

## 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