

BAGELS & CREAM CHEESE

Ingredients

- 2 tsp dry yeast
- 1 ½ Tbsp sugar
- 1 ¼ cups warm water
- 3 ½ cups of flour (will need extra for kneading)
- 1 ½ tsp salt

Optional Toppings:

Caraway seeds, coarse salt, minced fresh garlic, minced fresh onion, poppy seeds, sesame seeds.

Cream Cheese

- 2 Shamenets
- 1 Eshed
- 1 tsp salt

Mix all the ingredients together. Put in a cheese cloth to hang (over the sink!). Leave dripping for 12-24 hours depending on how thick you would like it.

Variations:

Honey Walnut Cream Cheese

- 2 Tbsp honey
- 2 Tbsp brown sugar
- 1 tsp vanilla
- 1-2 dash cinnamon
- 1 ounce crushed walnuts

Garlic Dill Cream Cheese

- 1 tsp garlic powder
- 1 tsp Dill

Directions

1. In ½ cup of warm water, pour in sugar & yeast. Do not stir. Let it sit for 5 min. then stir the yeast & sugar mixture, until it all dissolves.

2. Mix the flour & salt in a large bowl. Make a well in the middle & pour in the yeast & sugar mixture.

3. Pour half of the remaining warm water into the well. Mix & stir in the rest of the water. You want to result in a moist & firm dough after you have mixed it.

4. On a floured countertop, knead the dough for about 10 min. until it is smooth and elastic.

5. Lightly brush a large bowl with oil & turn the dough to coat. Cover the bowl with a damp dish towel. Let rise in a warm place for 1 hour, until the dough has doubled in size. Punch the dough down, & let it rest for another 10 min.

6. Carefully divide the dough into 8 pieces. Shape each piece into a ball. Take a dough ball, & press it gently against the countertop moving your hand & the ball in a circular motion pulling the dough into itself while reducing the pressure on top of the dough slightly until a perfect ball forms. Repeat with 7 other dough balls.

7. Coat a finger in flour, & gently press your finger into the center of each dough ball to form a ring. Stretch the ring to about 1/3 the



diameter of the bagel & place on a lightly oiled cookie sheet. Repeat the same step with the remaining dough.

8. After shaping the dough rounds & placing them on the cookie sheet, cover with a damp kitchen towel and allow to rest for 10 min. Meanwhile, preheat your oven to 425°F / 220°C.

9. Bring a large pot of water to a boil. Reduce the heat. Use a slotted spoon or skimmer to lower the bagels into the water. Boil as many as you are comfortable with boiling. Once the bagels are in, it shouldn't take too long for them to float to the top (a couple seconds). Let them sit there for 1 min. & then flip them over to boil for another minute. Extend the boiling times

to 2 min. each, if you'd prefer a chewier bagel.

10. If you want to top your bagels, do so as you take them out of the water, but before hand, you will need to use an egg wash to get the toppings to stick before putting the bagels into the oven.

11. Once all the bagels have boiled (and have been topped with your choice of toppings), transfer them to a lightly oiled baking sheet.

12. Bake for 20 min. until golden brown.

13. Cool on a wire rack.

