



# TASTY SCIENCE: FLAGEL BAGELS

IDEAL AGE: 4+

*See how tasty science can be when you try this delicious, chewy flagel bagel recipe that involves chemistry, physics, biology, and math!*

## MATERIALS

- Spoon or spatula
- Medium bowl
- 2 Large bowls
- Parchment paper or foil
- Plastic wrap
- Large pot
- Large baking sheet

### *For the Dough:*

- 5 C all-purpose flour
- 4½ tsp instant yeast (5 2/3 tsp active dry)
- 3 tbsp sugar
- 2 tsp salt
- 1 tbsp of barley malt syrup, honey, or molasses
- 2 C warm water 110°F.
- 1½ tbsp vegetable oil

### *For the Boiling Water:*

- 12 cups water
  - 2 tbsp of barley malt syrup, honey, or molasses
- Optional toppings:*
- Egg wash, poppy seeds, sesame seeds, salt, caraway seeds, toasted onion

## LEARN TOGETHER

Practicing following directions and measuring ingredients helps children learn important math skills.



## MAKE TOGETHER

Follow along and [Let's Make Flagels!](#) on CMOM's YouTube channel.

- 1 Follow the directions in the video to add the yeast, sugar, and warm water together until it looks cloudy with chunks of yeast floating on top. Set aside for about 15 minutes for the yeast to activate.
- 2 In a large mixing bowl, add the flour, salt, and barley malt syrup (or honey or molasses) and pour the yeast solution into the large mixing bowl.
- 3 Add flour onto a clean, dry surface. Drop your dough onto the floured surface. Knead the dough for about 8 minutes.
- 4 Add the vegetable oil to a large, clean, dry mixing bowl. Drop your dough ball into the bowl and turn it over to coat it in oil on all sides. Cover the bowl with plastic wrap and then some dish towels. Let it rest in a warm, draft-free spot for about an hour. It will double in size!
- 5 After an hour, sprinkle flour onto a work surface to keep the dough from sticking. Dump your dough onto your surface. Press the dough into a flat disk.
- 6 Cut the dough into pieces and roll each piece into a "snake," making as many pieces as you like. Pinch the ends of your "snake" together to create a circle.
- 7 Place them on parchment paper or aluminum foil 1½ inches apart. Cover with plastic wrap and kitchen towels. They'll need to rise for another hour.
- 8 Preheat the oven to 400°F.
- 9 After an hour, bring 12 cups of water to a boil in a large pot. Then add the barley malt syrup, honey, or molasses to your boiling water.
- 10 Boil two at a time for 30 seconds. Flip over to boil for another 30 seconds.
- 11 Prepare a baking sheet lined with parchment paper or foil.
- 12 With a spatula, transfer each flagel onto your prepared baking sheets.
- 13 Add toppings to your flagels by carefully brushing egg wash onto each bagel and sprinkle whatever toppings you would like!
- 14 Place the flagels in the oven. Bake for 30 minutes, check so they don't burn!

Presto! After about 30 minutes of baking, they are done. Let cool and then share with family and friends! They are great plain or you can add cream cheese, butter, peanut butter, or jelly. Enjoy!



For more fun activities, please go to [cmom.org/resources](http://cmom.org/resources)