



Jerusalem Bagels

MAKES 6

When you enter the Jaffa Gate in Jerusalem you'll see carts piled high with large rings of crusty bagels. They're not the bagels we're used to that are heavy and dense, requiring a thick slab of cream cheese. These are light and airy, and slightly sweet. They're coated in sesame seeds and sold in a piece of newspaper. Traditionally, they are dipped in the dry spice, za'atar or cumin seeds. I prefer to tear them and smear them into hummus or spicy yogurt. They're easy to make, but require some time and patience, but it's worth every second when you pull them from the oven, crispy on the outside and light the inside. They're best served warm, of course!

INGREDIENTS

3 tablespoons instant yeast	1 1/2 teaspoons kosher salt
1 cup milk	4 1/4 cup all purpose flour
1/2 cup water	1 beaten egg
1/4 cup canola or sunflower oil	1/2 cup sesame seeds
2 tablespoons sugar	

PROCESS:

In a large bowl, stir the yeast, milk, water, oil, sugar, and salt. Alternatively, you can use a standing mixer with the dough hook attachment. Add flour, one cup at a time until dough is smooth and a little sticky. You may need more or less flour, so don't add it all at once. If mixing by hand, place dough on a floured surface and knead for 6 - 8 minutes. If using a mixer, knead with dough hook for 5 minutes on medium speed.

Place dough in a large bowl that has been rubbed with oil on the inside. Turn the dough over so top is coated with oil. Cover with plastic wrap or towel and let rest for 1 1/2 hours until it has risen and doubled in size. You can also let the dough rise in the refrigerator overnight. If doing so, remove dough from refrigerator and let rest at room temperature for thirty minutes before making bagels. Preheat oven to 350 degrees.



To form bagels, divide the dough into six balls. Using your thumbs, make a hole in the center of the ball and stretch the dough around the circle to make a large circle with a hole in it. Carefully, place bagels on a baking sheet lined with parchment paper. Brush with beaten egg and sprinkle with sesame seeds, ensuring that as much surface of the bagels is covered with egg and seeds. Bake for 16 - 18 minutes, until golden. Serve warm or at room temperature.