

BAGELS-THERE'S SOMETHING IMMENSELY SATISFYING ABOUT BITING INTO A CHEWY, DOUGHY BAGEL, OR POPPING ONE IN THE TOASTER FOR A CRUNCHY AND SATISFYING SNACK



NATIONAL BAGEL DAY

JANUARY 15TH, PAYS HOMAGE TO THIS DENSE AND DELECTABLE BREAD.

THERE ARE SEVERAL WAYS TO ENJOY A BAGEL, BE IT PLAIN, TOPPED WITH SESAME SEED, PILED WITH CREAM CHEESE OR SOMETHING ELSE. STARTING FROM BREAKFAST SANDWICHES TO LUNCH SPREADS, BAGELS HAVE FOUND A SPECIAL SPOT IN KITCHENS AND CAFES EVERYWHERE.

BAGELS HAVE BEEN AROUND FOR MANY YEARS, MORE THAN 600 TO BE EXACT. THE HISTORY OF BAGELS STARTED IN POLAND DURING THE 16TH CENTURY.

THE WORD "BAGEL" CAME FROM THE YIDDISH WORD "BEYGL" THAT TRANSLATES TO RING OR BRACELET. THE FIRST MENTION OF BAGEL WAS FOUND IN 1610 IN KRAKOW AS A GIFT TO WOMEN WHO JUST GAVE BIRTH.

BAGELS WERE BROUGHT TO LONDON AND THE UNITED STATES IN THE 19TH CENTURY. BUT

EVEN THEN, BAGELS STRUGGLED TO REACH THE MAINSTREAM MARKET BECAUSE THEY WERE OFTEN HAND MADE IN SMALL BATCHES AND WERE TYPICALLY ONLY FOUND IN NICHE JEWISH STORES.

IT WASN'T UNTIL THE 1970s WHEN "ETHNIC" FOOD BECAME MORE POPULAR, THAT THE REST OF THE COUNTRY REALIZED WHAT THEY'D BEEN MISSING AND BAGELS HIT THE BIG TIME.

FUN BAGEL FACTS:

- BAGELS TRAVELED TO SPACE WITH ASTRONAUT GREGORY CHAMINOFF IN 2008, AS PART OF HIS CARGO. NASA ALLOWS ASTRONAUTS TO BRING A SMALL SELECTION OF PERSONAL ITEMS FOR COMFORT.
- BAGELS ARE BOILED FIRST. BOILING BAGELS GIVE THEM THEIR UNIQUE CHEWY CRUST BY GELATINIZING THE SURFACE STARCH. THIS PROCESS PREVENTS THE DOUGH FROM FULLY EXPANDING DURING BAKING, CREATING THAT DENSE, CHEWY INTERIOR.
- TRADITIONAL BAGEL-MAKING USED TO BE SO COMPLEX THAT IT REQUIRED 4 PEOPLE TO BAKE A SINGLE BATCH.
- NEW YORK CITY BAGELS ARE CONSIDERED THE GOLD STANDARD IN THE U.S, ONE OF THE LARGEST CONSUMERS OF BAGELS.
- "BAGEL BAKERS UNION" FORMED IN NYC IN 1907. STANDARDIZED BAGEL-MAKING METHODS AND CONTROLLED NEARLY ALL BAGEL PRODUCTION IN THE CITY UNTIL THE 1960s. KNOWN AS "LOCAL 338", THIS GROUP PRESERVED TRADITIONAL RECIPES AND METHODS.
- DANIEL THOMPSON, IN THE LATE 1950s, CREATED THE BAGEL MACHINE THAT HELPED IN PRODUCING LARGE QUANTITIES.

BAGELS ARE A MULTI-BILLION DOLLAR INDUSTRY ENJOYED BY BOTH YOUNG AND OLD FOR BREAKFAST, LUNCH AND EVEN DINNER.

WHO KNOWS WHERE BAGELS COULD BE IN TEN YEAR'S TIME!

