

Homemade Bagels

Ingredients

For the Plain Bagels

- Bread flour | 500 g | 4 cups
- Warm water | 270 ml | 1 cup + 2 tablespoons
- Honey | 21 g | 1 tablespoon
- Instant yeast | 7 g | 2 ¼ teaspoons
- Avocado oil | 30 ml | 2 tablespoons
- Salt | 3 g | ½ teaspoon

For Boiling

- Water | 710 ml | 3 cups
- Honey | 63 g | 3 tablespoons
- Baking soda | 5 g | 1 teaspoon, optional

Optional

- Cornmeal | as needed
- Egg, whisked | 1 large
- Everything bagel seasoning
- Dried minced onion

For the Blueberry Bagels

- Bread flour | 500 g | 4 cups
- Warm water | 270 ml | 1 cup + 2 tablespoons
- Mashed blueberries | 75 g | ½ cup
- Honey | 21 g | 1 tablespoon
- Instant yeast | 7 g | 2 ¼ teaspoons
- Avocado oil | 30 ml | 2 tablespoons
- Salt | 3 g | ½ teaspoon

- Sesame seeds
- Poppy seeds
- Coarse salt
- Shredded cheddar or Asiago cheese

Instructions

1. Add the bread flour, instant yeast, and salt to a large bowl or stand mixer bowl and mix briefly.
2. Add the warm water, honey, and avocado oil. For blueberry bagels, add the mashed blueberries. Mix until a firm dough forms.
3. Knead by hand for 8 to 10 minutes, or with a dough hook on low to medium low speed for 6 to 8 minutes, until smooth and elastic.
4. Place the dough in a lightly greased bowl, cover, and let rise in a warm place for about 1 hour, or until noticeably puffy and close to doubled.
5. Divide the dough into 8 equal pieces. Shape into balls, make a hole through the center of each, and gently stretch the openings to about 1 ½ to 2 inches wide.
6. Place the shaped bagels on a lined baking sheet and rest for 15 to 20 minutes. Preheat the oven to 220°C / 425°F.
7. Bring the water and honey to a gentle boil in a wide pot. Add the optional baking soda for a darker, slightly firmer crust.
8. Boil a few bagels at a time for 30 to 45 seconds per side. Remove with a slotted spoon, drain briefly, and return to the baking sheet.
9. Brush with the optional egg wash. Leave plain or add your preferred savory toppings. Blueberry bagels can be left plain.
10. Bake for 20 to 25 minutes, or until nicely browned. Rotate the pan halfway through if needed for even color.
11. Transfer to a wire rack and cool for at least 15 to 20 minutes before slicing.

Note & Storage

- Bagel dough should feel firm and elastic rather than soft like regular bread dough.
- Blueberry dough may feel slightly softer because of the added fruit.
- Boiling helps create the characteristic chewy texture and sets the outside before baking.
- Honey in the boiling water helps with browning and adds a light sweetness.
- Add 1 teaspoon baking soda to the boiling water for a darker, slightly firmer crust.
- Egg wash is optional but gives the surface more shine and helps toppings stick.
- Store completely cooled bagels in an airtight container or sealed bag at room temperature for up to 2 days.
- Refrigerate for up to 5 days or freeze for up to 2 months.
- Slice before freezing for easy reheating directly in the toaster.