

Bagel - Pumpkin Spice

October 10th, 2021

This recipe serves: 1

Prep Time: 00:30

Cook Time: 00:30

When you need an immediate fix of Pumpkin Bagels, but the local Bagel Shop is sold out, this easy recipe can give you a finished Bagel in less than 1 hour. This recipe makes 1 single bagel.

Ingredients:

Bagel

Hydration 74%; ADY 1.5%; Sugar 1.5%; Salt 2%;

3.5 Ounces / 100 Grams Bread Flour

1/2 Teaspoon Yeast

1/2 Teaspoon Pumpkin Pie Spice

1 Tablespoon (packed) Brown Sugar

6 Tablespoons Canned Pumpkin

2 Teaspoons Water

1 Egg White, mixed with 1 additional Tablespoon Water

Pumpkin Cream Cheese

2 Tablespoons Whipped Cream Cheese

1 Tablespoon Canned Pumpkin

1/2 Teaspoon Pumpkin Pie Spice

Directions:

In a small bowl, fully mix the dry ingredients (Flour, Yeast, Pumpkin Pie Spice, and Brown Sugar).

Add the Pumpkin and the Water. Mix completely. Continue to work the dough for another 5 minutes.

Form the dough into a single dough ball.

Use your thumbs to push a hole through the center. Continue to work the dough until it takes on a nice Bagel shape. The finished center hole should be just under 2 inches across.

Set the Bagel on a piece of parchment paper or an aluminum foil sheet. Rest for 10 to 30 minutes to allow the dough to rise.

Preheat the oven to 400° Fahrenheit.

After the dough has risen, bring a pot of water to boil.

Carefully place the Bagel into the water and boil for 45 seconds. Flip the Bagel and boil another 45 seconds.

Remove the Bagel and dry the excess water.

Return the Bagel to the parchment paper or aluminum foil sheet. Use a brush to spread the Egg Whites over the top of the Bagel.

Bake the Bagel for 20 minutes. The internal temperature should reach a minimum temperature of 200° Fahrenheit.

Remove the Bagel from the oven and cool for 10 minutes on a wire rack.

Serve with a smear of Pumpkin Cream Cheese