

Everything Bagel Sticks

8 loosely filled (not densely packed) cups (1 kilo) flour, plus extra flour to sprinkle on mat

10 tablespoons (130 grams) sugar

1 1/2 tablespoons (15 grams) instant dry yeast

2 teaspoons (10 grams) salt

1 egg

2 1/2 cups (600 ml) water warm water (not hot so as not to kill the yeast!)

3 tablespoons (30 grams) olive oil

water to spritz or brush on sticks

3-5 Tablespoons everything but the bagel spice/sesame seeds/nigella seeds, as you prefer

Directions:

If using a breadmaker, use the dough or knead cycle and for both breadmaker or If using a mixer, mix flour, sugar, salt and stir. If you are certain your yeast is fresh and feisty (having used it recently and it's working well) no need to proof it, just mix into the dry ingredients. If you are unsure, take one tablespoon of the sugar from the recipe and place in a cup/measuring cup add 1/2 a cup of the water from the recipe and mix and add the yeast and stir well. Let sit about 5 minutes or till mixture begins to bubble and get what looks like a head of beer on top (see pic above).

Now add all the liquid ingredients, egg, water and olive oil as well as proofed yeast and mix together in knead/dough cycle or in mixer using the beater/paddle, mix together till dough is all incorporated in a mass and switch beater for the dough hook. Mix till dough looks smooth and satiny 5-10 minutes. Let dough rise right in mixer, covered with towel or plastic wrap till doubled in bulk (in breadmaker it's automatic). Check for readiness by gently poking a hole in the dough and if the indentation stays in the dough, it's ready. Gently deflate the dough and put on silicone mat or parchment paper sprinkled with flour so it doesn't stick and cut into equal pieces of 16 by eyeballing it or weighing it as you please. Let dough rest for 10 minutes to relax gluten. Then on parchment paper on your baking sheet, pull the dough from both ends to form a stick shape. Lightly spritz or brush dough with water and immediately sprinkle with sesame/nigella/everything spice mix and **very lightly** press down into dough. Now let the dough rest another 15 minutes and while it rests, preheat oven to 425 F/250 C. When oven comes to temp (about 15 minutes or so) place sticks in oven and bake for 10-12 minutes or till sticks are golden brown. Cool on wire racks. These freeze amazingly well for at least 2 months, just cool completely and store in airtight containers or ziplock type bags.