

Bagels

- 1 envelope dry yeast
- 1½ cups very warm water
- 3 tablespoons sugar
- 1 tablespoon salt
- 4 to 4½ cups flour
- 1 egg beaten
- Coarse salt, poppy or sesame seeds (optional)

Sprinkle yeast over warm water, stir to dissolve. Add sugar, salt and enough flour to make a soft dough. Turn out onto lightly floured surface, knead until smooth and elastic, about 10 minutes.

Range

Cover, let rise about 15 minutes, punch down, divide dough into 12 equal portions, shape each into a strip about 8 inches long. Bring ends together to form a ring, pinch to secure. Let rise 30 minutes. Bring 1 gallon water to a boil, boil a few bagels at a time, about 8 minutes. Remove to a towel to drain. Sprinkle with coarse salt, poppy or sesame seeds, if desired. Transfer to ungreased baking sheet, bake at 375° F for 30 to 35 minutes, until browned.

Microwave

Cover, heat in microwave 30 seconds, let rise 10 minutes. Punch down, divide dough into 12 equal portions, shape each into a strip about 8 inches long. Bring ends together to form a ring, pinch to



secure. Heat in microwave 30 seconds, let rise 10 minutes. Cook in a baking dish in 1 inch boiling water, 4 bagels at a time, 3 minutes. Remove to a towel to drain. Sprinkle

with coarse salt, poppy or sesame seeds, if desired. Cover tray with paper towel. Cook bagels on tray, 4 at a time, 3 minutes. Brown on ungreased baking sheet in conventional oven set at 425° F about 10 minutes.

Serve hot. Makes 1 dozen