

Soft Pretzels - from scratch

June 3rd, 2020

This recipe serves: 6

Prep Time: 24:00

Cook Time: 00:15

These Pretzels are easy. It is fun to try and make the "traditional Pretzel knot" with a single hand motion. This recipe should make 15 Pretzels.

Ingredients:

24 oz (680 grams) All Purpose Flour

13.5 oz (376 grams) whey, milk, or water - Warmed to 95 to 110° Fahrenheit

2 Tablespoons Unsalted Butter - Melted

2 Tablespoons Brown Sugar

1 Tablespoon Active Yeast

2 Teaspoons Kosher Salt

Additional Ingredients:

About 3 quarts of water

2 Tablespoons Baking Soda

3 Tablespoons Unsalted Butter

Course Grind Kosher Salt

Directions:

Place the liquid (whey, milk, or water) in a large bowl. Thoroughly mix in the Brown Sugar.

Sprinkle the top with the Yeast. Rest for 10 minutes until the yeast begins to bloom.

In a mixer or large bowl, mix the flour, salt, and butter.

Mix in the liquid/yeast.

Continue to mix until the dough works into a large ball and cleans the sides of the bowl.

Place the dough in a large bowl and cover with plastic wrap.

Refrigerate for 3 to 5 days. This will allow the yeast to experience an uberslow growth that results in a much more mature flavor.

Remove from the refrigerator and let the bowl sit on the counter for a couple of hours as it comes to room temperature.

Divide the dough into dough-balls, each one weighing 5 ounces or 140 grams.

Mix the Baking Soda and Water into a pot. Bring to a boil.

Preheat the oven to 450° Fahrenheit.

Roll each dough ball into a long rope, about 12 to 18 inches in length.

Loop each rope into the traditional Pretzel shape.

Drop each Pretzel into the boiling water for 20 to 30 seconds. Leaving the Pretzels in the water too long will result in a metallic flavor.

Cover 2 cookie sheets with parchment paper. Lay the Pretzels out on the parchment paper so that they are not touching.

Brush each Pretzel liberally with melted butter. Sprinkle with Salt.

Bake for 12 to 15 minutes or until golden brown.

Serve with melted cheese dip, Brown mustard, Cinnamon Sugar, or whatever else you like.