

Pretzels



Ingredients:

For the dough

- 1 kg plain white flour
- 260 ml milk
- 260 ml water
- 80 g butter (unsalted)
- 1 tbsp malt extract
- 2 tsp fast action dried yeast
- 2 tbsp salt

For the finishing solution

- 1L water
- 3 tbsp baking soda



Photo by Sochin EN (wikimedia)

Method:

1. Add 100g of flour, all the yeast and the water into a bowl. Mix, cover with cling-film and leave in a warm place for 5 hours. Add the rest of the flour, salt, milk, malt extract and melted butter. Mix and knead the mixture to make a firm dough (around 10 minutes) and leave for approx .1 and a half hours or until a point pushed in gentle springs back.
2. Knock the dough back and then shape as desired. Leave for 30 minutes uncovered in a warm room to rise and develop.
3. Bring the 1 litre of water to the boil in a large pot and add the baking soda.
4. Once the dough has risen, chill the dough very briefly. Once chilled drop the shaped dough into the boiling solution (one at a time) until the knots float (about 5 sec), then remove and lay on a baking tray lined with baking paper. Sprinkle with sea salt and slash the dough to a depth of around 1cm in the thick part at the top-back.
5. Place in an oven heated to 200C oven for around 16 minutes, until the pretzels are a nice warm brown. Don't go for gold or chestnut, go for brown, the flavour goes with it!
6. Remove from the oven and allow to cool completely on a wire rack.\

Recipe from: <https://www.bbcgoodfood.com/user/140789/recipe/authentic-german-pretzels>