

Lenten Pretzels

Ingredients for the Dough:

1 ½ Cups of Warm Water
1 1/8 teaspoons of active dry yeast
2 tablespoons of sugar
1 1/8 teaspoons of salt
1 cup of white bread flour
3 cups of all-purpose flour

For the Water Bath and Topping:

3-4 tablespoons of butter
1 cup warm of water
1 tablespoon of baking soda
Cinnamon and sugar

Instructions:

1. Pre-heat the oven to 190° C or 375° F
2. Put 1 ½ cups of warm water into a bowl and dissolve the yeast in it.
3. Stir the sugar and the salt into the water/yeast mixture.
4. Use a mixer (or if you want a good workout, use your hands) to combine the bread flour, all-purpose flour, and water/sugar/salt/yeast mixture
5. Knead until the dough is elastic, about 4-6 minutes.
6. Grease a bowl, put the dough in, and cover the bowl. Leave the dough to rise in a warm place for one hour.
7. Cut the dough into 10 pieces and roll each piece into a long rope. Fold the rope into the shape of a pretzel.
8. Layer a baking sheet with baking parchment.
9. In a shallow bowl, make the water bath by adding a tablespoon of baking soda to a warm cup of water.
10. Dip the pretzels into the water bath one by one, then put them on the baking sheet.
11. Cover the pretzels and allow them to rise for another 45 minutes to an hour.
12. Melt the butter and brush it onto the pretzels. Top the pretzels with salt or a cinnamon-sugar mixture. We chose to make 6 sweet and 4 savory pretzels.
13. Bake the pretzels for 10-12 minutes.
14. Pretzels can be stored in an airtight container for up to 4 days. They can also be frozen if you want to keep them longer