

PRETZELS

Makes 4 pretzels.

5 ml dry active yeast, instant

90 ml warm water (Should be warm on the wrist.)

7 ml sugar

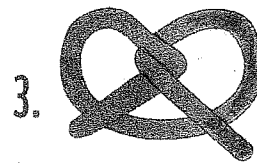
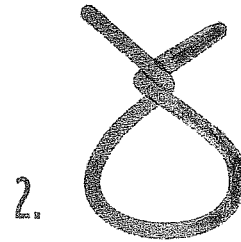
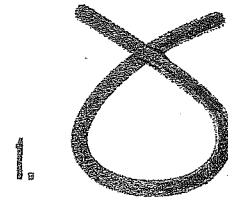
125 ml all-purpose flour

125 ml whole wheat flour

5 ml baking soda (added to boiling water)

1 beaten egg

Kosher salt or coarse salt



1. Fill a large mixing bowl with hot water to warm the bowl. Let sit while you gather other equipment and ingredients.
2. Bring a large pot of water to a boil. Water must be at least 10 cm deep. Preheat oven to 425°.
3. Empty the warmed mixing bowl, and add yeast and water to bowl. Stir with a wooden spoon until dissolved.
4. Add sugar and flour to bowl. Using spoon, stir until dough forms a ball. Sprinkle with warm water if necessary.
5. Knead by hand for 5 minutes, either in the bowl or on the counter. Cut dough into 4 pieces. Roll each piece into a snake about 60 cm long.
6. Twist strips of dough into pretzel shapes. Let pretzels rest on counter for 5 minutes.
7. Once water reaches a boil, add baking soda, then reduce heat to medium. Carefully lift pretzels with metal egg flipper and gently place in boiling water for 1 minute.
8. Place on a greased cookie sheet, brush with egg white and sprinkle with salt.
9. Bake at 425°F/220°C for 8-10 min.