**Montreal-Style Bagels**

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| 375 mL flour  15 mL quick rising yeast  15 mL sugar  5 mL salt  125 mL water  7 mL oil  1egg, slightly beaten | **Poaching Liquid**  1500 mL water  10 mL sugar  **Glaze**  50 mL sesame or poppy seeds  ½ egg (hint: beat 1 egg then separate) |

1. In a large bowl, combine flour, yeast, sugar and salt.
2. In a small pot, heat water and oil until very warm (105-115 F).
3. Add water mixture to dry ingredients, stir well. Add egg and combine well. If dough is sticky, add more flour a little bit of a time.
4. Turn out dough onto a lightly floured surface. Knead for 5 minutes.
5. Place in a greased bowl and grease all sides and top of the dough with oil.
6. Cover and set aside. Let rise for 15 minutes.
7. Punch dough down; turn onto lightly floured surface. Knead a few times.
8. Divide dough into 6 pieces; roll each piece into a ball. Poke your thumb through the center of each ball and make sure you have made a large hole.
9. Place on prepared (parchment paper lined) baking sheet.
10. Cover and let dough rise again in a warm spot for 15 minutes.
11. In the meantime, preheat oven to 400 F.
12. In a large pot or wok, bring water to a boil; add sugar. Reduce heat to medium.
13. Slip bagels into the water, 2 at a time and cook for 1 minute. Turn with tongs and cook for 1 minute more on the other side. Using the tongs, take bagel out and place onto parchment lined sheet.
14. Brush egg on top of bagel. Sprinkle with seeds.
15. Bake in center of oven for 20-30 minutes or until golden brown and bagel sounds hallow when tapped.
16. Remove from pan; let cool on rack.