



Bakers...Make Soft Pretzels



What we'll Learn. McRel Education Standards: (www.mcrel.org/standards-bench)

- Writing:** Use electronic media to gather information (Standard 4)
Reading: Explore the topic in literature. (Standard 5)
Use general reading skills to understand and interpret instructions
Listening and Speaking: Contribute to group discussion and asks questions (Standard 8)
Understand language reflects different regions and cultures.
Math: Use a variety of strategies in problem solving (Standard 1)
Select appropriate units of measurement (dry, liquid, temperature, length) (Standard 4)
Apply basic geometric language for shapes (Standard 5)
Predict and verify effects of combining, subdividing and changing basic shapes (Standard 9)
Science: Apply the function of the yeast cells to a fermentation process in foods (Standard 5)
Plans and conducts a measured investigation using appropriate tools and simple equipment
Identify nutrients in grain food and their functions in human health. (Standard 9)
Life work: Make effective use of basic tools. Prepare a nutritious food. (Standard 1)
Behavioral: Recognize group and cultural influences (food, beliefs) contribute to human development, identity and behavior.

Leader Qs:

- Who** enjoys soft pretzels? Who do you think made the first pretzel?
What do they cost? What ingredients are in a pretzel? What food group are pretzels in? (Grain)
What nutrients do they provide? (Carbohydrate and fiber; B-vitamins, iron, folic acid, plant protein)
Where do you usually buy them?
When were they first made? (See History)
Why do you think they are shaped the way they are? Why are they a good food choice? (People need 50 to 60% of their calories from carbohydrates every day for brain and muscle fuel)
How much do you think they cost if we make them ourselves? (about 15 cents each)
How do you make them?
Make some... create some unique pretzel flavors and shapes.

PREHT-zuhl: twisted, loose knot of baked dough

What you'll Need:

- Large bowls or plastic food
- Bags for each person
- Large mixing spoon/person
- Measuring cups (liquid & dry) and spoons
- Yeast, flour, sugar, salt, Water, cooking oil
- Large egg
- Fork & bowl to beat egg
- Pastry brush
- Pretzel sprinkles—coarse salt, seeds, cinnamon sugar
- Kitchen scissors
- Baking sheet pans
- Oven
- Cooling wire racks or cutting boards to set hot pans
- Food wrap or bags

High Tech Tip:

- Prepare dough with bread machine or food processor

Soft Pretzel History

610 A.D., early 7th century southern France
Romans and Monks—credited with first pretzel shape
Used leftover dough
Called "pretiolas"—little reward
Monks gave pretzels to reward children learning prayers
1510: Pretzel bakers saved Vienna; first heard Turks invading
1614 wood cut shows pretzel held by couple as a marriage knot uniting two families
Wishing on pretzels became a common wedding ritual
Pretzels symbolized long life and blessing
On New Year's Day, Black Forest children wore pretzels on ribbon loops around necks.
1652: Colonists arrested for selling pretzels to Native Americans
1861: Julius Sturgis Pretzel House, Lititz, PA, first sells Pretzels—and still baking!

Baker Tips

- Wash hands, fingertips to elbows.**
- Wear aprons** or large, clean T-shirts over clothes.
- Wash kneading/rolling surface** with mixture of 1 qt. warm water + 1 tsp. bleach.
- Mix dough in large bowls or large plastic food bags**—knead in the bowl or bag.
- Keep dough covered** with bowl or bag while it rests—it'll shape A LOT easier.
- If dough pieces are hard to roll into "snakes," cover and let rest 5 minutes.
- TECH Option:** Prepare dough in a bread machine, food processor or with mixer. Use the appliance manual to know how much flour it can handle!
- Divide the activity**—refrigerate dough several hours or overnight. Prepare dough. Store in plastic food bags or sealing bowls sprayed with pan spray. (Be sure to punch or work dough down after its first hour in the refrigerator—store sealed in bags or bowls.)
- Freeze dough** for later! Freeze dough after the dough is kneaded but before it can rise even once. Divide dough into 1-lb. pieces. Flatten into disks, 1-inch thick. Place on cookie sheet and freeze one hour to harden. Wrap disks in plastic wrap or foil. Place in self-sealing plastic food bags. Keep frozen up to 4 weeks. Thaw in refrigerator overnight. Partially unwrap and place on counter to bring dough to room temperature (15-20 minutes). Punch dough, divide, shape and bake as directed.

Pretzel Logic.

- Share *Walter the Baker*, by Eric Carle.
- Have a Pretzel Party...Bring the Twister game. Dance the Twist.
- Deliver pretzels with thanks as gifts to people who help your club or class.
- Pretzels are sturdy...Pack them for hiking, camping, horseback riding, biking, blading, traveling, where ever!

Cheesy Soft Pretzel

Makes 16.

