



Soft Pretzels

Yield: 1 Dozen
1-pie plate
1 baking sheet fitted with parchment paper
Preheat oven to 475°F

Dough:

3-3/4 cups	All-Purpose Flour
1-1/2 tsp	sea salt
1-1/2 tsp	granulated sugar
4 tsp	instant dry yeast
1-1/2 cups	warm (110°F/44°C) water

Soaking Liquid and Topping:

1-1/2 cups	boiling (212°F/100°C) water
3 tbsp	baking soda
	pretzel salt
1/4 cup	unsalted butter, melted

1. In a mixing bowl fitted with the paddle attachment, place the flour, salt, sugar, dry yeast, and stir. While mixing on low add the water in a steady stream. Continue to mix and increase the speed as needed to mix and knead the dough. Knead the dough for 5 minutes and until the sides of the bowl are clean. Place dough in an oiled bowl and wrap with plastic wrap. Let sit in a warm draft-free place for 30 minutes. The dough should double in bulk.
2. Meanwhile, make the soaking liquid by mixing the boiling water and baking soda, then pour into a shallow pie plate. Let set and cool.
3. Cut the dough into 12 equal pieces, First cut the dough in half, each half in half, each of those pieces in thirds and you will have 12 pieces. Let rest for 10 minutes. Roll each piece into a long rope, about 18" long. Twist to make a pretzel shape. Place all on a baking sheet. Taking three at a time, dip into the water/soda mixture and then flip over, making sure you get both sides. Place each dipped pretzel onto the baking sheet. After you have all 12, sprinkle pretzel salt on top of each. Let rest uncovered for 10 minutes. Place in preheated oven for 8 to 10 minutes or until lightly browned. Brush with melted butter while still hot.