Pretzel Lab

DAY 1

INGREDIENTS

1 pkg Active dry yeast (2 ¼ tsp)

1 1/3 cup warm water (120-130⁰F, 45-60⁰C)

1 tablespoon sugar

½ tsp salt

2 tablespoon vegetable oil

4 cup all-purpose flour

DIRECTIONS

1. BEFORE you dissolve the yeast in the warm water (liquid measuring cup), take water to the microwave and cook for 35 seconds.

\*\*Use thermometer to check the temperature of the water before pouring in the yeast!

1. Pour in the yeast and let set in liquid measuring cup for 5 minutes.
2. Pour yeast/water mixture into the KitchenAid stainless steel mixing bowl.
3. Place dough hook attachment on mixer.
4. Add sugar, salt and oil. Add half the flour and mix with dough hook for 2 minutes and then add remaining flour.
5. Mix until the dough is smooth and leaves the sides of the bowl.
6. Get baggie and spray with non stick cooking spray. Drop dough into baggie.
7. Label with group number and class hour.
8. Clean equipment and work space.

Pretzel Lab

DAY 2

EGG WASH

1 egg

2 tablespoons water

1. Get baggie of yeast dough.
2. Preheat convection oven to 350⁰F.
3. Cut dough in half using dough scraper and then cut each half into 6 equal sized pieces.
4. With floured hands, roll one piece of dough back and forth between palms of hands to form a dough rope that is 15 inches long.
5. Place rope on baking sheet. Cross left side of rope up and over the first loop to form pretzel shape.
6. Continue with remaining pieces of dough.
7. Enlarge the holes in pretzels by inserting thumb and forefingers into holes. This will prevent them from completely closing during baking.
8. Place on baking sheet.
9. Crack egg into a small bowl and whisk until the egg is well blended.
10. Add water and whisk well.
11. Brush egg wash on unbaked pretzels and place them 2 inches apart on the baking sheet.
12. Bake for 15-20 minutes, checking every 5 minutes to see how they are browning.
13. Do not overcook! Take out of oven and cool on cooling racks.
14. Brush with 1 tablespoon melted butter and sprinkle with kosher salt or cinnamon/sugar mixture.
15. Clean equipment and work space.

