

HOMEMADE SOFT PRETZELS



COOK TIME
9-10 minutes

TEMPERATURE
425°



SERVINGS
6 pretzels

Ingredients

- 1 C milk
- 2 T sugar
- 2 tsp active dry yeast
- 2 T butter (softened)
- 1/2 tsp salt
- 2 ¼ C all-purpose flour (plus a little more for kneading)
- 1 C water
- 1 ½ T baking soda
- coarse salt (to taste)
- 2 T melted butter

Cinnamon/sugar ingredients

- 1 stick melted butter
- 1 1/2 C. sugar
- 2 T cinnamon

Steps

Pour warm milk (approximately 110°) into a large bowl along with sugar and yeast. Lightly mix and let sit about 10 minutes to allow yeast to become foamy. Next, add salt and softened butter. Add flour and mix with spoon until it comes together. Then use your fingers to finish mixing in bowl. Turn out onto a lightly floured surface and knead 1-2 minutes. Do not over work dough, just combine it well. (a little lumpy dough is ok!) Dough is ready when it is still wet but not sticking to fingers. Place dough ball in a large greased bowl. Cover and let rise about 1 hour or until doubled in size.

To make baking soda solution, heat the water until nearly boiling and pour into a bowl along with the baking soda. Whisk until baking soda is dissolved.

When dough has doubled, turn out on a work surface and cut into half and then each half into 3 even pieces for a total of 6 pieces of dough. Take one piece of dough at a time and

roll evenly into about a 30 in. long rope shape. Make a horseshoe shape with ends pointing toward you. Cross ends over twice, about one inch down from the ends. Take the two ends and fold up pressing lightly into the bottom of the pretzel

(watching my pretzel video makes it easier to understand this step!) Take each pretzel and gently immerse it into the water/baking soda solution for 5-10 seconds. Then place each pretzel onto an oiled baking sheet or cast-iron griddle. While pretzels are still wet, sprinkle each with salt to taste. Bake in a 425° brick oven for 9-10 minutes or until nicely golden brown. Remove from oven and brush tops and sides with melted butter, to keep pretzels nice and soft.

Notes

- Do not skip the step on immersing each pretzel into the water/baking soda solution as this is what gives the pretzels that special flavor and texture!
- Try serving these pretzels with a cheese sauce or mustard or simply just plain!