

Cooking Thyme with Stacie

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Pretzels

For pretzels:

1 cup warm water (about 100° - 110° F)
2 TSP yeast
1 TSP granulated sugar
1 ¾ cups all-purpose flour
1 cup bread flour
1 TB brown sugar
1 TSP salt
2 TB melted butter

Water bath:

8 cups water
1/3 cup baking soda

Pretzel Glaze:

1 egg yolk
1 TB heavy cream
Large grains of salt

In a measuring cup, combine the water, yeast and sugar. Whisk slightly to combine. Let stand until the yeast has bloomed and the surface looks bubbly, about 10 minutes.

In the bowl of a stand mixer, combine the flours, brown sugar and salt with a dough hook. Then while the motor is running pour in the yeast mixture. Once incorporated, add the melted butter. Continue to mix until the dough comes together into a ball, about 3 minutes.

Remove the dough to a lightly floured surface and knead a few times until the dough is elastic. Spray a large bowl with cooking spray and place the dough in the bowl, give the dough a quick squirt of oil too. Flip the dough over turning it to cover the dough in oil. Cover the bowl with plastic wrap. Let rise about 1 hour in a warm place. (tip: place the bowl on the stove as it preheats)

Next prepare a baking sheet by lining it with a silicone baking mat or a piece of aluminum foil, sprayed lightly with cooking oil. Set aside.

Preheat your oven to 450° F.

In a large Dutch oven, combine 8 cups of water with 1/3 cup baking soda. Bring it up to boil.

Once your dough has risen, remove the dough to a lightly floured surface. Divide the dough into 6 equal portions. Cover the remainder of the dough balls with a kitchen towel so they will not dry out. Mark your counter with masking tape 20” apart. Roll each piece of dough until you have a rope about 20 – 24” long. Form the dough into a “U” shape with the bottom of the “U” closest to you. Take the ends and crisscross them about 2” from the ends. Then lightly dampen the ends with water and fold the ends towards the bottom of the “U” and press gently.

Place them on the baking sheet and continue making the pretzels. Cover your pretzels with a clean kitchen towel. Once they have all been formed, taking two at a time place them in the boiling soda water for 30 seconds. Then flip them over and cook an additional 30 seconds. Remove them from the water with a slotted spoon, allowing them to drip off as much water as possible. Place them back on the baking sheet. Repeat with the remaining four pretzels.

In a small bowl, whisk the egg yolk and 1 TB cream. Brush the tops of the pretzels with the egg wash and sprinkle with sea salt or fleur de sel.

Bake the pretzels 10 – 15 minutes until they are golden brown. Remove from the oven and cool them on a wire rack.