



**COOKING CLASSES**  
AT SUR LA TABLE

**FOCUS SERIES**  
**DOUGH 101**  
**TWO-DAY BAGEL WORKSHOP**

WITH SUR LA TABLE CHEF

**MENU:**

**HANDCRAFTED, MALT-BOILED AND BAKED BAGELS  
FROM SCRATCH  
HOMEMADE SALTED BUTTER  
ROASTED GARLIC AND HERB SCHMEAR**

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Produce

- 1 head garlic
- 1 small bunch chives
- 1 small bunch dill

## Dairy

- 1 large egg
- 2 cups heavy whipping cream
- 8 ounces cream cheese

## Pantry Items

- Granulated sugar
- Bread flour
- Fine kosher salt or sea salt
- Vegetable oil
- Active dry yeast
- Cornmeal
- Poppy seeds
- Sesame seeds
- Dehydrated onion flakes
- Dehydrated garlic flakes
- Sea salt
- Extra-virgin olive oil
- Freshly ground pepper

## Dry/Canned Goods

- 1/2 cup barley malt syrup

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Cutting board
- Serrated knife

## Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowl (various sizes)
- Whisk
- Bench scraper
- Slotted spoon or spider
- Fine-mesh strainer
- Silicone spatula
- Pastry brush
- Cheesecloth (optional)

## Cookware

- Large stockpot

## Appliances

- Stand mixer with dough hook and whisk attachment

## Bakeware

- 2 rimmed baking sheets
- Wire cooling rack
- Small baking dish

## Other

- Plastic wrap
- Aluminum foil
- Kitchen towels

## Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### Before Day 1 Class:

1. Weigh all your ingredients and have them portioned in prep bowls or small mixing bowls.
2. Preheat oven to 400°F.
3. 30 minutes prior to class, remove cream cheese from refrigerator and allow to come to room temperature.

### Day 1:

- Roast garlic.
  - Make bagel dough.
  - Proof bagel dough.
  - Cover in plastic wrap and refrigerate.
  - Prepare Roasted Garlic and Herb Schmeear, cover and refrigerate.
  - Prepare everything topping.
- 

### Before Day 2 Class:

1. 1 hour before class remove bagel dough from the refrigerator and allow to come to room temperature
2. Preheat oven to 450°F.

### Day 2:

- Shape bagels.
- Boil bagels.
- Bake bagels.
- Prepare Homemade Salted Butter.

## HANDCRAFTED, MALT-BOILED AND BAKED BAGELS FROM SCRATCH

**Yield:** 8 bagels

Barley malt syrup gives bagels their distinct flavor and chewy texture. Easily found at natural foods markets, barley malt syrup is an ingredient that should not be skipped or substituted. We love “everything” bagels, but these bagels are delicious plain too!

---

### **Dough:**

1 1/2 cups warm water (110 to 115°F)  
2 teaspoons active dry yeast  
1 tablespoon granulated sugar  
2 tablespoons barley malt syrup  
3 1/2 cups (500 grams) bread flour, plus more for shaping  
1 tablespoon fine kosher or sea salt  
Vegetable oil, for greasing bowl

6 quarts water  
1/4 cup barley malt syrup  
1 large egg whisked with 1 tablespoon water, for egg wash  
Cornmeal, for dusting baking sheet

### **Everything topping:**

1 tablespoon poppy seeds  
1 tablespoon sesame seeds  
1 tablespoon dehydrated onion flakes  
1 teaspoon dehydrated garlic flakes  
2 teaspoons flaky sea salt

---

1. **To prepare yeast mixture:** Place warm water in a small bowl and sprinkle with yeast and sugar. Let stand for 5 minutes or until yeast dissolves and starts to foam. Add barley malt syrup and stir to thoroughly dissolve.

2. **To prepare bagel dough:** To the bowl of a stand mixer fitted with a dough hook, combine flour and salt; mix briefly to combine. Turn mixer on low speed and add yeast mixture; mix to combine. Knead dough on medium speed until smooth and elastic, 6 to 8 minutes. Alternatively, you can knead dough by hand on a floured surface for about 15 minutes.

3. **To proof dough:** Grease a large mixing bowl with 1 tablespoon vegetable oil. Transfer kneaded dough to greased bowl. Cover bowl with plastic wrap and let dough rise at warm room temperature (70° to 80°F) until doubled in bulk, about 1 hour. Transfer bowl with dough to refrigerator and chill for up to 12 hours.

