

Blueberry Bagels & Sourdough Soft Pretzels

A compressed, two-batch workflow using the full 500 g Sidekick starter build

Starter split	300 g bagels + 200 g pretzels
Bagel yield	14 bagels at about 100 g each
Pretzel yield	10 large pretzels or 20-24 bites
Production time	About 3 1/2 to 4 1/2 hours at 78-82 F
Insurance yeast	2 g in bagels; 3 g in pretzels

Before you start

Use the starter at peak or just as the top begins to flatten. Keep both doughs warm. The small amount of commercial yeast makes the schedule predictable; the starter still supplies the sourdough flavor.

Baking-day order

1. Mix blueberry bagel dough Start the slower, stiffer dough first.	0:00
2. Mix pretzel dough Mix immediately after the bagels; a quick bowl scrape is enough.	0:20
3. Bulk both doughs warm Check pretzels at 60 minutes and bagels at 75 minutes.	0:30-1:45
4. Shape and bake pretzels Finish these first at 450 F.	1:30-2:30
5. Shape, boil, and bake bagels Lower oven to 425 F and finish the bagels.	2:15-3:45

Equipment checklist

Bosch mixer and dough hook; digital scale; two covered proofing bowls; sheet pans; parchment; large pot; slotted spoon or spider; cooling racks; pastry brush; instant-read thermometer if available.

1. Blueberry Sourdough Bagels

Firm, chewy bagels with real blueberry flavor. Formula is sized for approximately fourteen 100 g bagels.

Ingredient	Weight	Volume / note
Active 100% hydration sourdough starter	300 g	At peak
Warm water	280 g	About 80-85 F
Honey or brown sugar	30 g	About 1 1/2 Tbsp honey
Fine salt	16 g	About 2 1/2 tsp
Instant yeast	2 g	About 1/2 tsp
Bread flour	650 g	Hold back 25 g initially
Dried blueberries	120 g	Soak, drain, and dry well
Lemon zest - optional	1 lemon	No juice

Blueberry choice

Dried blueberries are the reliable choice for this compressed schedule. Soak them in hot water for 10 minutes, drain thoroughly, then blot very dry. Wet berries will soften the dough and make shaping miserable.

1. Prepare the blueberries Cover the dried blueberries with hot water. After 10 minutes, drain and blot thoroughly dry. Set aside.	10 min
2. Load the Bosch Add starter, warm water, honey or brown sugar, salt, yeast, optional lemon zest, and 625 g of the flour. Mix on low until no dry flour remains.	2-3 min
3. Knead Knead on low for 6-8 minutes. Add the reserved flour only as needed. The dough should be firm, smooth, and dense - not soft like sandwich bread.	6-8 min
4. Add blueberries Add the dry blueberries on the lowest speed. Mix only until reasonably distributed. Purple streaks and a few crushed berries are normal.	1-2 min
5. Bulk ferment warm Cover and hold at 78-82 F until the dough has expanded about 40-60% and feels slightly aerated. Do not wait for a dramatic doubling.	75-120 min

6. Divide Turn out the dough and divide into fourteen pieces of approximately 100 g each. Form tight balls and cover.	10 min
7. Bench rest Let the balls relax before opening the centers.	10 min
8. Shape Push a finger through the center of each ball and stretch the opening to about 1 1/2 inches. Place on parchment.	10 min
9. Final proof Cover lightly. Proof until slightly puffy. A bagel placed in room-temperature water should float within about 10 seconds. If it sinks, give the batch another 10-15 minutes.	20-35 min
10. Preheat and boil Heat oven to 425 F. Bring 3-4 quarts water to a gentle boil with 1 Tbsp honey or brown sugar and 1 tsp baking soda. Boil bagels 30 seconds per side. Drain well.	15 min
11. Bake Bake until deeply golden, rotating the pans once if necessary. Internal temperature should be roughly 200-205 F.	20-24 min
12. Cool Move to racks and cool at least 25 minutes before slicing.	25 min

Do not chase the clock

The visual target is 40-60% growth during bulk and a slightly puffy shaped bagel that floats. If the Sidekick starter is especially aggressive, begin checking early.

