Soft Pretzel Recipe for FACS Exploration

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On Tue, 22 Apr 2008 13:41:29 -0600
"Sarah Keith" <skeith at washk12.org> wrote:
> Does anyone have by chance a recipe for soft pretzels
> that would be good
> for 8th grade?
>
Here is the pretzel recipe we use, the students really like it with cheese sauce or marinara. It takes us a full 90 minute class period. ENJOY :)

Soft Pretzels
About 12 medium pretzels
1 pkg. (1/4 ounce) active dry yeast
1/4 cup brown sugar
1 1/2 cups warm water
3 1/2 to 4 cups sifted flour (may need more)
4 cups water
1 1/2 Tbsp. baking soda
course or kosher salt (optional)
1. Preheat oven to 475 degrees. Grease baking sheets.
   - Combine yeast and brown sugar in large bowl. Gradually add 1 1/2 cups warm water, stirring until yeast is dissolved.
   - Let stand 5 minutes.
2. Stir in flour; blend well. Turn dough out onto lightly floured surface. Knead until smooth and elastic, 5 to 10 minutes.
3. Pinch or slice off enough dough to form a 1 1/2 inch ball. On lightly floured surface roll ball into a rope and shape into a pretzel.
4. Combine 4 cups water and baking soda in large saucepan or dutch oven; bring to a boil. Lift pretzels with spatula and drop into the boiling water, a few at a time. Boil until the pretzels rise to the surface, about 1 minute.
5. Place pretzels on greased baking sheets. Sprinkle with salt, if desired.
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