

Fresh-Milled Sourdough Bagels

Low-tang, fresh-milled whole wheat version

Ingredients

- 1-1.5 cup (240-360g) warm water
- ½ cup (120 g) active sourdough starter, 100% hydration (young, just at peak)
- 3 Tbsp honey
- 2 tsp fine sea salt (10 g)
- 560 g fresh-milled flour, lightly sifted (hard white wheat preferred; remove 10–15% bran)

Instructions

Mix: Combine water, starter, and honey. Add flour and salt. Knead until smooth and elastic, slightly softer than

traditional bagel dough (15–20 minutes by mixer).

Short Bulk Ferment: Cover and ferment at 76–78°F until just puffy and about 25–30% risen (3–4 hours).

Do not let
dough double.

Shape: Divide dough into 8 pieces (120–130 g each). Shape into tight balls, rest 10 minutes, then poke holes and gently stretch.

Optional Overnight Rest: Refrigerate shaped bagels for 4–6 hours max. Remove and proof warm in the morning.

Final Proof: Proof at 78–80°F until slightly puffy but dense (30–60 minutes).

Boil: Bring 3 quarts water to a boil. Add 1½ Tbsp honey or barley malt syrup (no baking soda). Boil bagels 20–30 seconds per side.

Bake: Bake at 425°F for 20–25 minutes until deeply golden. Optional steam for first 5 minutes. Cool at least 30 minutes before slicing.