Ingredients

- | | |
|--------------------------------------|----------------------------|
| 1 ½ cups all purpose flour | 1 teaspoon sugar |
| 2/3 cup milk | 1 teaspoon salt |
| ½ cup (2 oz) shredded Cheddar cheese | 1 egg |
| 2 tablespoons butter or margarine | Coarse salt or seeds |
| 2 teaspoons baking powder | (sesame, poppy, sunflower) |

Directions:

1. Heat oven to 400 degrees F. Grease cookie sheet.
2. In a medium bowl, mix all ingredients except egg and coarse salt with a fork until a soft dough forms. Lightly flour a clean counter or large cookie sheet. Gently smooth the dough into a ball on the floured surface. Knead 10 times.
3. Divide dough in half. Roll half the dough into rectangle 12 X 8-inches—cut into Eight, 1-inch strips. Twist each strip into a pretzel shape. Place on cookie sheets.
4. In a small bowl, beat egg with fork until blended. Brush pretzels with egg. Sprinkle lightly with coarse salt or seeds.
5. Bake 15 to 20 minutes or until golden brown. Remove from cookie sheet to wire rack. Cool 5 to 10 minutes before eating—or completely cool before wrapping to store.

Peanutty Option: Omit Cheese. Use 2 tablespoons crunchy peanut butter instead of the butter. Use 2 tablespoons chopped salted peanuts instead of coarse salt. **Source:** Gold Medal Flour. www.bettycrocker.com

Nutrition Facts: One of 16 pretzels provides Calories, 80; Total fat, 3g (Saturated, 2g); Cholesterol, 20 mg; Sodium 1280 mg; Potassium 35 mg; Total carbohydrates, 10g; (Dietary fiber 0.5g); Protein, 3g. Daily Values: Vit. A, 2%; Vit. C, 0%; Vit. D, 2%; Calcium, 6%; Iron, 4%.

Soft Pretzel

Makes 12.

Ingredients

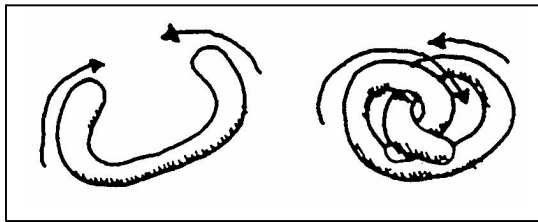
- 1 pkg. (2 ¼ tsp.) fast rising yeast
- 1 cup warm water (120-125 degrees F)
- 2 tablespoons vegetable oil
- 1 tablespoon sugar
- 2 ½ to 3 cups all-purpose flour, divided (flour used may be half whole wheat)
- 1 teaspoon salt
- 1 large egg + 1 tablespoon cold water, beaten
- Coarse salt, sesame, poppy or sunflower seeds

Directions

1. Wash hands and surface to knead and shape dough.
2. In a large mixing bowl, measure and combine 1 ¼ cups of the flour, yeast, sugar and salt; mix well. Add warm water and oil to the mixture. Mix until moistened, then beat 3 minutes, by hand or with mixer (medium speed).
3. Stir in, ¼ cup at a time, flour until dough forms a rough ball. Knead in the bowl or on a clean lightly floured surface until smooth and elastic. (All the flour may not be needed.)
4. Turn the bowl over the dough and let it rest 10 to 30 minutes (Or, place dough in greased bowl or plastic bag; cover with lid or close bag).
5. Punch dough down and knead into a smooth ball. Divide in 4. Divide again, each piece into thirds. Cover the dough to rest again, 5 minutes.
6. Roll or shape each piece into a “snake” or long thin cylinder, at least 12-inches long. Shape into pretzels. Cover with pan-sprayed plastic wrap for 10 minutes on a well-greased or parchment-lined baking sheet. **Preheat the oven to 425 degrees F.**
For extra chewiness: After 10 minutes, lower each pretzel into a boiling bath, 10 seconds on each side. (Boiling bath= 6 cups boiling water + 6 tablespoons baking soda); drain; place on parchment-lined or greased baking sheet.
7. Brush the beaten egg and water over the pretzels. **Optional:** Sprinkle w/coarse salt or seeds
8. Bake 12 to 15 minutes at 425 degrees F. until golden. Cool on wire rack.

Explore taste and creative options:

1. **Substitute** ¼ cup rye flour, soy flour, cornmeal, flax meal for ¼ cup all purpose flour.
2. **Snowflakes:** Add 2 tablespoons dry milk and 1 tablespoon sugar to the dough. Flatten piece into 6-in square or circle; flour lightly, fold in quarters; use kitchen scissors to cut out designs. Unfold and bake on cookie sheets. Cool; sprinkle with powdered sugar.



Books.

Bread Bread Bread. By Ann Morris. Photos by Ken Heyman
Bread is for Eating. By David and Phillis Gershator
Pretzels by the Dozen. By Angela Elwell Hunt
Honest Pretzels. Mollie Katzen
Walter the Baker. By Eric Carle
Electric Bread for Kids. Ann Parrish

Websites.

Recipes galore, Pretzel Pointers
www.homebaking.org + LINKS
The Home Baking Association
www.kidsacookin.ksu.edu
Kansas State U. Spanish & English

Grain food nutrition & carbs

www.kidshealth.org
The Nemour Foundation
www.usda.gov/news/usdakids
USDA Kids news—nutrition, health, science, My Pyramid
www.mypyramid.org
www.wheatfoods.org
Wheat Foods Council
More about kneading:
www.breadworld.com
www.redstaryeast.com
www.kswheat.com

Bakers Dozen Lessons DVD
www.homebaking.org
Salt Essentials. Learn more at: www.mortonsalt.com
www.kingarthurflour.com

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