

SOFT PRETZELS

FDS 11/12

Ingredients:

200 mL	warm water
5 mL	sugar
10 mL	yeast
15 mL	oil
450 ml	flour
2 mL	salt

If doing a savory pretzel you can add herbs such as: rosemary, oregano, basil, thyme, parsley, garlic, crushed chilies, dill, chives, green onion or cheese to the flour. Rock salt, poppy seeds, sesame seeds or cheese can also be added on top before baking.

If doing a sweet pretzel you could add: Cinnamon, ginger, cloves, nutmeg, cardamom, any kind of dried fruit like blueberries, cherries, raisins, cranberries, apple, mango, as well as chopped nuts to the flour. Melted butter and cinnamon sugar can also be added after they are baked.

1/2 egg, beaten (25 mL) for brushing on top of pretzels dough before baking.

Method:

1. Preheat oven to 425F. In a glass liquid measure dissolve sugar into very warm water. Stir in the yeast and let it sit until very foamy.
2. In a medium bowl measure out the flour and the salt. If you are adding herbs, cheese, dried fruit, nuts or spices, add them now.
3. Pour the foamy yeast mixture into a large bowl. Add the 15 mL of oil and stir.
4. Add half of the seasoned flour to the bowl and beat in vigorously with a wooden spoon till smooth.

5. Stir in just enough of the remaining flour to make the dough easy to handle and not sticky.
6. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 3 minutes. Put 5 ml of oil in the bottom of your medium bowl.
7. Place the dough into the bowl and be sure the oil covers all sides of the dough so it doesn't stick to the bowl as it expands. Cover with a tea towel and let it sit on top of the warm stove for 15-20 minutes or till two fingers stuck in the middle leave a dent in the dough.
8. Remove the dough from the bowl and cut the dough into 6 equal parts. Roll each part into a rope 30-40cm long and twist into a pretzel shape and place on the counter.
9. For herb or herb and cheese pretzels brush each one very lightly with the beaten egg mixture and then over top of a plate sprinkle with a little coarse salt or poppy/sesame seeds or cheese.
10. For cinnamon pretzels just brush tops with beaten egg.
11. Place the pretzels on the cookie sheet and bake until golden brown 15-20 minutes.

FOR CINNAMON SUGAR PRETZELS: Once they are baked, melt some butter and brush the tops of the pretzels with it and then dip the pretzels in a mixture of 100ml sugar and 5ml cinnamon.

SHAPING PRETZELS: The simplest way is to tie a knot then tuck the ends under or pinch them together.