

## Homemade Soft Pretzels

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 8 pretzels

### Ingredients:

1 ½ cups warm (110 to 115 degrees) water  
1 tablespoon sugar  
2 teaspoons kosher salt  
1 package active dry yeast  
22 ounces all-purpose flour, (approximately 4 ½ cups)  
4 tablespoons unsalted butter, melted  
Vegetable oil, (for pans, bowls, and work spaces as directed)  
10 cups water  
⅔ cup baking soda  
1 large egg yolk beaten with 1 tablespoon water  
Pretzel salt



### Method of Preparation:

1. Combine the water, sugar and kosher salt in the bowl of a stand mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until the mixture begins to foam.
2. Add the flour and butter and, using the dough hook attachment, mix on low speed until well combined. Change to medium speed and knead until the dough is smooth and pulls away from the side of the bowl, approximately 4 to 5 minutes.
3. Remove the dough from the bowl, clean the bowl and then oil it well with vegetable oil. Return the dough to the bowl, cover with plastic wrap and sit in a warm place for approximately one hour or until the dough has doubled in size.
4. Preheat the oven to 450 degrees. Line two half-sheet pans with parchment paper and lightly brush with vegetable oil. Set aside.
5. Bring the water and baking soda to a rolling boil in an 8-quart saucepan or roasting pan (on stove top).
6. In the meantime, turn the dough out onto a slightly oiled work surface and divide into eight equal pieces. Roll out each piece of dough into a 24-inch rope.
7. Make a U-shape with the rope, holding the ends of the rope, cross them over each other and press onto the bottom of the U in order to form the shape of a pretzel. Place onto the parchment-lined half sheet pan.
8. Carefully place one pretzel at a time (depending on size, up to four) into the boiling water, each for 30 seconds. Remove each pretzel from the water using a large flat spatula and return to the half sheet pan.
9. Brush the top of each pretzel with the beaten egg yolk and water mixture and sprinkle with the pretzel salt.
10. Bake until dark golden brown in color, approximately 12 to 14 minutes. Transfer to a cooling rack for at least 5 minutes.

#### Nutritional Analysis:

Calories: 353  
Carbohydrates: 50 g  
Sodium: 287 g  
Protein: 11 g  
Fat: 7 g  
Fiber: 2 g