



Test Kitchen Tuesday

Try it. You might like it.

Bread Machine Bagels

From: [Test Kitchen Tuesday](#)

Original Recipe: [Allrecipes.com](#)

Time Required:

- 5 minutes to prepare ingredients
- 90 minutes for bread machine to mix/let rise
- 5 minutes to boil
- 20 minutes to bake

Skill Level (out of 5): Three circular icons representing difficulty levels: a circle with a diagonal line, a circle with a vertical line, and a circle with a horizontal line.

2Chili's Taster Rating (out of 5): Five yellow star icons arranged horizontally.

Makes: 8-9 bagels

Ingredients:

- 1 cup warm water
- 1 teaspoon salt
- 2 tablespoons white sugar (or sugar in the raw)
- 3 cups unbleached white flour or bread flour
- 1/3 cup dried blueberries (or cranberries, raisins, or add-in of your choice)
- 2 ¼ teaspoons active dry yeast
- 1 egg white

Method:

- Add all ingredients except the egg white to your bread maker in the order recommended by the manufacturer, set to dough cycle and activate machine (start)
- Once the dough cycle is complete, turn the dough out onto a lightly floured surface; Let rest for a couple minutes
- Meanwhile, put a large pot of water to boil (roughly 3-4 quarts)
- Cut the dough into 8 or 9 equal pieces and roll each piece into a small ball. Then, flatten each ball (I use the bottom of a large mug to do this), poke a hole in the middle with your finger, and twirl it around a little to make the hole bigger
- Cover the bagels with a clean dishtowel and let rest for 10 minutes
- Preheat oven to 375 F



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- Sprinkle a baking sheet with cornmeal or flour (I use flour) or spray with PAM; Break egg/separate white into a small bowl
- Transfer bagels to boiling water in batches of 4 or 5. I put them all on the end of a wooden spoon and drop gently into the water
- Boil the bagels for 30 seconds on each side, and briefly drain on a clean dishtowel, then dip one side of the bagel in egg wash and place the non-dipped side on the cookie sheet. (Don't leave too long on the dishtowel or they will stick)
- Repeat until all the bagels are boiled and dipped in egg white
- Bake for 20-25 minutes, until well browned

Nutrition:

Based on 9 bagels with blueberries.

| Nutrition Facts | |
|---------------------|----------|
| User Entered Recipe | |
| 9 Servings | |
| Amount Per Serving | |
| Calories | 186.1 |
| Total Fat | 0.6 g |
| Saturated Fat | 0.1 g |
| Polyunsaturated Fat | 0.2 g |
| Monounsaturated Fat | 0.0 g |
| Cholesterol | 0.0 mg |
| Sodium | 260.4 mg |
| Potassium | 70.9 mg |
| Total Carbohydrate | 41.5 g |
| Dietary Fiber | 1.9 g |
| Sugars | 7.0 g |
| Protein | 4.7 g |

| | |
|------------------|--------|
| Vitamin A | 2.8 % |
| Vitamin B-12 | 0.0 % |
| Vitamin B-6 | 0.9 % |
| Vitamin C | 0.0 % |
| Vitamin D | 0.0 % |
| Vitamin E | 0.1 % |
| Calcium | 0.6 % |
| Copper | 3.0 % |
| Folate | 19.1 % |
| Iron | 10.8 % |
| Magnesium | 2.3 % |
| Manganese | 14.2 % |
| Niacin | 12.3 % |
| Pantothenic Acid | 1.8 % |
| Phosphorus | 4.5 % |
| Riboflavin | 12.1 % |
| Selenium | 20.2 % |
| Thiamin | 21.8 % |



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