2. Sourdough Soft Pretzels

Soft, buttery, mall-style pretzels with sourdough flavor and a predictable same-day rise.

Ingredient	Weight	Volume / note
Active 100% hydration sourdough starter	200 g	At peak
Warm water	250 g	About 85 F
Brown sugar	25 g	About 2 Tbsp packed
Unsalted butter, melted	55 g	4 Tbsp; cool slightly
Fine salt	10 g	About 1 3/4 tsp
Instant yeast	3 g	About 1 tsp
Bread flour	500-540 g	Begin with 500 g
Egg wash	1 egg + 1 Tbsp water	Whisk together
Coarse pretzel salt	As needed	Add after egg wash
Finishing butter	30 g	About 2 Tbsp, melted

Baking-soda bath

Ingredient	Weight	Volume / note
Water	2 quarts	Use a wide pot
Baking soda	80 g	About 1/3 cup

1. Load the Bosch Add starter, warm water, brown sugar, melted butter, salt, yeast, and 500 g flour. Mix on low until combined.	2-3 min
2. Knead Knead on low for 6-8 minutes. Add flour a tablespoon at a time only if the dough remains very sticky. It should be smooth, soft, elastic, and easy to handle.	6-8 min
3. Bulk ferment warm Cover and hold at 78-82 F until visibly puffy and roughly 75-100% larger. Begin checking at 60 minutes.	60-90 min

4. Preheat Heat oven to 450 F. Line two pans with parchment and lightly grease the parchment. Start heating the baking-soda bath.	15 min
5. Divide For 10 large pretzels, divide into approximately 100 g pieces. For bites, divide or cut into 20-24 pieces.	5-10 min
6. Shape For full pretzels, roll each piece into a 24-inch rope, form a U, twist the ends twice, and press them onto the lower curve.	10-15 min
7. Dry rest Leave shaped pretzels uncovered while the bath reaches a gentle boil. This slightly dries the skin and improves the crust.	10-15 min
8. Dip Lower each pretzel into the gently boiling bath for 20-30 seconds. Remove with a spider or slotted spoon, drain, and return to the pan.	20-30 sec each
9. Finish Brush with egg wash and sprinkle with coarse pretzel salt.	5 min
10. Bake Bake until rich, dark golden brown. Rotate pans if browning unevenly.	11-14 min
11. Butter and cool Brush immediately with melted butter. Cool 5-10 minutes before serving.	5-10 min

For cinnamon-sugar pretzel bites

Skip the pretzel salt. After baking, brush generously with melted butter and toss in 1/2 cup sugar mixed with 1 1/2 tsp cinnamon.

One-Page Timing Guide

Use the dough, not the clock, as the final authority. This schedule assumes an 80 F proofing environment and peak starter.

Elapsed	Blueberry bagels	Sourdough pretzels
0:00	Mix and knead	-
0:20	Begin bulk	Mix and knead
0:35	Bulk	Begin bulk
1:20	Begin checking bulk	Bulk
1:35	Bulk / divide if ready	Begin checking bulk
1:45	Divide, rest, shape	Divide and shape if ready
2:00	Final proof	Uncovered rest; heat bath and oven
2:15	Final proof / float test	Dip and finish
2:25	Boil	Bake at 450 F
2:40	Bake at 425 F	Butter and cool
3:05	Cool	Done

Emergency schedule compression

If either dough is moving slowly, keep it near 82 F rather than adding more heat. If time is collapsing, the pretzel dough may be refrigerated after bulk and finished later; the bagels may be shaped, covered, refrigerated, and boiled cold the next morning.

Critical visual cues

- **Bagel bulk:** 40-60% expansion, smoother surface, some internal aeration.
- **Bagel final proof:** slightly puffy and floats within about 10 seconds.
- **Pretzel bulk:** visibly puffy and close to doubled; soft and extensible.
- **Finished pretzel:** dark golden brown, not pale blond.