**Montreal – Style Bagels**

Groups 2/3 - Yield 6

**Ingredients**

2.5 ml sugar

125 ml warm water

5 ml active dry yeast

1 egg

8 ml vegetable oil

440 ml all purpose flour

15ml sugar

5ml salt

**Poaching Liquid**

2 litres water

15 ml sugar

**Glaze/Top**

1/2 egg

**Toppings**

60 ml. Sesame/poppy seeds or dried onion

**Method - Day 1**

1. In a large bowl dissolve sugar in warm water. Sprinkle yeast over top. Let stand for 10 minutes or until frothy.

2. Whisk in eggs and oil. Using a wooden spoon gradually beat in 500 ml flour, sugar and salt until smooth.

3. Mix in enough flour to form soft dough (not sticky).

4. Turn onto a lightly floured corner and knead for 8 to 10 minutes smooth and elastic. Place dough in a lightly greased bag and immediately place in fridge and allow rising overnight.

**Method – Day 2**

1. Punch down dough on a lightly floured counter. Knead 15 to 20 times.
2. Pat dough into a disk and divide into 6 equal pieces.
3. Let dough rest 10 minutes.
4. Roll each piece into a 20 cm (8inch) rope.
5. Bring ends of each rope together, overlapping by 2.5 cm (1 inch). Stretch overlap diameter of rope. Pinch to seal. (Dough will come apart during boiling unless it is firmly sealed.)
6. Place on a lightly floured baking sheet; cover with a tea towel and let rise 15 minutes.
7. **Poaching liquid:** In a large potbring water to a boil; add 30 ml sugar.
8. **S**lip3 bagels at a time into liquid. Cook over medium heat for one minute on each side (flip using a slotted spoon).
9. Remove bagels on to a paper towel lined baking sheet. Pat dry top.
10. Transfer bagels onto a lightly greased baking sheet
11. **Glaze:** Brush egg on top and sides.
12. **Top:** Sprinkle tops with sesame or poppy seeds or Dried Onion flakes.
13. Place coated bagel on a lightly greased sheet.
14. Bake in a 400 F oven for 20 to 25 minutes.
15. Transfer on to a cooling rack.
16. Optional: serve cooled bagels with flavored butter or cream cheese.

