

100% Whole Grain Bagel made with BeneGrain Sprouted Whole Wheat Flour

Sprouted whole grain goodness is delivered through BeneGrain Sprouted Whole Wheat Flour. The visual appear, texture, and flavour are also enhanced by the Bakers Elements® Flavorful 5 Grain blend.

Ingredients	Baker's %	Weight (g)
Step 1		
(f) BeneGrain Sprouted Whole Wheat Flour ¹	60.00%	720.00
(f) GrainEssentials® Whole White Wheat Extra Fine Flour ¹	40.00%	480.00
Vital Wheat Gluten	5.00%	60.00
Salt	2.00%	24.00
Brown Sugar	4.00%	48.00
Yeast (IADY)	1.33%	16.00
Strengthening Enzyme	100 ppm	0.12
Water	59.50%	714.00
Total	171.84%	2062.12

Step 2: Topical Application

Bakers Elements® Flavorful 5 Grain Blend ¹	5.00
---	------

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 3.75oz per cut).
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 102°F/80%RH.
9. Place in retarder for 3 hours.
10. Boil the bagels for 1 to 2 minutes, flip bagels and continue boiling for 1 to 2 minutes. They will expand in size.
11. Add Bakers Elements® Flavorful 5 Grain Blend as a topping.
12. Bake at 425°F for 12 minutes or until golden brown.
13. Allow to cool for 40 minutes and package.