

**BREADS AND SWEET DOUGHS No.D 013 00**  
**BAGELS**

**Yield** 100

**Portion** 1 Bagel

| <b>Calories</b> | <b>Carbohydrates</b> | <b>Protein</b> | <b>Fat</b> | <b>Cholesterol</b> | <b>Sodium</b> | <b>Calcium</b> |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 242 cal         | 48 g                 | 8 g            | 2 g        | 0 mg               | 375 mg        | 11 mg          |

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 COOKING SPRAY,NONSTICK

**Weight**

3-3/8 oz  
 5-3/4 lbs  
 7 oz  
 3-3/8 oz  
 13-7/8 lbs  
 2 oz

**Measure**

1/2 cup  
 2 qts 3 cup  
 1 cup  
 1/4 cup 1-2/3 tbsp  
 2 gal 3-1/2 qts  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Sprinkle yeast over water in mixer bowl. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Using a wire whip, add sugar and salt to yeast solution; stir until ingredients are dissolved.
- 3 Using a dough hook, add flour; mix at low speed 1 minute or until all flour is incorporated into liquid. Continue mixing at medium speed 13 to 15 minutes until dough is smooth and elastic. (Dough will be very stiff). Dough temperature should be 78 F. to 82 F.
- 4 Cover; let rest 15 minutes.
- 5 Place dough on unfloured work surface; divide dough into 3 ounce pieces; knead briefly; shape into balls by rolling in circular motion on work surface.
- 6 Place balls, in rows 4 by 6, on 4 ungreased sheet pans.
- 7 FERMENT: Cover. Set in warm place (80 F.) about 15 to 20 minutes or until dough increases slightly in bulk.
- 8 MAKE UP: Shape bagels like a doughnut; flatten to 2-1/2-inch circles, 3/4-inch thick. Pinch center of each bagel with thumb and forefinger and pull gently to make a 1-inch diameter hole and a total 3-1/2-inch diameter, keeping uniform shape. Place on 4 ungreased sheet pans in rows 4 by 6 per pan.
- 9 PROOF: At 90 F. until bagels begin to rise, about 20 to 30 minutes.  
 Lightly spray 5 sheet pans with non-stick cooking spray. Sprinkle each pan with 1/2 cup cornmeal.  
 Add water to steam-jacketed kettle or stock pot; bring to a boil; reduce heat to a simmer. Add 1/2 cup granulated sugar to water. Stir until dissolved. Gently drop bagels, one at a time, into water. Cook 30 seconds; turn; cook 30 seconds. Remove bagels with slotted spoon; drain. Place on sheet pans in rows 4 by 5.  
 BAKE: 30 to 35 minutes or until golden brown and crisp in 400 F. oven. Remove from pans; cool on wire racks.

**Notes**

- 1 In Step 1, a 60-quart mixer should be used for 100 portions as dough is very stiff. If using 20 to 30 quart mixers, prepare no more than 50 portions at a time.
- 2 In Steps 7 and 9, bagels should not double in bulk.
- 3 In Step 12, if convection oven is used, bake at 350 F. for 15 to 20 minutes on high fan, open vent.