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Soft Pretzel Baking Kit Instructions

This pack contains: • Dough mix • 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 or butter substitute for vegans

PLEASE READ INSTRUCTIONS BEFORE YOU START

Ready in about 50 mins (incl dough resting time of 15 mins)

INSTRUCTIONS ARE FOR MAKING PRETZELS. PLEASE FOLLOW US ON SOCIAL MEDIA @LARABAKESPRETZELS TO SEE VIDEO DEMONSTRATIONS AND OTHER IDEAS

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

DOUGH MAKING

1. Empty the contents of the bag labelled dough mix into a large and deep bowl or the work bowl of your stand mixer. Stir to loosen any lumps formed in transit.
2. Weigh 115g of hand hot *(about 47˚C temp. Just slightly warmer than one can comfortably shower in)* 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 for 1 minute then medium for 12 minutes until a fairly slack, tacky, soft and smooth dough is formed. The dough will pull away from the sides of the bowl. **Go to (5) Post Kneading below**

To Make the Dough by Hand:

4. Do not add any more flour to either the surface or your hands. Turn dough onto a clean surface and knead for about 15 minutes until a fairly slack, tacky, soft and smooth dough is formed. **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 or up to 1 hour.

FORM PRETZELS

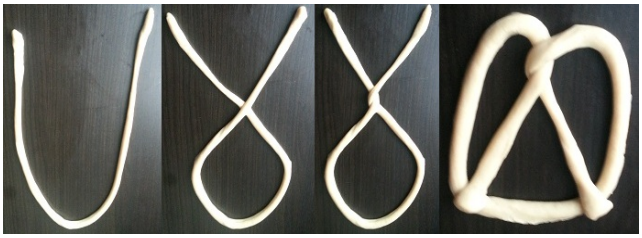
1. Preheat oven to 220°C (conventional oven).
2. Lightly grease a baking tray with oil set next to your working area.
3. Turn the dough out onto a very lightly oiled surface and flatten out. **Do not oil the surface you will be rolling the dough out on.** Cut a piece of dough with a sharp knife or pizza cutter. Take the 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 36 inches long working from the middle and outwards to about ½ inch thick.



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 the rolled 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.



Thank you for your purchase and we do hope you enjoy making and eating your pretzels
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FORM PRETZEL DOGS

1. Empty hotdogs into a colander to drain before forming pretzel dogs.
2. 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 OR ALL HOTDOGS ARE PREPARED

3. Boil some water in a kettle enough for about 2 cups (approx. 480ml)
4. Empty contents of pack labelled “baking soda” into a small but wide enough bowl to fully immerse each pretzel.
5. 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.
6. **(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.
7. For Salted pretzels only, sprinkle very little salt on the pretzels.
8. For Cheesy pretzels, sprinkle cheese on pretzels or place one side of pretzel on a tray of cheese before returning to baking tray.
9. For pepperoni or jalapeno pretzels, place toppings on pretzel and press in slightly.
10. For cinnamon sugar or vanilla sugar pretzels do not use toppings until after baking.
11. Place baking tray in centre of hot oven and leave to bake until golden brown, about 5-7 minutes.
12. **(OPTIONAL)** In the meantime, get topping ingredients ready if using. Pour cinnamon sugar or vanilla sugar etc in a bowl large enough to fit each pretzel.
13. Dip each pretzel in the melted butter or butter substitute for vegans ensuring all sides are well coated.
14. **(OPTIONAL FOR CINNAMON/VANILLA SUGAR PRETZELS BUT DO NOT DO THIS FOR PRETZEL DOGS)** Then place the butter coated pretzels in cinnamon sugar or preferred topping ensuring all sides are coated.
15. 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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Thank you for your purchase and we do hope you enjoy making and eating your pretzels

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