New York Bagels

1 1/4 cups ice water

2 Tablespoons malt syrup

2 2/3 cups bread flour

4 teaspoons vital wheat gluten

2 teaspoons yeast

2 teaspoons salt

1/4 cup cornmeal

1/4 cup sugar

1 Tablespoon baking soda

Stir together ice water and malt syrup until fully dissolved.

Process flour, wheat gluten and yeast in food processor for 2 seconds.

With processor running, slowly add ice water mixture and process until dough is just combined. Let stand for 10 minutes.

Add salt to dough and process until dough forms a shaggy mass that clears the sides of the bowl. Transfer dough to unfloured counter.

Knead dough for 1 minute.

Divide dough into 8 pieces and cover loosely with plastic wrap.

Working with one piece at a time, roll dough into smooth rounds. Let rest for 15 minutes.

Sprinkle baking sheet with cornmeal. Working with 1 piece at a time, lightly coat dough with flour. Use rolling pin to roll dough into a 5 inch round.

Roll into a tight cylinder.

Starting at the center of the cylinder and working towards the ends, gently stretch into an 8 or 9 inch rope.

Twist rope to form a tight spiral. Wrap rope around your fingers, overlapping ends 2 inches. Press and roll seam on counter to seal. Transfer rings to baking sheet. Let bagels stand at room temperature for 1 hour.

Cover baking sheet with plastic wrap and refrigerate 16-24 hours.

One at a time, transfer bagels to boiling water and cook for 20 seconds. Using a skimmer, flip bagels over and cook 20 seconds longer.

Using a skimmer, transfer bagels to wire rack with cornmeal side facing down. Place sheet with bagels on baking stone and pour 1/2 cup water into bottom of sheet. Bake 10-12 minutes. Flip bagels and bake 10-12 minutes longer.

Remove sheet from oven and let bagels cool at least 15 minutes.