

Pretzels from Germany

Ingredients

1 ½ c lukewarm water
1 package (2 ¼ tsp) yeast
4 cups + all purpose flour, divided
1 Tbs sugar
2 tsp salt

1 egg
1 Tbs water
⅓ c coarse salt

Equipment

Large mixing bowl
Measuring cups, dry & liquid
Measuring spoons
Small mixing bowl
Wooden board to knead the dough
2 cookie sheets
Parchment paper or cooking spray
Pastry brush
Small bowl
Wire racks

How to Make:

1. In the large mixing bowl, place the lukewarm water and pour in the yeast. Let mixture sit for about 5 minutes until bubbly.
2. In the small mixing bowl combine 3 cups of flour, sugar, and salt. Add to the yeast mixture. Stir until the ingredients are blended and form a ball.
3. Place the dough on a lightly floured board or tabletop.
4. Dust your hands with flour and begin kneading the dough. Slowly knead in the fourth cup of flour. After about 5 minutes the dough should be smooth and not sticky. It is ready when it is no longer sticky!
5. Pull the dough into 20 pieces. Roll each into a long snake about ½-inch thick and 15" long. Shape pretzel into a loop, crossing the ends and fastening the ends to opposite side of the loop - the image of arms at prayer.
6. Preheat the oven to 425
7. Place pretzels on cookie sheets covered with parchment paper (or lightly sprayed with oil), allowing several inches of space between each pretzel.
8. In the small bowl gently beat the egg and combine with 1 Tbsp water. Paint the mixture on each pretzel and sprinkle with coarse salt.
9. Bake the pretzels for 20 minutes. Remove from the oven and cook on wire racks.