



Homemade Soft Pretzels

What to collect	
Ingredients	Equipment
1 tablespoon yeast	large bowl
1 tablespoon sugar	wooden spoon
2 cups warm water	metric measuring cups/spoons
5 cups flour	2 x baking trays
1 tablespoon salt	saucepan
1 egg	slotted spoon
1 tablespoon water	pastry brush
coarse salt	

What to do

1. In a large bowl, stir yeast, sugar and warm water.
2. Let rest until yeast mixture is foamy.
3. Stir in one cup of flour then mix in the rest of the flour with 1 tablespoon salt.
4. Knead until dough is smooth.
5. Place in an oiled bowl, and roll dough around until it is all covered in oil.
6. Cover and let rise till doubled in size. (at least an hour)
7. Remove and knead a little bit. (gently)
8. Cut into 16 pieces, roll each piece into 35cm rope, shapes into a pretzel and place on a baking tray with baking paper.
9. Cover and let them rise for 15 minutes.
10. Drop one or two pretzels at a time into a small pot of boiling water, boiling each batch for 1 minute and place them back on the baking tray.
11. Once all have been boiled, brush each with an egg wash (1 egg & 1 tablespoon water beaten)
12. Sprinkle with coarse salt. Bake in a hot oven 220C for 12-15 minutes.