

HOW TO MAKE

Ancient Grain Bagels

MADE WITH

Brooklyn Bagel Base and BP Ancient Variety Grains

ITEM NUMBER

#40002, 40233

RECIPE

BP ANCIENT VARIETY GRAINS SOAKER

BP Ancient Variety Grains	100%
Water	100%

BAGEL DOUGH

White Flour	100%
Brooklyn Bagel Base	5%
Yeast	1%
Water	50%
BP Variety Ancient Grain Soaker	30%

Total 186%



DESCRIPTION

Authentic New York-Style bagels with hearty ancient grains made easy with Brooklyn Bagel Base and BP Ancient Variety Grains

DIRECTIONS

1. Combine equal parts BP Ancient Variety Grains and cool water. Rest overnight.
2. Incorporate all ingredients except Grain soaker on 1st speed.
3. Mix on 2nd speed until full gluten development. Target dough temperature is 75°F – 78°F.
4. Gently incorporate grain soaker on 1st speed.
5. Bulk ferment 15 minutes.
6. Divide dough into desired weight and pre-shape as a 3" log.
7. Bench rest 15 minutes and shape bagels.
8. Place bagels on boards and proof for 30 minutes.
9. Retard bagels overnight.
10. Remove from retarder and boil for 40 seconds per side.
11. Bake at 450°F for 15 – 20 minutes.

