



## **INSTRUCTIONS** for Pretzels

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### **MIX** (dough preparation)

1. Add contents of bag, excluding plastic containers of cinnamon sugar, salt and baking soda, in a mixing bowl with the yeast provided.
2. Add 10oz warm water.
3. Mix in stand mixer on speed 2, if dough sticks, increase the speed gradually. If the dough is dry and not clumping together, add a little warm water until it forms a ball. If the dough is too wet, add a little all-purpose flour until it forms a smooth, firm dough ball.
4. Alternatively, you may add dry and wet ingredients together and hand knead for 10 minutes, until the dough is smooth and firm.
5. When the dough is firm and smooth in the stand mixer, remove and set on a floured surface.
6. Cover dough ball with a kitchen towel and let rise for 10-15 minutes until dough, when poked, bounces back.

### **TWIST**

1. Cut dough into strips 1" x 8" (or 4oz if using a food scale).
2. Roll, stretch, and pull dough into a 30-36" rope.
3. Shape the dough into a pretzel shape
  - Flip pretzel rope into an upside down U shape with the two ends facing towards you.
  - Twist the two ends over each other twice and secure the ends to the bottom of the U.
  - Flip pretzel over so ends are on the underside.

### **BAKE**

1. Dissolve baking soda into 4 cups of hot water.
2. Dunk pretzels in baking soda water, lightly shaking off excess or tapping pretzel on a lint-free towel.
3. Arrange pretzels on a non-stick baking sheet like Silpat.
4. Preheat oven to 475 degrees and let pretzels rise on baking sheet until ready to put into oven.
5. Bake the tray for roughly 6 minutes (baking times vary), rotating the tray halfway through baking time.

### **TASTE**

1. Melt the butter (or you may use olive oil or vegan butter) and brush over the hot pretzels.
2. Sprinkle with included pretzel salt or cinnamon sugar.

### **HELPFUL TIPS:**

Do not add baking soda, cinnamon sugar or salt to dough mix!

If the pretzel ropes are too sticky, add a small amount of flour. If too dry, pat hand in baking soda water bowl and continue stretching. Start rolling the pretzel from the middle, stretching outward, using the top of the palm of the hand where the fingers meet the palm.

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