

Pretzel Rolls

adapted from Our Best Bites

1 1/2 cups warm water
1 tablespoon yeast
1 tablespoon sugar
4 3/4-5 cups flour
2 teaspoons kosher salt, plus more for sprinkling
1/4 cup melted butter
1 egg, separated
1/4 cup baking soda
8 cups water

In a large measuring cup, combine the water, sugar, and yeast and allow to stand for 10 minutes and the mixture is frothy.

In a large bowl or the bowl of a stand mixer, combine the salt and 4 1/2 cups flour. Add the melted butter, egg yolk, and the bubbly yeast mixture, and mix until combined. If necessary, add up to an additional 1/2 cup of flour, about a tablespoon at a time, until the dough pulls away from the sides of the bowl. Cover the bowl and place it in a warm, draft-free area and allow the dough to rise for an hour or until doubled in bulk.

When the dough has risen, divide it into 12 equal pieces (I usually do 18 for slider-size rolls). Shape the dough into balls, place on a parchment or silpat-lined baking sheet, cover, and allow to rise for 30 minutes. (I like to shape my rolls into knots by rolling them out into 6-8 inch ropes, tying in a knot, and tucking the ends underneath.)

While the dough is rising the second time, preheat the oven to 425. Bring 8 cups of water to a boil in a medium saucepan. When the water begins to boil, add the baking soda and bring back to a full boil. Working with one roll at a time, carefully place each roll, seam-side down into the baking soda bath. Boil for 30 seconds then flip and boil for another 30 seconds. Use a slotted spoon to remove the boiled roll from the water and place, seam-side down, on the baking sheet. Repeat with remaining dough balls.

Whisk together the reserved egg white and 2 tablespoons of water. Brush the egg white over the boiled dough balls and then sprinkle with kosher salt. Bake for 12-18 minutes or until the tops are golden brown. Remove from oven and cool on baking sheets. Makes 12 (or 18) rolls.