

## Soft Pretzel Baking Kit Instructions

**This pack contains:** • Dough mix • Yeast • Baking Soda • Cinnamon Sugar • Salt packet

**You will also need:** • Mixing bowl • Wooden spoon (or mix by hand) • Mixer with dough hooks (or knead by hand) • Tea towel • a little oil (vegetable/sunflower etc) to coat bowl and baking tray • Sharp knife or pizza cutter to cut dough • Hotdogs (if making pretzel dogs) • 40g of butter (optional)

### PLEASE READ INSTRUCTIONS BEFORE YOU START

Ready in about 45 – 60 mins (incl dough resting time of 15 mins)

**\*\*\*DO NOT ADD BAKING SODA OR CINNAMON SUGAR OR SALT INCLUDED IN THIS PACK INTO THE DOUGH MIX AT ANY POINT\*\*\***

**INSTRUCTIONS ARE FOR MAKING PRETZELS AND/OR PRETZEL DOGS.**

### DOUGH MAKING

1. Empty and mix together the contents of the bag labelled dough mix and the yeast packet into a large and deep bowl or the work bowl of your stand mixer.
2. Measure 237ml (231g or 8.2oz or 1 US cup) of hand hot tap water into the contents of the bowl.
3. Use a wooden spoon to combine until dough starts to form.



### To Make the Dough by Stand/Hand Mixer:

4. Then with mixer fitted with dough hook, mix on low until a fairly slack, tacky, soft and smooth dough is formed. The dough will pull away from the sides of the bowl. (About 8 minutes). **Go to (5) Post Kneading below**

### To Make the Dough by Hand:

4. Turn dough onto a clean surface and knead for about 15 minutes until a fairly slack, tacky, soft and smooth dough is formed. You should not need to add any more flour to either the surface or your hands. **Go to (5) Post Kneading below**

### Post Kneading

5. Very lightly grease a clean bowl with odourless/tasteless cooking oil (e.g. vegetable oil, sunflower oil etc.) and place dough in the bowl.



6. Cover with a damp tea towel or lightly greased cling film and leave to rest in a warm, draft-free place for 15 minutes.

### FORM PRETZELS

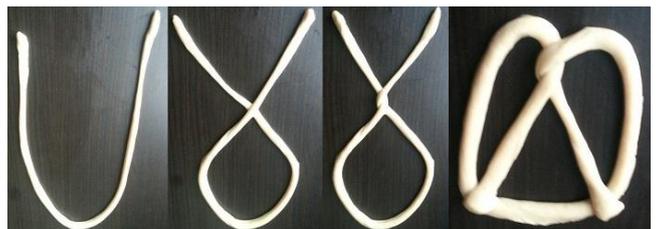
1. Preheat oven to 230°C.
2. Lightly grease a baking tray with oil set next to your working area.
3. Turn the dough out onto a very lightly oiled surface and flatten out. **Do not oil the surface you will be rolling the dough out on.** Cut the dough into **10** equal pieces with a sharp knife or pizza cutter. Take a piece of dough and cover the rest with a damp tea towel or lightly oiled cling film.



4. Roll the piece of dough on your work surface with both hands to about 36cm long working from the middle and outwards to about the thickness of a pencil.



5. **To make pretzel sticks**, cut the rolled out dough into 6 equal pieces and repeat for the rest of the dough.
6. **To make pretzel bites**, cut out dough into 18 pieces and repeat for the rest of the dough.
7. **To make traditional pretzel shapes**, form a U shape with the rolled out dough. Bring the ends together and form 2 knots in the middle, then take the ends and fold back on the bend of the U pushing down slightly but firmly.



8. You can also form any other shapes you like.

### **FORM PRETZEL DOGS**

9. Empty hotdogs into a colander to drain before forming pretzel dogs.
10. Wrap the rolled out dough at one end of the hotdog completely covering the end and roll the dough round the hotdog gently but firmly and slightly overlapping each time. Leave a bit of hotdog exposed at the other end. Cut away any excess dough strip and use for the next hotdog.



### **AFTER ALL PRETZELS ARE SHAPED AND/OR ALL HOTDOGS WRAPPED**

11. Boil some water in a kettle enough for about 2 cups ( approx. 480ml)
12. Empty contents of pack labelled baking soda into a small but wide enough bowl to fully immerse each pretzel.
13. Measure 2 cups (approx. 480ml) of the very hot boiling water into the bowl of baking soda. Whisk to dissolve the baking soda. Check water has cooled enough to dip fingers in.
14. **(Note: If Pretzels and Pretzel dogs are being made, dip Pretzels in solution before pretzel dogs).** Carefully pick each pretzel up at the pinched ends and dip into the baking soda solution. Place each pretzel lightly on a tea towel to drain off excess water before putting back on the baking tray.
15. For Salted Pretzels only, sprinkle very little salt on the pretzels.
16. For other Pretzels, after all pretzels have been dipped in the solution and returned to baking tray, place baking tray in centre of hot oven and leave to bake until golden brown, about 6-7 minutes.
17. **(OPTIONAL)** In the meantime, melt about 40g of butter in a bowl in microwave or over a pot of boiling water.
18. Empty packet of Cinnamon Sugar into another bowl.
19. **(OPTIONAL)** Brush the baked pretzels or pretzel dogs with melted butter before they cool or dip each pretzel in the butter ensuring all sides are well coated.
20. **(OPTIONAL FOR PRETZELS BUT DO NOT DO THIS FOR PRETZEL DOGS)** Then place the butter coated pretzels in cinnamon sugar ensuring all sides are coated.
21. Best enjoyed fresh out of the oven.

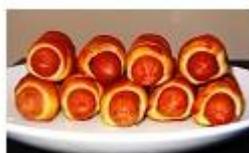
### **What you can make today**



Classic Salted Pretzel



Yummy Cinnamon Sugar



Pretzel Dogs



After school nibbles



Cinnamon Buns



Vanilla Icing drizzle & raisins



A selection



Chocolate Drizzle



Mini Party Bites



Cheesy Pretzels



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