

Pennsylvania Dutch Pretzels



PREPARATION TIME
35 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
mustard dip



SHOPPING LIST

- dry yeast
- coarsely ground salt

ON HAND

- sugar • flour • salt • egg



Coarsely ground sea salt can be found in gourmet stores, often at gourmet prices. Kosher salt, which is available in most supermarkets, is an economical alternative to buying sea salt.

Pennsylvania Dutch Pretzels

INGREDIENTS

- 1 package fast-rising yeast
- 1 tablespoon sugar
- 4½ cups all-purpose flour
- 1½ teaspoons salt
- 1½ cups very warm water
- 1 egg, lightly beaten
- 1½ teaspoons coarsely ground salt or sea salt

MAKES 16 PRETZELS

Make Ahead

Prepare pretzels through step 3, but let rise in the refrigerator for 2 to 3 hours before baking.

♦ VARIATION

For a German twist, add 1 tablespoon caraway seeds to the dry ingredients in step 1.

- 1** Preheat oven to 425°F. Grease 2 baking sheets. Mix yeast, sugar, flour and salt in a large bowl. Stir in water. Mix until dough holds together.



- 2** Turn dough out onto a lightly floured surface; divide into 16 portions. Roll each portion of dough into a 20-inch rope. Form into pretzel shapes.

- 3** Place pretzels on prepared baking sheets. Cover each baking sheet with a cloth. Let rise in a warm place for about 10 minutes.



- 4** Brush each pretzel with beaten egg. Sprinkle with coarse salt. Bake pretzels until golden brown, about 15 minutes.

COOKIN'
Express

- If you prefer crisper pretzels, place a small pan of boiling water on the floor of the oven during baking. The moisture evaporating in the oven dries the surface of the pretzels, forming a crunchy crust.