



Sparkle Kitchen

Homemade Pretzels

(makes eight pretzels)

Ingredients

1 1/2 cups warm water

1 packet yeast

1 tablespoon sugar

1 teaspoon salt

2 tablespoons butter, melted

4 cups whole wheat flour

A few tablespoons of olive oil for greasing bowls and pans

1 egg

3/4 cups baking soda

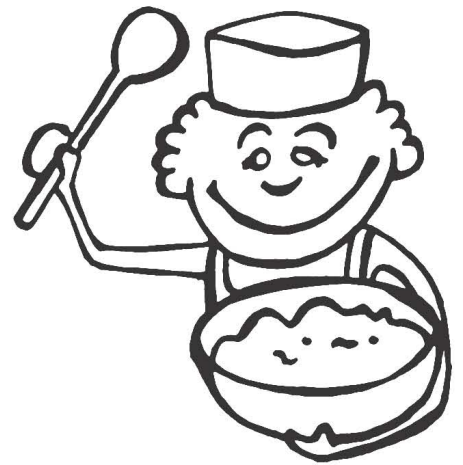
10 cups water

About 3 tablespoons coarse salt

Directions

In the bowl of a stand mixer, combine the warm water, yeast, and sugar. Let it sit for a few minutes until the yeast begins to look foamy, then add the melted butter.

In another bowl, combine the flour and salt. Using a dough hook attachment, slowly mix the flour into the water mixture. Once the dough starts to come together, increase the speed of the mixer to medium and mix until the dough sticks together in a large ball. You may have to add a pinch more flour or a splash of extra water depending on the day.



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When the dough ball comes together, pour about a tablespoon of oil over the top to coat it, cover the bowl with plastic wrap, and allow the dough to rise for an hour or until it has doubled in bulk.

When the dough is almost ready, get everything else in place to finish the pretzels. Preheat your oven to 450 degrees. Prepare two small baking sheets by covering them with lightly greased parchment paper. Make an egg wash by whisking an egg with a splash of water in a small bowl. Lastly, mix the baking soda and 10 cups of water in a large, shallow saucepan, and bring the water to boil.

Now turn back to the dough. Divide the dough into 8 even pieces, and roll each one into a rope about 20-24 inches long.

Twist the rope into a pretzel shape and place it on the parchment.

Using a large spatula and working in batches, dip each pretzel into the boiling water for about 30 seconds. When the time is up, remove it from the water and return it to the parchment covered baking sheet.

When all of the pretzels have had their dip, brush each one with the egg wash and sprinkle a pinch of coarse salt over the top.

Bake the pretzels for 12-15 minutes or until they turn a dark, golden brown. Enjoy them hot.