

SOFT PRETZELS

From the Kitchen of: Sarra Bridges and Justin Burgess, Community Members

Preparation Time: 45 minutes | **Rest Time:** 60 minutes | **Cook Time:** 35 minutes | **Yield:** 12 pretzels
Common Allergens: Wheat

These pretzels are crunchy and salty on the outside and soft and fluffy on the inside. Sarra and Justin love making these pretzels to share with friends and family, and frequently make a double batch so they have plenty to share and some left over too!

Justin grew up baking bread with his great aunt, and later taught Sarra how to make these pretzels, which come from a cookbook that was passed down through his family. Twelve years later, Sarra and Justin still enjoy making pretzels together!

INSTRUCTIONS:

MAKE THE DOUGH:

- In a medium-sized mixing bowl, mix the yeast and warm water. Let rest for 5 minutes, until the yeast is foamy and creamy.
- Add 1 1/2 cups of flour, along with the oil and sugar. Mix with a wooden spoon for 3 minutes to make a smooth batter.
- Stir in the remaining flour. The mixture should become a soft dough.
- Turn the dough out onto a clean, floured work surface. Then, knead the dough until it becomes smooth.
- Place the dough into a large, oiled mixing bowl, then cover and let rise in a warm place until it has doubled in size (around 1 hour).

SHAPE AND COOK THE PRETZELS:

- Preheat oven to 425°F.
- Punch the dough down, so it deflates, then turn it out onto a clean, floured work surface, and cut it into 12 pieces.
- Form each piece of dough into a ball, then roll it into a rope. Twist your rope into any fun shape!
- Onto a greased baking sheet, place the formed pretzels and let rise, uncovered, until they become puffy (around 25 minutes).
- In a large pot over high heat, add 6 cups of water and baking soda, and bring to a boil.
- Add the pretzels to the boiling water, a few at a time, and boil them for 10 seconds. Flip the pretzels, then boil for another 10 seconds on the other side. Return them to the baking sheet and sprinkle with coarse salt.
- Bake in the preheated oven for 12-15 minutes, or until golden brown.

INGREDIENTS:

- 1 package active dry yeast
- 1 cup warm water (about 110°F)
- 2 1/2 - 3 cups all-purpose flour
- 2 Tablespoons oil
- 1 Tablespoon sugar
- 6 Tablespoons baking soda
- 6 cups water
- Coarse salt

