

# New York Bagels

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*Ah, the New York bagel, perhaps the archetype of all other modern bagels. Thick, starchy, fluffy, and super salty; bagels don't get much better than this.*

## Ingredients:

Water, as needed  
1 medium potato, peeled, quartered  
1 packet active yeast  
4 cups all-purpose flour  
½ tablespoon kosher salt  
1 ½ tablespoons sugar, divided  
¼ cup olive oil  
2 large eggs  
2 cups boiling water  
Cornmeal, for dusting  
1 egg white mixed with 1 teaspoon water

## Directions:

- 1) Bring a large pot of water to a boil over high heat; add potato and cook 15 minutes, until softened. Remove from water, reserving 1/3 cup liquid; drain and set aside.
- 2) Transfer reserved 1/3 cup cooking liquid to a small bowl; sprinkle yeast over and stir gently. Set aside for 3 minutes.
- 3) Sift flour, salt, and ½ tablespoon of sugar together in a large bowl; add yeast mixture. Add oil and another 2/3 cup water; stir well. Add eggs and stir to form a dough ball.
- 4) Turn dough out onto a floured surface; knead 10 minutes, until firm. Transfer dough to a medium greased bowl; cover and allow to rise in a warm place 60 minutes.
- 5) Punch down the dough to flatten; remove from bowl. Cut dough into 18 equal pieces; shape each into a 6-inch long, ¾-inch thick rope. Bring the ends of each rope together and pinch to a close, using a little water on the end to help secure. Cover all rings with a towel; allow to rise 20 minutes.
- 6) Preheat oven to 450°F. Lightly grease a baking sheet; dust gently with cornmeal. Bring a large pot of water and remaining 1 tablespoon sugar to a boil.
- 7) Drop bagels into boiling water one at a time, cooking each 3 minutes; remove from water, place on paper towels, and repeat with remaining bagels.
- 8) Transfer boiled bagels to prepared baking sheet. Brush tops of bagels with egg white mixture. Bake 15 minutes, until bagels are golden.