

# SOFT PRETZELS

## INGREDIENTS

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| <ul style="list-style-type: none"><li>• 1 and 1/2 cups (360ml) warm water</li><li>• 1 packet active dry or instant yeast (2 and 1/4 teaspoons)</li><li>• 1 teaspoon salt</li><li>• 1 Tablespoon (8g) granulated sugar</li></ul> | <ul style="list-style-type: none"><li>• 3 cups (480-530g) all-purpose flour + more for work surface</li><li>• 1 large egg, beaten</li><li>• coarse sea salt, for sprinkling</li></ul> |
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## DIRECTIONS

1. Preheat oven to 425°F (218°C). Line baking sheet with a silicone baking mat or parchment paper. The pretzels can stick to parchment, so give it a light spray with nonstick spray or lightly grease with butter. Set aside.
2. Dissolve yeast in warm water. Stir with a spoon until fairly mixed, about 1 minute. Some clusters of yeast will remain.
3. Add salt and sugar; stir until fairly combined.
4. Slowly add 3 cups of flour – 1 cup at a time. Mix with a wooden spoon until dough is thick.
5. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add up to 1/2 cup more. Poke the dough with your finger – if it bounces back, it is ready to knead.
6. Turn the dough out onto a floured surface. Knead the dough for about 3 minutes and shape into a ball.
7. With a sharp knife, cut the ball of dough into 1/3 cup sections. This measurement does not have to be exact – use as much or little dough for each pretzel as you wish – the size of the pretzel is completely up to you.
8. Roll the dough into a rope with an even diameter. My ropes were twenty inches long. This measurement will depend on how large you want the pretzels. Once you have your long rope, take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.
9. This step is optional: whisk 9 cups of water and 1/2 cup baking soda together in a large pot. Bring to a boil. Place a pretzel onto a large slotted spatula and dip into the boiling water for 20-30 seconds. Any more than that and your pretzels will have a metallic taste. The pretzel will float. Lift the pretzel out of the water and allow the excess water to drip off. Place pretzel onto a prepared baking sheet. Repeat with the rest of the pretzels.
10. In a small bowl, beat the egg and pour it into a shallow bowl or pie dish. Brush the shaped pretzel with the egg wash. Sprinkle with the coarse sea salt.
11. Bake for 10 minutes at 425°F (218°C).

12. Allow to cool and enjoy. Serve warm or at room temperature. Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (will lose softness).

## HONEY MUSTARD CHEDDAR CHEESE DIP

### INGREDIENTS

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| <ul style="list-style-type: none"><li>• 2 tablespoons butter</li><li>• 2 tablespoons flour</li><li>• 1 cup milk</li><li>• 1 tablespoons Mustard</li><li>• 1 tablespoons Honey</li></ul> | <ul style="list-style-type: none"><li>• 1 cup shredded cheddar cheese</li><li>• 1 teaspoons apple cider vinegar</li><li>• ½ teaspoons salt</li><li>• ½ teaspoon pepper</li></ul> |
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### DIRECTIONS

1. Melt the butter in a saucepan over low heat. Whisk in the flour and cook for 1 minute.
2. Pour in the milk while whisking. Cook for 2–3 minutes, stirring occasionally, until the milk begins to thicken slightly.
3. Add the honey, mustard, cheese, apple cider vinegar, salt and pepper.
4. Whisk until the cheese melts and the sauce is smooth. Let the cheese sauce bubble for a few more minutes to thicken up slightly.
5. Serve immediately.