

BREZEN (SOFT PRETZELS)



INGREDIENTS

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| ¼ cup hot water, 110 degrees F. | 4½ cups bread flour |
| 1 tbsp active dry yeast | 12 cups boiling water |
| 1 cup warm water | 4 tbsp baking soda |
| ⅓ cup brown sugar, packed | -- Kosher salt, as needed |
| 1 tbsp vegetable oil | |

DIRECTIONS

Mix the ¼ cup of hot water with the yeast and allow to sit for 5 minutes. Mix the warm water with the yeast mixture, add the brown sugar and vegetable oil, mix well. Put the liquid mixture in the bowl of an electric mixer, using the dough hook mix in the flour until a smooth elastic dough is achieved. The dough should not be sticky. This will require about 4 to 5 cups of flour depending on the humidity. Place the dough into an oiled bowl and cover with a damp towel. Allow the dough to double in volume.

When the dough is doubled in volume, bring the 12 cups of water to a boil. Dissolve the baking soda into the boiling water, and begin to shape the dough. Start by dividing the dough in half, then cut each half into 4 pieces. To form the pretzels roll the dough into a...

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BREZEN (SOFT PRETZELS) (cont.)



...long rope about 12 to 16 inches long. Take the left and right ends of the rope, bring them down and across each other. The left end should now be at the 4 o'clock position and the right end is at the 8 o'clock position. Twist the ends again so the ends at 4 and 8 switch places. Finally take the 4 and 8 o'clock ends and fold the twist up so that the 4 o'clock end contacts the loop at 2 o'clock position. Likewise the 8 o'clock end should be at the 10 o'clock position. You should now have a pretzle shape, repeat this step with the other seven pieces of dough.

Lightly sprinkle two baking trays with kosher salt. Boil the pretzels in the soda water for 30 seconds, make sure that the water is at a low boil not a rolling boil when adding the dough. After the 30 seconds, remove the pretzels from the water bath and place on the trays, lightly sprinkle the pretzels with kosher salt. Boil the pretzels in batches of two until all eight have been boiled.

Bake the pretzels in a preheated 400 degree F. oven for 12 to 14 minutes until they are medium brown. Remove from the tray's and serve warm, plain or with mustard, and or spicy mustard.

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