Soft Pretzel Baking Kit Instructions

You will also need: • 10g instant/active yeast • 6 tbps of baking soda • Optional items- cinnamon sugar, pretzel salt, melted butter or butter substitute for vegans, hotdogs or other toppings/fillings • Mixer with dough hooks • Tea towel • a little oil (vegetable/sunflower etc) to coat bowl and baking tray • Sharp knife or pizza cutter to cut dough •

PLEASE READ INSTRUCTIONS BEFORE YOU START

Ready in about 1.5 - 2 hrs (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

MAKING THE DOUGH

1. Empty the dough mix into the work bowl of your stand mixer. Stir to loosen any lumps formed in transit. Add yeast then mix together on low.
2. Weigh 860g of hand hot *(about 47˚C temp. Just slightly warmer than one can comfortably shower in)* water into the bowl.
3. Then with mixer fitted with dough hook, mix on low for 3 minutes 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.

Post Kneading

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



5. 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 1.5 hours. *The longer the time, the softer and more pretzels you will get.*

MAKING THE PRETZELS

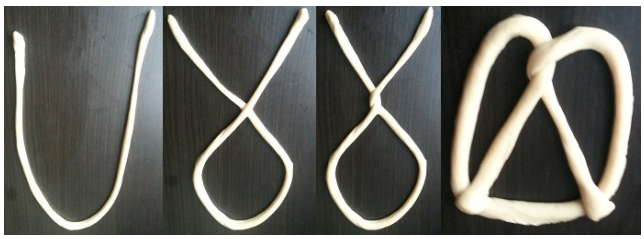
6. Preheat oven to 220°C (conventional oven).
7. Lightly grease a baking tray with oil and set next to your working area.
8. Turn the dough out onto a very lightly oiled surface and flatten out. **Do not oil the surface you will be rolling the dough out on.** Cut a piece of dough with a sharp knife or pizza cutter. Take the piece of dough and cover the rest with a damp tea towel or lightly oiled cling film.



9. Pull the piece of dough slightly to stretch at both ends. Roll it on your work surface with both hands to about 24 to 36 inches long working from the middle and outwards to about ½ inch thick.



1. **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.
2. You can also form any other shapes you like.



3. Boil some water in a kettle enough for about 3 cups (approx. 720ml)
4. Empty contents of pack labelled “baking soda” into a small but wide enough bowl to fully immerse each pretzel.
5. Measure 3 cups (approx. 720ml) 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. **(Work quickly before water gets cold otherwise mix another baking soda solution).** 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)** 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.

Thank you for your purchase and we do hope you enjoy making and eating your pretzels. Please tag us in your photos on social media @larabakespretzels. Please tell your family and friends about us. In the unlikely event that you are dissatisfied with this product, please let us know info@larabakes.com