

“Excellent Source of Fiber” Honey Whole Wheat Bagel

This delicious, wholesome, whole grain bagel formulation delivers 6.25g of fiber per 85g serving of bagel. The fiber content in this bagel allows for the end producer to make an “excellent source of fiber” claim.

Ingredients	Baker’s %	Weight (g)
Step 1		
(f) GrainEssentials® Whole Wheat Fine Flour ¹	100.00%	1800.00
Honey	8.00%	144.00
Vital Wheat Gluten	7.00%	126.00
Salt	2.00%	36.00
Instant Active Dry Yeast	1.30%	23.40
Soybean Oil	1.70%	30.60
Calcium Propionate	0.25%	4.50
Strengthening Enzyme	60ppm	0.11
Water	57.10%	1027.80
Total	176.35%	3192.41

¹Bay State Milling Company, Quincy, MA

(f) denotes flour component

Procedure

1. Add all ingredients to 12 quart mixing bowl fitted with a dough hook.
2. Mix for 1 minute on low speed and 8 minutes on medium speed with a dough hook or until developed.
3. Bulk rest dough for 5 minutes
4. Divide and round into desired weight (approximately 3.3oz).
5. Allow dough to bench rest for 10 minutes at ambient temperature covered.
6. Process under pressure board or roll out by hand into a cylindrical shape 6”- 8” long.
7. Press down on each end of the cylinder; bend the cylinder until it forms a complete ring with the other end. Pinch the ends together forming a bagel.
8. Proof for 60 minutes at 95°F/83%RH.
9. Place in retarder for 3 hours.
10. Boil the bagels for 1 to 2 minutes, turn bagels over with slotted spoon and repeat boiling for 1 to 2 minutes— until they have expanded in size.
11. Bake at 425°F for 12 minutes until golden brown.
12. Allow to cool for 60 minutes and package.