4. **To shape dough:** If using chilled dough, remove from refrigerator and allow to come to room temperature, about 1 hour before shaping. Turn out dough onto a lightly floured work surface and use a sharp knife or a bench scraper to divide it into 8 equal pieces. With lightly floured hands, press out any bubbles that might have formed in dough and form each piece into a small smooth ball. Place about 4" apart on a lightly floured surface.

5. **To shape bagels:** Sprinkle a rimmed baking sheet with flour. Shape each ball into a bagel by pushing your thumb through the middle of dough. Place your index and middle fingers in hole and make fast circular motions, stretching hole out to form a ring. Twirl ring of dough around your fingers to stretch hole to 2" in diameter; you should be able to form it into a bracelet on your wrist (the German word "bougel" means bracelet). Place bagel rings on prepared baking sheet. Repeat with remaining dough. Cover shaped bagels with a damp kitchen towel and allow to rest for 10 minutes. Set a wire rack over a rimmed baking sheet.

6. **To prepare everything topping:** To a small mixing bowl, add all ingredients and mix to combine.

7. **To boil bagels:** While bagels are resting, fill a large pot with 6 quarts of water and whisk in barley malt syrup. Bring water to a boil. Working in batches and using a slotted spoon or spider, lower bagels into water and boil 1 minute per side. Transfer boiled bagels onto wire rack. Using a pastry brush, lightly brush each bagel with egg wash. Generously sprinkle each bagel with toppings, allowing them to slightly set until just tacky, about 5 minutes.

8. **To bake bagels:** Preheat oven to 450°F and position a rack in upper third of oven. Sprinkle a rimmed baking sheet with cornmeal. Transfer topped bagels to prepared baking sheet arranging 2" apart and transfer to oven. Do not open oven for first 10 minutes to prevent deflating bagels. After 10 minutes, rotate baking sheet back to front. Bake bagels until deep golden brown, about 10 more minutes. Remove from oven and transfer bagels to wire rack to cool.

**Recipe variations:**

- To prepare cinnamon raisin bagels, add 1/2 cup raisins and 1 teaspoon cinnamon into dough before proofing.
- Try topping bagels with grated Asiago or cheddar cheese.

## HOMEMADE SALTED BUTTER

***Yield:*** about 1 cup

Making butter is a simple process of separating cream solids from milk. Enjoy it while it's fresh because the butter won't keep for long because there are no preservatives to keep it from turning sour.

---

*2 cups heavy whipping cream*  
*Kosher or sea salt*

---

1. To a stand mixer fitted with a wire attachment, add cream and beat until lumps of butter form, about 5 to 10 minutes (start on low speed and increase to medium). Pour buttermilk off into a container (you can use it for baking).
2. Remove lumps of butter from mixer bowl and place in cheesecloth or a fine-mesh strainer; rinse with ice-cold water until water runs clear. Knead in salt to taste.

### ***Recipe variations:***

- Homemade butter can be flavored with roasted garlic, spices chopped herbs, or honey.
- Try homemade butter with herbs and spices thinly sliced as a garnish for chicken, steak, or fish.
- Homemade honey butter is wonderful on scones, biscuits and toast.
- Discarded buttermilk from homemade butter cannot be used like store-bought buttermilk. In order to use like regular buttermilk, add 1 teaspoon of lemon juice or white distilled vinegar to buttermilk and allow to curdle, about 5 minutes.

## ROASTED GARLIC AND HERB SCHMEAR

*Yield: about 1 cup*

---

### **Roasted garlic:**

*1 head garlic, halved crosswise  
1 tablespoon extra-virgin olive oil  
Kosher salt*

*8 ounces cream cheese, softened  
1 tablespoon chives, finely minced  
1 tablespoons dill, finely minced  
Kosher salt and freshly ground pepper*

---

Preheat oven to 400°F.

- 1. To roast garlic:** Place garlic halves, cut side up, in a small shallow baking dish. Brush each half with olive oil and season with salt. Cover dish tightly with aluminum foil and transfer to preheated oven. Roast garlic until golden and soft, 45 to 50 minutes. Remove dish from oven, uncover, and set aside until garlic is cool enough to handle.
- 2. To prepare schmear:** Squeeze roasted garlic cloves into a medium sized bowl and lightly mash. Add softened cream cheese and fold into mashed garlic until well combined. Fold in fresh herbs and salt and pepper to taste.