

Pretzels

Ingredients for Yeast Sponge:

75ml Water
15g Plain Flour
7g Easy Blend Dried Yeast

Ingredients for Dough:

400g White Bread Flour
150ml Lukewarm Water
75ml Lukewarm Milk
25g Butter, Melted
7g Easy Blend Dried Yeast
1 ½ Teaspoon Salt

Ingredients for the Topping:

15ml Milk
1 Egg Yolk
Sea Salt or Caraway Seeds



Please bring a container to take your pretzels home in.

Method:

1. Pre-heat the oven to 190°C or Gas Mark 5.
2. Weigh out all the ingredients accurately.
3. Into a small bowl place the yeast (7g: 1 packet) for the yeast sponge. Add in 75ml warm water (37°C), then mix in 15g plain flour. Cover the bowl with cling-film and leave in a warm place (the grill compartment of the oven) for 20 minutes.
4. Into a large bowl, place the yeast (7g: 1 packet) for the dough. Add 150ml warm water (37°C) and stir with a teaspoon until dissolved. Warm the milk in a small bowl in the microwave until it reaches 37°C, check this with a food probe. If the milk exceeds 37°C, leave to cool as if it is warmer it will kill the yeast. Stir the milk into the yeast and warm water.
5. Place a small saucepan on the front of the hob, **DO NOT** turn on. Add the 25g butter and heat gently. As soon as the butter is melted, transfer into a small bowl so it can cool.
6. Sift 350g of the white bread flour into a large bowl. Add 1 ½ teaspoons salt.
7. Add the yeast sponge mixture and the melted butter: mix with a round bladed table knife for 3 to 4 minutes.
8. Turn out onto a lightly floured work surface and knead in the remaining 50g white bread flour to make a medium firm dough.
9. Place in a large bowl and cover with lightly oiled cling film and leave to rise in a warm place (the grill compartment of the oven) until almost doubled in size.
10. Remove the cling film and set this to one side as you will use it again. Turn the dough out onto a lightly floured surface and knock back (punch down) the dough. Knead into a ball, return to the bowl, re-cover with the oiled cling-film and rise for a further 15 to 20 minutes.
11. Turn the dough onto a lightly floured surface. Divide the dough into 12 equal pieces and form into balls.
12. Take one ball of dough and cover the remainder with the oiled cling film.
13. Roll into a thick stick (46cm long) and about 1 cm thick in the middle and thinner at the ends.
14. Bend each end of the dough stick into a horseshoe. Cross over and place the ends on top of the thick part of the pretzel. Repeat with the remaining dough balls.
15. Place on the baking tray to rest for 10 minutes.
16. Half fill a large saucepan of water and place on the front of the hob. Bring the water to the boil, then reduce to a simmer.
17. Add the pretzels to the simmering water in batches, about 2 to 3 at a time and cook for about 1 minute.
18. Drain the pretzels on paper towel and place on the greased baking trays, spaced well apart.
19. Crack the egg and separate into the white and yolk, you will need to keep the yolk. Mix the egg yolk and 15ml milk together and using a pastry brush, brush this glaze over the pretzels.
20. Sprinkle with sea salt or caraway seeds and bake the pretzels for 25 minutes, or until they are deep golden.
21. When cooked, using a fish slice, transfer the pretzels to a cooling rack to cool.

