

Brad Kent explains how to tell if you're eating a true bagel – Exclusive

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Once the bagels are formed, they're then boiled in water sweetened with malt syrup and placed upside down onto a wet burlap-wrapped board. (The wet board prevents the bagels from sticking to the bottom of the oven.) The bagel bottoms bake first, and then they are flipped, which is the time when seeds are sprinkled on top. So, the tell-tale sign that a bagel is phony, said Kent, is if it's been seeded on the top *and* bottom.

Most people like seeds on both sides for an open-faced **bagel** sandwich, but if the seeds are on the bottom, it's very likely that it hasn't been properly baked. "It's a really good indication that something might be fishy," Kent said. Places that are seeding tops and bottoms are probably baking bagels on parchment-lined sheet pans and not adhering to traditional standards, he added. "And that's really important to me because I need to keep [the] Jewish bagel-making tradition alive."