

German Pretzel Recipe

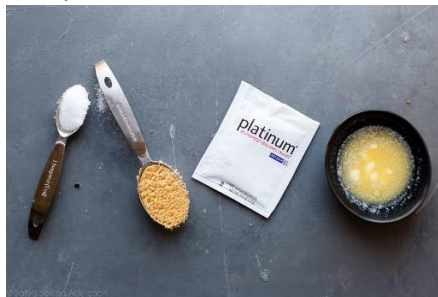
Ingredients 1 batch

3¾ - 4 cups flour (gluten free)
1 Tbs Butter (Nuttlex)
1 7g packet Yeast
1 Tbs Brown Sugar

1 tsp Salt
Sea Salt for dusting
½ cup Bi-carb
1½ cups warm water

Method

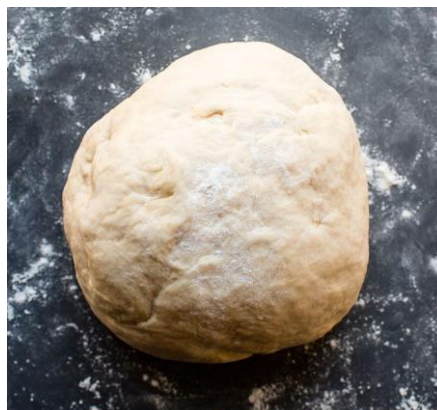
- 1) Put warm water and yeast into mixing bowl. Mix with a fork then allow to sit for 1min. Add the brown sugar (1Tbs), salt (1 tsp) and butter (1 Tbs). Mix well.



- 2) Add the 3 cups of flour 1 at a time, mix with the wooden spoon between each up. Once the 3 cups have been added. The mix will still be a little sticky. Add the remaining cup a bit at a time stopping when the dough is firm enough to poke and kneed.



- 3) Spread remaining flour directly on the bench. Work the dough by kneading it with your hands for 3min. Shape it into a ball then cover with a tea towel to rest for 10 minutes.



- 4) While the dough is resting. Fill a saucepan with 8-9 cups water and $\frac{1}{2}$ cup of Bi-Carb Soda. Put it on the stove top to start heating. Next preheat the oven to 200°C. Put Baking paper onto the oven tray and spray lightly with non-stick spray.



- 5) Now, cut the dough mix into roughly 8 to 10 portions. Each portion will then need to be rolled out into a rope roughly 40cm in length.



- 6) To make the pretzel shape bend the rope into a large U. Bring the two ends together and twist them around each other. Once twisted twice fold the top down towards the bottom and press the loose ends onto the bottom.



- 7) Once the saucepan of bi-card and water is boiling, put the pretzels into the liquid 2 at a time. Leave each pretzel in the water for 20 to 30 seconds each. Scoop them out and drain before transferring to the baking tray.



- 8) If planning to eat the pretzel with a savoury dipping sauce, sprinkle liberally with sea salt flakes.



- 9) Bake in the oven for 15min or until golden brown.



- 10) Allow to cool slightly then eat with dipping sauce of choice.

