

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	1 ¾ 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.)
4. 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.
6. 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 parchment-lined 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.

Nutrition Facts

Serving Size (54g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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...)