

Camp Ramah in Canada

Bagel Recipe

1/8 cup oil
½ tsp. salt
2 tbsp. sugar
½ cup hot water
1 package yeast- 2 ¼ tsp.
½ cup warm water
1 egg

3-3 ½ cups flour

Water and 1 tbsp. salt for boiling

1. Preheat oven to 400F
2. Put the oil, salt, sugar in the large bowl
3. Add ½ cup of hot water and mix until the salt and sugar melt
4. Mix the yeast and ½ cup of warm water in a small bowl until the yeast melts
5. Beat the egg slightly and add it to the large bowl
6. Add the yeast and mix
7. Add the flour to the mixture one cup at a time, mixing after every cupful
8. Place the dough on a floured board or table and knead until smooth
9. Pat some oil over the dough, put it back in the bowl, cover it, and let it rise in a warm place for one hour, or until it is twice as big as when you started
10. Punch down the dough
11. Break off a piece slightly bigger than a plum
12. With a bit of flour on your hands, roll it as thick as a thumb and about 7 inches long
13. Form a ring and pinch the ends together
14. Put the bagels on a cookie sheet that has been sprayed with cooking spray making sure to leave room between them so they can rise
15. Let them rise for 15 minutes
16. Bring water and salt to a boil, then turn down to medium
17. Gently drop bagels into water 2 or 3 at a time and cook for about 2 minutes
18. Remove the bagels with a slotted spoon, place back on cookie sheet
19. Bake for 20 minutes

Kneading: press down on the dough with the heels of your hands and push it away from you. Fold it over and turn it a quarter of a circle. Press, push, fold over and turn again, and again.....until the dough is smooth and springy.

The crusty ring shaped bagel, meaning bracelet in German was the everyday bread of the Jews in Eastern Europe. It has become the most famous Jewish food in America. Like challah, its roots are South German, but it became what it is today in the Polish shtetl. It was sold on the street by vendors with baskets or hanging on long sticks. Illegal selling of bagels by children was common and viewed as respectable. In the old days bagels were considered to be protection against evil spirits, bringing good luck. For these reasons, they were served at a bris and other life cycle events along with hard boiled eggs. When the Jews left Eastern Europe for America.