

PAULANER PRETZELS



INGREDIENTS:

- 2 packages active dry yeast
- 4 cups all-purpose flour
- 1 cup water, lukewarm
- 2 teaspoons salt
- 1 teaspoon sugar
- 3 tablespoons butter, softened
- Coarse salt for topping

SODA BATH:

- 2 quarts water
- 1/2 cup baking soda

DIRECTIONS:

In a small bowl, dissolve yeast in lukewarm water. In a large bowl, combine flour and salt. Make a well in middle of the flour mixture. Put sugar into center of well. Pour yeast/water mixture into well. Allow it to sit for 15 minutes. Mix it all together. Add in butter. Knead into a smooth dough. If not gathering correctly, add an extra tablespoon of water. Once combined, allow dough to rest for 30 minutes. Cut dough into twelve equal parts. On a non-floured surface, roll each piece to at least 20 inches with tapered ends (smaller will be difficult to get a good shape). Do not let dough get too warm or it will tear. Place dough rope on parchment-lined baking sheet. To form the pretzel shape: make the letter "U." Cross both ends over each other twice, forming a twist. Bring twist down and place over bottom curve of the "U." Repeat for each pretzel. Place pretzels, uncovered, in the fridge for an hour to build skin. Preheat oven to 400°F. Fill a large pot $\frac{3}{4}$ of the way with water and bring to a boil. Carefully, add baking soda to boiling water (stand back to be safe). It will briefly bubble furiously. One at a time, drop each pretzel into soda bath for 10 seconds, then turn over, soak 10 more seconds. Gently, remove from bath and place on baking sheet. Mark dough once with sharp knife (like the top of baguettes). Top with coarse salt. Bake in oven for 15-20 minutes depending how dark you want them. Serve with a delicious Paulaner, like the Germans do!