

Soft Pretzels

INGREDIENTS

- 1 1/2 cups warm water (108-115)
- 1 TBL sugar
- 1 pkg. active dry yeast
- 2 tsp kosher salt
- 22 ounces all-purpose flour, about 4 1/2 cups
- 2 ounces unsalted butter, melted
- Vegetable oil or spray oil
- 10 cups water
- 2/3 cups baking soda
- 1 large egg yolk, beaten with 1 TBL water
- Pretzel salt

DIRECTIONS

1. Combine the water, sugar, and yeast in the bowl of your mixer. Sit for 5 minutes, until the yeast is slightly foamy.
2. Add the flour, salt and butter and mix on low speed using the dough hook attachment. Change to medium speed and kneed until the dough comes together, pulls away from the bowl and looks smooth, about 5 minutes.
3. Remove dough from the bowl and place in a large bowl that has been oiled lightly with olive or vegetable oil. Cover with plastic wrap and let sit for about 55 minutes in a warm place, or until the dough has doubled in size.
4. Heat the oven to 450 degrees F. Line 2 baking sheets with parchment paper AND lightly oil or spray (your pretzels will stick if you don't oil the parchment).
5. Bring 10 cups of water to a boil in a large pot. Add the baking soda.
6. Remove the dough and set on your work surface. Divide into 8 equal parts. Roll each piece into a length of about 24 inches. Make a U-shape with the dough. Cross over the ends to make an X at the top of the U. Holding the ends, twist once more, then fold them down toward the bottom of the U shape. Press the ends onto the bottom of the U, to make a pretzel shape.
7. Place the pretzels, one by one, into the boiling water. Let cook for 30 seconds only, then remove with a spatula or spider strainer and place on the greased parchment. Brush with the egg mixture and sprinkle with pretzel salt.
8. Bake until dark golden brown, about 12-14 minutes. Let cool about 5 minutes before eating. (Recipe: <https://www.foodnetwork.com/recipes/alton-brown/homemade-soft-pretzels-recipe-1948242>)

HONEY MUSTARD DIPPING SAUCE:

- 1/4 cup mayonnaise
- 2 TBL honey
- 2 TBL grainy dijon mustard
- 1 tsp. lemon juice

