

BAKING COACH®

"Bake what you love and love what you bake." Established 2005

Pretzels

Prep time: 90 minutes Baking time: 10 to 12 minutes Yields: 4 large pretzels

Here's What You Need:

¾ cup warm tap water (just warm enough to the touch, not hot)

1 teaspoon dry active yeast

1/4 cup granulated sugar

1 teaspoon table salt

1 ¾ cups all-purpose flour(divided) + ½ extra dough and rolling

Just before pretzels go into the oven you will need:

2 cups warm tap water

2 tablespoons baking soda

1/2 stick salted or unsalted butter melted

Kosher salt – a sprinkle or two for the top of your pretzels, or replace it with garlic salt or cinnamon sugar (Not Provided in the Kit)

Here's How You Do It:

Line two cookie sheets with parchment paper and grease. Set aside.

In a large bowl add ¾ cup warm tap water, yeast, and sugar. Stir gently and rest for 5 minutes to give yeast time to activate and enjoy eating the sugar.

Add in salt and 1 ¾ cup flour, add in an additional ¼ cup of the flour to use if needed. It's nice to let the dough tell you when it needs more. Dough should be tacky but not sticking to your hands. Cover bowl with plastic wrap and let rise for 45 minutes.

In another bowl large enough to dip your pretzel, combine the remaining water and baking soda. Stir to dissolve, but you will need to stir before using.

Divide dough into four equal pieces. Coat dough in flour and roll dough into a rope about 15 -18 inches long. Fold the dough into a pretzel shape. Stir your water and baking soda solution, and dip the pretzel dough into the solution. Remove and place on to the baking sheet, spacing them 2 inches apart.

Preheat oven to 450 degrees.

Allow pretzels to rise on the baking sheet for an additional 30 minutes before placing into the oven.

Bake for about 12 minutes or until golden brown.

Brush with melted butter, sprinkle with additional kosher salt, and enjoy!