

Soft Pretzels



Day 1

2 teaspoons active dry yeast

½ teaspoon sugar

½ cup (PLUS) 2 tablespoons warm water

2 ½ cups flour

¾ teaspoon salt

1 ½ teaspoon vegetable oil

1. In a small bowl, dissolve yeast and ½ teaspoon sugar in 1/2 cup+2 tablespoons warm water. Let stand until creamy, about 10 minutes.
2. In your stand mixer bowl, mix together flour, 1/2 cup sugar, and salt using the dough hook.
3. Make a well in the center; add the oil and yeast mixture. Mix with your dough hook until combined and form into a dough
4. Knead the dough with your mixer's dough hook until smooth, about 7 to 8 minutes.
5. Label a baggie with your kitchen and hour. LIGHTLY spray with cooking spray. Place your dough in the baggie and leave on your kitchen counter to rise. We will refrigerate your dough over night.

Day 2

¼ cup baking soda

2 cups hot water

2 tablespoons coarse salt (for topping)

1. Preheat oven to 450 degrees F. Grease baking sheet.
2. In a large bowl, dissolve baking soda in 2 cups hot water; set aside. When risen, turn dough out onto a lightly floured surface and divide into 4-6 equal pieces. Roll each piece into a rope and cut into bite size pieces. Once all of the dough is cut, dip each pretzel into the baking soda-hot water solution and place pretzels on baking sheets. Sprinkle with kosher salt.
3. Bake in preheated oven until browned, about 5-8 minutes.