
Sourdough Pretzels by Carrie

PRETZEL INGREDIENTS:

198 grams milk- (3/4 Cup)

227 grams sourdough starter- unfed (1 Cup)

1 Tablespoon softened butter

361 grams flour- (3 cups) (I use King Arthur all-purpose, can use bread flour though)

14 grams sugar- (1 Tablespoon)

1 1/2 teaspoons salt

2 teaspoons active dry yeast

BAKING SODA BATH INGREDIENTS:

¼ cup baking soda

4.5 cups water

STEPS:

- 1) In a large mixing bowl (or stand mixer) Add all of the pretzel dough ingredients.
- 2) Mix them all together to make the dough. The dough should stick together.
- 3) Knead until smooth (about 10 minutes by hand). You may need to add a few extra Tablespoons of water to make a cohesive dough.
- 4) Cover the dough and let it rest about 45 minutes.
- 5) Prepare a baking sheet by covering it with a silicone mat or parchment paper- spray oil lightly over parchment paper to prevent sticking.
- 6) Cut dough into 12 equal pieces. Roll each piece of dough into a rope about 18 inches long (think playdough snakes). Form each dough rope into a pretzel.
- 7) Preheat oven to 350 degrees F.
- 8) (This step is optional, but gives chewier pretzel and helps provide that traditional soft pretzel taste.) Bring baking soda (1/4 cup) and 4.5 cups of water to a boil in a pot. Drop 1-2 pretzels into the boiling water for 20-30 seconds. Any more than that and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip off. Place pretzel onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining pretzels. (Pretzels can be covered and refrigerated for up to 24 hours before baking.)

9) Bake (350 degrees) For 15-20 minutes or until golden brown.

Brush on melted butter (seriously, brush on melted butter they are good without it, but AMAZING with it)

These are best enjoyed immediately or within a day. They won't go bad, but they won't have the same texture and the salt will dissolve into the bread.

