

## Montreal Style Bagels (Two-Day Lab)

Ingredients For Dough	Ingredients for Pouching Liquid	Ingredients for Glaze
125 ml warm water 15 ml sugar 15 ml instant yeast 375 ml all-purpose flour 5 mL salt 1 egg, slightly beaten 7 ml vegetable oil	1500 ml water 10 ml sugar	25 ml sesame or poppy seeds ½ egg

### Instructions

#### Day 1

1. In a small mixing bowl, combine 125 ml warm water, sugar and yeast. Set aside to proof for 5 to 10 minutes.
2. In a stand mixer bowl, combine flour and salt.
3. Once the yeast has proofed, gently mix in the egg and vegetable oil.
4. Add the wet ingredients to the dry ingredients. Mix ingredients together. If dough is sticky, add a bit more flour.
5. Turn the dough onto a lightly floured surface. Knead a few times.
6. Spray the inside of a Ziploc bag with cooking spray. Place the dough inside.

#### Day 2

1. Knead the dough on a lightly floured surface a few times to get rid of large air bubbles.
2. Divide dough into six pieces; roll each piece into a ball. Poke your thumb through the centre of each ball and ensure you have made a large hole.
3. Place on cookie sheet lined with parchment paper
4. Put into the proofer for 10 mins.
5. Preheat oven to 400F.

### Poaching Liquid

6. In a large saucepan, bring water to boil; add sugar. Reduce heat to medium.
7. Slowly place proofed bagels into the water; 2 at a time, and cook for 1 minute. Turn the bagel to the other side with tongs, and cook for another minute. Take bagels out with tongs and place on cookie sheet lined with parchment paper.
8. Brush the egg on top of the bagel. Sprinkle with seeds.
9. Bake in centre of oven for 20-30 minutes or until golden brown. Bagels sound hollow when tapped.
10. Remove bagels from the pan and cool on wire rack.

Spread with cream cheese and enjoy!