

Pretzels

1 cake yeast

1 cup H_2O ($85^{\circ}F$)

$\frac{1}{2}$ tsp. sugar

$\frac{1}{4}$ tsp. salt

1 egg

$4\frac{1}{2}$ cups all purpose flour

Kosher salt

Dissolve the yeast in 1 cup $85^{\circ}F$ water. Add sugar and salt. Add between 4 and $4\frac{1}{2}$ cups flour. Mix to form a stiff dough. Knead the dough on a floured surface for about 8 minutes or ~~longer~~ until no longer sticky but smooth and elastic. Cover dough with plastic wrap, then a towel on top. Let sit for 20 min. Punch dough down with your fist. Grease a cookie sheet. Shape dough into pretzels. Using palms of hands, roll each into a strand $\frac{1}{2}$ inch in diameter and 18 inches long. Twist into a pretzel shape, tucking ends under. Place pretzels on cookie sheet. Use a pastry brush to paint each pretzel with egg yolk that has been beaten with a tablespoon of water. Sprinkle the pretzels with coarse salt. Place pretzels in refrigerator for a minimum of 2 hours or maximum of 48 hours. Preheat oven to 475° . Let pretzels stand at room temperature for 10 minutes. Then bake for about 10 min. or until the pretzels are firm and golden.

Then you roll out the Bud and enjoy!

Have fun baking!

Love,

Beate