

Homemade German Pretzels

Prep Time 2 hours * Cook Time 30 min * Total Time 2 hr, 30 mins

Ingredients

4 cups all-purpose flour	3 tbsp butter
2 teaspoons salt	Coarse salt for sprinkling
1 teaspoon sugar	Soda Bath
1 cup lukewarm water	1/2 cup baking soda
1 ½ tablespoons active dry yeast	2 quarts water

Instructions

1. Dissolve yeast in the lukewarm water.
2. Mix flour and salt together in a large mixing bowl. Form a well in the flour mixture then add the sugar to the center of the well. Pour the yeast/water mixture into the well. Let it rest for 15 minutes before mixing.
3. Add the softened butter to the flour mixture and knead everything to a smooth dough. Used the dough hook on the mixer for about 6 minutes on speed #2. A tablespoon of additional water may be needed to gather all the dry ingredients. Remove the dough hook and let the dough rest for 30 minutes.
4. Cut the dough into equal parts, then roll each piece on the table. The dough should not get too warm as you roll it out, or it might tear.
5. To form the pretzel shape, place dough rope on parchment lined cookie sheet so that it creates the shape of the letter "U". Take both ends of the "U" and cross them over each other twice forming a twist. Bring that twist down and place it over the bottom curve of the "U". Also refer to design sheet provided by Chef.
6. Place the pretzels without covering them in the fridge for about an hour. This helps build a skin that will absorb the dipping solution better and make a beautiful shiny crust.
7. Preheat the oven to 400 F.
8. Fill large stock or pasta pot 3/4 full and bring the water to a boil. Carefully and slowly add the baking soda to the boiling water. There will be a reaction when the baking soda hits the water and it will bubble furiously for a moment and then relax. Stand back a bit just to be safe.
9. Using a slotted spoon, gently drop each pretzel into the bath for 10 seconds, then turn over for another 10. Place them on a baking sheet lined with parchment paper.
10. Score the dough once like for a baguette with a razor blade or sharp knife.
11. Sprinkle with coarse salt. Bake the pretzels for about 15 to 20 minutes (mine took 20 minutes for a nice dark crust), depending on how dark you like them.