

## Soft Pretzel Recipe

### Ingredients:

1 ½ cups warm (110-115 degrees F) water  
1 tbsp white sugar  
1 package active dry yeast (2 ½ tsp)  
22 ounces all purpose flour, about 4 ½ cups  
2 tsp kosher salt  
2 ounces unsalted butter, melted

### Additional items:

Vegetable oil or cooking spray  
10 cups water  
2/3 cup baking soda  
1 large egg yolk beaten with 1 tbsp water  
Pretzel salt (for topping) Coarse salt will work too.

### Preparation:

1. In the bowl of a stand mixer, combine water, sugar and yeast, stirring gently to combine. Allow to sit for 5 minutes or until the mixture begins to foam. Add flour, salt and butter. Use dough hook attachment and mix on low speed until combined. Increase to medium speed and knead until the dough pulls away from the side of the bowl, 5-10 minutes. Remove the dough, wipe out the bowl and then oil it with a little vegetable oil or cooking spray. Return the dough to the bowl, cover with plastic wrap and sit in a warm place (you can set it in your oven with just the oven light turned on) for 50-55 minutes or until the dough has doubled in size.
2. Preheat the oven to 450F. Line 2 half-sheet pans with parchment paper or a Silpat sheet and lightly brush with vegetable oil or lightly coat with cooking spray.
3. Bring the water and the baking soda to a rolling boil in a large saucepan. In a small bowl gently whisk an egg yolk and water together and set aside.
4. While water heats up, turn the dough out onto a lightly oiled work surface and divide into 8 pieces. Roll out each piece of dough into a rope about 24' long. Make a U-shape with the dough rope, and holding the ends, cross them over each other and press on the bottom of the U to form the shape of the pretzel. Place on the prepared cooking sheet.
5. Lower the pretzels into the boiling water, one at a time, for about 30 seconds each, turning over with a slotted spoon about half-way through. Remove them from the water using a slotted spoon, allowing excess water to drain off.
6. Brush each pretzel with the beaten egg yolk and water mixture and sprinkle with coarse salt if desired. Bake until dark golden brown in color, approximately 12 to 14 minutes. Transfer to a cooling rack for a least 5 minutes before serving.

*Note: In step 4, young baker might find this big piece of dough challenging, so adapt as necessary, into 12" or even 6" lengths. They may like to roll it out into a "snake" and then "chop" them up into 1 for 2 inch pretzel bites, which is easier to handle and fun to dip.*