



# Soft Pretzels

## DAY 1\*

Ingredients:

- 1 cup warm water
- 1 Tb yeast
- ¼ cup sugar
- 1 Tsp salt
- 2 Tb shortening
- 1 egg separated (use only the white for the dough)
- 3 ½ to 4 cup flour

1. Dissolve yeast in warm water. (NOT HOT). Add sugar & regular salt.
2. Place shortening, egg white, and 2 cups flour in mixer bowl along with yeast mixture. Beat until smooth.
3. Add enough additional flour to make stiff dough. Turn out the dough onto a floured board and knead for several minutes. Form into a ball and place in an oiled mixing bowl. Cover tightly with saran wrap, let rise until double and refrigerate over night.\*

## DAY 2\*

Ingredients:

- 8 cups of water
- ½ cup baking soda
- 1 Tb water
- 1 egg yolk
- Coarse Salt to taste

1. Turn dough out onto a lightly floured surface and divide the dough into 8-10 equal pieces. Roll each piece into a 20" rope and twist into a pretzel shape. Place onto lightly greased baking sheet.
2. In a large stock pot combine 8 cups of water with ½ cup baking soda and bring to a boil. Place the pretzels into the boiling water, 1 by 1, for 30 seconds using a slotted spoon. Return pretzels to the baking sheet.
3. Beat the egg yolk with 1 Tb. Of water, brush the top of each pretzel with the beaten egg yolk and water mixture and then sprinkle with coarse salt. Bake until dark golden brown in color, approximately 12 to 14 minutes at 450°. Transfer to a cooling rack for at least 5 minutes before serving.

*\*When making this outside of school, you do not have to spread the process out over 2 days. Rather than putting the dough in the refrigerator, after it has doubled in size (about 1 hour), go directly to the Day 2 instructions.*