

Maine Arts Camp

2012

Recipe Name: Soft Pretzels

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: 14

Yield: 14

Quantity	Unit	Ingredient Name	Prep Notes
4 - 4 1/2	cups	all-purpose flour	
2	TBSP	sugar	
1	package	Fleischmann's® Rapid Rise Yeast	
1 1/2	tsp	salt	
1	cup	milk	
1/2	cup	water	
2	TBSP	vegetable oil	
2	large	eggs	lightly beaten
as desired		Poppy or sesame seeds or course salt	
		Preheat oven to 350°F	

Procedure:

- 1 In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt. Heat milk, water, and oil until very warm (120 to 130 F); stir into dry ingredients. Stir in enough remaining flour to make soft dough. Knead on floured surface until smooth and elastic, about 4 to 6 minutes. Cover; let rest on floured surface 10 minutes. Divide into 14 equal pieces. Roll each piece to 20-inch rope. Cover; let rest 5 to 10 minutes until risen slightly.
- 2 To shape into pretzels: Curve ends of each rope to make a circle; cross ends at top. Twist ends once and lay over bottom of circle. Place on 2 greased baking sheets. Brush with beaten eggs. Bake at 350 F for 15 minutes. Remove from oven; brush again with eggs. Sprinkle with salt, cheese, poppy seed, or sesame seed. Return to oven and bake for 15 minutes or until done. Remove pretzels from baking sheets; let cool on wire racks.

This recipe created by Fleischmann's Yeast at <http://www.breadworld.com>