

# Homemade Soft Pretzels

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- 1 ½ cups (360mL) warm water
- 2 and ¼ teaspoons instant or active yeast
- 1 teaspoon salt
- 1 tablespoon brown sugar (or white sugar)
- 1 tablespoon unsalted butter, melted and slightly cool
- 3 and ¾ cups Plain flour, plus more for and hands and work surface
- Coarse salt or sea salt flakes, for sprinkling
- BAKING SODA BATH:**
- ½ cup Baking soda (Bicarbonate soda)
- 9 cups water

## Equipment:

- Metric measuring cups and spoons
- Large mixing bowl
- Wooden spoon
- Large pot
- Slotted spoon or spatula
- Cook's knife
- Chopping board
- Baking trays
- Baking paper/silicon baking mats
- Clean tea towel

## Method:

1. Preheat oven to 180C. Line two baking trays with baking paper or baking mats and set aside.
2. Place lukewarm water into a large mixing bowl. Add yeast and whisk into warm water. Allow to sit for 5 minutes.
3. Whisk in salt, brown sugar and the cooled, melted butter.
4. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon until dough is thick. Add ¾ cup more flour until the dough is no longer sticky. If it is sticky, add ¼ - ½ cup more, as needed. Poke the dough with your finger – if it bounces back, it is ready to knead.
5. Turn dough out onto a floured surface. Knead the dough for 3-5 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes.
6. While dough is resting, prepare the Baking soda bath. Bring baking soda and 9 cups of water to a boil in a large pot.
7. Place the ball of dough on your chopping board and cut into quarters. Then cut each quarter into three equal parts so that you have 12 pieces in total. Cover with a tea towel to avoid your dough drying out.
8. Working with one piece of dough at a time, roll into a 50cm rope. Form a circle with the dough by bringing the ends together at the top of the circle. Twist the end together. Bring the twisted ends back down towards yourself and press them down to form a pretzel shape – *Teacher Fay will demonstrate during our class.*
9. When you've formed a pretzel, drop it into the boiling baking soda bath for 25 seconds. Using a slotted spoon, lift the pretzel out of the water and allow as much of the excess water to drip off. Gently place the pretzel on a lined baking tray. Sprinkle each with coarse sea salt or sea salt flakes. Repeat with remaining pretzels.
10. Bake for 10-12 minutes or until golden brown. Remove from oven and serve warm. Enjoy!

\*This recipe makes 12 Pretzels. \*Recipe adapted from [sallysbakingaddiction.com](http://sallysbakingaddiction.com)