Bread with a Twist--Soft Pretzels

What we’ll Learn. Core Education Standards

Writing: Prepare list of tools, equipment and ingredients. Create a food label for final product.

Reading: Explore topic in literature/internet Read recipe top to bottom; assemble tools and ingredients. Use general reading skills to understand and interpret instructions.

Listening and Speaking: Contribute to group discussion and asks questions. Communicate shared tasks and duties to prepare product. Discuss how foods reflect regions and cultures.

Math: Use a variety of strategies in problem solving. Select appropriate units of measurement (dry, liquid, temperature, length). Apply basic geometric language for shapes. Apply consumer math to compare products/value. Predict and verify effects of combining, subdividing and changing basic ingredients and shapes.

Science: Apply the function of the yeast cells to a fermentation process in foods. Plans and conducts a measured investigation using appropriate tools and simple equipment. Identify nutrients in grain food and their functions in human health.

Life work: Successfully follow directions to produce a desirable product. Make effective use of basic tools. Prepare a nutritious, inexpensive food for home or sale.

Behavioral: Recognize group and cultural influences (food, beliefs) contribute to human development, identity, food preferences and behavior.

Leader Qs:

Who enjoys soft pretzels? Why? 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? (A:Carbohydrate and fiber, B-vitamins, iron, folic acid, plantprotein)

Where do you usually buy them? (Answers vary...mall, fairs, games, street vendors, airports)

When were pretzels first made? (See History)

Why do you think they are shaped the way they are? Why are they a good food choice? (A: People need 50 to 60% of their calor)

How much do you think they cost if we make them ourselves? (A: about 15 cents each)

Make some...create some unique pretzel flavors and shapes.

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 sticks
Kitchen scissors
Baking sheet pans
Parchment paper
Oven
Cooling racks or cutting boards to set hot pans
Food wrap or bags
Opt: skillet, water, soda

Top Tech Takes:

- Prepare dough with bread machine or food processor
- Post photos of the results!
- Plan a Bake Sale for funds

More: Educator resources, HomeBaking.org

Soft Pretzel History

610 A.D., early 7th century southern France
Romans and Monks—credited with first pretzel shape
Used leftover dough
Called “pretiolas” as a little reward
Monks gave pretzels to reward children learning their 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 is still baking!

Bake and read together Walter the Baker by Eric Carle

Take Action:

Host a Pretzel Party! Bring Twister...Wii...DDR...Dance “The Twist”
Deliver pretzels as thank you gifts to people who’ve help your club or class.
Pack pretzels for hiking, camping, horseback riding, biking, blading, traveling, soccer!
Reduce sodium: Top pretzels with seeds (sesame, sunflower, poppy), instead of coarse salt. Toast seeds instead of adding salt for flavor.
Whole Grain Soft Pretzels
Makes 6 large or 12 medium (2 oz/54g) pretzels

Ingredients
1 pkg. (2 ¼ tsp/1/4 oz) fast-rising yeast
1 ¼ cup warm water (115-120° F)
2 tablespoons butter or vegetable oil
1 tablespoon sugar
1 ¾ cups whole wheat flour*
1 to 1 1/4 cups unbleached all-purpose flour
1 teaspoon salt
1 large egg + 1 tablespoon cold water, beaten
**Coarse salt, sesame, poppy or chopped roasted
sunflower kernels
*May be whole red wheat flour (darker color) or whole white wheat flour (lighter color and flavor)—both are nutritionally the same.

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 18-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 450° F.
For extra chew: 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 and go to Step 7.
7. Brush beaten egg and water over the pretzels. Option: Sprinkle w/coarse salt or seeds
8. Bake 12 to 15 minutes at 425° F. until golden. Cool on wire rack.

Explore these Smart Snack** taste options...Multi-grain, Raisin Cinnamon, Chocolate!

Multi-grain: Substitute ¼ c. rye flour, cornmeal, flaxmeal, rolled barley or oatmeal for ¼ c.all-purpose flour
Raisin Cinnamon: Add 2 T. dry milk, 1 teaspoon cinnamon and 1/2 cup chopped raisins—sprinkle each with ½ tsp. additional cinnamon sugar mixture just before baking.
Chocolate: Include sugar (1 T.); add 2-3 T. cocoa powder, ½ tsp. vanilla and 1 egg; sprinkle each with 1/2 tsp. (3g) coarse sparkling sugar before baking.

Nutrition Facts Whole Grain Soft Pretzels*
One of 12—2 oz/54g
Calories 130  Calories from fat 25 (19% of calories)
Total Fat: 2.5g  Saturated Fat: 0g  Trans fat: 0g
Cholesterol: 0 mg
Sodium: 196 mg (1/8 tsp. Kosher salt adds140 mg/pretzel)
Total Carbohydrate: 23g
Dietary fiber: 3g
Sugars: 1g
Protein: 4g
Vitamin A: 0%  Calcium 0%
Vitamin C 2%
Iron 6%
**Whole Grain Soft Pretzels are a Smart Snack unless salted seeds, coarse or Kosher salt are added as a topping.

Lesson prepared by Sharon Davis, FCS Education-HomeBaking.org
View how: Home Baking Association’s Dough Sculpting 101 DVD, 2015