Flax Bagels

½ cup ground flaxseed*  
2 ¼ cups flour  
1 teaspoon salt  
1 package yeast

2 ¼ cups water (110°F to 130°F)  
additional flour for kneading  
¼ cup sugar

* Grind whole flaxseed to the consistency of flour in a coffee grinder.

- Using an electric mixer on low speed for 1 minute, mix the flour, ground flaxseed, salt, yeast, and water. Scrape the bowl, then mix on high speed for 2 to 3 minutes. Add additional flour as needed.
- Place the dough on a floured surface. Knead, adding flour as necessary to form a stiff dough that is smooth and pliable. Place in a greased bowl and cover with a damp, warm towel. Let sit in a warm spot for 10 minutes.
- Working quickly, divide the dough into 12 pieces. Roll each into a ball and punch a hole in the center of the ball with a floured finger.
- Pull the dough gently to form a 2-inch circle. Place on a greased baking sheet. Let rise for 30 to 45 minutes.
- While the dough is rising, bring 6 cups of water to a boil in a large skillet or Dutch oven. Add the sugar. Reduce heat so the water is at a simmer.
- After the bagels have risen, place in the simmering water for 5 minutes, turning once. Remove and place on a wire rack for 3 to 5 minutes.
- Place on a baking sheet and bake in a preheated oven at 375°F for 25 to 30 minutes. When done the bagels should be a golden color.
- If desired, garlic, onion, sesame seeds, herbs, spices, or other flavors may be added to the dry ingredients. Use approximately 1 to 1 ½ teaspoons of flavor. Sprinkle seeds on bagels after boiling and prior to baking if a topping is desired.

MAKES 12 BAGELS