Family Cooking Time
with
Soft Pretzels OH MY!

Kit Contains:
- 1 T sugar
- 1 packet Instant Yeast (2 ¼ t yeast)
- 4 ½ cups flour
- 2 t salt
- 2/3 c baking soda
- 1 T Coarse Salt

You Provide:
- 1 ½ cups warm water
- 4 T butter
- 10 cups water
- 1 egg yolk, beaten with 1 T water

Up Next:
Beignets OH MY!
Preorders open
March 22

Tutorial Info:
Tutorial Video on 3/21
Youtube.com/c/placentalibrarydistrict

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Family Cooking Time with Soft Pretzels OH MY Recipe

Ingredients:

- 1 ½ cups warm water
- 1 Tablespoon sugar
- 1 packet Instant Yeast (2 ¼ t yeast)
- 4 ½ cups flour
- 4 Tablespoon butter
- 2 teaspoon salt
- 10 cups water
- 2/3 cup baking soda
- 1 egg yolk, beaten with 1 Tablespoon water
- 1 Tablespoon Coarse Salt

Directions:

- Combine water, sugar, and yeast in a large mixing bowl, or the bowl of a stand mixer with the hook attachment. Mix on low speed to dissolve the yeast.
- Add in the flour, melted butter, and salt, and mix until dough comes together.
- Knead, by hand or by machine on medium speed, until dough is smooth.
- Remove dough from bowl, coat bowl lightly with oil or cooking spray, and return dough to bowl.
- Cover with plastic wrap and let rise in a warm place, about 45-55 minutes, or until doubled in size.

- Preheat oven to 450 degrees F.
- Line baking sheets with parchment paper.
- Bring water and baking soda to a rolling boil in a large saucepan or stockpot.
- Divide the dough into four equal pieces. Roll pieces into long ropes, about ½” thick.

- Make a U-Shape with the rope and, holding the ends of the rope, cross them over each other and onto the bottom of the U-shape in order to form the shape of a pretzel.
- Repeat to form four pretzels.
- Using a slotted spatula or a spider skimmer, place pretzels, one at a time, into the boiling water for 30 seconds each.
- Remove from the water and place on baking sheet, leaving plenty of room between pretzels.
- Once all the pretzels have been blanched, brush the tops of the pretzels with egg wash and sprinkle lightly with the coarse salt.
- Bake pretzels for 12-14 minutes, until dark golden brown.
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Want to learn more?
Check some of these out:

Overdrive:
- *The Baking Bible* by Rose Levy Beranbaum
- *The Complete Baking Book for Young Chefs: 100 plus Sweet and Savory Recipes that You’ll Love to Bake, Share and Eat!* by America’s Test Kitchen Kids
- *Cook Like a Pro* by Ina Garten

Hoopla:
- *Pretzel Making at Home* by Andrea Slonecker
- *Bread Making: A Home Course* by Lauren Chattman
- *The Model Bakery Cookbook* by Karen Mitchell

RB Digital:
https://www.placentialibrary.org/resources/ebooks-and-music
- The Food Network Magazine
- Taste of Home
- Bake From Scratch

Print:
- *Martha Stewart’s Cooking School: Lessons and Recipes for the Home Cook* by Martha Stewart
- *ChopChop: The Kids Guide to Cooking Real Food with your Family* by Sally Sampson

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