

HOMEMADE PRETZEL LOGS

Makes: 15 to 20 Pretzels

Preparation time: 1 Hour



INGREDIENTS

4.5 cups All Purpose Flour (1.125L/38fl.oz)

½ teaspoon Salt (1ml)

2 Tablespoons Butter (30ml/1fl.oz)

1 ½ cup Water (warm) (375ml/12½fl.oz)

1 pack Active Dry Yeast

2 Tablespoon Sugar (30ml/1fl.oz)

1 Egg, whisked

1 Tablespoon Water (15ml/½fl.oz)

1 Tablespoon Salt, Coarse (15ml/½fl.oz)

EQUIPMENT

Bowl

Wooden spoon

Towel

Baking sheets

Wax paper

Oven

TOP TIPS

This pretzel recipe not only makes a great lunchbox addition, it makes a great afternoon snack as well. Alternatively, serve this deliciously simple recipe during parties, holidays or over the weekend!



METHOD

1. Bloom the yeast according to instructions on the package.
2. While the yeast is activating, prepare the flour mixture. In a large bowl, combine the flour, sugar and salt. Melt the butter then add to the bowl. Mix well.
3. Once the yeast is ready, combine the yeast with the flour mixture and remaining water. Mix well. Once mixed, place the dough on a counter and knead until fully homogenous. Place the dough back in the bowl and cover with a warm kitchen towel. Allow the dough to double in size in a warm, dry place (this should take around 30 to 35 minutes).
4. While the dough is rising, line two baking sheets with wax paper then lightly flour. Once the dough has risen, remove from the bowl and cut the dough into 15 to 20 pieces of equal size. Next, form the dough into long logs. Place the pretzel logs back on the baking sheet.
5. Preheat an oven to 200°C/400°F/Gas mark 6). Combine the whisked egg and water. Brush the top of the pretzels with the egg wash, then top with the coarse salt. Place the pretzels in the oven and bake until brown on the outside (around 10 to 15 minutes).