



Soft Pretzels

Ingredients

1 1/2 cups warm water (110°)
1 1/8 tsp. active dry yeast
2 Tbsp brown sugar
1 1/4 tsp salt
1 cup bread flour
3 cups regular flour
2 cups warm water
2 Tbsp. baking soda
Coarse salt
4 Tbsp butter - melted
Cinnamon-Sugar mixture
(optional)

Directions

1. Sprinkle yeast on the 1 1/2 cups of warm water; stir to dissolve.
 2. In a separate bowl, mix sugar, salt and flour. Mix well.
 3. Pour the yeast/water mixture over the flour mixture and mix well. Knead dough until smooth and elastic.
 4. Let rise at least 1/2 - 1 hour until double in size.
 5. While the dough is rising, mix the 2 cups of warm water and 2 Tbsp baking soda. Mix well, and stir often during the rising process.
 6. After the dough has risen, divide it into 10 equal parts. Roll each piece into a long rope, approximately 1/2" thick and 18" - 26" long.
 7. Shape the rolled strips into a pretzel shape.
 8. Dip each pretzel into the soda/water solution, then place on a greased baking sheet. (I use parchment paper instead of the grease).
 9. Allow the pretzels to rise again, approximately 1/2 - 1 hour.
 10. Bake at 450° for approximately 10 minutes, until golden. Brush with melted butter and sprinkle with coarse salt or a cinnamon sugar mixture.
- Cinnamon - Sugar mixture:
Mix 3/4 cup of sugar with 2 teaspoons cinnamon, mix well.