

Soft Pretzels

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	7.5 oz	1 $\frac{3}{4}$ cups	1 lb 14 oz	7 cups	<ol style="list-style-type: none"> In a large mixing bowl, combine whole wheat flour, yeast, and sugar. Add water, mix 3 minutes. Cover bowl and allow to rest 10 minutes. Add all-purpose flour, vegetable oil, and salt. Mix with dough hook to develop dough or knead, 5-8 minutes. Dough should “pick up” and clean the sides of the bowl. If dough is too dry/stiff, mix in 1 Tbsp water; repeat until pliable but not wet or slack. Remove dough hook. Turn dough over, rounding the dough and placing smooth side up. Cover bowl loosely with parchment sheet or food wrap (don’t seal) and allow to ferment 10-15 minutes. Deflate dough and divide into 12 oblong pieces (about 1.75 oz/50 grams each). Cover dough pieces to rest 5 minutes. Shape each dough piece into 24” or longer rope. Twist ends and lay over onto curved middle of dough rope to form pretzel*. Evenly space pretzels about 2” apart on parchment-lined or oiled sheet pans (six per 18 X 13” pan or cookie sheet). Cover loosely with sprayed plastic wrap or proof in humid 105° F proof box for 10 minutes. Preheat conventional oven to 425° F. <p>Optional steps (8-11) for a chewier pretzel OR proceed to step 12:</p> <ol style="list-style-type: none"> Prepare soda bath by mixing water and baking soda. Bring to a boil (an electric skillet works well) and then reduce heat to simmering. Stir to dissolve soda while simmering.
Yeast, instant or fast-rising	0.25 oz	2 $\frac{1}{4}$ tsp	0.75 oz	2 Tbsp	
Sugar, granulated		1 Tbsp	1.75 oz	$\frac{1}{4}$ cup	
Water, warm (115-120° F)	8 oz	1 cup	2 lb	1 qt	
Flour, enriched, all-purpose, unbleached	4.25 oz	1 cup	1 lb 1 oz	4 cups	
Oil, vegetable	1 oz	2 Tbsp	3.5 oz	$\frac{1}{2}$ cup	
Salt		$\frac{7}{8}$ tsp		3 $\frac{1}{2}$ tsp	

*View how to shape pretzels in the lessons *Bread with a Twist* and *Dough Sculpting 101*, www.HomeBaking.org

Soft Pretzels, cont.

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Optional - Hot Water Dipping Bath: Water Baking Soda	3 lb 2 oz 3 oz	6 cups 6 Tbsp	3 lb 2 oz 3 oz	6 cups 6 Tbsp	9. Gently lower each pretzel into the hot, but not simmering, soda water bath for 10 seconds. 10. Remove with tongs and drain briefly on wire cooling racks. 11. Transfer to parchment-lined baking sheet pans.
Egg, whole, large Water, cold Topping Options: a) Seeded Seeds (sesame, chia, or poppy) b) Cinnamon Sugar Butter, unsalted, melted Oil, vegetable Sugar, granulated Cinnamon, ground	 1 oz	1 each 1 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp 3 Tbsp 1 tsp	3.75 oz 1 oz 2.5 oz 2 oz 2 oz 5 oz	2 each 2 Tbsp ½ cup ¼ cup ¼ cup ¾ cup 1 Tbsp + 1 tsp	12. Prepare egg wash by whisking egg and water until well mixed. Brush egg wash over the pretzels. 13. Choose a topping below or skip to step 14 for plain pretzels: a. Seeded – After egg wash, sprinkle with seeds. b. Cinnamon Sugar – Mix together cinnamon and sugar and set aside. <i>Baker's Note: Cinnamon Sugar pretzels are left plain until after baking.</i> 14. Bake 12-15 minutes, until golden brown. Cool on wire cooling racks. 15. <i>For cinnamon sugar pretzels:</i> Cool briefly. Melt butter and mix with vegetable oil. Brush butter/oil mix over pretzels. Lightly dip pretzel top into shallow pan containing the cinnamon and sugar mixture. Shake off excess. Other Variations: Multi-grain: • Substitute half the all-purpose flour with equal parts cornmeal and rye flour. Cinnamon Raisin: • In step 3, add additional sugar (1 Tbsp per 12 servings or ¼ cup per 48 servings) and chopped, moist raisins (½ cup per 12 servings or 2 cups per 48 servings).

Soft Pretzels, cont.

Serving Size – 1 pretzel (2 oz/59 gm for plain/seeded, 2.2 oz/63 gm for cinnamon sugar)
 Credits as 1.5 oz eq Grains in the School Nutrition Programs
 Provides 17 grams whole grain per serving

Plain or Seeded

Nutrition Facts

Serving Size (59g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, vegetable oil, egg, *seeds (sesame, chia, or poppy)**, granulated sugar, yeast, salt

Cinnamon Sugar

Nutrition Facts

Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Total Carbohydrate		300g	375g
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Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, granulated sugar, vegetable oil, egg, butter, yeast, salt, cinnamon



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *A Baker's Dozen Labs* and *Bread with a Twist* lesson, www.HomeBaking.org, Soft Pretzels

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

