



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Whole Wheat Bagels (adapted from Peter Reinhart's *Whole Grain Breads*)

Makes 8 large bagels or 12 small bagels

There are a few shortcuts in this compared to Reinhart's original recipe. I make it every couple of weeks, so the faster I can get it done, the better!

I've played with the timing of this recipe quite a bit. The original results in fresh bagels 5-6 hours after you start (the second day). But I usually want them in the morning. You can refrigerate the dough in two places – either after the bagels are formed (in which case you should decrease the yeast slightly to prevent the bagels from over-rising) or right after kneading. The last time I refrigerated it after kneading, it rose overnight in the fridge, and in the morning, I immediately shaped the bagels and boiled them shortly afterward.

Pre-dough 1:

8 ounces whole wheat flour
¼ teaspoon instant yeast
6 ounces ($\frac{3}{4}$ cup) water

Pre-dough 2:

2 tablespoons barley malt syrup
5 ounces water
8 ounces whole wheat flour
½ teaspoon salt

Final dough:

both pre-doughs
1 tablespoon water
2 teaspoons yeast
 $\frac{3}{4}$ teaspoon salt
7 tablespoons flour, plus more if necessary
1 tablespoon baking soda (for boiling)

1. In the bowl of a stand mixer fitted with the dough hook, mix all of the ingredients in Pre-dough 1 on medium-low speed until combined. Set aside for 5 minutes. Meanwhile, in a 1-cup measuring cup, stir together the barley malt syrup and the 5 ounces of water in Pre-dough 2. Set aside, stirring occasionally, until the barley malt syrup dissolves into the water. Return to Pre-dough 1 and knead on low speed for 1 minute. Transfer to a small bowl and cover with plastic wrap or a damp kitchen towel. Refrigerate overnight. Add the flour and salt for Pre-dough 2 to the empty mixer bowl; with the mixer on low speed, pour in the water-syrup mixture. Mix on medium-low just until combined. Cover the mixer bowl with plastic wrap or a damp kitchen towel and set aside at room temperature for at least 8 hours or overnight.

2. The following day, transfer the refrigerated Pre-dough 1 to room temperature for a couple hours to warm slightly. When you're ready to make the final dough, stir together the 1 tablespoon water and the yeast. In the bowl of a stand mixer fitted with the dough hook, mix both pre-doughs, the water and yeast, and the salt on low speed until combined. While the mixer is running, add in the flour, 1 tablespoon at a time, until it's fully absorbed by the dough. Knead on low speed for 5-6 minutes, adding more flour or water if necessary to form a smooth, firm dough. It shouldn't be sticky.

3. Let the dough rise at room temperature until it increases to about 1½ times its original size, 1-2 hours.
4. Divide the dough into 8-12 pieces. Shape each piece into a smooth ball, then roll each piece into a rope about ¾-inch thick (slightly thicker for larger bagels). Bring the ends of the rope together and gently roll them on a flat surface to seal. Set aside for about 20 minutes.
5. Meanwhile, preheat the oven to 500 degrees, line a baking sheet with parchment paper or a silicone mat, and bring at least three inches of water to a boil in a large pot over high heat. Add 1 tablespoon baking soda, reduce the heat to medium-high and gently drop 2-4 bagels (as many as will fit without crowding) into the water. Boil for 1 minute, flipping the bagels halfway through.
6. Place the boiled bagels on the prepared baking sheet. Transfer the sheet to the oven, reduce the oven temperature to 450 degrees, and bake until the bagels are browned and feel hard, 13 minutes for small bagels and slightly longer for larger bagels. (The bagels will soften as they cool.) Cool completely before serving. (I can only fit one baking sheet, holding half a batch of bagels, in my oven at once, so I refrigerate the remaining unboiled bagels until the first pan is almost done baking, then boil and bake them.)