



PRETZEL BAGELS WITH CHEESE SPREAD

April 26

National Pretzel Day

INGREDIENTS

- 1 Packet (2¼ Teaspoons) Instant Yeast
- 1 Cup Warm Water (heated to 110°)
- 1 Tablespoon Honey
- 3 Cups Bread Flour (enriched or whole grain-rich)
- 1½ Teaspoons Salt
- 9 Cups Water
- ½ Cup Baking Soda
- Coarse Sea Salt
- 8 Ounces Cream Cheese
- 1 Cup Sharp Cheddar Cheese
- ½ Tablespoon Honey

DIRECTIONS

1. In the bowl of a stand mixer, fitted with the dough hook attachment, add yeast, water, honey, flour and salt. Mix on low speed to combine ingredients, then increase to medium and knead for 8 minutes.
2. Place dough in lightly greased bowl. Spray top of dough with nonstick cooking spray, or a drizzle of olive oil, then place plastic wrap or towel over dough. Allow to rise for 30 minutes in a warm place.
3. While the dough rises, cut out 8 parchment paper squares, big enough for the bagels to fit on. Set aside. Cut a piece of parchment paper to fit your baking sheet. Set aside.
4. Punch down dough and place on floured surface. Divide dough into 8 roughly equal pieces. Place your hand over dough in a cupped shape, and roll dough to form dough into a smooth ball. Using your index finger or thumb, poke a hole in the center of the dough ball. Gently use your fingers to stretch the hole so that it is roughly 1½-2 inches wide. Repeat with remaining dough. Cover dough with kitchen towel or plastic wrap and allow to rise for 15 minutes.
5. Preheat oven to 400°. In a large pot, add 9 cups water and bring to a boil. When ready to use, add baking soda (be careful, it will bubble). Grab the edges of the parchment paper square and flip bagels off of the parchment paper square into the boiling water. Work in batches, placing 2-3 bagels in water at a time. Using a slotted spoon or spatula, flip the bagels after 10-15 seconds, boil on 2nd side for 10 seconds and remove with slotted spoon or spatula. Allow excess water to drip off and place onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining bagels.
6. Bake for 12-15 minutes, or until golden brown.
7. Cheddar Cream Cheese Spread: add cream cheese to a skillet over medium heat. Allow to partially melt, then stir in cheddar cheese and honey. Cook until mixture is combined and smooth. Allow to cool before spreading on bagels.

MEAL PATTERN CONTRIBUTION

 Grain
 Meat/Meat Alternate

MEAL TYPE

 Breakfast

YIELD

6 Bagels +
16 Ounces Spread

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Bagel + ½ Ounce Spread	¼ Bagel + ½ Ounce Spread	½ Bagel + 1 Ounce Spread	1 Bagel + 2 Ounces Spread