Soft Pretzels

Yield: 12 (2 oz/55 g) pretzels

Ingredients	Measurement	Weight
Fast-rising yeast	1 pkg./2 ¼ teaspoons	0.25 oz/7g
Warm water (120-125° F.)	1 cup	8 oz/225g
Vegetable oil	2 tablespoons	0.875/25g
Sugar	1 tablespoon	0.5 oz/12g
Whole wheat flour	1¾ cups	7 oz/200g
All-purpose flour, divided	1 to 1 ½ cups	4.25 oz/119g
Salt	1 teaspoon	6g

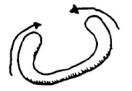
Water bath: 6 cups boiling water, ¼ cup baking soda Egg wash: 1 large egg + 1 tablespoon cold water, beaten Coarse or Kosher salt, sesame, poppy or sunflower seeds

Directions:

- 1. Wash hands and surface to knead and shape dough.
- 2. In a large mixing bowl, measure and combine whole wheat flour, yeast, sugar and salt; mix well. Add warm water and oil to the mixture. Mix until moistened, then beat 3 minutes, by hand or with mixer (medium speed).
- 3. Stir in, ¼ cup at a time, all-purpose flour until dough forms a rough ball. Knead in the bowl or on a clean, lightly floured surface until smooth and elastic. (All the flour may not be needed.)
- Turn the bowl over the dough and let it rest 10 to 30 minutes (Or, place dough in greased bowl or plastic bag; cover with lid or close bag. (Dough may be refrigerated overnight, but use 80° F. water)
- 5. Punch dough down and knead into a smooth ball. Divide in 4. Divide again, each piece into thirds (2 oz). Cover the dough to rest again, 5 minutes.
- Roll or shape each piece into a "snake" or long thin rope, at least 18-inches long. Let dough rest as needed.
- 7. Shape into pretzels. Cover with pan-sprayed plastic wrap for 10 minutes on a well-greased or parchmentlined baking sheet. Preheat the oven to 425° F.
- 8. Optional: For extra chewiness After 10 minutes, lower each pretzel into a boiling bath, 10-15 seconds on each side. (Boiling bath = 6 cups boiling water + 6 tablespoons baking soda); remove with a slotted spatula; drain.
- 9. Place on parchment-lined or greased baking sheet.
- 10. Brush the beaten egg and water over the pretzels. Optional: Sprinkle w/coarse salt or seeds.
- 11. Bake 12 to 15 minutes at 425° F. until golden. Cool on wire rack.

DIY Test Kitchen Variations: Substitute ¼ cup rye flour, soy flour, cornmeal, flax meal for ¼ cup all-purpose flour.

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Serving Size (54) Servings Per Con		er	
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Amount Per Serving			
Calories 130	Cal	ories fron	n Fat 25
		% Da	ily Value
Total Fat 2.5g			4%
Saturated Fat ()g		0%
Trans Fat 0g			2111,51
Cholesterol 0mg			0%
Sodium 440mg			18%
Total Carbohydr	ate	23g	8%
Dietary Fiber 3	g		12%
Sugars 1g			
Protein 4g			
Vitamin A 0%	•	Vitamin (2%
Calcium 0%		Iron 6%	
*Percent Daily Values a diet. Your daily values r depending on your calo Calon	nay b rie ne	e higher or	
Total Fat Less Saturated Fat Less Cholesterol Less Sodium Less Total Carbohydrate Dietary Fiber Calories per gram:	than than		80g 25g 300 mg





Critical Thinking

Ask participants to consider these consumer questions:

- 1. Who enjoys soft pretzels? (Answer will vary!)
- 2. Where do you buy them? (A: frozen and heated, mall, street vendors, airport, fair, school events...)
- 3. Who do you think made the first pretzels, when and why are they shaped the way they are? (A: See history)
- 4. What ingredients are in a pretzel? (See recipe/read label)
- 5. What food group are pretzels in? (Grain) What nutrients do they provide? (Carbohydrate and fiber; B-vitamins, iron, folic acid, plant protein)
- 6. Why are they a good food choice? (A: People need 50 to 60% of their calories from carbohydrates every day for brain and muscle fuel.)
- 7. What do they cost from a street vendor or at the mall? (A: \$2.50 to \$4.00) Frozen and heated? (A: \$.75) DIY? (A: Do-it-Yourself, about 15 cents each.)
- 8. What other shapes and flavors, could you create? (A: Alphabet, snowflakes, multi-grain, various seeds instead of salt, cinnamon and sugar...)

Source: HomeBaking.org