**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: Montreal-Style Bagels**

**Yield:** 6 Bagels **Oven Temp:** 400F

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INGREDIENTS:**

1 Egg, beaten

125mL Warm Water

7mL Oil

15mL Maple Syrup

~500mL Flour

15mL Yeast

15mL Sugar

5mL Salt

**INSTRUCTIONS:**

1. In a liquid measure cup, add warm water, sugar and yeast. Give it a stir and wait until yeast has dissolved and activated (3 minutes).
2. In a large mixing bowl, add the egg, syrup and oil, mix until combined. Add yeast mixture to the bowl. Whisk it all together until well combined.
3. Measure 500mL flour and 5mL salt.

**\*REMINDERS**

- no fingers in flour container

- egg and oil will make dough “tacky” but it shouldn’t leave sticky dough on your hands

- dough should be soft with no dry bits or loose flour when kneading is complete

-check that bag has no excess oil in corners.

1. Add half 250mL flour and 5mL salt to the wet ingredients and mix aggressively with wooden spoon
2. Once gluten strands are activated add remaining flour with a more gently mixing motion so that all the flour is incorporated.
3. Turn dough onto clean counter and begin kneading for 5 minutes. Lightly dust dough with flour if it sticks to the palm of your hand.
4. Place dough into lightly oiled Ziploc bag. Label with your name.
5. Keep bag open and set aside. Let rise for 10 minutes before sealing and placing in fridge

Tray Equipment

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DAY 2 INGREDIENTS:**

**POACHING LIQUID**

1500mL Water

10mL Sugar

60mL Honey

**GLAZE**

30mL Sesame Seeds or Poppy Seeds

½ Egg

25mL Water

**Poaching** means to cook in water

**DAY 2 INSTRUCTIONS**

**Baking Time:** 20-30 minutes

1. Preheat oven to 400F. Line baking sheet, with parchment paper.
2. Divide dough into **six pieces**. Shape each dough piece into a disc 1” thick then poke your thumb through the center and gently stretch to make a large hole.
3. Place bagels on counter and cover with tea towel for 5-10 minutes (time permitting)
4. In a large saucepan, bring water to a boil. Add sugar and honey. Reduce heat to medium.

**\*REMINDERS**

-Rotate cookie sheet halfway through cooking

- try to make the bagels the same thickness as you stretch

- Use a timer to ensure you poach for 2 full minutes

Return the Ziploc bag back to the front of the room. It will be used for another recipe.

1. Carefully slip bagels into the water, 2 at a time, and cook for **1 minute**. Turn bagels over with tongs, and cook for **1 minute more** on the other side. Using the slotted spoon take bagel out and place onto prepared baking sheet.
2. Beat egg and 25mL of water in a small bowl. Brush egg mixture on top of bagel. Sprinkle with seeds.
3. Bake in for 20-30 minutes or until golden brown. Bagels should sound hollow when tapped and have a rich dark shiny crust

Tray Equipment

**PERSON A:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PERSON B:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**DEMO QUESTIONS: reference: Yeast bread handout**

1. In your own words, what is ***yeast***? Why do we use it?
2. What does yeast need to grow?
3. Why is kneading the dough and important part of making yeast breads?
4. Describe the steps to kneading dough.
5. How do you know if your dough has been properly kneaded?
6. What occurs to dough that has not had the surface oiled prior to letting it rise?