



Soft Pretzels

1 cup warm water
2 ¼ tsp dry active yeast
1 tbsp granulated sugar
2 ½-3 ½ cups flour
1 ½ tsp salt
¼ cup baking soda
1 tbsp honey
1 tbsp honey or brown sugar
¼ cup baking soda
1 egg, whisked with 2 tbsp warm water

1. Add the warm water, yeast and sugar to a mixing bowl (or the bowl of a stand mixer). Let stand for 5min. then stir to dissolve the yeast. Stir in 2 ½ cups flour and salt until the dough looks shaggy. Turn out on to a lightly floured surface and begin to knead (or use the dough hook attachment on the stand mixer) and knead for 5min. If the dough seems wet or sticky add a tablespoon of flour at a time. The dough should be soft, hold its shape and be slightly tacky.
2. Transfer the dough to a clean bowl and cover. Let the dough rise in a warm place until doubled in size, about 1hr.
3. Place the dough on a lightly floured work surface and cut into 8 equal pieces. Roll each piece into a 20-30cm rope. To make the pretzel shape form one rope into a U shape. Twist the tops of the U over one another, twice and then bring it down to meet the bottom of the U. Set on a baking sheet and let rise for an additional 20min.
4. Preheat the oven to 450F
5. Place 8 cups of water into a large, wide pot and set over medium high heat. Make sure the pot is no more than half way full as the baking soda with foam up. Bring the water to a simmer and add the honey and baking soda and stir.
6. Lower the pretzels, a few at a time into the simmering water and cook for 30 seconds on each side. Remove with a slotted spoon and transfer to a baking sheet. Repeat with all the pretzels.



7. Brush each pretzel liberally with the egg wash and sprinkle with coarse salt or any seasoning of your choice (everything bagel, Italian etc...)
8. Bake the pretzels for 12min until golden brown.

Tip: Pretzels are best eaten when they are fresh and warm