



...in Creative Bread Baking for ... feature. Bielskis, who enjoys ... for approval.

...emed, after further investigation, that ... subject doubled the recipe and forgot ... wasn't supposed to double the salt or ... Another tip is that the type of oil ... in a recipe can be varied according ... preference or diet restrictions. (Just as ... the oil isn't Valvoline or crankcase

The remainder of the second session we learned how to make bagels. Bagels are a cross between a donut and a roll. They are usually hard, unsweetened, but can be flavored with onion, garlic, or rye. Cut in half, they can be toasted and buttered and are great with breakfast. The standard procedure for eating bagels is with cream cheese and lox (smoked salmon).

Although bagels are thought to be a European concoction, their origin can be traced to the Jewish-American community. Many Europeans have never even heard of bagels, and they are considered a delicacy on that continent.

Below is a bagel recipe used by Tekarius. He calls it "The Chief's Preference" and if baked correctly, they will bounce when they hit the floor.



BAGELS (Makes one dozen)

- 2 packages dry granular yeast
- 4 1/4 to 4 1/2 cups sifted flour
- 1 1/2 cups lukewarm water
- 3 tablespoons sugar
- 1 tablespoon salt

In a large bowl combine yeast and 1 1/4 cups flour. Combine water, sugar and salt; add to yeast mixture. Beat at low speed 30 seconds, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in by hand enough remaining flour to make a moderately stiff dough. Turn out on lightly floured board and knead until smooth, 5 to 8 minutes. Cover and let rest for 15 minutes.

Cut into 12 portions and shape each into smooth ball. Punch hole in center of each to resemble a small donut. Cover; let rise 20 minutes.

Meanwhile combine 1 gallon of water and 1 tablespoon sugar in a large kettle; bring to a boil. Reduce to simmer. Drop in 4 bagels at a time. Cook 1 minute, turning over at once. Drain on a rack. Place bagels on ungreased cookie sheet. Brush each with mixture of 1 egg yolk and 2 tablespoons water. Bake at 375 degrees for 15 minutes on each side, or until browned.

When the last session ended, I was almost sorry that the class would not be meeting anymore. I had received the basics of bread-making, learned over 25 recipes and made a few friends.

During the three sessions, only one casualty resulted. A towel covering a loaf of rising bread caught fire in the oven, but that should be an excusable accident. After all, it was a baking class for men.

Betty Crocker, eat your heart out!

Al Tekarius, Instructor: If it tastes good then you have been successful.



Photos by Jerry Wheeler



Howard Lehman, retired grocer, labors over sourdough creation.

