**Sourdough Rye Bagels**

The starter is 50% water and 50% rye flour by weight. On a cold day, you might want to increase the amount of starter (to, say, 100 grams) but if you do so, remember to adjust the amount of water and flour in the sponge accordingly. An extra 20 grams of starter means you should **reduce** both the rye flour and the water in the sponge by 10 grams. On a warm day, you might want to use less starter. If you used 60 grams of starter, then you would **increase** the rye flour and water in the sponge by 10 grams.

**The sponge**

**80 grams starter** [After removing the 80 grams that will be used for the bread, feed the starter with 40 grams of water and 40 grams of rye flour, and leave it at room temperature until it has doubled; then stir it down and refrigerate it.]

**205 grams water**

**74 grams rye flour**

**113 grams bread flour**

Stir the sponge ingredients together; cover until the sponge is quite bubbly. A good test of whether the sponge is ready is the starter that you refreshed after you started the recipe. If the starter has doubled, the sponge is ready.

**The Dough**

**All of the sponge**

**2 tablespoons caraway seed**

**1 tablespoon (21 grams) barley malt syrup or honey**

**1 teaspoon salt**

**227 grams bread flour**

I use a Kitchen-Aid for kneading. Put all dough ingredients into the bowl and knead using a dough hook at the lowest speed for three minutes. Stir down the dough with a spoon – make sure all the flour has become part of the dough. Cover the bowl and let the dough rest for five minutes. Knead for another three minutes.

Grease a bowl with Pam or butter; put the dough in and spin it around until the dough is coated. Cover and let rest for an hour or two. Then let it rest overnight in the refrigerator.

**The Bagels**

Divide the dough into six (for large bagels) or eight (for regular sized) even balls. Shape them into bagels; they should all fit on a half-sheet silpat. Cover and let them rise for two hours.

Preheat the oven to 450 degrees.

Whisk **one egg** for coating the bagels after you have boiled them.

In a large pan boil two quarts of water. The pan should be big enough to hold four bagels at a time. Add

**1 ½ tablespoons (31 grams) of barley malt syrup or honey**

**1 tablespoon baking soda**

**1 teaspoon salt**

When the water is boiling, carefully add half of the bagels. Let them boil for one minute; then flip each one over and boil for another minute. Remove them with a slotted spoon and place them on a greased or silpatted baking sheet. Boil the remaining bagels for one minute on each side and add them to the baking sheet.

Brush the tops of the bagels with the egg wash. If you are going to top them with seeds, now is the time. Place the bagels in the oven and bake for 10 minutes. After ten minutes, roatate the baking pan and cook for another ten minutes. Remove the bagels and place them on racks to cool.