detroit water to boil them in! (As a joke, I called my uncle who still lives in the Detroit area and asked him to ship me Detroit water!)
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