

Breakfast in the US: Bagels!



Bagels and cream cheese are a quick breakfast in the US. There are many different flavors (plain, cinnamon, blueberry, onion, sesame seed, poppy seed, etc.). Usually the bagel is toasted then cream cheese is spread on each half.



During the weekend, when there's more time for a longer breakfast, people enjoy bagels with lots of different toppings: onion, tomato, lettuce, capers, and smoked salmon (which is also called "lox").

Spanish food is quite tasty, so I don't often miss American food. But one day, I saw Philadelphia cream cheese at the supermarket and had a huge craving for bagels. Fortunately, my sister sent me a bagel recipe! I don't bake or cook very much, but I was able to make bagels with this recipe without a problem on the first try. The ingredients and toppings were easy to find. Then it mostly took time.

First I made the dough and shaped it into eight dough balls. Then I had to wait while the dough rose.

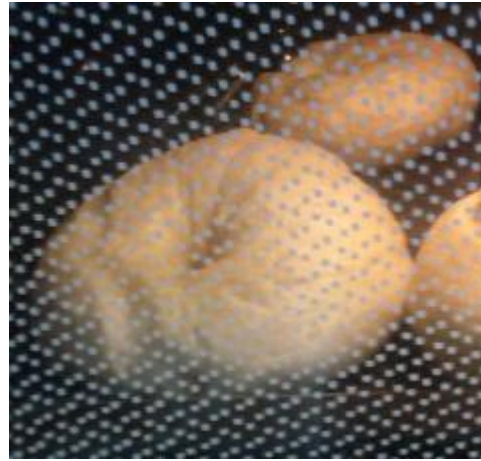


Second, I rolled the balls into rings and then again waited while the dough rose.



Third, I boiled the bagels, one minute on each side.

Finally, I baked the bagels in the oven.



This time I had to wait while the bagels cooled, but at last, I had my bagel with cream cheese, tomato, shallots and smoked salmon. It was delicious!



Additional Notes:

Philadelphia is a brand name but it is also a famous city in the United States, located in the state of Pennsylvania. The Declaration of Independence was written and signed in 1776 in Philadelphia.

The recipe I used is here:

http://hubpages.com/hub/Homemade_bagel_recipe_Make_great_nadrolled_water_bagels_its_as_easy_as_baking_a_loaf_of_bread

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