

Blueberry Bagels

Compliments of Chef Richard's Kitchen

1 ¼ C fresh or frozen blueberries
¾ C lukewarm water (80° - 90 °)
1 Tbsp active dry yeast
2 Tbsp sugar
3 ½ C bread flour
1 tsp vanilla extract
1 tsp salt

2 qt water
2 Tbsp barley malt or molasses

Place blueberries in small saucepan and gently simmer until berries start losing their liquid. Remove from heat and set aside.

Mix water, ½ the sugar and yeast in mixer bowl. Mix until combined. Add about ½ C flour to bowl and blend again. Allow to stand for 15 – 20 minutes. Mixture should appear somewhat spongy and should bubble slightly. This shows that your yeast is alive and well.



Mix in 2 more cups of flour, then add remaining sugar, salt and vanilla extract. Blend to combine. Add ½ blueberries and most of the liquid. This is what gives the bagel its color. Mix slowly to disperse the berries. You will likely have to push the dough down several times to get them blended in. Add remaining blueberries and knead again. When kneaded and berries are dispersed, remove dough from bowl and place on lightly floured surface. Knead by hand about 10 – 15 minutes. Form dough into ball and place in a mixing bowl to rise. Let rise 1 hour.

Once dough has risen, place again on floured surface and press the dough to form a square. Divide dough into nine pieces. Form bagel by rolling into a ball, and using thumb and index finger, shape into the common bagel shape. Place on parchment covered baking sheet. Form all nine, then cover with plastic wrap and allow to rise again until bagels get to desired size.

Preheat oven to 425°. Add water and barley malt (or molasses) to a large kettle and bring to a boil. Back off heat to just barely boiling, and place bagels into water, two at a time. Poach for 20 – 30 seconds on each side. Remove and allow to drain on a cooling rack. When drained, place bagels back on parchment on baking sheet.

Bake at 425° for 15 – 20 minutes, checking after 15 minutes. Remove from oven and allow to cool completely on a cooling rack.