

Soft Pretzels

Ingredients

For the dough:

1 ½ cups warm water (110-115F)

1 Tbsp sugar

2 tsp kosher salt

2 ¼ tsp instant yeast

22 oz all-purpose flour (about 4 ½ cups)

4 Tbsp unsalted butter, melted

Vegetable oil, for greasing the bowl

For Finishing:

Cooking Spray

10 Cups water

2/3 cup baking soda

1 egg yolk beaten with 1 Tbsp water

Pretzel (or kosher) salt

Directions

To make the dough, combine the water, sugar, salt and yeast in the bowl of a stand mixer fitted with the paddle attachment. Mix on low speed to dissolve the yeast. Add in the flour and melted butter and mix just until the dough comes together. Switch to the dough hook and knead on medium speed until the dough is smooth and clears the sides of the bowl, about 5 minutes. Transfer the dough to a bowl lightly greased with vegetable oil, turning once to coat. Cover with plastic wrap and let rise in a warm place, about 50-55 minutes or until doubled in bulk.

Preheat the oven to 450F. Line two baking sheets with parchment paper and spray lightly with cooking spray. Bring the water and baking soda to a boil in a large saucepan or stockpot. In the meantime, divide the dough into 8 equal pieces. Working with one piece at a time, roll a segment out into a 24-inch long rope. Cut the rope into 1 to 2 inch pieces. Place onto the parchment lined baking sheet. Repeat with the remaining pieces of dough.

Place the pretzels into the boiling water, 1 or 2 at a time, for 30 seconds. Remove from the water with a slotted skimmer and return to the baking sheet. Once all the pretzels have been boiled, brush the tops with the egg wash and sprinkle lightly with salt. Bake in the preheated oven until dark golden brown, about 12-14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.

