

Recipe:

1 lb. 11 oz. (750g) Flour, unbleached
~12.5 oz. (~400g) Water
1 oz. (30g) Butter, softened
0.7 oz. (20g) Salt
1 oz. (30 g) Dry Malt Extract
1.25 oz. (35g) Yeast, fresh OR 0.4 oz. (12g) instant dry (rapid rise) yeast

1. Mix all ingredients to full development (do “windowpane test”). Dough should be quite firm.
2. Off mixer let dough rest (covered!) about 15-30 minutes then scale dough into 3-3.5 oz. (80-100g) pieces. Should yield about 10-12 pretzels.
3. Shape pieces into oblongs and let rest, covered, a few minutes to relax the dough and make shaping easier.
4. Shape into pretzels, place on parchment paper (non-stick!) lined baking sheets, or alternately, use silicone baking mats and allow to raise uncovered until pretzels show signs of increasing slightly in size (30-45 minutes).
5. Freeze for at least 2 hours.
6. Dip frozen pretzels into lye solution* and place back onto baking sheets. NOTE: Make sure you wear food handler’s gloves. Lye solution is caustic and may burn your bare skin!!
7. Sprinkle with pretzel salt.
8. Bake at 425°F until deep golden brown in color (15-20 minutes, usually, depending on the oven).

*Lye solution:

1.5 oz. (45g) Lye granules
1 qt. (32 oz.) Water, cool

Notes -

- Make sure you are wearing food handler’s gloves.
- Always whisk lye granules into water, never the other way around!
- Resulting vapors may be strong, so be careful.
- Use a plastic bowl, since the lye solution may corrode a metal bowl.

Serving Size: 2 - 4

Ingredient List

Sources:

- www.essentialdepot.com
 - 2 lb. Food Grade Sodium Hydroxide Lye Micro Beads (\$8.39)
- www.midwestsupplies.com
 - Briess Dry Malt Extract-Golden Light or Pilsener Light (1 lb. pkg. \$6.99)
- www.breadtopia.com
 - Diastatic Malted Barley Flour (8oz. pkg. \$4.95)
- www.kingarthurfLOUR.com
 - Pretzel Salt (8 oz. jar \$5.95),
 - Dry Malt Extract (1 lb. bag \$7.95)
- www.americanspice.com
 - Pretzel Salt (8.5 oz. jar \$7.49)