

soft pretzels

4 teaspoons yeast + 1 teaspoon sugar + 1 1/4 cup water

3.5 cups flour and additional 1/2 cup at end

2 Tablespoons butter, melted

1/3 cup sugar

1 1/2 teaspoons kosher salt (+ more for garnish)

1/2 cup baking soda

4 cups hot water

melted butter

directions: in a small bowl or glass measuring cup, dissolve water, sugar and yeast. let sit for 10 minutes (until frothy and almost double in size). mix together 3 1/2 cups of flour, sugar, and salt, in a large bowl. create a small well in the center of the flour. pour melted butter followed by yeast mixture into the well. with a wooden spoon, mix until combined. use your hands to knead the dough inside the bowl. slowly add the additional 1/2 cup flour while continuing to knead. knead for 7-10 minutes total. lightly oil a large bowl. transfer dough to bowl. cover with a dampened lightweight cloth/towel. place inside the oven with the light turned on (no heat). let rise for 1 hour, or until doubled in size.

remove dough from oven, and turn oven to 425. in another large bowl, microwave 4 cups water with the baking soda for 3 minutes. stir until baking soda dissolves.

lightly flour the counter and turn dough out. divide dough into 12 pieces. roll each piece into a rope (i prefer to hold both ends and swing the dough in a circular motion - as if jumping rope). twist into a pretzel shape - crossing once in the middle.

gently dip the pretzel into the hot water. transfer pretzel to a cookie sheet lined with parchment paper. sprinkle additional kosher salt on top. repeat for remaining dough. (6 pretzels per cookie sheet).

bake in the preheated oven on the middle rack for approximately 8 minutes or until browned. remove and place sheet on a cooling rack. brush pretzels with melted butter. once cooled, store in an airtight container or freeze for future use.