

# New New Fresh-Milled Sourdough New-Wave Bagels

## Ingredients

- 500g fresh-milled flour
- 360g water
- 100g active sourdough starter, 100% hydration (young, just at peak)
- 10g honey
- 10g barley malt syrup
- 10g fine sea salt
- 10g avocado/algae oil

**Autolyse:** Mix flour + 350g water until no dry bits remain. Cover and rest 30-45 min.

**Mix Dough:** Add starter, honey, barley malt syrup, salt, and oil.

**Knead:** Mix/knead dough in mixer until smooth and elastic (15–20 minutes). Remove from mixer and hand knead on counter x 8-10 minutes. Let rest x 20 minutes with bowl over top. Hand knead again x 8-10 minutes. Let rest again x 20 minutes with bowl over top.

**Short Cold Fermentation:** Cover and cold ferment in refrigerator x 2 hours.

**Bulk Fermentation:** Take covered bowl out of the refrigerator and set on kitchen counter to finish bulk fermenting (6-8 hours)

**Shape:** Divide dough into tight balls (120–150 g each) and place on separate parchment squares. Rest x 20-40 minutes, After the rest, use finger to poke holes in center and gently stretch. (Honestly, by the time you get all the tight balls formed, it will have been 20+ minutes and you will be ready to shape).

**Rest:** After the bagels are shaped, let them rest, covered on parchment squares for an hour or so.

**Boil:** Add 30g barley malt syrup and salt to a boiling pot of water. Once the water, barley malt syrup, and salt are at a rapid boil, add roughly 4 bagels at a time to your pot. Let them boil for roughly 20 seconds per side. Remove them and place them on a cooling rack or similar for excess water to drip off.

**Add Toppings:** If doing bagel toppings, add them after they come out of the water bath. This will allow the toppings to stick to the wet bagel surface. An alternative is to add the toppings after the bagels have browned slightly after baking for a few minutes.

**Bake:** Bake at 450 degrees F for 15-20 minutes on a baking sheet, steel, or stone. (After about 10-12 minutes, rotate the bagels on your pan or baking steel.