

# Homemade Soft Pretzels

Bialik College Kitchen Garden Program



## Ingredients:

- 1 tablespoon yeast
- 1 tablespoon sugar
- 2 cups warm water
- 5 cup flour
- 1 tablespoon salt
- 1 egg
- 1 tablespoon water
- coarse salt

## Equipment:

- large bowl
- wooden spoon
- metric measuring cups/spoons
- 2 x baking trays
- saucepan
- slotted spoon
- pastry brush

## Method:

1. In a large bowl, stir yeast, sugar and warm water.
2. Let rest until yeast mixture is foamy.
3. Stir in one cup of flour then mix in the rest of the flour with 1 tablespoon salt.
4. Knead until dough is smooth.
5. Place in an oiled bowl, and roll dough around until it is all covered in oil.
6. Cover and let rise till doubled in size. (at least an hour)
7. Remove and knead a little bit. (gently)
8. Cut into 16 pieces, roll each piece into 35cm rope, shapes into a pretzel and place on a baking tray with baking paper.
9. Cover and let them rise for 15 minutes.
10. Drop one or two pretzels at a time into a small pot of boiling water, boiling each batch for 1 minute and place them back on the baking tray.
11. Once all have been boiled, brush each with an egg wash (1 egg & 1 tablespoon water beaten)
12. Sprinkle with coarse salt. Bake in a hot oven 220C for 12-15 minutes.