

100% Fresh Milled Sourdough Bagels

This version of the recipe is adapted for 100% fresh milled flour while maintaining a chewy, classic sourdough bagel texture. Using a blend of hard white wheat, hard red wheat, and rye helps improve structure and flavor while keeping the dough manageable.

Levain

- 90g fresh milled hard white wheat flour
- 81g water
- 18g sugar
- 36g ripe sourdough starter (100% hydration)

Main Dough

- 406g fresh milled hard white wheat flour
- 271g fresh milled hard red wheat flour
- 90g fresh milled soft white wheat flour
- 45g fresh milled rye flour
- 23g barley malt syrup or honey
- 9g diastatic malt powder
- 430g water 1 (hold back some water at first — fresh milled absorbs differently)
- 50–70g additional water 2 as needed during mixing
- 18g fine sea salt
- 226g ripe levain

Boil Water

- 1 gallon water
- 1 teaspoon baking soda
- 5 tablespoons barley malt syrup

Fresh Milled Tips

- Fresh milled flour absorbs more water over time. Start slightly lower on hydration and adjust after the dough rests.
- Allow a 20–30 minute flour hydration rest before kneading for easier gluten development.
- For a milder sour flavor, shorten the cold retard to 8–12 hours.
- For the chewiest bagels, bake on a preheated steel or stone.

Suggested Timeline & Method

Step	Instructions
1. Build Levain	Mix levain ingredients and ferment 6–8 hours until doubled and bubbly.
2. Mix Dough	Combine flours, malt syrup, levain, and most of the water. Rest 20 minutes. Add salt and remain
3. Knead	Mix or knead until smooth and strong. The dough should feel stiff but pliable.
4. Bulk Ferment	Ferment 3–4 hours at room temperature with 2 gentle stretch-and-folds during the first 90 minut
5. Divide & Shape	Divide into equal pieces (about 120–130g each). Shape into tight balls, rest 20 minutes, then fo
6. Cold Retard	Place shaped bagels in the refrigerator overnight (8–18 hours).
7. Boil	Boil 30–45 seconds per side in malted water.
8. Bake	Bake at 475°F for 18–24 minutes until deeply golden brown.

Yield: Approximately 10–12 bagels depending on size.