

Soft Pretzels

MAKES 12

INGREDIENTS

- 1 packet, (about 2 tsp.) yeast
- 1/2 c. + 1 tsp sugar
- 1 1/4 c warm milk (110-115 degrees)
- 4 1/2 cups flour
- 1 tsp salt + more for sprinkling
- 4 Tbsp butter
- 1/4 c baking soda
- 4 c hot water

INSTRUCTIONS

- 1. Start the yeast.** Warm the milk (~1min. 15 sec. in the microwave). Whisk together milk, 1 tsp. sugar, and yeast in a large bowl (or directly in the bowl of a stand mixer). Wait 5 minutes to activate yeast.
- 2. Mix the dough.** Melt 2 Tbsp. of butter. Add butter, flour, salt, and remaining 1/2 c. sugar to the bowl and mix until combined. If the dough is too dry to hold together, 1-2 Tbsp. of water.
- 3. Knead.** Transfer dough to a floured surface and knead by hand for about 5 minutes. Add flour as needed to prevent dough from sticking to the counter. If using a stand mixer, put on the dough hook attachment and mix on medium for about 4 minutes. The dough should be smooth and no longer sticky.
- 4. Let it rise.** Transfer dough to a lightly oiled bowl, cover with a damp towel, and let the dough rest for 30 minutes. The dough should almost double in size.
- 5. Heat the oven** to 450 degrees and line two large baking sheets with parchment paper.
- 6. Prep the water bath.** Add about 4 c. of hot water to a saucepan, and mix in 1/4 c. baking soda. Water does not have to be boiling, but should be hot enough to dissolve the baking soda.
- 7. Form the pretzels.** Turn the dough out onto a lightly oiled work surface, and divide into 12 equal pieces. Roll each into a rope 3/4 inches wide. Form into a pretzel shape, or cut into 1" pieces to make pretzel bites.
- 8. Drop pretzels into the water.** Carefully dip pretzels into the baking soda water, and allow them to soak for 20-30 seconds each. Don't overcrowd the pretzels in the water, leave room for each to be fully submerged. Use a spatula or straining spoon to scoop the pretzels out of the water, lay on the parchment paper (with room between), and sprinkle with kosher salt.
- 9. Bake.** Put the baking sheets in to bake 7-8 minutes until light brown.
- 10. Brush with butter** when the pretzels come out of the oven. Serve warm and enjoy!

Make it Gluten Free:

Use a gluten free all-purpose flour. Add in more liquid (milk or water) until the mixture holds together.

Make it Dairy Free:

Swap the milk for warm water, and substitute oil for the butter.