

Sourdough Bagel Bread (AmyBakesBread.com)

Ingredients:

Levain (1:1:1, 3-4 hours until doubled if kept at 78°F)

35 g. sourdough starter, ripe, bubbly and active, about 2 T.

35 g. water, about 2 T.

35 g. all-purpose or bread flour, scant ¼ c.

Sourdough Bagel Bread

100 g. levain, ripe, bubbly and active, scant ½ c.

370 g. water, about 1½ c.

50 g. whole wheat flour, about 1/3 c.

450 g. bread flour, about 3¼ c.

8 g. salt, about 1 t.

12 g. everything bagel seasoning, about 1 T.

25 grams everything bagel seasoning, additional seasoning reserved for the top of the dough before baking (optional), about 2 T.

Instructions:

Levain (1:1:1 ratio, 3-4 hours peak at 78-80°F)

1. Mix together ripe/active sourdough starter with all-purpose or bread flour and water. Cover loosely and let sit 3-4 hours at 78-80°F until doubled, bubbly & peaked.

Note: If you have a ripe, bubbly, active sourdough starter that is fed equal parts flour and water – you can substitute 100 grams of it for the levain in this recipe.

Sourdough Bagel Bread (78-80°F dough temperature throughout the bulk fermentation)

1. **Mix Dough:** In a large bowl, combine the ripe levain, water, whole wheat flour, bread flour, salt, and everything bagel seasoning. I like to place my bowl on a kitchen scale and add each ingredient directly to the bowl. Use a dough whisk or spoon to mix until fully combined and a sticky dough forms. Cover with plastic wrap, bowl cover or shower cap and let the dough rest for 30 minutes.

- 2. Stretch and Folds:** After the dough has rested, you will perform a series of “stretch and folds” over the next 1 ½ hours. The goal is to strengthen the dough through a gentle kneading process.

To “stretch and fold,” wet your hand (so it doesn’t stick to the dough). Reach around the dough down to the bottom of the bowl, pull the dough up and over and place it on top of the dough. Turn the bowl a quarter turn and repeat the stretch and fold. Turn another quarter turn and repeat. Perform one more quarter turn, stretching and folding the dough. Cover and set aside. Take note of how the dough feels through this process. It will go from feeling a little shaggy to smooth and elastic. Cover the bowl and wait about 30 minutes between stretch and folds.

- 3. Stretch and fold #1:** 30 minutes into bulk fermentation

Stretch and fold #2: 30 minutes later, the dough will spread out. Stretch and fold the dough again, pulling up, folding over, rotating the bowl until the dough doesn't want to stretch anymore and comes together in the center of the bowl. Cover and set aside.

Stretch and fold #3: 30 minutes later, repeat the stretch and folds. Cover and set aside.

Stretch and fold #4: 30 minutes later, stretch and fold again. You should notice the dough feeling more cohesive and strong during this stretch and fold and not needing very much folding to come together. If your dough still feels loose, add in another couple stretch and folds to help strengthen and tighten the gluten strands.

- 4. Rest:** Cover the dough and let rise for 2-2.5 more hours at 78°F. You’ll know the dough is ready to shape when it is puffed up about 40%, jiggles when you shake the bowl, and has scattered bubbles visible on the sides and top.

If your dough is cooler, this will take longer and you will want to look for a larger percentage rise before shaping the dough.

- 5. Pre-shape:** Tip the bowl upside down, allowing the dough to fall onto a clean counter surface. Be gentle to avoid degassing the dough as much as possible. Wet your hands and the bench knife if needed and push the bench knife under the dough on one side and your free hand on the other side to tuck the dough under itself. The goal is to

introduce some tension into the dough. Repeat this process, going around in a circle until you have a ball of dough.

- 6. Bench Rest:** Let the dough rest uncovered for about 30 minutes at room temperature. The dough will flatten a little as it sits. This allows the gluten in the dough to relax and prepares the dough to be shaped.
- 7. Shaping:** Prepare a 9 by 5 pan with a piece of parchment paper, allowing the parchment to hang over the ends of the pan (this makes it easier for lifting the dough out of the pan for boiling). Using a bench knife, lift the dough up off the counter and place it on top of the countertop.

Going around in a circle, pull the dough sideways towards you and then fold up to the top of the round. Move 90 degrees and repeat the same process pulling the dough sideways and then folding up to the top. Roll the dough into an oval shape and place in the parchment-lined pan.

- 8. Cold Fermentation:** Cover the dough with the tea towel/shower cap/plastic wrap and refrigerate overnight or up to 14-20 hours.

If you want to bake the same day, you can let the dough rise for about 2-3 hours until puffed up and risen. Then boil and bake according to recipe directions.

- 9. Boil the Dough:** Preheat the oven to 450°F. Fill a large pot about $\frac{2}{3}$ full with water and bring it to a boil over medium-high heat.

Once the water is boiling, remove the loaf from the refrigerator. Using the parchment paper, carefully lift the dough and gently lower it into the boiling water. Boil for about 1 minute, then use a large spatula to flip the dough and boil the other side for another 1 minute. During this time, the parchment paper will release from the dough—remove and discard it.

Use two large, flat spatulas to lift the dough out of the water and carefully transfer it back into the loaf pan. If you are not using a nonstick metal loaf pan, line the pan with parchment paper or lightly grease it before adding the dough.

Note: If you really love the everything bagel flavor, sprinkle a light layer of everything bagel seasoning in the bottom of the loaf pan before adding the dough. It can make the bottom a little crispy, but it tastes delicious.

10. Topping and Scoring the Dough: Top the dough with about 1-2 Tablespoons everything bagel seasoning (depending on your preference). Spread it evenly over the top of the loaf. Use a very sharp knife or bread lame to score the dough. Score straight down the middle of the dough.

11. Bake: Place the loaf pan in the preheated oven. Carefully set a second loaf pan on top of the pan to cover the dough—this traps steam and helps the loaf rise well. (You can also use a baking shell, or place a pan of water on the rack below the loaf during the first 30 minutes.)

Bake for 30 minutes, then remove the top pan. Continue baking for 15–20 minutes, until the loaf is baked through and the internal temperature reaches 205–210°F.

Remove the bread from the oven and transfer it to a cooling rack. Let the loaf cool completely before slicing and toasting.

Notes:

Sourdough Starter: If you prefer using sourdough starter instead of levain, skip the levain portion and substitute equal weights of starter for the levain.

Loaf Pans: I use a 9 by 5 or loaf pan or a 10 x 5 loaf pan for this sourdough bread. For an easy way to steam this loaf during the first 30 minutes of baking, I recommend adding a second loaf pan on top of the first loaf pan. You can also cover the dough with a baking shell or place a pan of hot water on a rack underneath the loaf pan to steam the oven, removing the pan after 25-30 minutes. I have also baked this loaf at 375°F for 45 minutes without any extra steam. The crust doesn't turn out quite as dark, but it still makes a good loaf of bread!

Boiling the Dough: I don't add baking soda or barley malt syrup to my boiling water, but you can if you'd like. I use baking soda for sourdough pretzels, not bagels.