

LITTLE RED HEN

Upinngil Home Bakery, 411 Main Road, Gill, MA, 01354, 413-863-4431, www.upinngil.com

Upinngil Whole Wheat Bagels with Flax Seeds

Makes 16

To start, mix together water, yeast, and whole wheat flour. Let stand at room temperature overnight.



Dough	
Water	3 cups
Active Dry Yeast	1 tbs.
Upinngil Whole Wheat Flour	2 cups
Bread Flour	5-6 cups
Sugar (or other sweetener)	1 tbs.
Salt	1 tbs.
Flax seeds	1/3 cup
Water bath	
Water	2 quarts
Molasses	2 tbs.

In the morning add remaining ingredients, except for 1/2 c. of bread flour and 1 tbs. of flax seeds. Knead dough at least 10 minutes. In a stand mixer it should clean the sides of the bowl. The dough should be slightly sticky but not gooey, add additional bread flour if necessary.

Prepare the water bath in a wide-diameter pot over high heat. Preheat oven to 500F. On a lightly floured

surface, halve the dough until you have 16 equal pieces. With well floured hands, roll each piece into a ball, poke a hole through the center of each ball, and whirl on your fingers until the hole widens to about 1-1/2 inches in diameter. Slip the bagels into the boiling water bath. Boil 4 at a time, 30 seconds per side. Remove from the water bath with a slotted spoon, place on a baking sheet. Sprinkle flax seeds on top while the bagels are still wet. Bake in the oven for 5 minutes at 500F, then turn down to 350F and bake for 10 minutes, then turn them upside down and bake for an additional 5 minutes. If they still seem too soft or pale they may need another 5 minutes right-side up. Cool on wire rack, or eat immediately while piping hot!

Variations: Substitute for flax seeds any of the following: sesame, sunflower, pumpkin, poppy, fennel or caraway (use only 2 tbs., they're strong), raisins, nuts, etc.