

EVERYTHING BAGELS & CARROT LOX

DOUGH INGREDIENTS

- 1 tablespoon (9g) instant yeast
- 4 cups (482g) Unbleached Bread Flour
- 2 teaspoons salt
- 1 tablespoon (14g) non-diastatic malt powder, brown sugar, or barley malt syrup
- 1 1/3 cups (303g) lukewarm water

WATER BATH

- 2 quarts (1814g) water
- 2 tablespoons (28g) non-diastatic malt powder or brown sugar or barley malt syrup
- 1 tablespoon (14g) granulated sugar

DIRECTIONS

1. Combine all of the dough ingredients and knead vigorously for 10 minutes (if you're using an electric mixer) or up to 15 minutes (if you're kneading by hand). Since we're using a high-protein bread flour here, it takes a bit more effort and time to develop the gluten. The dough will be quite stiff; if you're using a mixer it will "thwap" the sides of the bowl and hold its shape (without spreading at all) when you stop the mixer.
2. Place the dough in a lightly greased bowl, cover, and set it aside to rise until it's noticeably puffy though not necessarily doubled in bulk – 1 to 1½ hours.
3. Lightly grease two baking sheets, or line them with parchment and grease the parchment. Transfer the dough to a work surface, and divide it into eight pieces (for large bagels), or 12 pieces (for standard-size bagels).
4. Working with one piece at a time, roll it into a smooth, round ball. Place the balls on one of the prepared baking sheets. Cover the balls with plastic wrap, and let them rest for 30 minutes. They'll puff up very slightly.
5. While the dough is resting, prepare the water bath by heating the water, malt, and sugar to a very gentle boil in a large, wide-diameter pan. Preheat your oven to 425°F.
6. Use your index finger to poke a hole through the center of each ball, then twirl the dough on your finger to stretch the hole until it's about 1½" to 2" in diameter. Place six bagels on each of the baking sheets.
7. Transfer the bagels, four at a time if possible, to the simmering water. Increase the heat under the pan, if necessary, to bring the water back up to a gently simmering boil. Cook the bagels for 2 minutes; flip them over, and cook 1 minute more. Using a skimmer or strainer, remove the bagels from the water and place them back on the baking sheet. Repeat with the remaining bagels.
8. Brush the bagels with an egg wash and sprinkle with your favorite seasoning – everything spice, sesame, or poppy. (you can make your own 'everything' blend or you can buy it: https://www.amazon.com/Everything-Seasoning-Original-Delicious-Allspice/dp/B07SH4ZFY9/ref=sr_1_6?dchild=1&keywords=everything+spice&qid=1591041617&sr=8-6)

9. Bake the bagels for 20 to 25 minutes, or until they're as deep brown as you like, turning them over about 15 minutes into the baking time (this will help them remain tall and round). Remove bagels from the oven, and cool completely on a rack.
10. Adapt the recipe as you like with your favorite flavors, like cinnamon raisin, sesame seed, and more.

Recipe Credits: <https://www.kingarthurfLOUR.com/recipes/bagels-recipe>

CARROT LOX

INGREDIENTS

- | | |
|---|---|
| <ul style="list-style-type: none"> • 2 cups coarse sea salt, plus more if needed • 3 large carrots (do not peel them) | <ul style="list-style-type: none"> • 1 TB olive oil* • 2 teaspoons liquid smoke • 1/2 teaspoon coconut vinegar |
|---|---|

DIRECTIONS

Note: these need to marinate 2 days before you plan to serve!

1. Preheat oven to 375°.
2. To slow roast the carrots, place one cup of coarse sea salt into a glass Pyrex dish that offers just enough room to accommodate the length and width of the carrots so you can keep them whole. Rinse the unpeeled carrots and place them wet into the salt, making sure that the carrots are nestled in the salt and do not make contact with the bottom of the Pyrex dish. Pour about another whole cup of salt evenly over the tops, adding a bit more as needed to ensure they are fully covered in salt.
3. Place into the oven to roast, uncovered, for an hour and a half.
4. Once done, tip the dish over onto a baking sheet and allow the carrots to cool just enough to allow you can handle them. Crack away and brush off any salt, then peel away the skin (it's fine if there is still some skin left on the carrot). Then, using a mandolin or sharp knife, finely slice the carrots into jagged, thin strips. Place into a clean glass container.
5. To marinate the carrots, whisk together the olive oil, liquid smoke and coconut vinegar. (If you have a little more or little less than 1 ½ cups of carrot, just add a little more or less of the liquid components as needed.)
6. Drizzle over the warm carrots and toss well to coat. At this point, the flavor will not be very "lox like"—they will need to be **placed in the refrigerator for at least two days** to allow the flavor to deepen and mellow, and for the carrots to become soft and silky.
7. *If the carrots start to look dry during marinating time, add an additional tablespoon of olive oil and give it a good stir. (You want the carrots to look soft and slightly shiny throughout the marinating time.)

8. When ready to serve, remove from the refrigerator and allow the carrots to come to room temperature, then serve with toasted bagels, capers, vegan cream cheese, red onion and fresh sprigs of dill, as desired.

Recipe Credits: <https://olivesfordinner.com/2015/03/carrot-lox.html>