

Pretzels

Created by Chef Wow Waneeta A. Marquis

For One Student:

1 $\frac{1}{2}$ teaspoons yeast

$\frac{1}{4}$ Cup warm water

1 teaspoon honey or sugar

$\frac{2}{3}$ cup flour

$\frac{1}{2}$ teaspoon salt

Directions:

Preheat the oven to 425 degrees

Put the yeast in a small bowl with the water and honey/sugar. Stir a little, and then let the mixture sit for 5 minutes.

Mix the flour and salt together in a medium-size bowl.

After the 5 minutes is up, check on the yeast mixture. It should be bigger than before and a little bubbly. Add this mixture to the flour and salt mixture.

Stir everything together. Use a fork to start. Finish with your hands. The dough is ready when it's still a little crumbly and flaky.

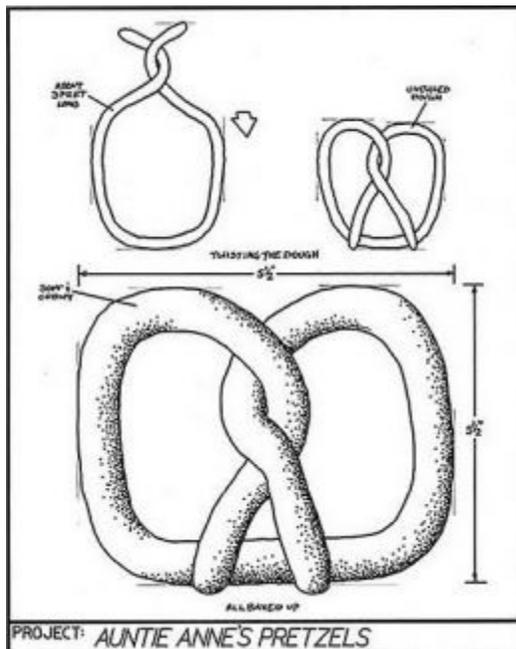
Put the dough on some parchment paper and knead it like you are playing with clay....about 12-15 times. Knead it into one big ball.

Break off a piece of dough that's about the size of a big gumball or super ball. Use your hands to roll it into a skinny snake. Twist the snake into a medium-size pretzel shape, letters, or hearts and put it on the cookie sheet. Do this with all the dough, making 3 pretzels.

Brush the tops of your pretzels with a little egg wash; sprinkle on the salt and toppings of your choice. Gently press them into the dough so that they do not fall off while cooking.

Bake your pretzels for 10 minutes. Let them cool and take a bite!

This recipe is easily doubled or tripled!



NOTE: 2.5.13 Used with Hot Dogs to create Pretzel or Corn Pretzel Dogs.

Substitute: 1/3 flour for 1/3 corn meal

Note: 2/23/16 Parmesan Pretzels ~ add 1 Tablespoon cheese to dough

Egg wash = 1 egg + 1 T. water whisk & brush on top of pretzel to adhere salt/seeds/ground nuts