

Sourdough Pizza Bagel

Ingredients

For the Dough

- 500g bread flour or all-purpose flour
- 290g pizza sauce or tomato sauce (about 1¼ cups)
- 46g water (about 3 tablespoons)
- 150g active sourdough starter
- 21g honey (equivalent to 1 tablespoons)
- 10g salt
- 1 tsp garlic powder
- 1/2 tsp dried oregano
- 70g shredded mozzarella cheese (added during kneading)

For Boiling

- 1 tablespoon honey
- 6 cups water

For Topping (Optional)

- Finely diced pepperoni
- Extra mozzarella cheese for sprinkling

Instructions

Mix the Dough

1. In a large mixing bowl, dissolve the sourdough starter and honey in the pizza sauce and water mixture until well combined.
2. Add the flour, salt, garlic powder and oregano. Mix by hand until all flour is absorbed and a shaggy dough forms. Do not add cheese yet.
3. Cover the bowl and let the dough rest for 1 hour. This autolyse period allows the flour to fully hydrate and gluten to begin developing naturally, making kneading easier and more effective.
4. After the rest, knead the dough on a lightly floured surface for 5-8 minutes until it becomes smooth and elastic.
5. During the last 2-3 minutes of kneading, gradually work in the shredded mozzarella cheese, kneading until evenly distributed throughout the dough.
6. Room Temperature Fermentation: Place in a lightly oiled bowl, cover, and let rise at room temperature for approximately 4-6 hours until increased by 50-75% in size (not fully doubled). See below shaping the bagels for instructions for an overnight fridge ferment.

Shape the Bagels

1. After bulk fermentation, gently deflate the dough and divide into 8 equal portions (about 110g each).
2. Shape each portion into a ball, then poke a hole through the center with your finger. Gently stretch the hole to about 2 inches in diameter.
3. Place shaped bagels on parchment-lined squares, on a baking tray. Cover and let proof for 1 hour until slightly puffed (they should feel lighter but not doubled in size).

Alternatively, an overnight cold proof

1. After shaping bagels, cover well and refrigerate overnight.
2. The next morning, pull out of the fridge and rest at room temperature for 20 minutes while you preheat your oven and get your water ready for boiling. See the notes below for what your bagel would look like if you let it rest at room temperature for longer and you can decide how you want your bagel to look.

Boil and Bake

1. Preheat oven to 425°F (220°C).
2. Bring 6 cups water and 1 tablespoon honey to a boil in a large pot.
3. Boil bagels 2-3 at a time for 30-40 seconds per side. Remove with a slotted spoon and place back on baking sheets.
4. Bake for 20-25 minutes until golden brown and internal temperature reaches 200°F (93°C).
5. If using toppings, bake for 10 minutes, remove from oven and sprinkle with toppings or extra cheese if desired and place back in the oven for an additional 10-15 minutes.

