

Q&A

Thursday is National Bagel Day; Learn the basics about bagels



JENNIFER KOPF | Staff Writer Feb 8, 2017



JENNIFER KOPF | Staff Writer photos

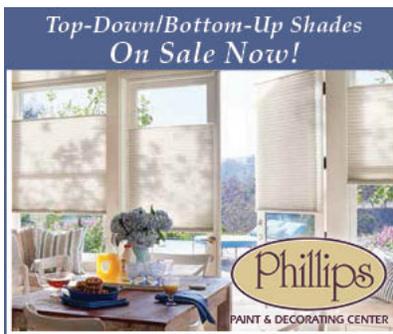
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Chelsea Zawisa, left, gets ready to proof the next day's batch at Harvest Moon Bagel Co. in Lancaster city, while Amy Lloyd, right, waits on customers at Dosie Dough in Lititz.

They're the perfect on-the-go food.

If you know how to store them correctly, you can keep them fresh for weeks.

And, in a pinch, you could juggle them.



That last bit of bagel information comes from Amy Lloyd, owner of [Dosie Dough](#) cafe in Lititz, where they go through about 125 dozen bagels a week.

It's a good week for lovers of the bagel. Thursday is National Bagel Day, the perfect excuse to carb-load if ever there was one.

Stories trace the bagel to late 17th-century Poland but, according to "The Bagel: The Surprising History of a Modest Bread," by Maria Balinska, the earliest reference dates to 1610, in regulations written in Yiddish by the Jewish Council of Krakow.

At its most basic, a bagel uses high-gluten flour without germ or bran, salt, yeast and water. The dough gets formed into a ring shape, is proofed — given a final rise — then is boiled in water to which ingredients such as malt or baking soda might be added before, finally, being baked.

What about Lancaster's bagels? Anyone growing up in 1980s Lancaster or before might have become familiar with toasting Lender's bagels from the grocery store, but that's where the experience often began and ended.

No more. Chelsea Zawisa of [Harvest Moon Bagel Co.](#) in Lancaster, and Lloyd of Dosie Dough, live in a world of bagels every day.

Lloyd opened Dosie Dough in 1998, and today the bakery/coffee shop turns out sweet treats and has become a Lititz community hub.

Zawisa, who has a pastry culinary background, began to focus all her business's attention on bagels last summer, after several years making a variety of baked goods.



How did Harvest Moon Bagel come about?

Zawisa: I went to pastry school at YTI (Career Institute), and then had a small stand at East Side Market doing a variety of things, and bagels was one of them. People really seemed to like the bagels, so I thought I would just focus on the bagels.

I do about a dozen varieties ... and am experimenting with spent-grain bagels (using leftovers from the beer-brewing process).

What makes a good bagel?

Zawisa: It should definitely be boiled (before baked) with malt powder — I also add malt into the bagels. It should have that shine on the crust.

Lloyd: It has to have a nice crust, and the density and texture are really important.

What's the best way to store bagels to keep them longer?

Zawisa: If they come in a paper bag, move them to a Ziploc bag, and that'll make them last a few more days. Also, you can keep them in the fridge. If you know you're not going to eat them right away, slice them and stick them in the freezer.

What was the first bagel you ever had?

Lloyd: Probably a (commercial) bagel that was stuck in the microwave.

Zawisa: I'd had them before this, but my husband Zach's family is Polish (and often had bagels in the house).

How many bagels do you make or sell a week?

Lloyd: It's hard to say ... about 125 dozen a week? We get our bagels from New York Bagelry in West Lawn (Berks County).

Zawisa: It depends on how many orders I have coming in. I do make bagels for Commonwealth Kitchen & Cafe (where the Harvest Moon Bagel kitchen space is located) and Commonwealth on Queen restaurant. I do have other orders coming in just through my business, and people can either pick up (at Harvest Moon) or I'll deliver. I actually have an electric car for that.

If you're going to choose one bagel as a favorite, what would it be?

Zawisa: Um ... I'd say the cinnamon crunch bagel that I do. I'm not really big on cream cheese, especially on the sweet (bagels). So definitely butter on the cinnamon crunch.

Lloyd: An everything bagel, toasted dark, with butter and jalapeno cream cheese.



OUR EXPERTS

- Chelsea Zawisa, Harvest Moon Bagel Company, 443 N. Mulberry St.
- Amy Lloyd, Dosie Dough, 45 S. Broad St., Lititz.

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